

**FESTIVE
GUIDE TO
GAME
MEAT**

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Celebrating 40 years
of Channel 4 and Countdown

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FLORENCE PUGH

The actress on pushing herself to global success



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Editor's notes...

NOVEMBER 2022



Brett Shohet, Editor

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

Recently, I've been thinking about the importance of gratitude. I've been trying my best to start the day by getting up before the sun, as it gives me a sense of accomplishment and achievement, like I'm already a step ahead before I've even started the day. The importance of mindset really cannot be overestimated.

As we enter the colder months, many people are understandably concerned about the cost-of-living crisis. If you're worried about your finances, perhaps think about contacting local mortgage or financial advisers to help you navigate this difficult time with a little more ease, and a little less stress.

The strain will undoubtedly be felt as we hurtle towards Christmas, but it's still important to support local businesses where you can. After all, this will be our first 'normal' festive season in three years, and will offer the chance for businesses which have been struggling throughout the pandemic to begin to bounce back. Keep an eye on our magazine for upcoming Christmas events, and consider how to best spend your hard-earned cash to help our local areas thrive. You never know what hidden gems you might uncover on your doorstep.

Brett Shohet

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is the NARRATIVE

CELEBRATING 40 YEARS OF *COUNTDOWN* AND CHANNEL 4, AND LOOKING AHEAD TO A NEW ERA

Is there a single adult in the UK unaware of the TV quiz show *Countdown*? The vowels, the consonants, the numbers game, Dictionary Corner, the 30-second clock that never ticks past halfway, the *Countdown* Conundrum and, of course, that iconic music playing in the background while contestants hurriedly attempt to make words or solve a number puzzle.

Countdown is a national institution, and its popularity is such that it celebrates its 40th birthday this month. Where *Countdown*'s birthday is concerned, so too does Channel 4 itself revel in the celebrations, given that the show was on the original schedule that launched way back on November 2, 1982.

Countdown was in many ways one of the showpiece pieces of programming – a quiz that featured the effortlessly amiable Richard Whiteley OBE DL, and doyenne of the digits Carol Vorderman MBE.

Since then, Rachel Riley has succeeded Vorderman, and after Whiteley's death in 2005, permanent hosts have included Des Lynam OBE, Jeff Stelling, Des O'Connor CBE, Nick Hewer and Anne Robinson, in the accumulation of more than 7,000 shows.

One of Channel 4's true success stories, and certainly its longest lasting, *Countdown* has enchanted its weekday audience for four decades, even extending into spin-off fodder with *8 out of 10 Cats Does Countdown*, which is hosted by Jimmy Carr and has run since 2012.

Naturally, Channel 4 has extended its reach much further in the four decades since its launch. While the very nature of *Countdown* means it's not evolved too far from a weekday web of wordplay, the schedule elsewhere has incorporated many other successes, from its edgy *Channel 4 News* to innovative programming across breakfast TV (*The Big Breakfast*), soaps (*Hollyoaks*, *Brookside*), comedy (*Peep Show*, *The Inbetweeners*, *Brass Eye*, *Smack the Pony*, *Desmond's*), drama (*Skins*, *Queer as Folk*, *It's a Sin*, *Black Mirror*, *Top Boy*, *This is England*), and of course reality TV monsters such as *Gogglebox*, *First Dates*, *Made in Chelsea*, *Come Dine with Me*, *24 Hours in A&E*, *Married at First Sight*, *The Great British Bake Off*, *Grand Designs* and *Big Brother*.

And of course, while *Countdown* may lay claim to being the longest-running quiz show on Channel 4, can it top the cultural or iconic impact of *The Crystal Maze* and *Taskmaster*?

Sport has also been prevalent on Channel 4's menu – from the early days leading the surge in the popularity of cycling with Tour de France coverage, to NFL Sunday nights and, more recently, F1 coverage.

Channel 4 has always prided itself on innovation in its programming and its delivery – a fact no better exemplified than in the Film4 and All 4 spin-offs. And for the 40th birthday celebrations, a raft of specials has been planned, many of which rebel against the wealth of ultra-safe programming that other broadcasters have bowed to.

In an era where people want to be as challenged through terrestrial TV as they are online, Channel 4 continues to lead the way. Racing headfirst towards its half-century, the directive from above is to keep forcing the narrative.

THE WONDERFUL WORLD OF

Jellyfish

You're never too humble to have your own international day of celebration – and November 3 is World Jellyfish Day. While these creatures have no brain, heart, bones or eyes, they're still fascinating. They have been around for more than 600 million years and existed before dinosaurs, trees and fungi. And they live in all of the Earth's five oceans.

Jellyfish have an umbrella-shaped body with trailing tentacles, which are armed with stinging cells used to stun their prey before gulping them down. They're helpful for self-defence, too.

Jellyfish mostly eat shrimps, crabs and small sea plants. And in their turn, they're an essential source of food for other ocean creatures like sea turtles, tuna and sharks. In some cultures, jellyfish are also a food source for humans, particularly in South East Asia. Only the main body is eaten, which is said to have a delicate, slightly salty taste. Sometimes they're thinly sliced and eaten raw, or dipped in batter and fried.

As well as using their mouth to eat and get rid of waste products, jellyfish also use their mouths to squirt out a jet of water to move themselves forwards.

There are thought to be 300,000 different types of jellyfish. Some are as small as 5mm in diameter, and some are as big as 2m. They come in an impressive array of colours – some are clear, but some are pink, yellow, blue or purple. Some are even bioluminescent, which means they produce their own light.

Most jellyfish stings aren't serious. But stings from some species – most of them living around Australia, the Philippines, the Indian Ocean and the central Pacific – can be severe or even deadly. Incidentally, the Portuguese man-of-war, a creature often mistaken for a jellyfish, is actually a colony of polyps. However, watch out for them – their stings can be excruciating.



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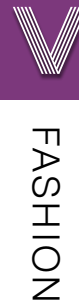
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SUPER STYLISH scarf solutions



A scarf is a winter wardrobe staple for most people, but it can often be seen as more functional than fashionable.

Discover six super stylish ways to tie a scarf that guarantee to impress, with options for men and women.

1. The Beautiful Braid

- > Fold the scarf in half and place it around your neck.
- > Take the loose ends of the scarf and pull them loosely through the loop.
- > Twist the loop and pull the loose ends through again.
- > Continue to twist the loop with one hand, pulling the ends through until you run out of scarf.

2. The Belted Drape

- > Drape the scarf evenly around your neck and let it hang naturally.
- > Fasten a skinny belt over the scarf at the waist.

3. The Knotted Necklace

- > Take a lightweight scarf and place it around the back of your neck.
- > Tie a knot on one side and then on the other.
- > Pick up the loose ends and tie them together.
- > Turn the scarf around so that the ends are at the back and the knots are at the front.

4. The Carefree Cowl

- > Place the scarf around your neck so that one end is much shorter than the other.
- > Wrap the long end around your neck twice and tuck in the loose ends.
- > If your scarf has a fringe, adjust it so that a bit of fringing is hanging down the front.

5. The Double Bandana

- > Fold a long scarf in half lengthwise.
- > Grab the diagonal ends and knot them together.
- > Place it over your neck, twist and loop again.

6. The Casual Turtleneck

- > Place the scarf evenly around your neck.
- > Loop one end of the scarf around your neck.
- > Repeat with the other end (the ends should be hanging slightly down your chest).
- > Tuck the loose ends up inside the scarf.



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BEAUTY

HAIRSTYLES FOR MEN

WITH

thin hair

Is your hair looking a little thin? If yes, you are far from alone. By the age of 35, approximately 66 per cent of men will have experienced some degree of hair loss.

It's happened to the likes of Channing Tatum, Ashton Kutcher, Ben Affleck and even David Beckham. Fortunately, you can fight back.

MESSY TEXTURED CUT

If your thin hair is also prone to frizz, then this is the perfect hairstyle for you. Ask your barber to add texture to your hair with a messy and irregular cut that features subtle spikes. This is also a great haircut for men who want a low-maintenance style that only takes minutes to master.

MEDIUM SCISSOR CROP

For those who feel self-conscious of their receding hairline, this is a great choice. Make sure that your barber leaves enough hair on the top and the sides to create the illusion of volume and get practising how to style this youthful and trendy cut.

