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Editor's notes...

OCTOBER 2022



Brett Shohet, Editor

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

I'm sure there's only one thing on everyone's minds at the moment, and that's the sad passing of Her Majesty Queen Elizabeth II. While people all over the world loved the Queen, when I lived in America, citizens there were always especially eager to hear about the Royal Family. The British monarchy has always added a sense of glamour to our country; they are a beacon of heritage and history, and it is part of the Queen's legacy that it will continue even when she is no longer with us.

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

This extends to our local businesses. Walking past the same shopfronts every time you go to your local high street, it's easy not to see what's right in front of you, but these businesses and the people running them are an important part of what makes our local areas special. It's up to all of us to make the effort to support our high streets by keeping our pound local.

And, as always, if any local businesses need a hand, get in touch with us and we can help get the phone ringing.

Brett Shohet

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

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HM QUEEN ELIZABETH II

Farewell

While the death of Her Majesty Queen Elizabeth II (London Bridge is down) was unexpected, it was of course true that a plan of action for this sad event had been in place for decades. As such, a strict code of practice and protocol kicked into place as soon as Her Majesty left us – this was called Operation Unicorn as she passed away in Scotland.

September 8: Prime Minister Liz Truss was informed of the Queen's passing at Balmoral Estate at 4.30pm, and the news was announced publicly at 6.30pm. All official flags were set to half-mast. Her Majesty's coffin was laid to rest in the drawing room at Balmoral Castle.

September 10: King Charles III was formally proclaimed as the new Monarch and 21-gun salutes were fired around the country.

September 11: Her Majesty's coffin was draped in the Royal Standard of Scotland and a wreath of flowers from the Balmoral Estate was placed on top. The coffin was then driven from Balmoral Castle to the Palace of Holyroodhouse in Edinburgh, the monarch's official residence in Scotland.

September 12: A procession took Her Majesty's coffin from Holyroodhouse down the Royal Mile to St Giles' Cathedral. Members of the Royal Family attended a service followed by the chance for the public to pay their respects as the coffin Lay in State for 24 hours. Her Majesty's children held a vigil at 7.20pm.

September 13: The Queen's coffin, accompanied by Princess Anne, was flown from Edinburgh at 6pm, arriving at RAF Northolt at 6.55pm. During this journey, the Royal Standard of Scotland was changed to the Royal Standard. Her Majesty was then driven to Buckingham Palace in a customised state hearse which she helped design. It was beautifully lit with a glass roof, so the public had a clear view of Her Majesty's coffin. The Royal Family paid their respects in private.

September 14: The Imperial State Crown was placed on the coffin before it was taken on the Gun Carriage of The King's Troop Royal Horse Artillery from Buckingham Palace to Westminster Hall via Queen's Gardens, The Mall, Horse Guards and Horse Guards Arch, Whitehall, Parliament Street, Parliament Square and New Palace Yard to Lie in State for four days.

September 16: Her Majesty's four children held a vigil at Westminster Hall at 7.30pm.

September 17: Her Majesty's eight grandchildren held a vigil at Westminster Hall at 6pm.

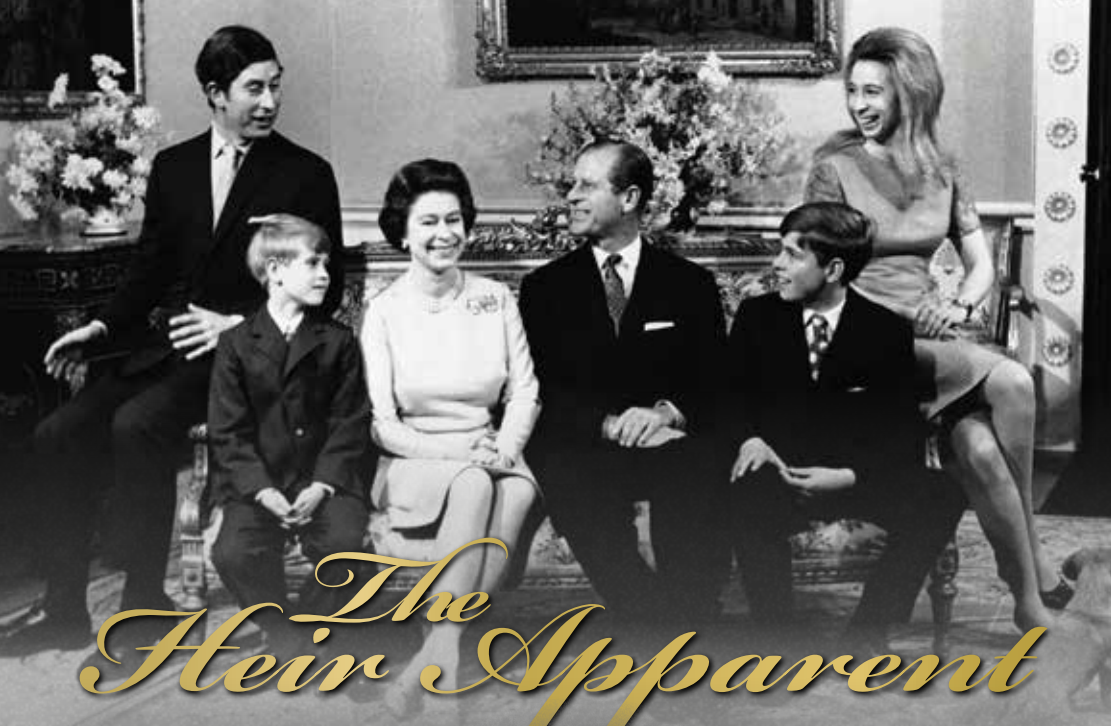
September 19: The Lying-in-State ended at 6.30am. This day was confirmed as a bank holiday in the form of a Day of National Mourning by King Charles III.

10.44am: Her Majesty's coffin was placed on a 123-year-old, 5,600-pound Royal Navy State Funeral Gun Carriage, followed by the King and members of the Royal Family, which travelled from Westminster Hall to Westminster Abbey for the State Funeral. The Gun Carriage was drawn by 142 Royal Navy service personnel.

11am: The State funeral began, and ended with a two-minute silence. A procession then took place where Her Majesty's coffin was taken to Wellington Arch and transferred to the state hearse, which was then driven to Windsor.

4pm: The committal service took place where the Imperial State Crown, the Orb and the Sceptre were removed from Her Majesty's coffin and placed on the altar. King Charles III placed the Queen's Company Camp Colour of the Grenadier Guards, and The Lord Chamberlain 'broke' his Wand of Office and also placed it on the coffin. The Queen's coffin then descended into the Royal Vault, and the congregation sang 'God Save the King'.

7.30pm: The King and members of the Royal Family attended a private burial service. Her Majesty's final resting place is in the King George VI Memorial Chapel, where her mother and father are buried, along with her sisters' ashes. The coffin of her late husband, Prince Philip, has been moved from the Royal Vault to the Memorial Chapel to join her.



The Heir Apparent

BRILLIANT AND BEAUTIFUL, HER MAJESTY QUEEN ELIZABETH II MAY HAVE BECOME A MONARCH SOONER THAN EXPECTED, BUT IT WAS THE ROLE SHE WAS BORN TO PLAY

When Princess Elizabeth Alexandra Mary Windsor was born on April 21, 1926, she was third in line to the British throne.

Her Uncle Edward, Prince of Wales, was the eldest son of King George V, but with no children of his own it was expected that on his death the crown would be passed either to his younger brother Albert, Duke of York, or, should he no longer be with us, Albert's eldest daughter, Elizabeth.

