

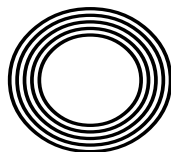
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LIVE LONG & PROSPER
this Star Trek Day

IDRIS ELBA OBE

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



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Editor's notes...

SEPTEMBER 2022



Brett Shohet, Editor

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

First things first, I want to offer a huge congratulations to the Lionesses for winning the Euros recently. What an amazing achievement this is and what a privilege to get to watch the incredible skill on display in the final. I hope this will inspire many girls and women in our local area to consider taking up football - you never know how far it might take you.

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

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

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

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Brett Shohet

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CONTRIBUTORS | Tabatha Fabray, Darius Morgan, Dean Shaw, Jess Unwin

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STAR QUALITY

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

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

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

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

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

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

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

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

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

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

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



STAR TREK



Photo credit: Anthony Harvey/Shutterstock

OLD SPICE?

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

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

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

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

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

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

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

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

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

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

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FRINGE FASHION

is back in town!



FASHION

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

WHAT IS FRINGE FASHION?

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

HOW TO ROCK FRINGE THIS AUTUMN

1. Fringed midi leather skirt

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

2. Fringed denim jacket

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

3. Fringed wrap dress

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

4. Fringed accessories

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



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BEAUTY

HOW TO MAKE YOUR OWN

eyeliner

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

HOW TO MAKE EYELINER USING ACTIVATED CHARCOAL

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

HOW TO MAKE EYELINER USING ALMONDS

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

HOW TO MAKE DIFFERENT COLOURED EYELINER

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

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

3. Beetroot to make red eyeliner:

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

4. Mica powder to make a rainbow of colours:

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

EYELINER HACKS YOU SHOULD KNOW

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



Know your NAILS

DISCOVER THE SIX MOST COMMON NAIL PROBLEMS AND HOW TO RECOGNISE THEM

Chances are you don't pay that much attention to the condition of your nails. However, did you know that a change in their appearance can indicate an underlying health condition?

BEAU'S LINES: Beau's lines are deep grooved lines that run from side to side on the fingernail or toenail. They often look like ridges or indentations on the nail plate. Beau's lines can indicate uncontrolled diabetes, a zinc deficiency or peripheral vascular disease.

YELLOW NAIL SYNDROME: If you have yellow nail syndrome, your nails will thicken and nail growth slows down. This results in a yellowish discolouration of the nails. Yellow nail syndrome is often a sign of respiratory disease or lymphedema.

TERRY'S NAILS: Terry's nails is a condition that makes the nails appear white apart from a narrow pink band at the tip. This nail condition can occur because of ageing, but it can also be a sign of a more serious health concern such as liver disease, kidney failure or diabetes.

SPOON NAILS: As the name suggests, spoon nails are soft nails that look as if they have been scooped out. Spoon nails are often a sign of an iron deficiency or a liver condition known as hemochromatosis. They are also associated with heart disease and hypothyroidism.

NAIL CLUBBING: Nail clubbing occurs when the tips of the fingernails become enlarged and the nail curves around the fingertips. Nail clubbing can be a sign of inflammatory bowel disease, cardiovascular disease or liver disease. It is also sometimes the result of low oxygen in the blood.

NAIL PITTING: Ice-pick-like depressions in the nail are known as nail pitting. This nail condition is common in people with psoriasis. Nail pitting can also be related to connective disorders such as Reiter's syndrome and alopecia areata.



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FITNESS FOR ALL

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

EXERCISES FOR ALL AGES AND ABILITIES

20s

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

30s

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

40s

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

intensity cardio three times a week.

50s

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

60s

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

Wheelchair users

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



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It's all about Balance



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

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

Why is balance important?

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

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

How to improve your balance

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

Single leg lift

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



Single leg lift side version

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



Balance walk

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



SLOE & STEADY

wins the race

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

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

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

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

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

How to make sloe gin

Ingredients:

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

Method:

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



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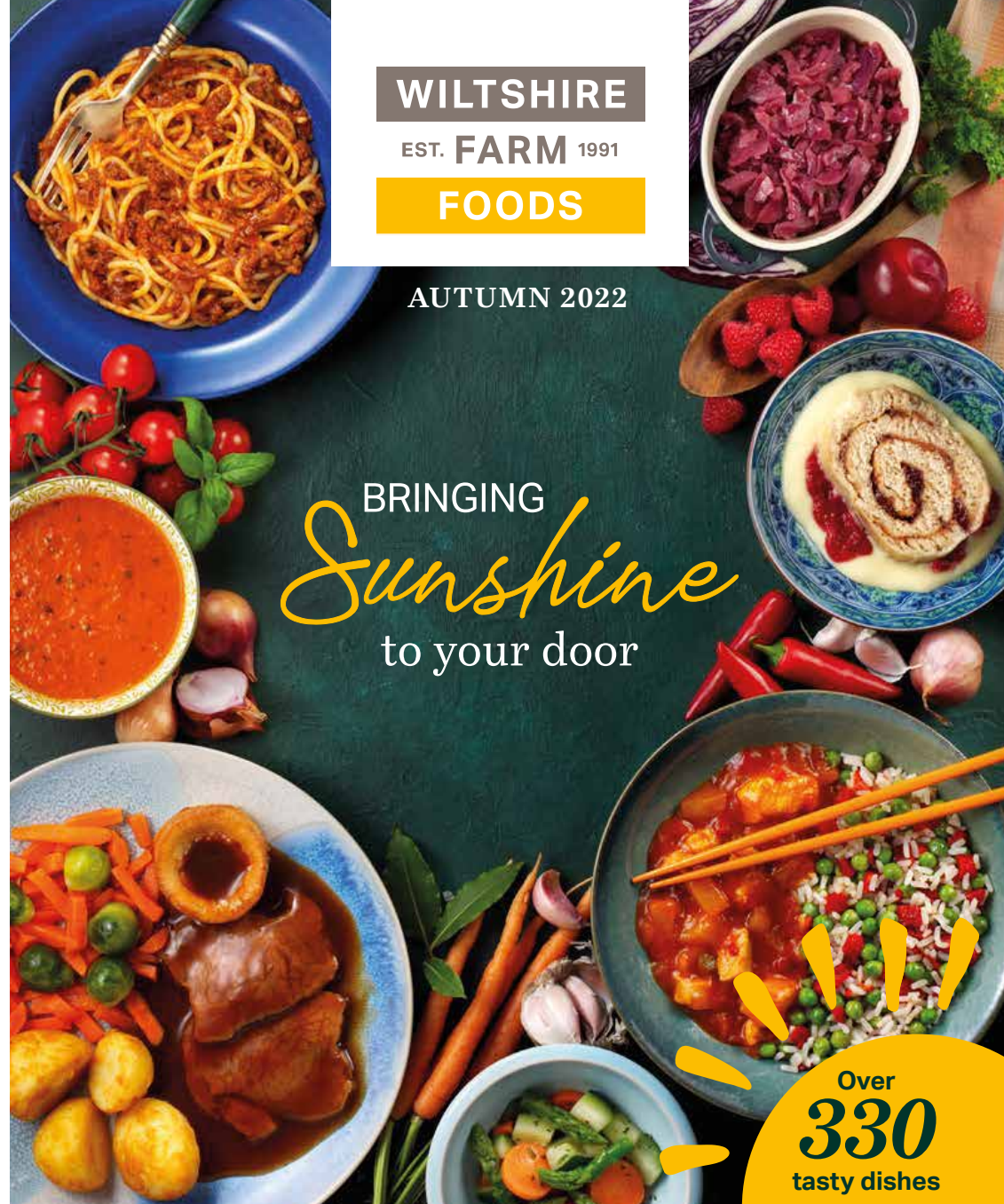
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The Blackberry Day

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

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

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

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

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

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

Blackberry fruit crumble squares

INGREDIENTS:

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

HOW TO MAKE:

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





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REVOLUT: Revolut is a prepaid card and app that allows you to hold and exchange 30 different currencies up to £1,000 per month. You can withdraw up to £200 free of charge and there are no fees for card payments, including contactless ones. Choose from a standard account (free), plus account (£2.99), premium account (£6.99) or metal account (£12.99 per month).

CHASE: Chase is one of the largest banks in the United States and has recently come over to the UK, offering both current and savings accounts. Not only can you withdraw up to £500 per day from cash machines when abroad with no fees, but you can also earn one per cent cashback when you book your flights and on your everyday spending abroad.