HIPSTER HAIR

Hipster hair offers a good solution for men who are only experiencing minor thinning. Opt for a close cut around the sides and the back and keep as much hair up top as possible. Add a few days of facial hair growth for even more fullness.

ADD LENGTH

Although many men believe that you should keep your hair short if it starts to thin, longer styles can in fact make your looks appear thicker and fuller. Grow out your hair as much as you can and then add in a square bottom cut midway down the neck.

SLICKED-BACK FADE CUT

Slicked-back hair is the obvious choice for men with a receding hairline as this style adds height and distracts from the lack of thickness. Add a fade cut along the back and the sides and your full-head-of-hair look is complete.



Are you getting ENOUGH IRON?

Iron deficiency affects a whopping two billion people worldwide and is the cause of more than 57,000 hospital admissions each year.

Responsible for many important processes in the body, let's take a closer look at iron and how you can ensure you are getting enough of it.

WHY IS IRON IMPORTANT?

Iron plays a crucial role in making red blood cells, which carry oxygen around the body. A lack of iron can lead to iron deficiency, known as anaemia, which can cause fatigue, heart palpitations, pale skin and breathlessness. Iron also helps to promote a healthy pregnancy, to increase energy levels and to enhance athletic performance.

HOW MUCH IRON DO YOU NEED?

According to the NHS, the amount of iron you need per day is as follows:

- > For men over 18, 8.7mg
- > For women aged 19 to 50, 14.8mg
- > For women over 50, 8.7mg

Women who experience heavy periods are at

a higher risk of anaemia and may be required to take iron supplements.

WHAT FOODS ARE HIGH IN IRON?

There are two types of iron: heme and non-heme. The former is found in animal foods that contain haemoglobin and the latter primarily comes from plant sources and fortified foods.

These include: Organ meats such as liver and kidneys | Soybeans | Clams and mussels | Spinach | Fortified cereals | Dried fruits like raisins and apricots | Legumes such as beans, lentils and chickpeas | Pumpkin seeds | Turkey | Tofu

WHAT FOODS CAN HELP YOU TO ABSORB MORE IRON?

Iron has a low bioavailability, which means that the small intestine does not readily absorb large amounts of it. This increases the risk of deficiency.

Fortunately, there are some foods that enhance your body's ability to absorb this key mineral. These include foods rich in vitamin C such as citrus fruits and bell peppers, foods with vitamin A and beta-carotene like carrots and sweet potatoes, and meat, fish and poultry.



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SHADES

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We are a nation of insomniacs, with 67 per cent of adults suffering with disrupted sleep and 23 per cent getting no more than five hours per night.

While this could be a result of stress, poor lifestyle choices or a mental health condition, it may actually be the colour of your bed linen that is stopping you from drifting off.

HOW DOES COLOUR AFFECT SLEEP?

Colours have the ability to influence our mood, emotions and behaviours, with different shades evoking certain feelings such as anger, happiness and calmness, all of which can affect how you sleep.

WHAT ARE THE BEST COLOURS OF BED LINEN FOR PROMOTING GOOD SLEEP?

Blue

Blue is known for promoting feelings of peacefulness and serenity and, when used in the bedroom, can help you feel safe and relaxed. As a result, it is one of the best colours for aiding good sleep. Avoid bright blue and opt for paler shades.

Green

The colour green is synonymous with nature, which means it has an instant calming effect. Opt for

sage green rather than bright green as this shade is softer and more peaceful.

Light pink

While this may not be your first choice for your bedroom linen, if you lead a hectic and stressful life, then light pink linen can help to soothe your mind and body.

WHAT COLOURS SHOULD YOU AVOID?

Red

Red is an energetic and intense colour that can provoke aggression and anger. Therefore, it is one of the worst shades to use on your bed linen.

Dark purple

Purple is known for stimulating creativity and, when used on bed linen, it could promote vivid dreams or nightmares which can disrupt your sleep.

White

Although you may think that white would be a good colour for aiding sleep, it could in fact be keeping you awake. This is because bright white can affect your melatonin levels and disrupt your sleep patterns.



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WITH STANDING AB EXERCISES

Are you sick to death of doing sit-ups and abdominal crunches, but dream of having a perfectly toned tummy? If yes, then you need to try these four killer core exercises that you can do standing up.

STANDING MARCH TWIST

- > Stand with your feet hip-width apart, your arms above your head and your abs engaged.
- > Bring your right elbow to your left knee and twist through your waist as you do this.
- > Return to the starting position and repeat on the other side.
- > Make sure to focus on using your core, not your quads, when you lift your knee.
- > Continue to alternate each side for two minutes.

WIDE SECOND SIDE CRUNCH

- > Stand with your feet apart (wider than hip-width), holding a dumbbell in each hand.
- > Turn your toes outward and lower yourself into a wide squat.
- > Raise your arms so that your elbows are bent to 90 degrees, engage your core and bend to the right so that your elbow taps your thigh.
- > Do 10 reps on each side and then repeat.

STANDING CROSSOVER TOE TOUCH

- > Stand with your feet apart (wider than hip-width) and extend your arms into a T shape.
- > Engage your core and then rotate your torso to your left.
- > Tap your right hand to the outside of your left foot.
- > Do this on your left side for one minute and then repeat on your right side.

STANDING STABILISATION

- > Stand with your feet hip-width apart, holding a medicine ball or dumbbells in both hands.
- > Extend your arms in front of your chest.
- > Keeping your arms straight and your shoulders pressed down, slowly rotate your upper body to the right.
- > Return to the centre.
- > Try not to let your shoulders climb up to your ears as this means your upper body is starting to take over.
- > Do 10 reps on each side and then repeat.





GUIDE to GAME

Have you always wondered about game but been too timid to try? If yes, then the below guide is just what you need. Popular at Christmas, discover all the best game meats for the festive season and their perfect pairings below.

WHAT ARE THE DIFFERENT TYPES OF GAME MEATS?

- 1. **WINGED GAME:** This includes quail, duck and pheasant.
- 2. **GROUND GAME:** This includes hare and rabbit.
- 3. **BIG GAME:** This includes bison, venison, elk and wild boar.

WHY EAT GAME MEATS?

Game meats are primarily raised on pasture, which means that they are better for the planet as they require fewer natural resources to raise. They also provide lean, high-quality, nutrient-rich protein that adds some much-needed diversity into our diets.

WHERE TO BUY GAME MEATS

You can buy game at your local butchers, online or in most major supermarkets, including Asda, Tesco and Waitrose.

GAME MEATS TO TRY THIS CHRISTMAS

PHEASANT: Pheasant is a great alternative to chicken and turkey, providing lots of flavour and a lean source of protein. It is also great for making stuffing if you fancy a change from sausage meat.

FLAVOUR PAIRINGS: Fruits such as apples, oranges and prunes, as well as aromatics like sage and thyme.

QUAIL: One of the smallest game birds; quail meat looks very similar to chicken but boasts a much more intense flavour. Typically, one whole quail is the perfect size for a starter or appetizer.

FLAVOUR PAIRINGS: Winter citrus fruits, grapes, cranberries and pomegranates, as well as spices such as cumin and corander, and honey.

VENISON: If you want a change from beef, then venison is a great choice. Venison, which refers to meat from a deer, has a very strong gamy flavour and is extremely versatile. It is also very lean and rich in iron.

FLAVOUR PAIRINGS: Blueberries, cherries, cranberries and dates, as well as sage, juniper berries and black pepper.

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LOAFING AROUND

Whether you're tucking into hot buttered toast for tea or chapati with your curry, you have to agree that bread is filling, comforting and totally delicious.

Homemade Bread Day, which falls on November 17, celebrates bread from around the world. And to help you mark the day, we've created two mouth-watering recipes.

FLUFFY NAAN BREAD

INGREDIENTS: 2 tsp dried yeast | 1 tsp sugar | 120ml warm water | 300g plain white flour (and a bit more) | ½ tsp salt | 60ml olive oil | 80ml natural yogurt | 1 large egg

HOW TO MAKE:

- > Whisk the yeast, sugar and water together in a small bowl until frothy, then whisk in the oil, yogurt and egg.
- > Combine the salt and half the flour in a medium bowl, pour in the yeast mixture and stir well.
- > Gradually add the remaining flour (you might not need all of it) until you have a firm dough.
- > Knead for a few minutes on a floured surface.
- > Cover the dough and let it rise for an hour, then divide it into eight small balls.
- > Flatten the balls so they're 15cm in diameter.
- > Cook one at a time in a heavy frying pan on medium heat until they're golden on both sides.