In other words, Elizabeth was always expected to become Queen at some point in her life, but in 1936, after the death of King George V, the process was accelerated when her uncle's love for American divorcee Wallis Simpson proved stronger than his love for the crown.

With her father now the reluctant King, the young princess fully embraced her new role as heir apparent. She joined the Auxiliary Territorial Service during the war – where she learnt to fix engines and drive military vehicles – and on her first overseas visit to South Africa in 1947, gave a speech dedicating herself to the Commonwealth. It turned out to be a promise Her Majesty kept to the very end.

In these early years before she became Queen, Elizabeth was also busy cultivating her private life. On November 20, 1947, she wed her sweetheart, Lt Philip Mountbatten (also her third cousin), in a lavish ceremony at Westminster Abbey. The following year, Prince Charles was born, followed

by Anne in 1950, with the young family settling into a quiet life in Malta where Philip was stationed as a naval commander. But the plans to put her husband's career first until her inevitable accession to the throne were thwarted by the King's faltering health and his untimely death in 1952.

She may have been a young Queen, aged just 25, but she was devoted from the start and wasted no time in winning over the hearts and minds of everyone she encountered. Her coronation at Westminster Abbey was the first to be televised, and on her gruelling first tour of the Commonwealth, alongside Prince Philip, Her Majesty's warm spirit and ceaseless enthusiasm made even the most reluctant among her audiences fall helplessly in love with her. She also became the first reigning monarch to visit Australia on her maiden tour as Queen.

Despite her tender age, Queen Elizabeth II was natural in her role as Head of State. No task was too formidable as she effortlessly won over her fiercest critics, including Prime Minister at the time, Winston Churchill, who declared her to be "only a child". However, the pair soon became fast friends, and remained so until Churchill's death in 1965.

Now, 70 years after those early days of her reign, the legacy of HM Queen Elizabeth II seems even more extraordinary. So devoted, so beloved and so effortlessly full of grace and kindness; Her Majesty was truly one of a kind.

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BEAUTY

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Do you suffer with fine, limp or thin hair? Then these volume-boosting hairstyles are just what you need to add a little oomph to your locks.

Asymmetrical bob

If you are looking for a shorter style that promises to add volume, then the asymmetrical bob is the hairstyle for you. Adding both volume to your hair and definition to your face, this ultra-sleek style suits women of all ages.

Messy lob

For those with shoulder-length fine hair, a messy lob is a great choice. Ask your hairdresser to add choppy layers to your locks and you will instantly see more movement and volume.

Tousled loose waves

Long hair can be prone to looking flat, so why not add some tousled waves to give the appearance of more volume? Simply wash your hair with a volumising shampoo, put in braids and leave overnight. Let your hair down in the morning for gorgeous waves.

Textured pixie

For those who dare to go super-short, the textured pixie is the ideal cut for people with thin hair. This versatile style works with any texture of hair, from curly to straight. To style this look, use a water-based pomade or a matte wax.

Heavy fringe

A full fringe can make your entire head of hair appear thicker and more voluminous. Adding both density and fullness to your locks, this hairstyle works best with no parting. Opt for either a blunt or textured style but be sure to keep it heavy.

Vintage pompadour

The pompadour is making a huge comeback this year and is another short style that is perfect for adding volume and height. Pair short, edgy sides with a curly texture on top for a modern look that demands to be noticed.

HOW TO MATCH TRAINERS WITH jeans

You may think that you can't put a foot wrong when it comes to pairing jeans and trainers, but sadly this is not the case. If you want to rock your favourite denims and your much-loved trainers, you need to make sure you are getting your combos right.

HIGH-TOPS: From Adidas to Nike, Converse to Reebok, all your favourite trainer brands have their own high-top offerings. A timeless trend that provides both comfort and an edge of cool, pair with wide-leg ecru jeans and a simple tee for a laid-back look. Alternatively, wear with a cropped flare jean for casual daytime chic or with a sleek pair of skinny jeans for a more glam vibe.

WHITE PLIMSOLLS: Classic and understated in their design, everyone should have a pair of white plimsolls in their wardrobe. Wear with your much-loved skinny jeans, slightly rolled up if you wish, or with wide-leg white jeans for an instant nautical vibe. Avoid pairing with bootcut varieties.

DAD TRAINERS: One of the most versatile styles of trainers and enjoying a resurgence at the moment in the fashion world, dad trainers work well with mom jeans, straight-leg jeans and wide-leg jeans alike. Opt for stonewashed jeans for the very epitome of daddy cool.

CHUNKY TRAINERS: Unlike dad trainers, which are more vintage in their design, chunky trainers tend to reflect current trends in footwear. Ideal for rocking with super baggy boyfriend jeans, ripped jeans and straight-leg varieties, throw on a graphic tee and an oversized card and you are good to go. Chunky trainers should never be seen with skinny jeans as this can result in the dreaded clown feet look.



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OCTOBER IS BREAST CANCER AWARENESS MONTH, AND WITH 55,000 WOMEN DIAGNOSED WITH THE DISEASE EACH YEAR, IT'S NEVER BEEN MORE IMPORTANT TO BE BREAST AWARE

What is normal?

Every woman's breasts are different, in terms of size, shape and consistency. It is also not uncommon for one breast to be larger than the other. It is a good idea to get used to how your breasts feel at different times of the month so that you can notice any changes.

How to be breast aware:

The NHS Breast Screening Programme has produced a five-point plan for how to be breast aware:

1. Know what's normal
2. Look at your breasts and feel them
3. Know what changes to look for
4. Report any changes to your GP immediately
5. Attend routine screening if you are aged between 50 and 71.

How to check your breasts:

Look at your breasts and feel each one and your armpit, including up to your collarbone. Many women

find this easiest to do in the shower or bath. You can also look at your breasts in the mirror, both with your arms by your side and with them raised.

Breast changes to look out for:

- > A change in size, outline or shape
- > A change in the look or feel of the skin, such as puckering, a rash or redness
- > A new lump, swelling, thickening or bumpy area on the breast or armpit
- > A discharge from the nipples
- > Change in the position of the nipples
- > A rash or crusty or scaly skin around the nipple
- > Any discomfort or pain in the breast.

When is the best time to check your breasts?

You should check your breasts once a month on the same day, ideally a few days after your period. This is because many women notice changes to their breasts during their menstrual cycle and they may become swollen, tender and even lumpy.



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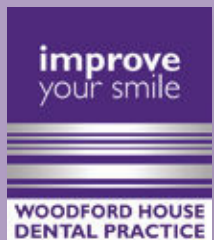
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Control your CHOLESTEROL

Although it gets a bad rap, cholesterol is actually an essential molecule in the body that produces vital hormones such as progesterone, testosterone and cortisol.

However, around 40 per cent of people in the UK have high or borderline high levels of bad cholesterol, which can have a detrimental effect on health.

WHAT CAUSES HIGH CHOLESTEROL?

There are several factors that increase your risk of having unhealthy cholesterol levels, including: A poor diet which is high in saturated and trans fats | A high body mass index | Lack of exercise | Being a smoker | Drinking too much alcohol | Being over 40

Certain medical conditions such as chronic kidney disease, diabetes, lupus and hypothyroidism can also lead to high cholesterol. If you are aged 40-74, you can get your cholesterol checked as part of an NHS Health Check.

WHAT HEALTH COMPLICATIONS CAN OCCUR FROM HIGH CHOLESTEROL?

High cholesterol can lead to a dangerous accumulation of cholesterol on the walls of your arteries. This is known

as atherosclerosis and can cause complications such as chest pain, heart attacks and strokes.

