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GUIDE TO
GAME
MEAT**

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of Channel 4 and Countdown

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Editor's notes...

NOVEMBER 2022



Brett Shohet, Editor

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

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

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

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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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HAIRSTYLES FOR MEN

WITH

thin hair



BEAUTY

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 locks 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.



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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SHADES

TO HELP YOU *sleep*

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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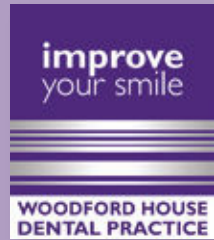
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Addiction can include alcohol, drugs, sex, porn, exercise, shopping, eating or anything else that you feel you cannot do without but wish to change.

Relationships are any relationship of significance, and may be couples, siblings, parent/child, open, polyamorous and more.

None of these lists are limited and nothing is excluded. Please do not feel that you need to continue trying to manage alone. Sometimes just sharing your thoughts and feelings are a start to feeling supported, understood and able to visualise changes...



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HEALTH & FITNESS

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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.

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.

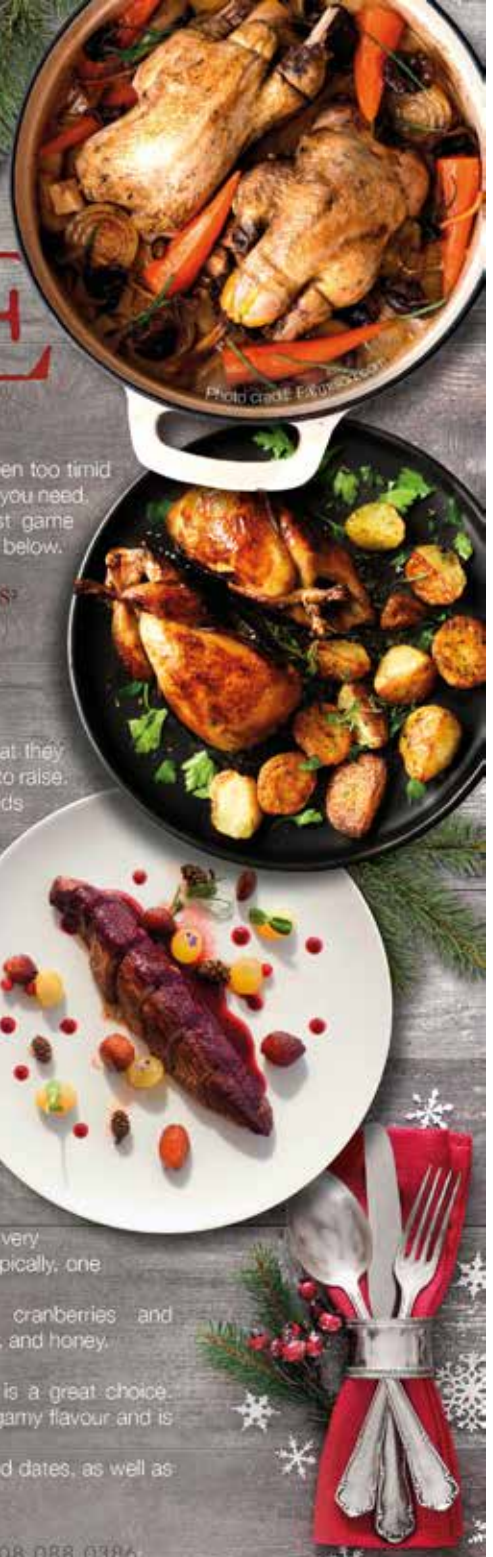
FLAVOUR PAIRINGS: Fruits such as apples, oranges and prunes, as well as aromatics like sage and thyme.

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 coriander, 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 gamey 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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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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HOW TO DRAUGHT PROOF YOUR PROPERTY



HOME & DIY



Did you know that by simply draught proofing your windows you can save around £45 a year? And a further £65 a year if you draught proof an unused chimney.