FRUITY SODA BREAD

INGREDIENTS: 250g plain white flour (and a bit more) | ¼ tsp salt | 1½ tsp baking soda | 1 tsp caraway seeds | 75g raisins | 75g dried cranberries | 50ml orange juice | 100ml buttermilk | 3 tbsp runny honey | 2 tbsp sunflower oil

HOW TO MAKE:

- > Heat the oven to 200°C/180°C fan/gas mark 6.
- > Mix the flour, salt, baking soda, caraway and dried fruit in a large bowl.
- > Mix the orange juice, buttermilk, honey and oil in a jug. Pour it into the dry ingredients and mix into a dough.
- > Turn the dough onto a floured surface and shape it into a round.
- > Place it on a greased baking tray and slash the top.
- > Bake for 30 minutes until a deep brown colour.



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BRING ME Sunshine

Where's the best place to head if you want a last-minute getaway to escape the winter chills – and soak up some vitamin D? Here's our round-up of beautiful beach destinations, and there are some great deals if you hunt around.

MOROCCO: Flight time: 4 hours from London, depending on the exact destination. Average daily maximum temperature (Nov-Jan): 21°C. Agadir on the South Atlantic coast is perfect for beach lovers, and many hotels offer 'affordable luxury'. And the colourful markets (souks) are great for bargain hunters.

CANARY ISLANDS: Flight time: 4½ hours from London. Average daily maximum temperature (Nov-Jan): 22°C. As well as the well-known spots like Gran Canaria, Tenerife, Fuerteventura and Lanzarote, check out the less-visited smaller islands – La Palma, El Hierro, and La Gomera, which are great if you love hiking and walking.

EGYPT: Flight time: 5½ hours from London, depending on the exact destination. Average daily maximum temperature (Nov-Jan): 25°C. Egypt in November is a bit cooler and less crowded. Sharm-el-Sheikh is excellent for snorkelling, and desert trips and camel rides are available nearby.

CYPRUS: Flight time: 5 hours from London. Average daily maximum temperature (Nov-Jan): 20°C. It might be too chilly to swim in the Med – but there should still be plenty of sunshine. And it's an excellent

DUBAI: Flight time: 7 hours from London. Average daily maximum temperature (Nov-Jan): 27°C. Dubai's luxury resorts could be just the thing if you're after impeccable service, lots of activities and the chance of some retail therapy. And in winter, it's not too humid.

CAPE VERDE: Flight time: 6 hours from London. Average daily maximum temperature (Nov-Jan): 25°C. Consisting of 10 islands off the coast of West Africa, the best ones for beaches are Sal and Boa Vista. Cape Verde is more affordable than Dubai and great if you want something truly different.

Bon voyage!



TRAVEL

BEGINNER'S GUIDE TO

bonsai trees

Growing and caring for a bonsai tree is an amazing stress reliever and a fun pastime, but you need to know what you are doing if you want your little tree to flourish.

WHAT IS A BONSAI TREE?

For the uninitiated, a bonsai tree is a miniature tree that is planted within a pot. In fact, the term bonsai literally means 'planted in container' in Japanese. An integral part of this East Asian country's culture, bonsai is now an art form that is enjoyed worldwide.

HOW TO CARE FOR A BONSAI TREE

Placement: Keep your bonsai away from direct heat and drafts. They favour areas with plenty of sunlight and need humidity in order to keep their soil moist.

Watering: One of the most contentious issues when it comes to bonsai ownership, overwatering can cause root rot, while underwatering can lead to all the leaves dropping off in as little as half a day. As a general rule, water every two to three days in the morning, ensuring the soil is always damp to touch but not wet.

Fertilising: Bonsai trees need nitrogen, phosphorous and potassium in order to survive and grow. As the seasons change, your tree will have different fertilising needs. In spring, more nitrogen is needed to boost growth. In summer, equal volumes of each is best and in autumn/winter, a fertiliser with a higher phosphorus content will prepare it for the colder months.

Pruning: Pruning is essential in keeping your bonsai healthy. You need to make sure that you pay attention to all elements of the tree, including the shoots, leaves, buds and twigs.

Repotting: When you need to repot your bonsai tree will be dependent on the species you picked. However, typically, bonsais need to be repotted every two to three years to prevent the roots from becoming pot-bound.


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HOME & DIY

EXPLORING THE TALENTS OF THE STUDIO ASHBY COLLECTIVE

While interior design is very much a personal thing, the collective that is Studio Ashby likes to approach the sumptuous styling of homes in a way that draws in expertise and influence from across the team.

Studio Ashby is the brainchild of creative director Sophie Ashby. A designer of real talent, her formative years were spent studying in both the UK and the US, resulting in a coming together of classical ideas that permeates through a look unswayed by passing dictates of fashion. Instead, the outcome is about contemporary world art, ageless yet modernist furniture, natural and clear palettes and a variety of materials and textures.

While colour tones are uncomplicated, the overall look is one of richness and intense detail, looking at cohesive space and the fingerprint of collaboration and integrity.

"There is no set look that we always replicate,"

says Sophie, "though many of us will view whites and greys as a classic start point, whereby delightful detail can be added."

Sophie talks not just about shade, but shape too, with smooth curves of furniture interrupting sharp lines. In addition, velvet on wood, ruffled cushions on carved chairs, and fluffy rugs on a chic wooden floor belie the idea that textures need to nestle into each other in order to work.

The studio also has an extensive shop, selling objects that perfectly match an eye for unique elements that really make a room.

A number of high-profile clients have trusted in Studio Ashby's design eye, leading Sophie to conclude: "I believe there is a poetry in the tension of combining art, antiques, craft, colour, pattern and texture; the careful layering brings character and feeling to a home."

To find out more, visit studioashby.com

Photo credit: studioashby.com



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POPPIN' Paprika

2023'S HOTTEST COLOUR TREND FOR YOUR HOME

There may be a couple of months left in 2022, but that doesn't mean we can't look ahead to next year's interior trends. One of the hottest trends already making waves is paprika, the spicy colour that's about to give your décor a cheeky kick.

WHAT IS PAPRIKA?

Paprika is a shade in the burnt orange family. Think terracotta with a hint of pink. It lets you experience the warmth of reds and oranges, without going overboard with a bold and bright colour.

THE ULTIMATE MOOD-BOOSTER

Paprika is the perfect shade to add a touch of warmth to your home. Used as the main colour, it adds interest to the plainest of rooms, while as an accent colour, it goes perfectly with shades of navy, grey, yellow and others. It also looks great as a contrasting shade to a monochrome space.

USING PAPRIKA IN YOUR HOME

Some of our top tips for using paprika in your home include:

- Go for a paprika colour pop on a wall, either as a block colour or by adding it as a shape or pattern to a neutral wall.
- Use paprika-hued accessories to brighten up your space. Curtains and cushions in this delightful shade will help you embrace the trend easily and affordably.
- Refresh some of your older furniture by coating them in paprika – an easy way to give your pieces a new lease of life and make a cool contrast against the rest of your décor.

As the colour to look out for in 2023, you can get ahead of the trend by embracing paprika in your home now.