HOW TO PREVENT HIGH CHOLESTEROL THROUGH DIET

Foods to eat: Oats | Wholegrains | Beans | Nuts | Soy | Oily fish

Foods to avoid: Fatty and processed meats | Animal fats such as butter, ghee and margarine | Full-fat dairy products

HOW TO FIND OUT YOUR CHOLESTEROL LEVELS

As high cholesterol does not cause symptoms, you can only find out if you have it by requesting a blood test from your GP.

A cholesterol test can measure your total cholesterol levels, both good and bad, including low-density lipoprotein (LDL) and high-density lipoprotein (HDL), and your level of triglycerides.

Healthy cholesterol levels for each are as follows:

- Total cholesterol = 5 or below
- Good cholesterol = 1 or above
- Bad cholesterol (LDL) = 3 or below
- Bad cholesterol (non-HDL) = 4 or below
- Triglycerides = 2.3 or below





Photo credit: Joe Giddens/WPA Pool/Shutterstock

A dish fit for our Queen's coronation

There are a multitude of food dishes that carry with them a certain historical significance that's evident in the name – from beef wellington to eggs benedict. Some point to the person we expect; others are a little more misleading (the Caesar salad is named after an American restaurateur, not the Roman emperor).

In the case of the subtly curried coronation chicken, it's satisfying that the dish was indeed invented in order to mark the Queen's coronation in 1953, even if its origins actually point to a similar chicken recipe conceived for George V's Silver Jubilee in 1935.

The recipe was published as the nation prepared for street parties, although in those post-war years, some ingredients may have been deemed extravagant as it was previously more complex, and

only recently has it evolved into something more sultana-heavy.

The recipe took more than four weeks to create, and was perfected by Angela Wood, now 88, a student at Winkfield Place College, which was preparing the menu for a banquet at nearby Westminster School for more than 350 dignitaries after the coronation.

She said in an interview: "The brief was 'something that had a bit of flavour, but not too much', to appeal to the banquet guests. For a month or more, I was cooking a chicken a day and we had to alter the balance of the spices in the sauce to get it right."

The dish has now gone down in national folklore, used in sandwiches, salads and jacket potatoes.

Coronation chicken recipe

INGREDIENTS: 6 tbsp mayonnaise | 2-3 tsp mild curry powder, to taste | ½ tsp ground cinnamon | 500g shredded cooked chicken | Black pepper | Optionals which can be added are 2 tbsp mango chutney and 1-3 tbsp sultanas, or to taste

STEP ONE: Mix the mayo, curry powder and cinnamon (add the chutney and sultanas if using) together and season with black pepper.

STEP TWO: Add the shredded chicken and stir to coat in the sauce. Stir in 2 tbsp water to loosen if needed, then season and serve as desired.



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Whipping up a STORM

THE NAME GAME BEHIND OUR TURBULENT WEATHER SYSTEMS

The naming of storms in the United Kingdom is a relatively new phenomenon, with the first, Abigail, being credited on November 10, 2015.

New names have recently been announced for 2022/23. As usual, a cross section is being chosen to reflect the country's diversity, although many of the names never actually get used – the Met Office resets in autumn, meaning the chances of a late-alphabet letter being used are slim.

In addition, Q, U, X, Y and Z are not assigned in the international storm-naming conventions. However, those that are used are assigned by the Dutch weather forecasting service KNMI, the Irish forecaster Met Éireann and the UK Met Office.

The reason for naming storms is so that the public are aware of the possibility of severe weather conditions. The individual process of naming also prevents confusion over other inclement weather systems in different parts of the country or even on the continent.

However, personifying a storm, in a psychological sense, makes it a more real incident to prepare for.

The system clearly works – 98 per cent of people inside a red warning area were aware of the intense Storm Eunice, which hit Europe in February 2022, with 91 per cent of that figure making sure to protect their business, property or themselves.

As for 2023, Met Éireann has picked out the names Cillian, Fleur, Ide and Nelly as its selections; with KNMI choosing Antoni, Hendrika, Johanna and Loes (named after famous scientists in the Netherlands).

Met Office names put forward were Betty, Daisy, Elliott, Glen, Khalid, Mark, Owain, Priya, Ruadhan, Sam, Tobias, Val and Wouter. Of those, Daisy, Glen, Khalid and Owain were suggestions by the public, submitted via email. Betty won out during a public vote on Twitter.

The 2022/23 storm names alphabetically are Antoni, Betty, Cillian, Daisy, Elliot, Fleur, Glen, Hendrika, Ide, Johanna, Khalid, Loes, Mark, Nelly, Owain, Priya, Ruadhan, Sam, Tobias, Val and Wouter.



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HOME & DIY

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All conifers produce cones to protect their seeds. But the best ones for autumn decorations are standard pine cones – the ones with thick, woody scales.

Collect your pine cones on a dry day, while they're still fresh. If the scales are closed, don't worry. They'll open in a couple of days.

When you get home, give the cones a quick soak in warm water with a splash of washing-up liquid. Leave them to dry naturally or pop them in an oven at 180°C/gas 4 for half an hour.

Cones look great piled into a bowl, or add some mini fairy lights for a festive look. For scented cones, leave them in a sealed polythene bag for a few days with 10-20 drops each of cinnamon and orange essential oil. You can also make a simple wreath.

YOU WILL NEED

- > Pine cones
- > A glue gun and glue sticks
- > A packet of brown pony beads
- > 1m of thick wire – 12 gauge/2mm diameter aluminium wire is ideal (a wire coat hanger will do but is harder to work with)
- > Jute string or ribbon for hanging
- > Wire cutters
- > Decorations (optional)
- > All extra materials you need can be found at craft stores or online.

INSTRUCTIONS

- > Trim off any stalks at the base of the cones
- > Glue the side of a pony bead to the base of each cone to form an eyelet
- > Thread the wire through the eyelets till you can form a circle the size you want. You may need to jiggle the cones to make sure they're tightly packed and stay in place. To secure, twist the wire ends together
- > Tie on your string or ribbon to form a hanging loop
- > If you like, add a few decorations.



Photo credit: www.wikihow.com



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FADE TO *grey*

In a modern era where we're so attached to the political, sporting and social trends of the moment, the ongoing debate over whether grey is pulling its weight as an interior design colour rages on.

Sure enough, at the start of each year many noble names in home renovation declare grey's day is done, while just as many applaud it for its innovative ability to ignite the imagination.

Yet once again this Marmite tone looks likely to win us over. Here's why:

NEUTRALITY: Grey is neither white nor black, and for that reason it holds a split personality when being matched with other shades and tones. It can lift up a darker tone, or darken a lighter one, and this versatility gives it endless potential.

A PASTEL PAL: Most of us love pastel shades, though in abundance they can often come across as child-like or boring. By layering pastels with grey, however, they are given a rebellious edge.

WOOD WORKS: The ubiquity of Scandi style and use of wood textures and tones is something many of us stand by, and greys certainly lift the light browns and blues of wintry warmth to provide rooms with a traditional yet modern aesthetic.

A TOUCH OF CLASS: Grey has long been a colour associated with style and substance. Mixing tones of grey will also provide a space with a set of artificial textures that lead the mind into greater spatial awareness and visual satisfaction.

MAKING A STATEMENT: Grey also acts as a stunning backdrop to a statement piece. It's not as blasé as white, so will shape a piece of furniture, an antique or a painting in a way that guides the eye rather than forcing it to fix on something.