Draught-free homes are comfortable at lower temperatures, so you can turn down your thermostat and slash the cost of your energy bills.

HOW TO DRAUGHT PROOF WINDOWS:

For windows that open, draught-proofing strips can be placed around the window frame to fill the gap between the window and the frame. Self-adhesive foam strips are the cheapest option but will not last as long as metal or plastic ones.



HOW TO DRAUGHT PROOF EXTERNAL DOORS:

Purchase a purpose-made cover that drops a metal disk over the keyhole, use a letterbox flap or brush, place a hinged flap draught excluder at the bottom of the door, and fit foam, brush or wiper strips on gaps around the edges of the doors.



HOW TO DRAUGHT PROOF A CHIMNEY:

If you have an unused fireplace, then you are likely to be losing a lot of heat through your chimney. You can draught proof a chimney by either fitting a cap over the chimney pot or by buying a chimney draught excluder.



HOW TO DRAUGHT PROOF FLOORING:

Block any cracks in your flooring by squirting filler directly into them. Use either flexible fillers or decorator's caulk for best results. These can be used to fill gaps in floorboards and skirting boards.



HOW TO DRAUGHT PROOF A LOFT:

Hot air rises and can get lost in your loft or attic, so you need to make sure you block off any draughts around the hatch. You can use the same strip insulation as you would on a door to prevent draughts.



Dangerously GOOD DESIGN

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."

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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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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.



HOME & DIY



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.



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HISTORY

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.




Photo credit: biography.com



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

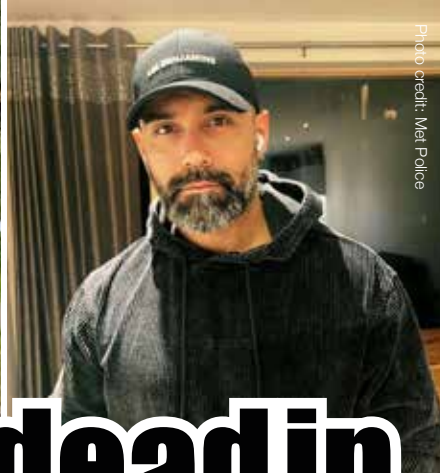


Photo credit: Met Police

Man found dead in woodland after kidnapping

Four men have been arrested on suspicion of the murder of a man whose body was found in Loughton woodland.

The body of Koray Alpergin, 45 (pictured right), was found by Essex Police at around 11.55am on Saturday, October 15, near the Oakwood Hill Industrial Estate.

Prior to the discovery, police had been called at 1.51pm the previous day to reports that two people – a man in his 40s and a woman in her 30s – were missing from an address in Enfield, having been forced into a vehicle.

The woman has been located and is physically unharmed. Police are now providing specialist support to her and Koray's family.

Three men were apprehended and arrested in Folkestone, Kent, on Sunday, October 16. Erdogan Ulcay, 55, of Oakeshott Avenue, Camden; Ali Kavak, 25, of De Quincey Road, Tottenham; and a 17-year-old boy have been charged with Koray's murder and the kidnap of a woman.

A fourth man, aged 55, has been bailed until November pending further enquiries.

Detective Chief Inspector Kate Kieran, of the Met's

Specialist Crime Unit, said: "This is a fast-paced and complex investigation that involves numerous crime scenes and, at this time, has resulted in the arrest of four men for the murder of Koray Alpergin.

"We believe that Koray and a 33-year-old woman were forced into a white van outside their home address in Ebony Crescent, Enfield, at around 10.30pm on Thursday, October 13.

"I would appeal to anyone who was in that area at the time, who may have seen anything, no matter how small, to contact police immediately. I urge people to check doorbell camera or dashcam footage – you may have captured something that could prove crucial to our investigation.

"Although our investigation is still at a very early stage, I am working on the hypothesis that Koray's kidnappers were possibly known to him, and this was not a random attack.