Photo credit: Popdilly Co/Pinterest
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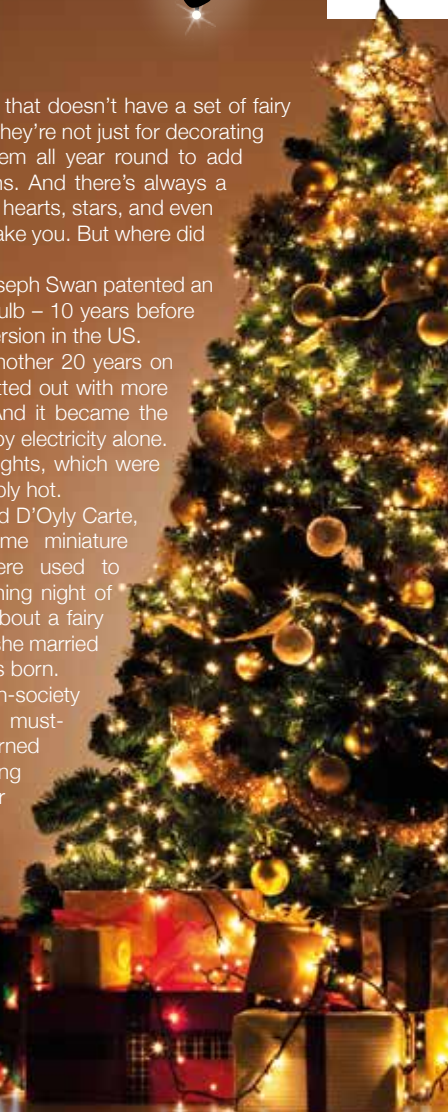
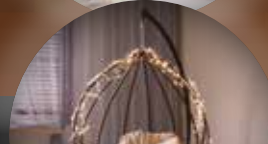
There's hardly a home in the country that doesn't have a set of fairy lights – or several. And these days, they're not just for decorating Christmas trees. We love using them all year round to add a warm glow to our rooms and gardens. And there's always a pretty new shape to tempt us – flowers, hearts, stars, and even multicoloured skulls, should the fancy take you. But where did it all begin?

In 1869, Sunderland-born inventor Joseph Swan patented an early version of the incandescent light bulb – 10 years before Thomas Edison patented his improved version in the US. In 1881, when Queen Victoria still had another 20 years on the throne, London's Savoy Theatre was fitted out with more than a thousand of Swan's lightbulbs. And it became the first public building in the world to be lit by electricity alone. Before this, theatres were lit with gas lights, which were dangerous and made theatres unbearably hot.

In 1882, Savoy Theatre owner, Richard D'Oyly Carte, commissioned Swan to produce some miniature versions of his lightbulbs. These were used to decorate the fairies' dresses on the opening night of Gilbert and Sullivan's opera, *Iolanthe* – all about a fairy who was banished from fairyland because she married a mortal. And so the name fairy lights was born.

The opera was a big hit, and high-society ladies soon adopted fairy lights as a must-have clothing accessory. They adorned their dresses with strings of lights, hiding the battery packs in the folds of their voluminous skirts.

By 1883, a colleague of Swan's US rival, Thomas Edison, put a set of fairy lights on a Christmas tree. It was a publicity stunt. But there started a global Christmas tradition that became so popular that we now use fairy lights almost everywhere.



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Pugh

AGAINST THE MACHINE

HOW FLORENCE PUGH HAS INVENTED HERSELF AS AN ALTERNATIVE HERO FOR THE HOLLYWOOD MACHINE

Florence Pugh may have hit the big time, but she is in no mind to play along with any of the niceties that may be expected from a Hollywood sweetheart. Take, for example, her audible frustrations at the furore surrounding her recent big project, *Don't Worry Darling*, which saw the leading lady in some parts referred to, in a rather derogatory way, as Harry Styles' "onscreen lover".

Or what about the fuss made during her recent fashion foray at the Valentino couture show in Rome, to which she wore a stunning pink gown through which her nipples could be visibly seen.

After receiving negative feedback online for both, the beauty boldly challenged the critics on Instagram, booming: "Why are you so scared of breasts?"

The response was perfect, proving beyond doubt that Pugh is as ferocious and bold as the strident characters she has become known for playing. From the plotting and seductive Lady Macbeth in the eponymous indie masterpiece, to the assertive female wrestler Saraya Knight in *Fighting with My Family* and, most recently, super assassin Yelena Belova in Marvel's *Black Widow*.

And for the ballsy 26-year-old, the battle rages on...

"I have always tried to force myself to pursue not just new avenues, but uncomfortable ones," she says. "Fear plays a big part of that, of course, and fear for an actor is something that can really ground a career.

"I have always had the view that to really succeed you need to push yourself further and harder than the last time, and that's the way I go about what I do, to the extent that the more I fear something the more I have to do it. That's just who I am."

‘ I love the diversity that film and TV brings and owe it to myself to really work out who I am and what I am capable of ’

In terms of pushing herself, 2022 has proved more forward-thinking than any year previously. The aforementioned *Don't Worry Darling*, a dystopian look at social values, personality and community, and our ability to accept and challenge the norm, has been well received. Yet almost to prove she is an actress unafraid to mix it up, she has since been announced as reprising Yelena in 2024 Marvel release *Thunderbolts*, and before that is contracted to appear in *Dune: Part Two* next year, alongside Timothée Chalamet, Stellan Skarsgård and Zendaya.

There's also Netflix movie *The Wonder*, which airs in November. The drama/mystery, set in Midlands Britain in 1862, tells the story of a girl who stops eating but miraculously remains alive and well. An all-British cast, the production aims to look behind the mask, and is based on the 'fasting girls' phenomenon from the Victorian era, as documented by author Emma Donoghue.

"I love the diversity that film and TV brings and owe it to myself to really work out who I am and what I am capable of. The truth is I don't want to be defined by anyone other than myself." That logic is certainly reflected in the actress's burgeoning Instagram presence, with a large following brought about in no small part by a number of endearing cookery videos filmed during lockdown.

"To have that connection was so valuable," she says. "It's such a relief we are through those days, though I learned so much about myself and community through food; it's a passion that has stuck with me."

Between her creative cookery videos and her accolades on screen, the young actor is definitely cooking up a storm across the globe.



LOCAL NEWS

from your neighbourhood

ONE HUNDRED & THREE DEGREES



Photo credit: Rita Kakati-Shah

Inspirational Rita honoured at award ceremony

A woman from Hornchurch has won a prestigious award from the Indian government for her contributions to society.

Rita Kakati-Shah (pictured above) flew back to the UK for the awards ceremony at the Houses of Parliament last month, having moved to New York in 2011. Prior to that, she had lived in Hornchurch all her life.

She received the Mahatma Gandhi Samman Award, which recognises people's contributions to society and their efforts in flying the flag for India throughout the world.

Rita earned the award for her mentoring and other

societal work through her coaching, mentoring and training platform company Uma, which focuses on gender equality, diversity and inclusion.

She made the most of her visit to the UK by returning to Ormiston Park Academy in Aveley, where she remains a school governor.

Rita said: "I was extremely honoured to have been recognised by this award in the presence of so many dignitaries and accomplished individuals.

"I feel very humbled, especially as the work I do is a mere fraction of the incredible work that so many Indian diaspora continue to do every day to make the world a better place."

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Photo credit: Hornchurch Aerodrome Historical Trust



Second World War airfield memorial unveiled

Local veterans attended the unveiling of a memorial stone honouring a Hornchurch airfield at the RAF Hornchurch Heritage Centre last month.

The stone was unveiled by the Hornchurch Aerodrome Historical Trust (HAHT) and the Airfields of Britain Conservation Trust (ACBT) on October 1 to commemorate RAF Hornchurch, which was closed in July 1962.

The same day, the HAHT opened its American room, which commemorates the Americans who served at RAF Hornchurch.

The stone was the 204th airfield marker to have been placed by the ACBT, which seeks to preserve the memory of the country's lost airfields.

Tony Philpot (pictured third from left), chair of the HAHT, said: "Today we celebrated the memory of all

those men and women that fought, with many making the ultimate sacrifice towards our freedom.

"The RAF Hornchurch Heritage Centre feels very privileged and proud to bring the name of RAF Hornchurch airfield to the public's attention.

"The centre is a living memorial to everyone that served on the airfield during the First and Second World Wars and beyond."

Kenneth Bannerman, the founder of ACBT, said: "Hornchurch is one of the greatest airfields in the world, never mind Britain. If you were to ask anyone to name the top 10 British airfields, Hornchurch would be straight in there without any hesitation."

The unveiling, originally scheduled for September, was postponed following the death of Her Majesty Queen Elizabeth II.

Pub appeals eight-week licence suspension

A Hornchurch pub and nightclub is appealing against the temporary revocation of its licence after several serious incidents were reported.

The Rising Sun pub and VLT, a nightclub on the same premises, had its licence revoked for eight weeks after the Met Police filed a request with Havering's Licensing Sub-Committee, as reported in **VISION** Hornchurch October 2022.