Wave goodbye to SUGAR

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

Roasted chickpeas

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

Vegetable pikelets

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

Peanut butter dip

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

Boiled eggs

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

Guacamole

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



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GET creative WITH WALLPAPER

ALTERNATIVE WAYS TO DECORATE WITH WALLPAPER

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

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

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

ADD PATTERN TO A CHEST OF DRAWERS

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

BRING COLOUR TO YOUR WALL PANNELLING

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

FRESHEN UP KITCHEN CABINETS

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

FRAME IT

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

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



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A Tale UNMASKED

HOME & DIY

THE HISTORY OF TAPE – AN ESSENTIAL ITEM IN EVERY HOUSEHOLD

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

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

RICHARD GURLEY DREW: THE BRAINS BEHIND SCOTCH TAPE

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

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

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

TAPE TODAY: A HOUSEHOLD STAPLE

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

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



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values have been held dear for a number of years. Since starting the business some years ago Cloudy2Clear have remained true to their core values of supporting the local community by providing a service that saves the public money.

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

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

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

VINEGAR

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

BAKING SODA

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

LEMON JUICE

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

CITRIC ACID

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



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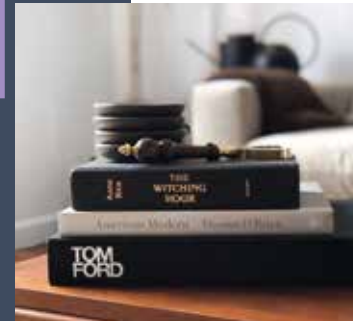
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COFFEE TABLE BOOKS:

A stylish love affair

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

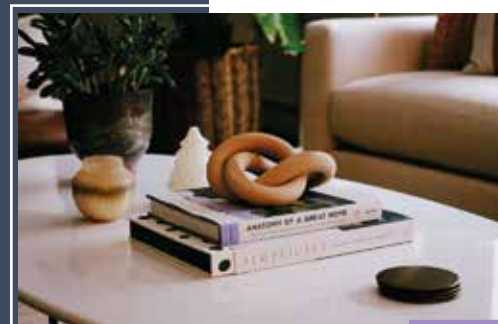


THE RISE OF THE 'NON-BOOK'

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

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

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



CENTRAL HEATING AND THE 60S

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

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

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



AN INSIGHT INTO YOUR STYLE

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



COFFEE TABLE BOOK SUGGESTIONS

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



HOME & DIY

Photo credit: 136home.com, Unsplash, afabulouslife.com, Lux Deco



pretty pumpkin

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

MAKE A PUMPKIN SPICE CANDLE

YOU WILL NEED:

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

HOW TO MAKE:

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

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

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

- > Arrange a group of pumpkins and decorate them by painting, drawing or spraying them in metallic colours – and add a few chunky faux candles. Remember, odd numbers of items work best.

- > Hollow out a pumpkin, fill with water and add seasonal flowers – or pop in a pot filled with small succulents.

- > Fill a hollowed-out pumpkin with a glass jar. Twist a small bendy branch with berries around the top and add a candle (a faux candle is safest).

Photo credit: countryhillcottage.com

Sanctuary Home Decor: theleafessandtree.com



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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LOCAL NEWS

from your neighbourhood



Resident raises funds by swimming English Channel

A Hornchurch resident has tackled the “Mount Everest of all swims” to raise money for a project close to her heart.

More people have climbed Mount Everest than have swum the English Channel, which is the challenge Hayley Ziepe set herself to raise money for SwimTakya.

SwimTakya's mission is to give disadvantaged communities around the world access to swimming teachers.

Before the swim, Hayley said on the group's JustGiving page: “Swimming has always played a huge part in my life. Being able to join a relay team to swim the Channel has been an ambition of mine for

many years.”

Hayley and her relay teammates set off from Dover at 3.01pm on Wednesday, August 3, and arrived in France at 5.41am on Thursday, August 4.

Afterwards, Hayley said: “We did it! What a journey the past eight months has been. From a novice holiday sea dipper to a Channel swimmer. I'm so proud of myself and the team I swam with. We had tough conditions, but none of us gave up and we all pulled together and gave it our all.”

At the time of writing, Hayley has raised more than £1,650. To donate, please visit www.justgiving.com/fundraising/Hayley-Ziepe

Plan submitted for new building at school

A planning application for a new building at a Hornchurch school to help children with social, emotional and mental health (SEMH) needs has been submitted.

The project will see a new building at Suttons Primary School, with construction set to start in March 2023 and be completed in May 2024 if the plans are

approved.

The project will help children who have a range of needs, including learning difficulties.