BREADY... SET... *go!*

THE CLEVER BREAD BIN HACK TO CREATE A STYLISH BEDSIDE TABLE

It's the trend that's been a viral hit on TikTok, and now it could be making its way to a bedroom near you... It's the DIY wooden bread bin into bedside table hack. That's right, with just two wooden bread bins and some wood glue, you could soon have a new wooden bedside table that's not only stylish, but looks incredibly expensive too. And the good news is, it's super easy to put together.

YOU WILL NEED

- > 2 x wooden bread bins
- > Strong wood glue
- > Table legs – optional
- > Paint/wood stain – optional

HOW TO MAKE

1. Take one of your bread bins and apply some wood glue to the base.
2. Place the second bread bin on top of the glued section and align them together.
3. Use a damp cloth to wipe away excess glue before it starts to dry.
4. Paint or stain your bread bin (optional) or leave as it is for a natural wood look.
5. Apply legs to the corners of your new table for height (optional) or leave it as it is. Legs are available cheaply from DIY stores or online.
6. For an extra upgrade, change the handles. You can also find these at DIY stores or online.
7. Et voilà, your new table is ready to be placed by your bedside and topped with a lamp or other decorative items.

As far as home and DIY hacks go, this has to be one of our favourites, saving a lot of money compared to a real bedside table. Give it a try and enjoy your revamped bedroom interior.

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HOME & DIY

POINT BLANK

WHY REPOINTING YOUR BRICKWORK COULD SAVE YOU THOUSANDS

Is there a more misunderstood home renovation term than 'repointing'? Cue the *Fawlty Towers* clip where John Cleese exclaims: "Repoint my chimney? It looks pretty straight to me."

While Cleese had (for want of a better phrase) a point, in reality all brick masonry will require repointing over time. The literal building blocks of our homes endure all manner of abuse, in all weathers, and a brick's insulation qualities mean it is constantly heating up and cooling down during the day, something that also weakens it over time.

The repointing of a wall essentially refers to the repair of breaks, splits and holes in the brick or cement matter. It is through these gaps that water ingresses can form, and once a leak has found its way through into the home, the fault will only accelerate, compromising not just the external wall, but also plaster, wood and decorative elements inside the house.

The actual process of repointing is relatively straightforward for an experienced bricklayer, and it centres on repacking mortar sitting between individual bricks or stone blocks.

Many home DIYers have taken on the task of repointing, achieving adequate results. The risk is that poor craftsmanship will not only look bad, but may also fail to solve the problem of a leaky ingress.

A good repointing job should preserve the integrity of a wall for many decades, adding a small amount of value to a property while protecting its contents from the elements.

A bricklayer will also have the knowledge and expertise to point out other developing issues, as well as being able to safely work at heights, hence it's recommended that the work is outsourced to a professional.



mood-boosting HOUSE PLANTS

Do you suffer with low mood in the winter months? Then a few well-placed plants could be just what you need to lift your spirits and put a smile back on your face.

PEACE LILY: As the name suggests, the peace lily brings an aura of calm and tranquillity to your home. It is also highly effective at improving air quality, which can make you feel better both physically and mentally. Place in a warm room but away from direct sunlight.

LAVENDER: Lavender is known for its soothing properties and is the perfect plant for relieving stress. Place in your bedroom or in a home office and see all your worries wash away. Lavender loves the light and requires regular watering.

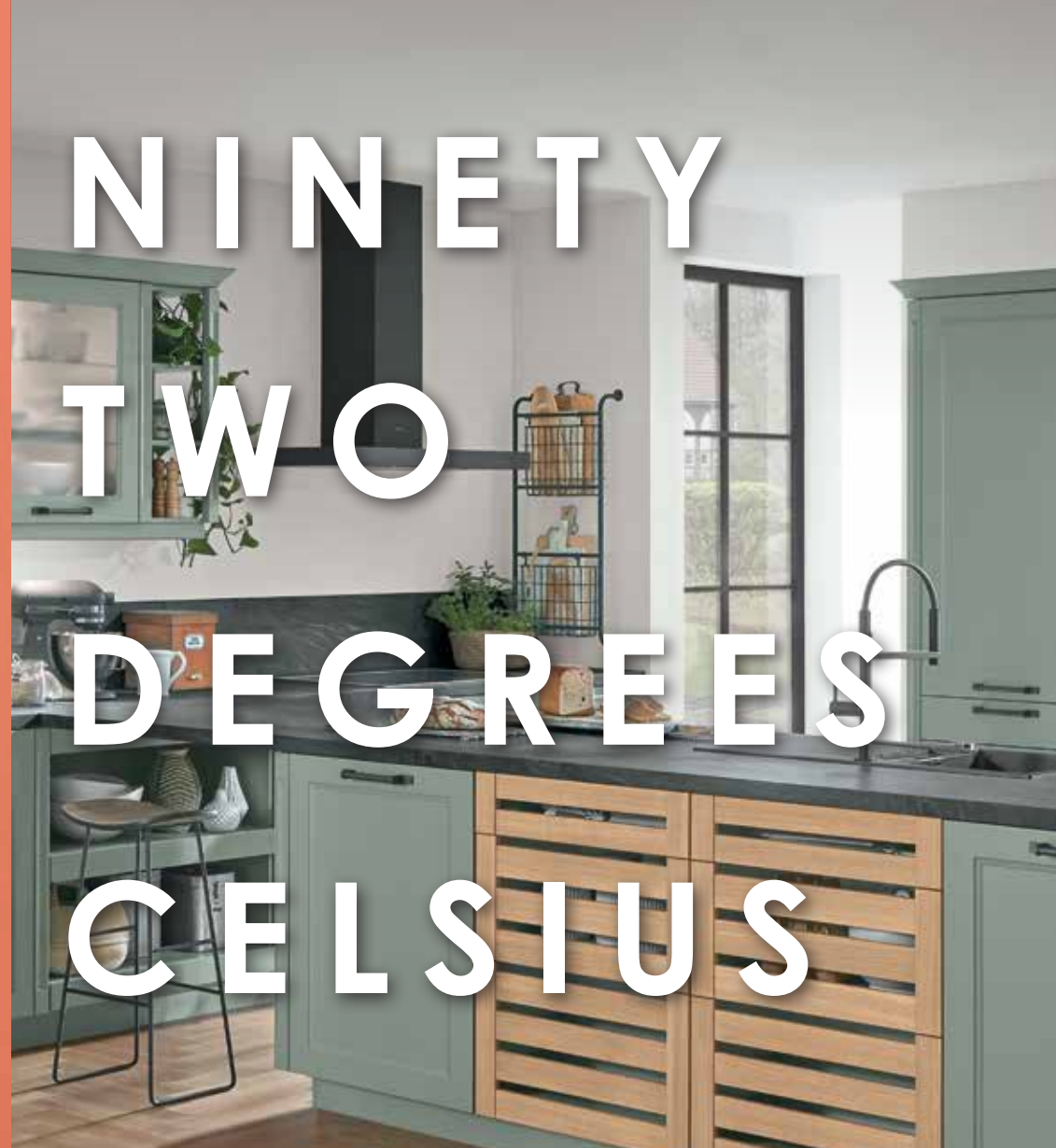
SNAKE PLANT: Not only does this plant look great, but it can also help to boost your mood owing to its ability to pump oxygen into your home. Easy to care for, the snake plant is ideal for people who suffer with allergies as it can help to lessen the impact of airborne allergens like dust and dander. Place on a sunny windowsill.

ENGLISH IVY: If you struggle to fall asleep at night, then this is the house plant for you. English ivy contains properties that can help to prevent restlessness and help you drift off to sleep more easily. It also absorbs mould in the air. Place in a sunny spot in your home and make sure its soil remains slightly dry.