The police pointed to multiple incidents of seriously violent conduct, including one alleged instance of a fight involving 20 people, as well as several alleged stabbings.

The Havering Licensing Sub-Committee said in its original decision that it "could not depart from the fact that there has been serious crime and disorder at the premises".

The appeal will be heard at a magistrates' court, which may decide to dismiss the appeal, substitute the decision or remit the original decision.

The Rising Sun has been contacted for comment.



LOCAL NEWS



JULIA LOPEZ MP

Hornchurch and Upminster



I am pleased to share with residents that September 2022 figures show that the number of people in Hornchurch and Upminster claiming unemployment-related benefits has fallen by 865 over the last year. This is thanks in part to the award-winning team at our local Jobcentre in Romford, with whom I put on a Job Fair at Queen's Theatre at the end of the summer.

In the past few weeks, I have met the chief executives of Queen's Hospital and the London Ambulance Service to discuss health cases constituents have raised and to understand how our local NHS is preparing for winter. A total of 700 new permanent staff have been recruited to our local health trust in the last two months, changes are being made to improve Queen's A&E and a new Physician Response Unit is being rolled out to Havering.

The 1970s Gallows Corner flyover has been listed in the government's Growth Plan to get accelerated improvement works, and TfL has begun a survey of the site. There will be a single lane closure overnight for survey works, which are due to be completed in early November. We have also had it confirmed that the Junction 28 M25 works – providing a new slip road from the A12 – have been expedited and residents may have noticed that construction workers are now already on site to get the project moving.

Last month, my team and I visited RG Care's Lilliputs home on Wingletye Lane to meet manager Vicki (pictured second from left) and her team. The site contains several homes that offer supported living

facilities to adults with learning disabilities. Vicki and her team are working hard to transform the Lilliputs site and the quality of care that is offered to residents, and it was great to meet the young adults who live there as well as their carers.

We also visited The Fatling Pub in Hornchurch to meet landlady Sandy (pictured right), where we discussed issues such as the safety of the night-time economy and the impact of government measures to tackle energy costs.

Residents may recall my campaign to keep the Emerson Park in the Hornchurch and Upminster constituency in the face of a plan to move it into the Romford seat at the next election. I can update constituents that the Boundary Commission will be publishing their revised proposals on November 8.

Our campaign against this proposal has been a strong one and, with the help of 933 petitioners and 671 direct submissions from constituents, I have twice opposed these proposals at public consultations.

Once the revised plan is published, it will be subject to a final round of public consultation, which is currently scheduled to close on December 5. I do hope that the Commission will agree that Emerson Park's removal from the Hornchurch and Upminster seat would severely disrupt community ties. I would encourage you to check the Boundary Commission's website at boundarycommissionforengland.independent.gov.uk/2023-review on the week commencing November 7 to ensure that you do not miss any announcements.

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MP for ROMFORD



This country has experienced vast changes over the last century. My constituency of Romford is no exception. As the last edition of **VISION**Hornchurch explored, much of that change was overseen by Her Majesty Queen Elizabeth II. We have now gone through a silent change, one which occurred with little upheaval. The accession of a new monarch and the election of a new Prime Minister do not happen regularly, yet owing to the impeccable constitutional system that we enjoy, this transitional period between different eras was a stable experience nationwide.

Now the stage has been set, and the chance for our new administration to be one characterised by big ideas and long-term thinking has presented itself. We need a government who can reshape this country into one of growth and prosperity – focusing not merely on the short term, but beyond its term in office.

Despite recent upheavals, the government is right to focus on creating sustained economic growth and to redesign the economy into one that can respond to the economic crises we and many other nations are facing today. Putting money back into the pockets of working people is always something Conservatives should seek to do. This will be amplified by the security that the government's energy price intervention will present, capping the average household bills to £2,500 a year.

This country needs strength of resolve in its leadership; it is time for ambitious and bold ideas, which are not necessarily universally popular in the short term. We must remember that Mrs Thatcher, with her distinguishing strength and steadfastness, made like-minded and daring moves which may have damaged her short-term political reputation, but the product was a stronger and more independent Britain.

Pub scoops national cider prize



The Hop Inn in Hornchurch has won the Campaign for Real Ale's (CAMRA) National Cider and Perry Pub of the Year Award.

The pub, founded in 2019 and located on North Street, has received a wide range of awards in its relatively short history, including being recognised as one of the country's top pubs by CAMRA.

Alison, co-founder of The Hop Inn, is a drinks educator and cider pommelier who set up the London Cider and Perry Club to foster interest in the drink.

Alison and Phil, owners of The Hop Inn, said: "We are absolutely thrilled to win the national Cider and Perry Pub of the Year competition.

"The Hop Inn is small and fairly new, having opened in 2019 and going straight into a pandemic. The last few years have been tough, so to receive this accolade is quite amazing for us and our small team."

Alison added: "I know how good real cider and perry can be, and I want it to be viewed with the same enthusiasm and respect that we see across other drink categories.

"We have so many talented producers in this country who are creating things that are just extraordinary, and I love sharing these amazing drinks with our visitors.

"We only stock 'whole juice' ciders, with many large production ciders only managing 35 per cent juice and topped up with glucose syrups and concentrates. We often have our guests saying they didn't think cider could taste this good."

Nightclub thanks customers as longer hours approved



The owner of a Hornchurch nightclub has thanked customers after being granted permission to extend the venue's opening hours.

Shelly's Bar on Station Lane can now stay open until 2am on Fridays and Saturdays after applying to Havering Council for a change to its licence, as reported in **VISION**Hornchurch September 2022 edition.

As part of the new conditions, the nightclub can also stay open until midnight on Thursdays.

Michelle Vickers, owner of Shelly's Bar, is delighted to have the change approved and cited her customers' "great response" as a major reason as to why it was given the go-ahead.

Michelle told **VISION**Hornchurch: "I can't tell you how happy I am.

"It was a great response from my valued customers, and to be honest it was their letters of support that got me the 2am licence.

"We hope it will make a big difference to Shelly's as we're a bit out the way from town; we needed that extra hour to hopefully pull people round to us.

"We have a fantastic bar and hope to gain more custom to show it off.

"There is also no need for anyone to worry; we run a tight ship, are always on noise control and see our customers out quietly and safely.

"We will use the longer hours discretionally to start with before holding a relaunch in March with lots of new changes."

Urchins knocked out of FA Cup and FA Trophy after defeats

Hornchurch FC have been knocked out of both the FA Cup and the FA Trophy, despite a recent unbeaten league run.

Hornchurch currently sit in fifth in the Isthmian League, with two games in hand on the teams above them. They also have the best goal difference in the league, having scored more than any other team with the second-best defensive record.

September saw Hornchurch progress through the FA Cup first and second qualifying round, before progressing through to the fourth round after a 3-0 win over Braintree Town on Saturday, October 1. However, their cup run was cut abruptly short, as Oxford City trounced the Urchins 4-1 in the follow-up game.

The Urchins were also knocked out of the FA Trophy on penalties away to Harlow Town in the third qualifying round after the game went to penalties after 90 minutes.

After these two cup losses, the Urchins were able to lick their wounds and enjoy a 3-1 home victory in the league over Horsham the following week.

Café to provide lunch for the lonely this Christmas

An inspirational family who run a café in Hornchurch will be once again opening their doors for anyone who is alone this Christmas

The owners of French's Café in North Street have confirmed they will be open from 12pm to 5pm on Christmas Day to offer something to eat for anyone feeling lonely.

The café is run by Mark French, his son Charlie and daughters Phoebe and Issy.

The family said: "Owing to the success of previous years, all of us at French's Café are delighted to announce we will be opening our doors once again for anybody who finds themselves alone this Christmas.

"Please come along to share and enjoy a day of fun, laughter, food and new friends.

"We will be serving a traditional Christmas turkey dinner with all the trimmings.

"This special day will be completely free of charge, for any individual who will be on their own this Christmas.

"If you find yourself alone this Christmas Day, or you know of somebody who will be, then please get in contact with us."