The application states: “Unit (SEMH) pupils are expected to be part of the community, attend classes, assemblies, PE, dining, and formal and informal play alongside the other children whenever possible.”

Photo credit: Hayley Ziepe

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Mum donates late daughter's toys to charity

Nicola Caton, a Hornchurch resident, has revealed she made the heartbreaking decision to donate many of her late daughter Isla's toys to charity to "give something back" because "it would make Isla happy". Isla, from Hornchurch, was diagnosed with neuroblastoma – a rare type of cancer – and sadly passed away in January this year, aged seven. Her struggle was widely followed on social media and hundreds of people gathered at South Essex Crematorium to pay their respects to Isla.

Talking to **VISION** Hornchurch, Nicola admitted: "It was extremely hard for me to do, and I have kept her favourite toys, but you can't keep everything forever."

Two playhouses, which cost more than £8,000, are among the donations and will be used in the garden of Haven House Hospice in Woodford Green, Essex. Many other toys, most of them almost new, were donated to Haven House's Romford shop.

Nicola said: "Haven House was over the moon with the playhouses – other children in a similar position to Isla can use them and enjoy them. I know that would make Isla happy."

"We've had so much kindness from so many people, and we were so lucky that so many people cared for Isla. I've always believed it's good to give something back and this also helps Isla's legacy to go on."



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Students achieve 100 per cent pass rate

Students at a Hornchurch Sixth Form are celebrating yet another successful year of A Level results.

A 100 per cent pass rate was achieved by Havering Sixth Form, part of New City College, where more than 600 students took 1,769 exams in total.

Principal Janet Smith said: "The class of 2022 has worked incredibly hard for their achievements."

"Having had two years of disruption to their learning owing to the pandemic, these students have displayed great determination and resilience and their success is extremely well deserved."

Student Ludmila Iatco (pictured right) is one of the many success stories this year. A few years ago, when she arrived from Moldova, she was unable to speak any English.

Now, she's celebrating her ABB scores in accounting, maths and economics, and is set to study corporate finance at Royal Holloway University.





JULIA LOPEZ MP

Hornchurch and Upminster




LOCAL NEWS



Residents will be aware that I have submitted my Response to the London Mayor's consultation on extending the Ultra Low Emission Zone. I was inundated by concerns about the plan to charge drivers within Greater London £12.50 a day. Put simply, this is an additional tax on Londoners, and I share residents' scepticism that its true purpose is to tackle air pollution rather than plug the hole in Transport for London's finances. While I would welcome policies genuinely seeking to tackle air pollution without causing financial hardship, this scheme is simply applying an inner London solution to outer London boroughs without appreciating the differences in infrastructure and the greater reliance on cars.

I have also written to Mayor Khan to ask for an update on his plans for Hornchurch Police Station and whether he will be reviewing his decision to dispose of the site. A very proactive and successful community policing team currently operates from the station, and we need to make sure they can continue to carry out their important work.

Separately, I have been pursuing residents' concerns about long A&E waits at Queen's Hospital. I am pleased that a substantial redesign of the Emergency Department will be implemented. This includes the

establishment of a Same Day Emergency Care facility which will provide direct access to speciality services without the requirement of a referral or attendance within the Emergency Department. There will also be a greater integration of primary care services at the Emergency Department and Urgent Treatment Centre, allowing attending patients who do not require immediate assistance to be given a same day appointment with a GP at a specified time, allowing them to leave the premises and return at their appointment time.

I also visited Hornchurch Care Home in August to meet with the manager, Pervine (pictured above left), and the team who care for their residents. It was brilliant to discuss the amazing work they do and how we can best work together. I am hopeful that Pervine will be attending my Jobs and Skills Fair which, by the time of publishing, will have taken place at Queen's Theatre. This event was hosted in partnership with the Romford Jobcentre and linked residents with local employers and training providers. I will be hosting more of these events in the future and encourage any residents who may be interested in attending to check my website at www.julialopez.co.uk for all up-to-date information.

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LOCAL NEWS

ANDREW ROSINDELL



MP for ROMFORD



I am very sad that Boris Johnson has resigned as Prime Minister. I felt he still had a lot to offer the UK and should have been allowed to get on with the job that he was elected to do less than three years ago. Liz Truss MP gets my vote to be our next Prime Minister. Liz will be the best choice to lead our country and carry on the work that Boris started... and one thing she has made very clear, she will not go soft on Brexit!