ALOE VERA: Aloe vera has multiple health benefits, including the ability to treat acne, soothe inflammation and hydrate dry skin. On a spiritual level, this plant is known to ward off negative energy and cleanse space. Position in bright but indirect sunlight for best results.



Photo credit: monagor style via Pinterest



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GUY OLIVER'S OBJECTS OF DESIRE

**WHY MATERIAL POSSESSIONS ARE SO IMPORTANT TO
DESIGNER GUY OLIVER**

In his twenties, designer Guy Oliver spent a large amount of time in Soviet Russia with the British Navy. His perception of the country was enforced as one of suspicion and mistrust, but when the whole state opened up at the end of the Cold War, the now Kensington-based designer discovered a style and beauty in the possessions and memorabilia he picked up.

It was that initial investment in objects and items that had real provenance in a specific era, and with personality attached, that has led Oliver into building a landscape that focuses completely on the items we use to make our houses feel like homes.

Across a background tone of whites, beiges and occasional blues, Oliver incorporates cherished possessions, statement antiques and "familiar things" into his living space.

"I believe we can only really be comfortable when we're living and existing around things that give us place and purpose," he says. "We fill our homes with

items that represent places we have loved, people we have admired, time we have spent."

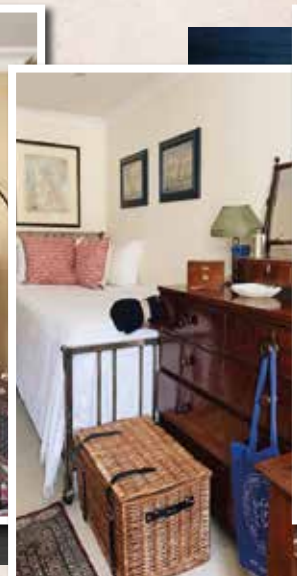
On this point, Oliver zooms in on what truly makes a living space feel perfect and the importance of how the things that fill our homes make us feel. In the designer's case, that's everything from a portrait of an 18th-century Levantine merchant, a Japanese temple model purchased from Harajuku market in Tokyo, or even a set of sketch caricatures dating back 100 years that sit perfectly within the windowpanes of a door.

He adds: "My parents taught me to appreciate antiques and fine craftsmanship – the importance of the provenance of an object and if it can be authenticated.

"We can't take anything with us when we go, so let's surround ourselves with life memories while we're here. The seemingly commonplace can have enormous value in our own minds."



Photo credit: Guy Oliver



A Lady TO THE LAST

REFLECTING ON HER MAJESTY QUEEN ELIZABETH II IN HER LATER YEARS AS A SERVANT TO THE PEOPLE

“This is our country's saddest day. In the hearts of every one of us, there is an ache at the passing of our Queen, a deep and personal sense of loss – far more intense, perhaps, than we expected,” began former Prime Minister Boris Johnson in his moving tribute to Her Majesty Queen Elizabeth II. And while he may not have quite lived up to his expectations as Prime Minister – Her Majesty made sure to ‘see him off’ two days before her passing – his ability to transpose feelings into words remains second to none.

For many of us in Great Britain, life without our Queen is something we have never known, and it is only in her passing that we truly appreciate how extraordinary her feat of 70 years on the throne was. Even her twilight years were spent cementing her legacy through continued work and devotion, and over seven decades she travelled to 117 countries and hosted countless high-profile guests and heads of state, including Robert Mugabe, Nelson Mandela and Donald Trump.

Upholding to the very last one of the cornerstones of the British Constitution – that the monarch ought to always stay out of politics – Her Majesty saw 15 Prime Ministers come and go. No matter how turbulent the political seas became, she always stood steady and calm; a constant port in the storm for the British people to depend on.

As is to be expected, Her Majesty saw her fair share of good and bad times. The year 1992 was particularly dire, with revelations of lusty phone calls between Camilla and Charles, the separation of Andrew and Fergie, and the blaze that almost destroyed Windsor Castle. Her ability to play out such tragedies in the public space was forced upon her, in many ways, yet she took the hits and moved forward.

While she later admitted to being desperately sad at the demise of so many great things around her that she believed were so strong, the humanity displayed during that period – and more recently with the scandal involving Prince Andrew and the Harry/Meghan storm – has served to align the Royal Family with our own families.

Rather than their being regarded as a group of people immune to the disturbances and disappointments that come to us all, the Queen has readily admitted the Windsors’ fallibility.

And while the passing of Prince Philip, just 17 months before her own, may have struck another blow to a lady we believed would always be with us, at least her own departure means the two can be reunited again, wherever that place is.

Certainly, it's fair to say the truest echoes that remain from Queen Elizabeth's life are the laughs, the pleasure, the playfulness, and the reinvention of how we view our monarchy.

A job well done, Ma'am.





LOCAL NEWS

from your neighbourhood



Horticultural show returns after two-year hiatus

Loughton Town Council's Horticultural Show proved to be a great success when it returned on Saturday, September 3, after being postponed for the last two years because of the COVID-19 pandemic.

The event was open to any Loughton resident with an interest in gardening, baking or flower arranging. Exhibits included jubilee-themed floral arrangements, an array of flavoured chutneys and jams, homemade cakes, and tables full of fruit and vegetables.

A number of prizes were handed out, including to Freddie Sheridan (pictured second from left), who won Best in Show for his bug hotel.

The prize presentation for the Town Mayor's Best Allotment in Loughton, now in its 12th year, took place at the end of the show. More than 200 plots at Loughton Potato Ground, Roding Road Allotments and Willingale Road Allotments were inspected and shortlisted by volunteers, and the final judging was made on July 20 by Terry Dickinson and Jeff Barber,

representatives of the National Allotment Society.

The overall winner was Beata Sheridan from Roding Road Allotments, who also received a certificate for Site Winner.

Beata, along with her family, was presented with the Horticultural Association Challenge Cup by the Town Mayor, councillor Barbara Cohen (pictured left), along with a £25 garden voucher and a certificate. The judges commented that the plot had "a great design, good water collection and environmental sustainability with a large insect home and compost area".

The Town Mayor's Best Newcomer award was given to Donna and Jeff Webb from Loughton Potato Ground, who received the best newcomers shield and a certificate. Janna Richardson was named as the Best Newcomer at Roding Road Allotments and Marjorie Fairlamb was awarded Best Newcomer at Willingale Road Allotments. The Site Winner at Willingale Road Allotments was awarded to Jim Smith.



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LOCAL NEWS

Care facility honours their milestone anniversary

Loughton Voluntary Care recently celebrated a milestone anniversary.

The volunteering group, which provides transport for older and less-mobile residents to medical appointments, organised two outings last month to celebrate its 50th anniversary.

A total of 16 people enjoyed lunch at Harlow Garden Centre and another 14 were treated to lunch at the

Royal Forest Hotel.

A spokesperson for the service said: "It was a pleasure to celebrate with the people who use us. Thanks to all the volunteers who made these outings so pleasurable."

"We are always looking for new volunteers."

To find out more about the service and volunteering opportunities, visit www.loughtonvoluntarycare.org.uk

Prisoner given life sentence for murder attempt

A 29-year-old man was sentenced to life in prison on September 20 with a minimum of 19 years and four months for the attempted murder of a prison officer at HMP Onley.

On February 8, 2020, Joshua Kendall (pictured left), previously of Lancaster Drive, Loughton, was standing near his cell door while a prison officer was tidying up the balls from the nearby pool table after a period of recreation for the prisoners.