"I can assure residents in Enfield and Essex that we are doing everything we can to understand the chain of events here and bring to justice those responsible."

If you have any information, report it online at www.essex.police.uk or call 101.

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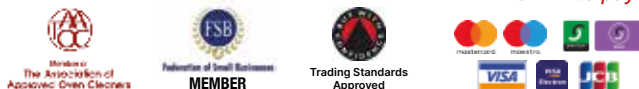
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BEFORE



AFTER

New bin installed for safe disposal of knives

A new knife bin has been placed outside Loughton Police Station to offer Epping Forest residents a place to dispose of knives safely.

Essex Police have teamed up with the anti-knife crime charity The Ben Kinsella Trust to raise awareness of the dangers of carrying a knife.

All the knife bins are emptied regularly. The last time this was done, the county's 14 knife bins contained 13,299 knives, other sharp objects and weapons, which were taken to a secure location to be destroyed.

Epping Forest District Commander Chief Inspector Paul Ballard (pictured centre) says: "Knife bins have

proved to be very effective at collecting thousands of knives each year, removing them from our streets, homes and communities. And now Epping Forest residents have the opportunity to dispose of them closer to home.

"Thankfully, knife-enabled crime is falling across Essex."

Deputy Police, Fire and Crime Commissioner Jane Gardner says: "Not only do these bins allow dangerous weapons to be safely disposed of, their visible presence in our town centres helps raise awareness of the real risks posed by carrying knives."

Hub to provide safe warm space for residents

A hub providing a free, safe, warm and comfortable space for those who need it throughout winter is opening in Loughton.

The Warm Places hubs will be opening across the borough amidst the current cost-of-living crisis in a bid to provide a safe space for residents.

The Loughton hub opened on Saturday, October 29, and is located in St Mary's Church on High Road. It offers refreshments, Wi-Fi and activities such as board games.

Councillor Aniket Patel, Epping Forest District

Council's cabinet member for wellbeing and community, said: "The increase in energy bills for many households is resulting in people feeling extra pressure to heat their homes this winter.

"I'm pleased that Warm Places are being set up across the Epping Forest district area to support our residents during the colder months."

The hub at St Mary's Church will be open Monday to Friday from 3.30pm to 6pm.

The café in the church is also open from 9.15am to 2.45pm. Find out more at www.stmarysloughton.com

Photo credit: Essex Police



LOCAL NEWS

Christmas

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Photo credit: EOC



LOCAL NEWS

Town council objects to plans for new apartments

Loughton Town Council (LTC) has objected to plans to demolish the town's library and redevelop the site with 38 apartments and a new library.

Councillors discussed the plans put forward by Essex County Council for the Traps Hill site and raised numerous concerns at an LTC planning meeting on October 10.

A spokesperson for LTC said: "A five-storey building was considered excessive and would set an unwelcome precedent.

"Members had no objection, in principle, to a proposal for residential properties, particularly if it

included affordable housing, but felt that the 38 dwellings proposed were too many for the site; and no reference was made to affordable housing.

"A two- or three-storey building would be more acceptable and in character with the area."

A spokesperson for Loughton Residents' Association said: "Overall, this large unwelcome lump of a development causes substantial harm to the character and function of this part of Loughton. There is no public benefit."

Essex County Council has been contacted for comment.

Man hospitalised following assault in street

A man in his 40s was taken to hospital suffering from a hand injury following an assault on a street in Loughton.

Police were called to Lower Road in Loughton at 12.35pm on Sunday, October 23, following reports of concern for the welfare of a man.

No arrests have been made. Enquiries continue and Essex Police are appealing for witnesses and those with any information to come forward.

A police spokesperson said: "If you have any information, CCTV, dashcam or other footage in

relation to this incident, then please contact us.

"You can let us know by submitting a report on our website at www.essex.police.uk or by using our online live chat service, available Monday to Friday between 10am and 9pm."

When making a report, please quote incident 499 of October 23. Alternatively, you can call the non-emergency number 101.