As Havering falls under the Greater London Authority (GLA), we are unfortunately required to participate in Mayor Khan's London Plan which demands that Havering provide 12,850 new homes over the next 10 years. According to Mayor Khan, nearly half of these homes have to be built in Romford. Havering is a town and country borough surrounded by countryside. I do not want Havering becoming an inner-city borough,

and Romford's character must be preserved.

Romford has been identified by the mayor as an 'Opportunity Area' in his wretched London Plan, so we are therefore required by City Hall to accommodate such a large proportion of the new homes quota. Romford people do not want this imposed on us and are concerned about the intense level of developments occurring in Havering. Our borough voted against being under the mayor and GLA and we certainly never voted for Khan to dictate to us. I believe it is time to take back control from City Hall and restore power to our local town and borough. I believe that we in Havering can manage our own affairs without the mayor interfering.

Sadiq Khan needs to realise that his plan to identify Romford as a zone for more huge developments is completely unacceptable and I will tell him so.

Cricket team makes last eight

Hornchurch's first XI cricket team produced two "amazing" performances to make it through to the last eight in a national competition.

Having already won the Essex stage of the Vitality T20 Cup, Hornchurch took on and beat first Potters Bar and then Horsford in the regional stage of the competition at Harrow Lodge Park earlier this month.

In the Potters Bar clash, skipper Billy Gordon (52 runs) and Adeel Malik (31 runs) starred with the bat as Hornchurch's total of 150 for five wickets proved just enough, with Bar falling short by just two runs. Against Horsford, the home side amassed 187 for three and then dismissed the Norfolk champions for just 99. Adeel Malik finished with figures of 4-20.

Hornchurch was due to face Bexley in a quarter-final match at Basingstoke Cricket Club on August 28 as **VISION** Hornchurch went to print. If they win, they will do battle in the semi-final the same day. The national final will be staged on a date yet to be confirmed early in September.



Photo credit: Hornchurch Cricket/Twitter

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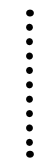
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Mum with rare cancer is halfway to fundraising target

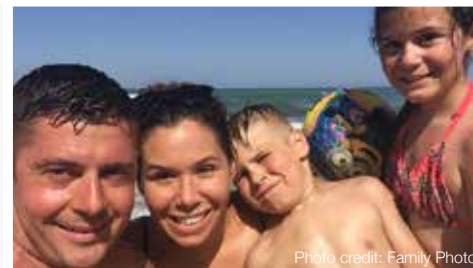


Photo credit: Family Photo

A Hornchurch mother with a rare cancer is halfway to her £120,000 fundraising target as she looks to get specialist treatment not available on the NHS.

Janna Clark (pictured above, second from left) has a rare eye cancer called ocular melanoma.

The 40 year old started to get headaches in 2017 and was referred to Moorfields Eye Hospital, where she received the eye cancer diagnosis.

A year later, she had her eye removed and was given the all-clear. However, in 2022 she was told by St Bartholomew's Hospital that her cancer had spread to her liver.

Despite several rounds of treatment, the cancer remained, and she has been recommended chemosaturation therapy.

However, the treatment isn't currently available on the NHS and can cost between £40,000 and £50,000 for each round.

She is now fundraising for her treatment to prolong the time she has with her family, which includes her two children aged 14 and 10.

On her JustGiving page, Janna says: "I am beseeching all of you out there to please help me even if it's just £1 and you share my story. I'm confident I'll get near my target.

"So far, it's been amazing and it's incredible, but I've still got a long way to go."

You can donate to Janna's fundraiser at www.justgiving.com/crowdfunding/janna

Taco Bell opens new restaurant on High Street

Hornchurch welcomed a new restaurant to the town as Taco Bell opened its doors on August 18.

The Mexican restaurant, which has branches in towns and cities across the UK, serves burritos, tacos, quesadillas and other Mexican-style dishes.

Taco Bell has been operating in the UK since June 2010 and it was opened to much fanfare in Hornchurch, with the first 100 customers receiving

free tacos and t-shirts.

It is situated on the High Street in the former Thomas Cook building.

Lucy Dee, head of UK marketing for Taco Bell, said: "The community has been crying out for more Taco Bells and we're very pleased to be able to deliver, creating local jobs despite challenging circumstances."

The new restaurant will be open from 11am to 11pm, seven days a week.

Gym defends itself after criticism from members

A gym in Hornchurch has defended itself after it received criticism from some members.