The café can be contacted on 01708 451450 or Frenchs.xmasday21@gmail.com



Photo credit: French's Café





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News from

Councillor Paul Middleton

St Andrews Ward, Hornchurch Residents' Association

Balancing the books

The Residents' Associations, with the assistance of the Labour Party, finally took over the administration at Havering Council from the incumbent Conservative administration in May 2022. The Conservatives had been running the council for 20 years.

Now we have taken over the running of the council, we get to see the true state of the finances and we are getting to see how the council was run.

Financially, we are in deep strife. It would be simple to blame the previous administration. I will say that they certainly did not do everything well; many issues were kicked into the long grass and avoided. These are coming back to bite us.

This year, we need to find £30million to balance the books to create a budget that will stop the council from going bankrupt. As I said earlier, this was not purely down to the Conservatives; we have faced a perfect storm of COVID-19, war in Ukraine and other factors (including the issue that the government 10 years ago was giving Havering a £70million a year grant, and this has been reduced to £1.5million this year).

We will need to find the money from somewhere.

There has been a round of voluntary redundancies to release 400 posts. The next steps will be to identify savings across the council-run services. Then we will need to look at increasing the cost of other services and possibly dispose of assets.

The previous administration knows this. There were a couple of options available. We could work together to get the best deals for Havering, get the word out to the residents so they understand the situation, and help everything along and get through this quickly.

Or the other option is to jump on social media, stir up resentment at the cuts, waste officer time with a constant flow of requests and freedom of information questions, and score points against the new administration.

Which route do you think the Conservatives took?

When you hear a statement from a local Conservative councillor pointing out something is wrong, please question what it is that is wrong and why. Do some research or give the current administration the chance to answer before spreading misinformation.

Borough wins several awards

Havering was awarded a number of top awards in the London in Bloom competition, placing the borough's parks among the very best in London.

The borough was awarded 12 Gold awards, a Silver award, and also had success in the Park of the Year, Large Conservation Area, Extra-Large Park and Country Park categories.

London in Bloom is a competition where boroughs and their communities work together to improve local parks and environments to make them more green and pleasant.

The campaign also seeks to encourage greater biodiversity, and to build more vibrant neighbourhoods through community gardening projects.

Councillor Ray Morgon, Leader of Havering Council, said: "We are all extremely proud to see the borough bring home so many prestigious awards.

"It's a testament to the council's parks and ground maintenance staff, volunteers, and friends of parks groups. Their hard work and dedication reflect the love and commitment we all have for our parks and green spaces."

Winners included Bedfords Park and its walled garden, Central Park, Dagnam Park, Hornchurch Country Park, Langtons Gardens, Raphael Park, Spring Farm Park and Upminster Park. Meanwhile, the London Borough of Havering was given a Gold award in the city category.



Photo credit: Havering Council



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Cooper's case



EXAMINING THE NEW NETFLIX DRAMA AND AVIATION'S GREAT UNSOLVED MYSTERY

While in 2022 we bemoan the lengths we need to go to when navigating a path through airport security, what is certain is that we have never been safer while airborne.

Certainly, the audacity of hijackers, hostage takers and those demanding cash ransoms seems of a past era. The vast majority were unsuccessful, of course, though whether the infamous DB Cooper case of 1971 can be classed in the same terms remains up for debate.

That's because the hijacking of a flight from Portland to Seattle and on to Reno, Nevada, remains the only unsolved case of air piracy in commercial aviation history.

The passenger, who purchased a ticket using cash under the name of Dan Cooper, announced to cabin crew that he had a bomb shortly after the Boeing 727 flight took off from Portland International Airport at 2.50pm.

His demands were simple – he wanted around \$1.3million in cash, required four parachutes, and requested a second flight to take off once passengers had alighted at Seattle. His threat to blow up the plane appeared real – he showed the bomb to flight crew attendant Florence Schaffner.

Fearing the worst, the authorities acquiesced to Cooper's demands, with most passengers unaware of the severity of the situation until they had landed.

On the second flight, which departed Seattle at 7.40pm with the plane refuelled, remaining crew were told to head to the cockpit. When they landed, having experienced a notable change of air pressure in the cabin (caused by the opening of a door), Cooper – and the ransom money – was gone.

What makes this story so enchanting is that the hijacker was never found. Many suggest he perished en route to the ground, given inhospitable terrain and cold conditions. Small amounts of money were found, and none of the marked notes were ever spent.

The FBI kept the case open until 2006, when lack of resources led to the investigation being closed.



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Feeling peckish?

Winter can be a tough time for wild birds. They need lots of high-calorie food so they can maintain their energy reserves. But just as the temperature dips, natural foods, such as berries and insects, become scarce.

To help out, why not make some nourishing fat balls to attract blue tits, great tits, long-tailed tits, sparrows, starlings, blackbirds and black caps?

All you need is some kitchen ingredients and a few extras.

INGREDIENTS:

- > 200g lard or suet
 - > 400g dry ingredients – choose from unsalted peanuts, porridge oats, breadcrumbs, cake crumbs (not biscuits as they're too salty or anything with chocolate, which is toxic), grated cheese, tiny chunks of apple, sunflower seeds and birdseed mix
- You don't need all of the above – just a selection. You can also add raisins and sultanas, but don't do this if you have a dog because they're highly toxic.

YOU'LL ALSO NEED:

- > A saucepan and a bowl
- > If you want to hang your fat balls up, you'll also need some thin string, a sewing needle you can thread the string through, and a skewer or a cage

GET STARTED:

1. Mix the dry ingredients together in the bowl.
2. Melt the lard or suet in the saucepan.
3. Pour the melted lard or suet into the dry ingredients and mix thoroughly.
4. Using your hands, shape the mixture into balls, each the size of a golf ball.
5. Put your fat balls in the fridge for a few hours to firm up.
6. Alternatively, if you want to hang the balls, leave them in the fridge for an hour to firm up. Then make a channel through the centre of each ball with the skewer. Refrigerate for another few hours. Tie a double knot at the end of each piece of string and thread the string through the fat balls, or place in a cage.



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If you plant tulip bulbs this month, you can be sure of a bumper display of dazzling flowers come springtime.

There are two main types of tulips:

BORDER TULIPS are usually grown as annuals, so they're dug up and thrown away after flowering. They're readily available at garden retail outlets. Despite their name, you can grow them in containers as well as borders.

SPECIALIST TULIPS are usually smaller. They'll often naturalise in your garden and flower year after year. Sometimes you can find them at garden retail outlets, but you might need to buy them by mail order or online.

Specialist tulips usually have specific needs, so check you can meet these before you buy, and follow these tips for the best results.

HEALTHY BULBS: Select bulbs that are firm and watch out for mould. Don't worry about any flaky skin – this won't affect flowering.

THE RIGHT NUMBER: For a border, you'll need 25-50 bulbs for every square metre you want to cover. Use 12-20 bulbs for a 45cm diameter pot.

CHECK YOUR SOIL: Border tulips like well-drained soil in a sunny spot. If you're planting in a container, make compost by mixing three parts of multipurpose compost with one part of grit.

HOW DEEP? If you're planting border tulips in a flowerbed, as annuals, plant your bulbs 10cm deep with the pointed end up. If you're putting them in pots, plant them 15cm deep.

FEEDING: Use a potassium-rich liquid fertiliser such as Tomorite on your border tulips in containers in spring. You don't need to feed the ones in borders.

DID YOU KNOW?

- > Tulips were first discovered in Kazakhstan.
- > The word 'tulip' comes from the Persian word 'tulipan', meaning 'turban'.
- > During the tulip craze in 17th-century Europe, a single bulb once cost the same as a house in Amsterdam.

WAVE goodbye TO WEEDS

Do the weeds in your garden just keep coming back no matter what you do? If the answer is yes, then maybe it's time to try a different approach.

Natural weed killers are not only better for the environment, but they can also be more effective at banishing weeds in the long term, and they are cheaper too.

A SALTY SOLUTION

Salt has been used as both a herbicide and a pesticide for centuries and can be highly effective at killing off stubborn garden weeds. Simply dilute three parts water to one part salt, mix and leave to dissolve for 10 minutes. Spray liberally over the weeds and wait for them to die off.

A JUG OF BOILING WATER

As simple as it sounds, all you need to do is pour boiling water directly over growing weeds to stop them dead in their tracks. Be careful not to splash on any nearby plants or flowers as this could kill them also.