Without warning, Kendall approached the man from behind and, using an improvised weapon incorporating a razor blade, slashed him across the neck.

The officer, with the help of other prisoners, managed to restrain Kendall, who kept making repeated slashing motions towards the officer.

Earlier that year, on January 22, 2020, Kendall had assaulted another prison officer over access to the prison phone by punching the man to the left side of his jaw, resulting in swelling and bruising.

For the attempted murder, Kendall was sentenced to life imprisonment with a minimum of 19 years and four months, and for the assault earlier that year, a one-month concurrent imprisonment.



Photo credit: Northants Police

Christmas

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Photo credit: Google Maps



LOCAL NEWS

Man charged after series of ATM fraud offences

A Loughton man has been charged with fraud offences after a warrant was conducted at an address in the town.

The warrant was carried out by Hertfordshire Constabulary's Serious Fraud and Cyber Unit on September 2, following a detailed investigation of several ATM frauds in a number of locations.

The thefts were carried out after devices were fitted to cash machines, which made it appear that the machines had retained cards inserted into them. The devices also recorded the PIN when entered by unsuspecting victims. The cards and devices were then recovered and the stolen cards used at other ATMs.

Isidor Martinca, 35, of Collard Avenue, Loughton, has been charged with seven fraud offences, two

thefts and possession of an article for use in fraud. He was remanded into custody and is due to appear at St Albans Crown Court on October 3, as **VISION** Loughton went to print.

Investigator Alan Mordey, from Hertfordshire Constabulary's Serious Fraud and Cyber Unit, said: "The offences occurred in Radlett, Hitchin, Royston and Welwyn Garden City between May 29 and July 16, 2022. We believe that there may be more people affected by this type of fraud, so if you believe you have been a victim of ATM fraud, please contact us."

You can report information online at herts.police.uk/report, speak to an operator via the online web chat at herts.police.uk/contact or call 101, quoting crime reference 41/B2/18406/22.

Residents urged to submit award nominations

Loughton residents are being encouraged to nominate deserving local people for the Citizen of the Year 2023 awards.

The awards give people the chance to recognise those who selflessly support others in the community, whether that's a good neighbour, a charity worker or a team of people who perhaps run a club for youngsters or older people.

Nominations are now open for Epping Forest District Council Citizen of the Year, Young Citizen of the Year

and Team of the Year 2023.

Nominees must be over 18 and live or work in the district in order to be considered.

The Young Citizen of the Year Award is open to 11 to 18 year olds who have made an outstanding contribution to young people and activities in the Epping Forest district.

If you know an individual or group of people you want to nominate, fill in the nomination form at bit.ly/3BPK903 by Friday, November 25.



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Council pays tribute to Queen

Loughton Town Council has paid tribute to Her Majesty Queen Elizabeth II following her death on September 8.

The council expressed its heartfelt condolences to the Royal Family for their loss.

A spokesperson for the council said: "Loughton and the whole nation will miss you and mourns the loss of someone so special. May you rest in peace."

Loughton Town Mayor councillor Barbara Cohen

said: "Together with the people of Loughton, I mourn the loss of our beloved Queen Elizabeth. Her wisdom and dedication were and remain an inspiration."

Books of condolence have been opened at Loughton Library, Traps Hill; St John the Baptist Church, Church Lane; St Mary's Church, Loughton High Road; and St Michael's Church, Roding Road.

Floral tributes may be laid at the War Memorial at Kings Green.

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DEAD gorgeous.

Remember *Coco*, the award-winning Disney Pixar film? It featured cute skeletons and was inspired by Mexico's Day of the Dead, a festival that is all about honouring the lives of dead relatives and reminding yourself that death is just part of life.

In the lead-up to the day, skull and skeleton decorations can be seen almost everywhere, and streets are festooned with colourful bunting. Marigolds are popular too – their sweet smell is believed to entice the dead back to life.

The day is celebrated on November 2. So get busy now with these Day of the Dead crafts and you'll also be ready in time for Halloween.

SKULL STONES

You will need: A smooth, flat, oval stone (8cm-10cm long) | White acrylic paint | A paintbrush | A set of acrylic marker pens (including black) | PVA glue | Glitter | stick-on gems

How to make: Paint a simple white skull shape on the stone and leave to dry | With the black marker, outline the shape and draw on the features | Decorate with the coloured markers, and stick on the glitter and gems.

TISSUE PAPER MARIGOLDS

For two flowers you will need: A sheet of orange tissue paper (approx. 51cm x 66cm) | 2 x 30cm green chenille stems (pipe cleaners) | Scissors

How to make: Cut the tissue paper sheet into quarters | Then cut each quarter into half so you have eight small sheets | Stack four sheets together | Fold in concertina pleats, starting at the short end | Cut each end into a point | Twist the end of a chenille stem round the middle of the paper | Fan out and gently separate the layers.

BUNTING

You will need: 12-15 round paper doilies (approx. 16cm diameter) | Acrylic paints in red, pink, purple and orange | A paintbrush | Jute string | PVA glue

How to make: Paint each doily with diluted paint | Dry thoroughly | Fold the doilies in half | Run the string inside the half-circles and glue the sides together.

Photo credit: ailsaburke.blogspot.com, iagriffith.com, kitchenatbedroom.com

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LOOKING beneath the wreath

Flowers are perennially at the heart of the way we offer our tributes to the departed, and few presentations have been as beautiful, perfect or significant as the floral wreath that adorned the Queen's coffin as she made her final journey on September 19.

The choice of flowers on the wreath is not done by luck – it represents a carefully selected process that uses beautiful sprays of colour to celebrate and commemorate so many of the things that enlightened, amazed and enchanted Queen Elizabeth II during her life.

First, the provenance of the flowers is important – they were picked from the gardens of Buckingham Palace, Clarence House and Highgrove House. It was touching to see the use of the myrtle flower, grown from a sprig of the Queen's wedding bouquet when she married her late husband, Prince Philip, in November 1947.

Also present was English oak, a foliage that represents the strength of love, plus pelargoniums, garden roses, autumnal hydrangea, sedum, dahlias

and scabious. All flowers were sustainable, on King Charles' request.

This was a different wreath from the one that accompanied Her Majesty Queen Elizabeth II on her journey south from Scotland. Using flowers picked from her Balmoral Estate, the wreath featured sweet peas – one of her favourites – dahlias, phlox, white heather and pine fir.

While the wreath flowers have garnered much attention, the large quantity left at Green Park and by the gates at Buckingham Palace represented a huge challenge for the authorities.

There is a set process for the disposal of these flowers, which began seven days after the funeral. Gradually, those flowers wilting first would be removed and taken to Hyde Park nursery for composting. This compost will be used on the flowerbeds at Kensington Gardens.

Cards and labels are put into boxes – some will make it into museums; most will remain stored away forever and are unlikely to see daylight again for decades.

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Perk up your garden, porch or patio with a unique display of flowers and foliage. Read on to find out how to create a stunning container for late autumn and winter.

WHICH PLANTS WORK WELL?

- Hardy autumn-flowering cyclamen
- Pansies and violas
- Hebes
- Heathers
- Evergreen ornamental grasses
- Trailing ivy
- Heucheras
- Ornamental cabbage or kale
- Hardy ferns (e.g. hart's-tongue, polypodium)
- Evergreen shrubs (e.g. skimmia, sarcococca)
- Evergreen euphorbias
- Perennial herbs (e.g. rosemary, sage)

WHICH COMBINATIONS WORK BEST?