It is claimed that Anytime Fitness has been threatening debt collectors on some people who stopped paying their monthly fees.

Those who were trying to quit the gym claimed the gym's action was unfair as they had informed Anytime Fitness of their intentions.

However, in a statement, the gym claims all members are aware of the length of their contract.

A spokesperson for Anytime Fitness in Hornchurch said: "As a locally owned business, we understand the importance of the local community.

"Our team communicates to all potential new members that memberships are either three-month, six-month or 12-month agreements.

"Whether a member signs up online or in-club, they are provided a full copy of their membership agreement to review and sign before they commit to a membership.

"We appreciate that circumstances can change and as well as a 14-day cooling-off period, all members are able to cancel their membership in writing within the commitment period against criteria that are detailed in their membership agreement. This includes a change in income or employment circumstances.

"We are proud to be part of the Havering community and to play our part in supporting health and wellbeing in the local area."





News from
Councillor Paul Middleton
St Andrews Ward, Hornchurch Residents' Association

The driest summer in 100 years has left us with several issues. You will most likely be aware of the fires in Rainham (Wennington). Several of the people affected by these fires are still being looked after, and it will take a long time to get back to normal. There is an official JustGiving website from the Salvation Army for anyone wishing to support the relief at www.bit.ly/3QLbrtl

We also had a fire at the Draper Court building in Mavis Grove. The police station was used to temporarily shelter the residents affected. There were in fact several fires in Havering. The response teams did an amazing job dealing with the issues.

The Fire Brigade and Havering Council have issued advice to residents reminding them that it is not permitted to have a barbecue in any of our parks or open spaces. The advice goes on to remind people

not to discard cigarettes that are not fully extinguished and to properly dispose of glass bottles as these can be a source of ignition.

The Hornchurch Round Table took the unusual step of running a Summer Santa Sleigh Ride around the Hylands and Harrow Lodge ward to collect donations and food for the people affected by the fires.

On a different subject, the glass recycling bin (skip) was stolen from Sainsbury's for the third time. Alternative glass recycling bins are located in the Queen's Theatre car park and Fentiman Way car park. These are both a few minutes' walk from the Sainsbury's car park. There is no excuse to fly tip your waste.

The lake in Langtons Gardens is very low. We are waiting on the rain to replenish it.

Let's hope that the rest of the year brings us better news and brighter times.



Club denied bid to close later

An unsuccessful bid by a Hornchurch nightclub for permission to extend its opening hours to 2am on Fridays and Saturdays was "excessive", says a local councillor.

Councillor Paul Middleton was one of two councillors who raised objections to an extension application from Shelly's Nightclub & Bar that was turned down by Havering Council's licensing subcommittee.

He said: "Shelly's Bar was originally a restaurant which turned into a nightclub only a few years ago.

"The location is on the edge of Hornchurch town centre and is surrounded by residential properties.

Those people living nearby have a right to a peaceful existence. I have no issue with the current closing time [1am] but 2am is excessive."

In documents reporting the application refusal, Havering Council noted there was no opposition from the police or the council's Environmental Health Team, and no history of complaints or associated issues from Shelly's Nightclub & Bar's premises in Station Lane.

However, the council refused because of concerns around existing licensing conditions, regular training of staff and how long CCTV recordings were kept on file.

Shelly's Nightclub & Bar declined to comment.



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

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

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

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

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

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

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

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

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

Photo credit: roalddahl.com



LONDON CALLING

OPEN HOUSE FESTIVAL LONDON – SEPTEMBER 8 TO 21



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

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

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

suburban semi, a studio flat or even a houseboat.

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

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

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

Photo credit: open-city.org.uk



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Beautiful BULBS

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

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

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

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

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

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

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

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



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Happy hibernating

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

Signs of hibernating wildlife

Leaf pile

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

Movement in a pond

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

Mounds of soil

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

Long grass

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

Leaves on a wall

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

How to protect hibernating wildlife

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

Gorgeous GARDEN GREENS

Does your garden boast beautiful blooms during spring and summer but look a little bleak and bare the rest of the year? If yes, then check out these flowering evergreen plants that promise to provide colour all year round.

Heather: Heathers are compact, evergreen shrubs that boast tiny bell-shaped flowers in an array of stunning shades including white, pink, red and mauve. You can find varieties that flower in summer and autumn, and even ones that bloom during the coldest months of the year.