A SPRINKLE OF BAKING SODA

If you are struggling with weeds growing through the cracks in your patio or pavement, then a liberal sprinkling of baking soda is the perfect solution. Again, be careful not to spill on any healthy vegetation growing nearby.

A LAYER OF MULCH

Chemical-free and available in abundance, mulch is most effective at killing pesky weeds when layered with newspaper or old cardboard. Plus, this will help to prevent new weeds from growing through.

A TITTLE OF VODKA

For weeds that live in the sun, mix 30ml of vodka with two cups of water and a couple of drops of washing-up liquid. Pour onto the weeds and they will quickly dry out and die. This is not as effective on shade-loving weeds.

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WINTER WALKS WARMERS



With temperatures dropping, you may be reluctant to take your four-legged friend out for long walks. Find out below if you need to invest in a winter coat for your dog. Plus, explore the different styles available.

DOES YOUR DOG NEED A WINTER COAT?

Depending on the outside temperature and the particular breed, you may need to invest in a winter coat for your dog:

- > Below 10°C – some small to medium-sized dogs may need a jumper or coat when walking outside.
- > Below 5°C – certain larger dog breeds may need to wear a jumper or coat when walking outside.
- > Minus 5°C or less – avoid walking any breed or size of dog as there is a high risk of frostbite and paw injuries.

DIFFERENT STYLES OF DOG COATS

1. Dog raincoat

Most dogs are not fans of the rain even if they like playing in water. Invest in a dog raincoat and avoid wet-fur syndrome.

2. Dog windbreaker

Dog windbreakers are designed to keep your dog warm and dry while still providing sufficient flexibility for them to explore their surroundings.

3. Dog fleece

A dog fleece is the perfect choice for autumn days when the temperatures start to drop. With cosy insulation and a super-soft finish, these are like wrapping your dog up in a cloud.

4. Dog parka

If you want to keep your dog warm and make sure they look stylish, a dog parka is the obvious choice. With many designs to choose from, you can even find matching parkas for you and your pooch.

5. Dog snowsuit

Whether you are planning to take your dog to a mountain resort, or they simply love playing in the snow, a dog snowsuit will ensure they don't get frostbite even if they spend hours making snow angels.

6. Dog reflective jacket

As the days get shorter, you may find yourself walking your dog in the dark. A dog reflective jacket will ensure they remain safe on the roads and make it easier for you to see them.



WORDplay

EVERYDAY WORDS THAT CAME FROM OVERSEAS

The English language – and indeed, the British race – is a smorgasbord of different nationalities, empires and revolutions. We are an island nation, and all the better for influences that stretch across the planet. This is no better highlighted than in the words we use.

While we have obviously adapted a direct word for many things we know and love – a croissant for breakfast, a favourite item of lingerie or pair of pyjamas, a rendezvous with friends – there is a whole raft of other words that, while British sounding, have origins that are anything but.

Here are eight words you may not know have been stolen and adapted into our wonderful language.

Fest – German

A word taken to mean a celebratory excess, this comes from German and means a party, celebration or, of course, festival.

PATIO – Spanish

In Spain, a patio is a courtyard or playground.

GLITCH – Yiddish

A Jewish word that means 'from a slippery place', and from 'glitsch', which is to slide or glide.

Entrepreneur – French

One of those where, upon saying it, you will probably utter, "Of course it's French", but with the popularity of business in modern culture, we have adopted it as our own.

Macho – Spanish

Derived from the word for mule. Interestingly, macho in Spanish can be a virile, strong man... or an idiot, so be careful.

Schmooze – Yiddish

Originally from the Hebrew, 'shmue', which means 'rumour', it has been built into a word for networking and currying favour for gain, usually financial.

RUCKSACK – German

'Rucken' in German means 'back', so a sack for the back, literally.

MOPED – Swedish

Motor and pedaller combine for 'moped', but it's the Swedes who can take the credit for this one.



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THINKING OF buying a property...



abroad?



BUSINESS & PROPERTY

Thinking about buying a property abroad but unsure of where to begin?

To invest in property overseas, you need to be clued up on how the buying process differs from the UK – from mortgages and estate agents to stamp duty and bank fees.

How to find the perfect property abroad

There are several places you can look when it comes to house-hunting abroad:

- Online property portals such as Rightmove and Zoopla
- Local estate agents in the region where you want to buy
- Exhibitions such as A Place in the Sun Live
- Developers

How to get a mortgage for a property abroad

It is very difficult to get a mortgage with a UK company, for a property overseas, so you will most likely have to approach an overseas lender. Ideally, you should use a specialist broker as they will be able to give you tailored information, including a list of estate agents and lawyers to use in your chosen country.

It is worth noting that foreign banks and brokers are not covered by the Financial Conduct Authority (FCA) or the Financial Ombudsman.

Costs associated with buying abroad

- Mortgage fees such as a mortgage broker fee, arrangement fee and administrative fees
- Chartered surveyor fees
- International bank transfer fees
- Furniture, shipping and insurance costs
- Legal fees to make a will, which may be obligatory in some countries
- Translation fees
- Connection fees for water, electricity, etc
- Stamp duty or annual property tax
- Income tax or income tax for non-residents

Getting independent advice

As mentioned above, buying an overseas property is not regulated by the FCA, so it is vital that you seek independent advice from a lawyer who is not connected to anyone else involved in the buying process such as the seller, estate agent or developer. Look for an English-speaking lawyer who is fluent in the local language.

The IDEAS MAN

RORY SUTHERLAND, AUTHOR OF *ALCHEMY: THE SURPRISING POWER OF IDEAS THAT DON'T MAKE SENSE*, AND A NEW REVOLUTION IN CREATIVE THINKING

To come up with anything original in the marketing space seems more difficult now than ever before. While the digital revolution has given us an expansive set of new tools by which brands can amplify, elongate and decorate the way they communicate with consumers, interconnectivity makes the process easier than ever to copy.

Yet when Rory Sutherland, an experienced marketer of impressive standing, began applying ideas from psychology graduates as a means of unearthing unseen opportunities, he put away his plain old copywriting days and found a whole new route by which our actions and decisions could be exploited.

In simple terms, Sutherland believes many companies look in the wrong places for solutions. So in the context of an underperforming train service, rather than fix the unfixable (faster, longer, more frequent stock), why not work to better manage what you have, such as accurate display boards, Wi-Fi on the platform and a coffee shop with seating and tables?

Sutherland also looks at subverting expectations. He says: "There's a Chinese restaurant that was successful for being the rudest in London. Normally, rudeness in a restaurant is a bad thing. If, on the other hand, you turn the rudeness from being a downside into a source of entertainment, the very same thing which would be appalling in another setting actually becomes enjoyable."

In his book, Sutherland introduces a new way of thinking that goes way beyond brands and companies, and instead can be applied to individuals across all walks of life.

"To suggest there are no new original ideas is, of course, wrong," he says. "I would rather point to the fact there are a lot of existing ideas that still haven't been tried in certain areas, and this is really the future. You've just got to go out there, be brave, and seize the opportunity."



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V
KIDS

Gingerbread Day takes place on November 21, and what better way to celebrate than making some cute and tasty gingerbread folk? This recipe is simple enough for even young children to help with. They're bound to love decorating their own creations – not to mention eating them!

made from icing sugar, water and optional food colouring | Small sweets like Smarties or Jelly Tots | Dried fruit | Chocolate chips or polka dots | Sprinkles

HOW TO MAKE:

- > Heat the oven to 190°C/170°C fan/gas mark 5.
- > Put the flour, baking soda and ginger in a large bowl and combine thoroughly. Add the butter, and rub it in till the mixture resembles fine breadcrumbs.
- > Add the sugar, golden syrup and egg, and mix into a smooth dough.
- > Roll the dough out using a floured rolling pin on a floured surface until it's about 5mm thick.
- > Cut out your gingerbread folk using special cutters (or make other shapes if you prefer).
- > Place your shapes onto a lined baking tray.
- > Bake for 10 minutes, then cool on a wire rack.
- > Decorate your gingerbread folk however you like, using icing to secure any loose decorations.