Choose an eye-catching 'hero plant' that's relatively tall. Ornamental cabbages, spiky grasses or hebes all work well. If your pots are round, put your hero plant off-centre, not right in the middle.

Now choose at least one bushy plant and one trailing plant, like ivy. Then fill the gaps with

complementary plants. Try to include a variety of shapes, textures and shades of green.

Remember, plants don't grow much in late autumn and winter, so fill your pots generously – you don't want to see bare earth.

Finally, cast a critical eye over your selection to make sure you're happy.

WHICH COLOURS LOOK GOOD TOGETHER?

We think harmonious colours work best. These are the ones next to each other on the colour wheel, not opposite – so mauve and pink rather than orange and blue. But of course, it's a matter of personal taste.

WHAT ARE THE BEST CONTAINERS?

Choose containers made from plastic, stone or frost-proof terracotta, with a wide top. For something different, why not repurpose an old tin bucket or watering can? But remember to drill drainage holes.

Raise your container off the ground using special pot feet or bricks. This will help drainage and help prevent the pot from freezing.

Always use new, good-quality multipurpose compost – don't be tempted to use soil or reuse last year's compost.



There are several jobs that need doing in the garden ahead of the colder months, and one of them is trimming back your perennials. However, it is important that you know which ones to cut back and which ones to leave alone.

Cut back

Irises – Irises are vulnerable to infestations of iris borers, which tunnel into the base of the rhizome and lay eggs. To avoid this, trim the fan of their sword-shaped leaves at an angle so that they slope upward into a peak no higher than eight inches.

Chrysanthemums – These autumn-flowering plants should be cut back after they have bloomed or if they have been hit by a hard frost. Trim the plant down to between six and eight inches from the soil.

Lilies – Once their greenery has disappeared and they turn yellow or red, lilies should be cut back for the winter. All it takes is one quick snip of the stalk near the soil line.

Peonies – Peonies are vulnerable to mildew so should be cut back when the first frost hits. Grab the leaves and then cut back the stems to just a few inches above the soil.

Hollyhocks – Growing up to six feet high, hollyhocks can get gangly in autumn. Cut back their sturdy stems to about six inches from the soil to avoid diseases such as leaf rust.

Let be

Hibiscus – As a late-emerging plant, hibiscus does not need trimming back as otherwise it can take too long to show growth in the spring.

Coneflowers – Not only do coneflowers look pretty when covered in frost or snow, but they also offer important sustenance for winter birds.

Russian sage – Russian sage can survive the colder weather and can also add texture and shelter to your winter garden, so leave this ornamental grass alone.



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Twirl

Or what about a Crunchie, Flake or Curly Wurly? The average Brit puts away a staggering 11kg of chocolate a year – that's three bars a week. And the bar that topped a poll of this year's favourites was Cadbury's Dairy Milk, the firm's best-selling bar since 1914.

So how did it all begin?
George Cadbury, who died 100 years ago this month, was just 21 when he and his brother took over their father's Birmingham-based cocoa business. The family were Quakers and believed hot cocoa drinks were a great alternative to alcohol. But George's father was ill and business was going from bad to worse.

However, the brothers quickly turned things around.

In 1878, they moved to the countryside outside Birmingham and built the Bournville factory.

George wasn't just a good businessman; he strongly believed that all working people had the right to a decent home and a good education, whatever job they did. So on land near the factory and at his own expense, George built Bournville village, which had shops, churches, 300 homes, a Quaker meeting hall, and plenty of open space.

It was at the new factory that George developed the original Dairy Milk bar in 1905. It had the distinctive purple wrapper, even back then. And, of course, it was Bournville village that gave its name to Cadbury's dark chocolate bar, first sold in 1908.

The Cadbury company is now owned by Mondelez International and its chocolate is manufactured in more than 180 countries. But Bournville is still at the centre of its operations and produces almost all its Dairy Milk bars.



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ON THE MOVE



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

Buying a house is one of the biggest purchases you'll ever make. And, as with any big purchase, you'll want to do a lot of research before you make an offer.

As you view different properties, be prepared to be nosy. A house may seem perfect on the outside, but asking the right questions will help you decide if it's the right house for you. Keep this checklist of questions in mind when going to viewings.

✓ HOW LONG HAS IT BEEN ON THE MARKET?

If a house has been on the market for a while, there could be a reason why buyers haven't snapped it up. It could also be a sign that the house is overpriced, putting you in a good position to come in with a lower offer.

✓ WHY ARE THE SELLERS SELLING?

There are a lot of reasons why someone might sell their house. If someone has only lived in the property for a short while, it could be a red flag that something isn't right with the home or the area.

On the other hand, someone who's been in the house for many years might be more interested in selling to a family or someone who will enjoy the house, rather than someone who's looking for an investment or development opportunity.

✓ IS THE PROPERTY FREEHOLD OR A LEASEHOLD?

Buying a freehold property means buying the property and the land it is built on. When you buy a leasehold property, you own the property but

not the land - which is retained by the freeholder. Understanding which one applies to the property could impact your decision to buy.

✓ IS THERE A CHAIN?

Being stuck in a chain could mean you have to wait a long time before you can move into your house. Find out what the buyer's situation is to help you decide whether to go for the property or to keep searching.

✓ WHAT IS THE AREA LIKE?

It's important to research the area you're buying in. Feel free to ask about the neighbourhood, shops, pubs, schools and so on.

✓ WHAT DO THE UTILITIES COST?

With living costs on the rise, it's wise to ask about the property's running costs. Find out what the utilities and council tax are and don't forget to ask for the property's Energy Performance Certificate.

✓ WHAT'S INCLUDED IN THE SALE?

Some sellers include items like furniture and white goods as part of the sale. Ask what is included - there may be room for some negotiation to keep some of the property's existing items and save yourself some money.

When you're checking out a property, feel free to ask as many questions as you want to help you feel confident in your decision. You'll be glad you thought of everything when you sign on the dotted line.



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HOW BREWD OG FOUNDER JAMES WATT KICKSTARTED THE CRAFT BEER REVOLUTION

The BBC recently broadcast an exposé on BrewDog founder James Watt, which attempted to highlight a darker side to the craft beer visionary's persona, including working practices at the brewery's Aberdeenshire HQ.

While it dressed up the drama of wrongdoing, the response from the beer-buying public was decidedly lukewarm. The reason? People love IPA more than they love scandal and salacious gossip.

In fairness, BrewDog has always been built on an image that begins and ends in the can or bottle. 'Equity for punks' is a phrase that the brand has long carried around with it – a linking of a drinks revolution with social cohesion and sustainability, fuelled by the momentum of the hipster movement.

It all began in 2007 when twenty-somethings James Watt and Martin Dickie found themselves in Fraserburgh, the foggy, windy, cold Scottish outpost. While frustrated at the lack of real choice in a drinks market populated by imported lagers, they remained sentimental about the role of traditional

alcoholic staples that had fuelled generations of factory workers, miners and engineers.

Sure enough, by feeding new life into old flavours, progressing from their bedrooms and kitchens to their first brewery, they fused creativity with credibility. Punk IPA was born.

"I think a lot of people felt there was a disconnect at the time between a certain demographic and the drinks they were consuming," says Watt. "Lager and fizzy beer had gone the way of the young lads, with football and nightclubs piggybacking and then driving the trend. Ciders and fruit-based drinks had a very summer existence, while spirits, shorts and wines were mostly for women. The market needed something different."

BrewDog's ability to provide that, initially through signature brew Punk IPA, then a raft of variations, expanding into a pub empire that now totals more than 80 locations worldwide, has taken Watt's personal fortune to more than £250million – a self-made punk now living life in the fast lane.