Creeping myrtle: Creeping myrtle, aka Vinca minor, is a blue-flowering vine that boasts shiny evergreen leaves on long, arching stems. With the ability to provide ground cover for shade, creeping myrtle can grow up to six inches tall, with a spread of 18 inches. Ideal for those who want an attractive and hardy evergreen plant in their garden.

Azaleas: If you have a shady spot in your garden that needs brightening up, then azaleas are the ideal choice. A small evergreen shrub that showcases bright flowers in spring and vibrant greenery all year round, plant azaleas in the ground or opt for dwarf varieties in pots if you are short on space.

Camellias: Camellia sinensis is a welcome sight in late winter and early spring, offering an abundance of colour when most other plants are not in bloom. With glossy evergreen leaves that promise to look good throughout the year, camellias thrive in shady spots and acidic soil.

Choisya: Choisya, also known as Mexican orange blossom, is a low-maintenance evergreen shrub that proudly displays white star-shaped flowers and glossy green leaves. Plant in a sunny and sheltered spot and enjoy the delicious smell of orange blossom in late spring/early summer.



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5 PET PARENTING mistakes

We are a nation of animal lovers, with 59 per cent of UK households owning a pet. However, that doesn't mean that we always get everything right with their care. Read our list of the most common pet parenting mistakes below to see if you're guilty.

✗ NOT TRAINING YOUR PET

Did you forgo puppy training? If yes, then you are putting your pooch at a distinct disadvantage. When done correctly, training can help to provide guidance, support and structure, all of which your puppy needs in the early stages of their development.

✗ OVERFEEDING YOUR PET

Overfeeding is an extremely common pet parenting mistake which can lead to a whole host of health problems. Whether you don't know the correct portion sizes or you are guilty of handing out too many treats, it is vital that you help your pet maintain a healthy weight.

✗ AVOIDING THE VET

Vet bills can be extortionate, which can lead to pet parents avoiding essential check-ups. That being said, it is actually more cost-effective to take your pet to the vet regularly rather than wait until they require treatment. Remember, prevention is always better than cure.

✗ FORGETTING DENTAL HEALTH

Oral health problems such as sore gums, tooth decay and bad breath can all affect pets in the same way that they do humans. Therefore, it is essential that you care for your dog's or cat's teeth. Daily brushing is the most effective way to prevent periodontal disease and only takes a few minutes of your day.

✗ NOT GIVING ENOUGH ATTENTION

While you may have showered your new puppy or kitten with love, it can become all too easy to fall into the habit of not paying your pet enough attention. However, the more you observe your pet, the more likely you are to spot any behavioural changes or health issues.





IN A HEARTBEAT

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

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

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

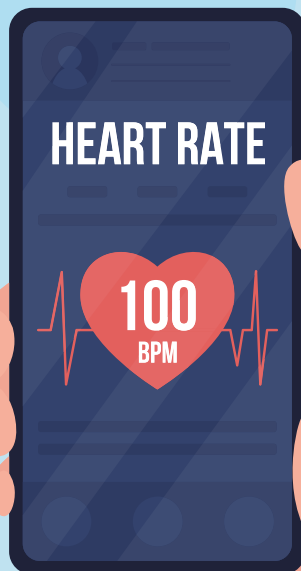
From the simple Fitbit to the Apple Watch, right through to medical-grade vests measuring every throb and pulse, the data we accumulate can often be used in real-time to warn us of a possible problem, because when someone's heart skips a beat, tech companies want to let that person know about it.

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

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

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

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



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The advert in **VISION** magazine circulates to 30,000 readers in Hornchurch, Loughton and the surrounding area. The results of this advertising are extremely encouraging and we are now receiving enquiries and business from many new customers.

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

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

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

THE LARGEST YACHT IN THE WORLD

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

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

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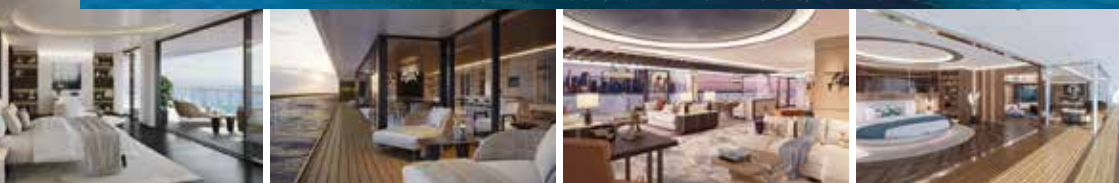
Each apartment will feature a bespoke design, with owners able to choose everything from the number of bedrooms to additional features such as gyms and private kitchens. Each apartment will also have its own outdoor area, the perfect space for seeing some of the most incredible sights the world has to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