To make an anonymous report, contact Crimestoppers on 0800 555 111 or fill out the confidential online form at www.crimestoppers.org.uk



3Food4U Loughton celebrates anniversary

We're proud to have supported the community through COVID-19 and to continue to support people through the current cost-of-living crisis, remaining open throughout. With the wonderful support of our tireless volunteers and the whole community, including residents, schools, churches, businesses, clubs and Loughton Town Council, we celebrated our second anniversary. We couldn't have delivered our vital service without such fantastic support from you all.

Special thanks to Loughton Town Council, who has been one of our biggest advocates and supporters morally and with grant funding.

Our fundraising page is open for donations at www.stewardship.org.uk/partners/20356308

Our Community Surplus Hub runs every Tuesday from 11.30am to 1pm at The Loughton Club, 8 Station Road, IG10 4NX. Our aim is to treat and support people humanely with dignity and respect.

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Shortfall in council's finances

A Loughton councillor has admitted that a report into Epping Forest District Council's (EFDC) financial future is a "difficult read".

Councillor Stephen Murray (pictured right), who represents Loughton Roding Ward on EFDC, told a cabinet meeting on October 10 that the council needs to consult staff to see where savings can be made.

The report on EFDC's medium financial plan revealed a gap in finances of more than £4.1million, with the deficit caused by rising inflation and a drop in government funding.

According to the report, the council's estimated net expenditure in the financial year 2023/24 is £19.402million compared to available funding of £15.276million – a projected gap of £4.126million.

Cllr Murray told the cabinet: "I found the report a difficult read and we have some difficult decisions ahead of us. We're expecting a reduction of £1.5million in grants from government. We need maximum concentration with staff and programme heads about where sensible savings can be made and we need to protect our frontline services."

EFDC is required to set a balanced budget for 2023/24 in February next year.




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Deliciously Ginger

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!

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


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.

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*.



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– William Butler Yeats

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GARDENING

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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Feeling peckish?



GARDENING

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.





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?

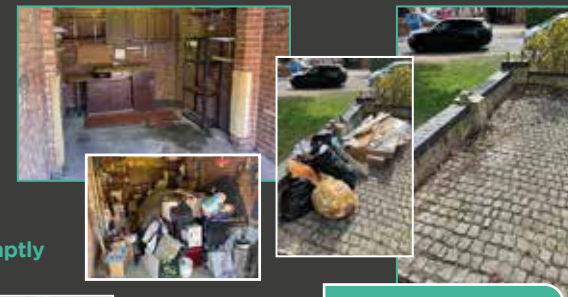
- > Tulips were first discovered in Kazakhstan.
- > The word 'tulip' comes from the Persian word 'tulipan', meaning 'turban'.
- > During the tulip craze in 17th-century Europe, a single bulb once cost the same as a house in Amsterdam.



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PUZZLES & TRIVIA



PUZZLES

Answers: see end of The VISION Listings

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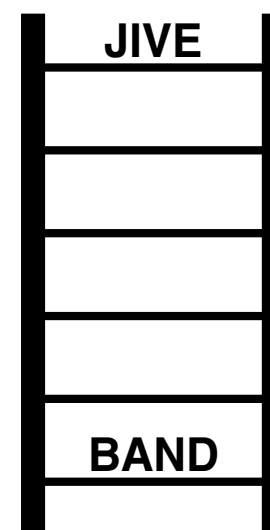
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G	F	D	T	A	K	L	A	M	A	K	A	N	S	O
R	O	R	A	M	A	C	A	T	A	S	I	A	K	M
I	I	B	E	O	N	P	X	T	O	I	R	M	F	S
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A	X	S	U	M	A	O	A	V	T	S	I	G	Q	S
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K	R	O	N	N	I	A	L	G	L	R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