BUSINESS & PROPERTY

Photo credit: Shutterstock

YOUR GUIDE TO visiting Antarctica

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

WHY VISIT?

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

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

WHEN TO VISIT

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

WHAT YOU WILL SEE

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

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

WHAT TO PACK

Brace yourself for some cold temperatures on your adventure. Take plenty of thermals and layer up your clothing to help you stay warm.

Remember to take your camera. You won't want to miss out on those amazing photo opportunities.

WHAT TO DO

A trip to Antarctica will give you the chance to discover the history of famous explorers, including Robert Falcon Scott and Sir Edmund Hillary.

While these explorers might have had to survive in difficult conditions, you could enjoy your Antarctic adventure on board a luxury cruise, with all of their modern comforts.

Could a visit to Antarctica be on the cards for you in 2022 or 2023?

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CELEBRATING 50 YEARS OF THE FIAT 126, WHICH WAS INTRODUCED AT THE TURIN AUTO SHOW IN 1972

Fiat has never rushed things. Perhaps it's the Italian confidence and sense of candour that means when the car manufacturer commits to something, it sticks to it.

How else can you explain the fact that the Fiat 126, which is 50 years old this year, was the first new model Italian manufacturer Fiat launched onto the market in almost two decades.

With that in mind, the 126 had quite a reputation to live up to, given that it followed the iconic Fiat 500.

Sure enough, it came with its own personality – for a car hitting the market in 1972, it was a rear-engine city runaround. It was cute, small – just a smidgeon over three metres long – boxy and bold, and almost exactly the same dimensions as the Mini.

What became notable about the Fiat 126 was that the Italians never really took it to heart, yet over in Poland its success was prolific – so

much so that within 18 months of launch, most manufacturing was shifted to the Bielsko-Biala factory, and the car was renamed the Polski Fiat.

In fairness, in Italy more than 1.4 million were produced, though no models ever made it beyond a basic 700cc engine. A total of 4.6 million were produced, most in the Eastern Bloc.

While the 126 wasn't perhaps the natural successor to the 500 that Fiat had imagined, what made the car iconic was the belief it gave other manufacturers in the pursuit of the classic urban runaround.

In an era when cars were getting bigger, bulkier and more expensive, Fiat was steadfast in its belief that not everyone desired the cost or clumsiness of a large vehicle. While the 126 wouldn't win kudos points in the same way that the 500 might, it did at least unite a new generation with comfort and convenience – motoring morals we all still stand behind today.

BRITAIN'S GREATEST SPORTING MOMENTS:

DROP-KICK JONNY

Each month, we look at one of the most significant events in British sporting history. This month, it's England's dramatic Rugby World Cup win against Australia in 2003.

The fact that England came into the 2003 World Cup as tournament favourites didn't for one second lead to any sensible suggestion that the Three Lions might actually take the Webb Ellis Cup back to Blighty with them.

Never had a Northern Hemisphere team won the ultimate prize in rugby, and with the formidable force of co-hosts New Zealand and Australia ready to greet them – the latter as defending champions – only the staunchest England fan imagined Clive Woodward OBE's side could emerge victorious.

Yet in captain Martin Johnson CBE, fly-half Jonny Wilkinson CBE, speedster Jason Robinson OBE (fresh from switching codes having grown up playing rugby league) and a batch of other stars coming into their prime, such as Matt Dawson MBE, Mike Tindall MBE, Ben Cohen MBE, Will Greenwood MBE and Steve Thompson MBE, the feeling that we might be witnessing something special heightened as England sauntered through the group stages.

They accumulated more than 250 points in their opening four matches, seeing off Georgia, South Africa, Samoa and Uruguay with little fuss.

In the quarter-final, Wales scored two tries to England's one, but the kicking of Jonny Wilkinson saw the team home 28-17.

And eight three-pointers in the semi-final against France paved the way for a showdown final with Australia.

In a match screened live in the UK as rugby fans were tucking into a liquid breakfast, Lote Tuqiri scored the opening try for the hosts at Stadium Australia in Sydney, before three Wilkinson kicks and a try gave England a 14-5 lead. Gradually pegged back in the second half, Elton Flatley's last-gasp penalty brought Australia level.

In extra time, Flatley again restored parity at 17-17 with only three minutes to spare, but just as sudden death loomed, Wilkinson received Dawson's pull-back and drilled over the winning drop goal that won the trophy and changed English rugby forever.

Photo credit: David Gibson/Fotosport/Shutterstock

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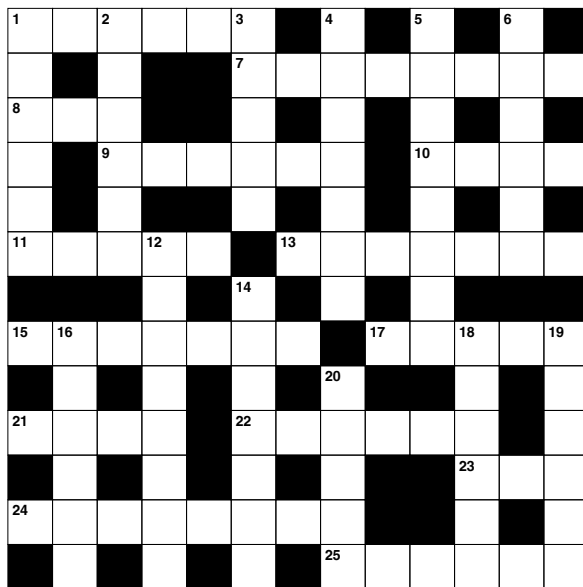
ACROSS: 1. SEWING, 7. REPAIRED, 8. PEA, 9. MANIAC, 10. EMIT, 11. BUYER, 13. STETSON, 15. STALELY, 17. FROTH, 21. DEER, 22. SVELTE, 23. NOR, 24. STAND-OFF, 25. SWAYED
DOWN: 1. SUPERB, 2. WHAMMY, 3. GRAIN, 4. OPACITY, 5. DIRECTOR, 6. MERINO, 12. ENTERING, 14. ELISION, 16. TREATS, 18. OPENLY, 19. HATRED, 20. REFS

ACROSS

- Stitching (6)
- Restored (8)
- Legume (3)
- Lunatic (6)
- Release; give out (4)
- Purchaser (5)
- Cowboy hat (7)
- Majestic (7)
- Foam (5)
- Ruminant mammal (4)
- Slender (6)
- And not (3)
- Stalemate (5-3)
- Moved back and forth (6)

DOWN

- Majestic; wonderful (6)
- Devastating blow (6)
- Small particle (5)
- Cloudiness (7)
- E.g. Steven Spielberg (8)
- Sheep known for its wool (6)
- Going inside (8)
- Omission of a sound when speaking (7)
- Special rewards (6)
- Frankly (6)
- Intense dislike (6)
- Submerged ridges of rock (5)



DID YOU KNOW?

- Bananas contain high levels of tryptophan, which converts to serotonin, helping to improve our moods.
- Frank Epperson is believed to have discovered ice lollies by accidentally leaving a glass of soda water with a mixing stick in it outside during a cold night.
- Chilli peppers contain capsaicin. This tricks your sensory nerves into feeling like your mouth is being burnt.
- If you put lemons and limes in water, the lemons would float and the limes would sink. Lemons have around the same density as water, whereas limes are denser than water.
- In 1974, at a supermarket in Ohio, Wrigleys chewing gum became the first-ever product to have its bar code scanned.

SUDOKU

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

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