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

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

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

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



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HOW TO HACK-PROOF YOUR PASSWORD



BUSINESS & PROPERTY

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

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

1. USE EIGHT CHARACTERS MINIMUM

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

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

2. AVOID WORDS IN THE DICTIONARY

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

3. DO NOT USE FAMILY NAMES

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

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

4. INCLUDE SPECIAL CHARACTERS

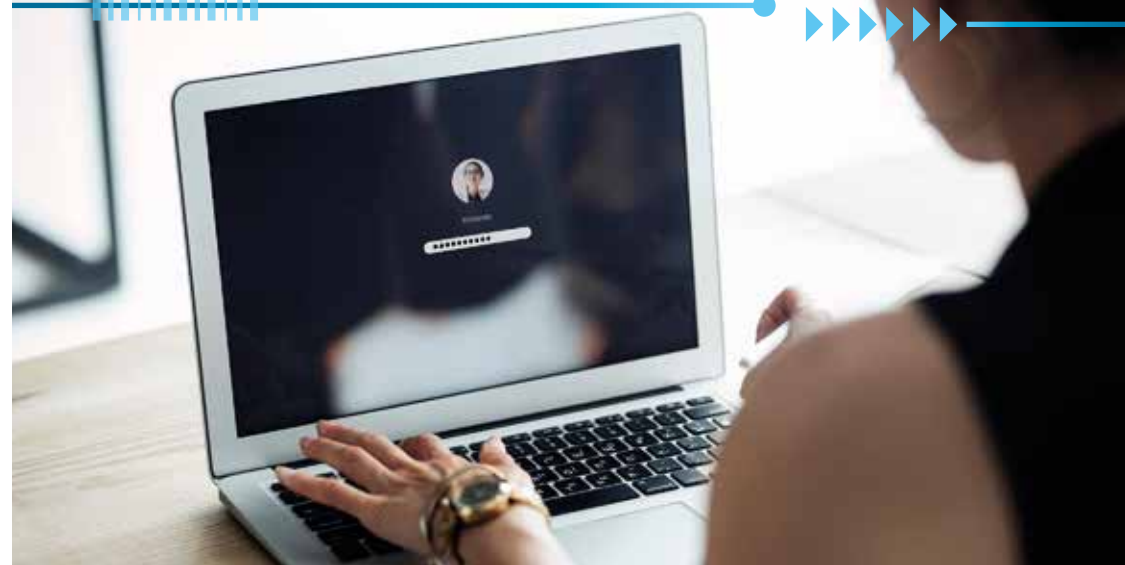
A good trick is to replace certain letters in your passwords with special characters. For example, rather than using the password 'Edward1', you could use '3dw4rd!'. By replacing letters with characters that look similar, you are also less likely to forget your password.

5. USE PASSPHRASES, NOT PASSWORDS

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

6. TRY A PASSWORD GENERATOR

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





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

By the time she retired in 2012, Victoria Pendleton CBE had risen to become

Britain's most successful female Olympian of all time. Her list of accolades includes two Olympic gold medals, a record nine World Championships, two European Championships and a Commonwealth gold.

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

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

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

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

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

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



SPORT

PLOUGH'S ABOUT THAT?

UNUSUAL SPORTS: NATIONAL PLOUGHING CHAMPIONSHIPS

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

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

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

From simple beginnings – a small field of just

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

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

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

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

Find out more about the event at www.npa.ie



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TOUR DE FORCE



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

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

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

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

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

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

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

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

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

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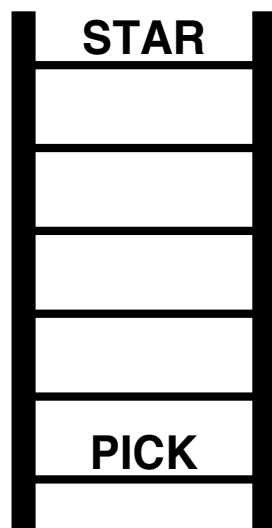
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- ▶ Trees contain quite a lot of water. When lightning strikes, most of the water reaches boiling point, turning it to steam and increasing pressure. This can cause the tree to explode.
- ▶ The average blue whale has a heart approximately the size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

WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.

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