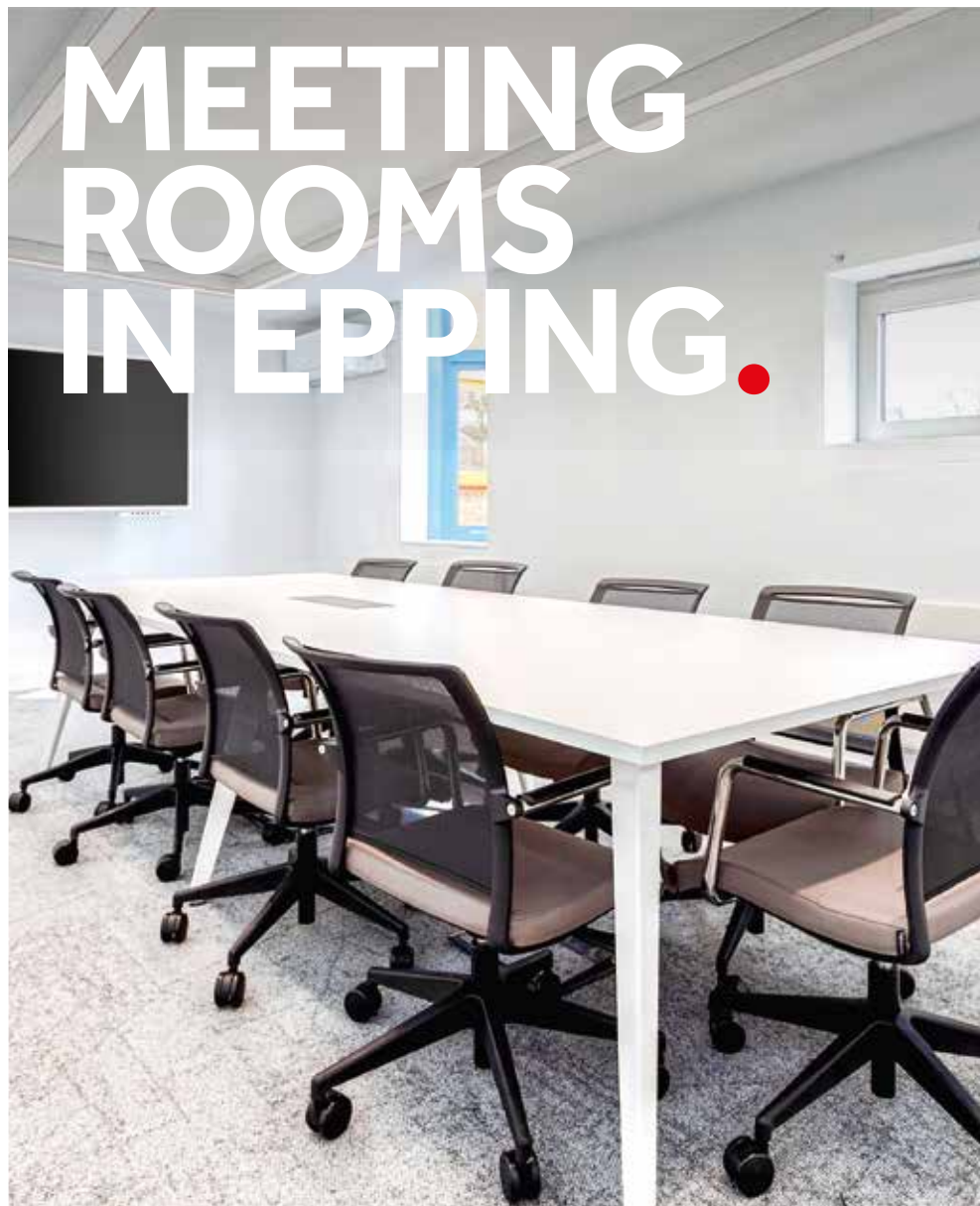


THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

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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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."

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.

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.

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 location for anyone keen on wine and ancient history.

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.

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.

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!



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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.





SPORT

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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



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