INGREDIENTS:

- > 350g plain flour (and a bit more)
- > 1 tsp baking soda
- > 1-2 tsp ground ginger
- > 100g butter (chopped into small pieces)
- > 175g light muscovado sugar
- > 80g golden syrup
- > 1 large egg (beaten)
- > For decoration: icing pens or homemade icing

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Did you know?

- > An early form of gingerbread was enjoyed by the Ancient Greeks and Egyptians.
- > Gingerbread, as we know it today, was created in England in the 1700s.
- > Queen Elizabeth I apparently invented gingerbread people by asking her staff to bake special biscuits in the shape of visiting dignitaries.
- > Gingerbread houses originated in Germany in the 1800s and were probably inspired by the tale of *Hansel and Gretel*.





THE NEYMAR ROLL



WE LOOK AT WHEN AN UNRELENTING DESIRE TO WIN MEANS SPORTSMANSHIP AND MORAL FAIR PLAY TAKE A BACK SEAT... WITH EXPLOSIVE RESULTS!

At the 2018 FIFA World Cup in Russia, Brazil played Serbia in their final group game and needed a victory to be certain of advancing to the knockout rounds. Goals from Paulinho and Thiago Silva secured the win, but there was also a sense of schadenfreude for their star player.

Striker Neymar came into the tournament with fitness worries and was attempting to play through games to prove those issues were behind him. However, a natural game based on skill, finesse and technical ability can sometimes provoke ire from opponents, and the histrionics he had shown in the previous game versus Costa Rica were a sign of things to come.

Indeed, it proved to be an evening fraught with tiny cracks in temperament and a huge gaping hole in the petulance department from the Samba sensation. Just four minutes before the opening goal came the biggest talking point of the night.

Not only has it gone down as an exercise in play-acting excellence, but it was also the subject of such derision and humour that countless memes and viral videos have been made, re-enacted by both children and adults.

The Serbian and Beşiktaş midfielder Adem Ljajić proceeded to stop Neymar's foray down the left-wing with a challenge that caught the Brazilian forward and brought him tumbling to the turf.

However, Neymar's reaction was not to lie hurt and call for treatment. Instead, he rolled over an astonishing 17 times, something that only served to convince the officials that he was not injured at all.

Brazil ended up exiting the tournament at the quarter-final stage, and Neymar remains universally noted and disliked for his play-acting, even though four years on, it is an element he has largely eradicated from his game. Although, the upcoming World Cup may again bring out the best/worst in him.



Photo credit: Kieran Mortimer/Barry Shuterstock

BRITAIN'S GREATEST SPORTING MOMENTS...



England's 1966 WORLD CUP WIN

AHEAD OF THIS YEAR'S WORLD CUP, WHICH STARTS THIS MONTH, WE REMEMBER ENGLAND'S FINEST FOOTBALLING MOMENT

The events of July 30, 1966, have been replayed so many times that, while most of us weren't at Wembley to see Sir Geoff Hurst MBE's hat-trick win England the Jules Rimet Trophy, we might as well have been.

This summer marked the 55th anniversary of that great day, but it was tempered somewhat by the growing list of Three Lions heroes now not with us – in the last few years alone, we have lost Gordon Banks OBE, Ray Wilson MBE, Martin Peters MBE, Nobby Stiles MBE and Jack Charlton OBE DL.

The 1966 competition was the first World Cup to take place in the English-speaking world, and if ever the onus was on the hosts to perform in a tournament that featured just 16 teams, then it was felt in the opening game against Uruguay, when our troops laboured to a goalless draw.

By the second game, though, confidence was

flowing, and the 2-0 score that saw Mexico despatched was repeated in the final group match against France.

In the quarter-final, England again came up against resilient South Americans, as a late Geoff Hurst goal saw off dogged Argentina; and Sir Bobby Charlton CBE's brace in the semi-final was enough to defeat Portugal and their Golden Boot free-scoring attacking legend Eusébio. Four days later, England would be football world champions.

As we head into this year's showpiece, it's clear we now live in a world where the dividing line between success and failure is painfully thin. So with VAR and social media ready to hold Gareth Southgate OBE's men to scrutiny, it's perhaps worth taking a moment to reflect on those heroes of 1966, and in particular, the close calls they endured en route to the ultimate prize.

Photo credit: England Football Association, ANU/Shutterstock



Electric EXCESS

DOES A LACK OF CHARGING POINTS MEAN WE'RE NOT ACTUALLY EQUIPPED TO SWITCH TO ELECTRIC?

We are living in an electric wonderland where the government, environmentalists and Elon Musk himself are all striving to point out that electric vehicles (EV) are the future.

The 1.1 million electric and hybrid cars already on Britain's roads suggest that we are listening, and if you ever needed any further reminding that battery-powered motoring is the way forward, a simple glance at petrol and diesel prices will fuel your perspective.

When at home, we have mostly solved the problem of charging our cars. The government has passed legislation stating that new work or residential construction projects must have built-in charging points; that said, charging point access in existing high-rise developments remains an issue.

Yet it is a sheer paucity of accessible points when out and about that's beginning to set off sparks amidst the EV revolution.

And as if the current struggles weren't bad enough, the year 2030 presents additional worries, with the proposed banning of diesel engine motors. This will lead to an estimated 18 million electric and hybrid vehicles on the road by that date, further intensifying the race to charge.

At the current growth rate, only 25 per cent of the required public charging stations will be in place.

The sluggish creation of charging points isn't all the fault of government representatives promising big. In part, it's owing to a global shortage of essential EV charger components, as well as precious metals, such as lithium.

The UK and Germany are current leaders in looking to set up a worldwide-recognised EV charging infrastructure, but the clock is ticking, and putting the brake pedal on the EV revolution would be detrimental not only to the effort put in so far, but to the environment too.

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PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

- ▶ AGATE
- ▶ AMETHYST
- ▶ AQUAMARINE
- ▶ DIAMOND
- ▶ FELDSPAR
- ▶ JADE
- ▶ JASPER
- ▶ LAPIS LAZULI
- ▶ MALACHITE
- ▶ MOONSTONE
- ▶ OBSIDIAN
- ▶ OLIVINE
- ▶ OPAL
- ▶ QUARTZ
- ▶ RUBY
- ▶ SAPPHIRE
- ▶ TANZANITE
- ▶ TOPAZ
- ▶ TOURMALINE
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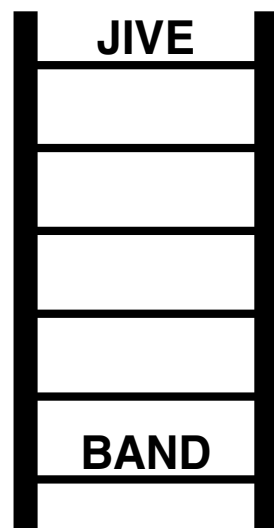
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I	I	B	E	O	N	P	X	T	O	I	R	M	F	S
R	S	V	I	V	A	E	T	N	T	A	O	O	R	P
A	P	T	A	S	U	O	O	O	B	J	T	D	N	N
H	P	R	U	K	H	R	G	I	A	Y	C	A	A	I
A	X	S	U	M	A	O	A	V	T	S	I	G	Q	S
L	G	E	Y	N	U	N	E	A	Z	N	V	I	E	A
A	T	S	R	R	H	K	R	Q	O	A	T	B	A	B
K	R	O	N	N	I	A	L	G	L	R	A	S	L	T
F	D	D	L	W	H	A	A	Y	R	W	E	O	A	A
T	B	R	C	A	C	T	N	N	Z	F	R	N	R	E
L	P	O	S	N	A	M	I	B	O	Y	G	O	T	R
Q	N	O	S	P	M	I	S	X	G	M	K	K	V	G

DID YOU KNOW?

- ▶ Queen Victoria was the first sovereign to live in Buckingham Palace.
- ▶ The garden at Buckingham Palace is the largest private garden in London.
- ▶ William the Conqueror chose the site where Windsor Castle was built.
- ▶ In 1992, a fire destroyed many rooms at Windsor Castle. The restoration took five years to complete.
- ▶ Frogmore House became a royal residence in 1792 when it was bought by Queen Charlotte, George III's wife.
- ▶ The Queen's Gallery at the Palace of Holyroodhouse was opened by Queen Elizabeth II in 2002 as part of her Golden Jubilee celebrations.

Facts courtesy of Royal Collection Trust

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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