

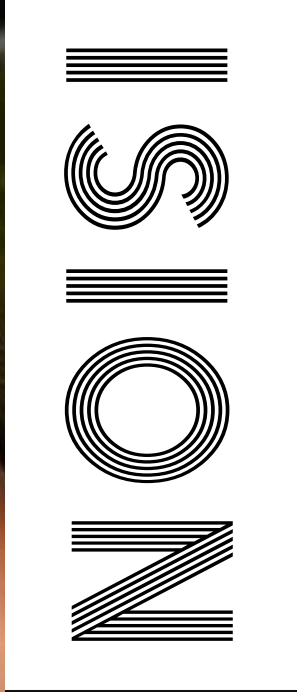
**RONALDO  
RETURNS TO  
THE PREMIER  
LEAGUE**

*Anton Du Beke*  
Waltzing onto the Strictly  
judging panel

**CELEBRATING 50 YEARS**  
of Walt Disney World in Florida

*Emma*  
**RADUCANU**

The tennis star writing her name in the history books



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# Editor's notes...

OCTOBER 2021



Nik Allen, Editor

Hello and welcome to the first edition of **VISION**MaldonBurnham, the new voice of your neighbourhood.

It is a pleasure to have MaldonBurnham as part of the **VISION** Family, which already features 15 local titles in Essex, East Herts and Suffolk.

Our promise is a simple one - to deliver to the people of Maldon and Burnham a magazine that showcases the very best local news, events, community issues and lifestyle content. All this landing free on your doormat, every month. **VISION** has built itself on a passion for being hyperlocal and 100 per cent relevant.

Across our existing titles, we know readers want to connect with each other; they want to know about the good, the bad, and yes, sometimes even the ugly. They also want to shop local and use local tradesmen. Whether it's having coffee at an independent café or finding a local group where they can meet people and learn new skills, you'll find this and much more in **VISION**.

Most importantly, this is your town and your magazine; so if you have a local news story, an event that needs publicising or just want to get something off your chest, please get in touch and let's begin the conversation. Thanks for reading and I hope you enjoy **VISION**MaldonBurnham. Take care of yourselves.

*Nik Allen*

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

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CONTRIBUTORS | Tabatha Fabray, Jake Levison

At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines Inside pages recyclable

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# A WORLD OF WONDER

CELEBRATING 50 YEARS OF WALT DISNEY WORLD



Photo credit: floridatoday.com

It was designed, curated and constructed with one thing in mind – a unique place on planet Earth where guests could remain forever young, where children and adults alike could swim in the pools of fantasy worlds to shake off the stresses and demands of everyday life.

The man behind this plan was Walt Disney, and his creation, Walt Disney World in Orlando, Florida, has been providing memories for visitors – an estimated two billion across five decades – ever since.

When it opened on October 1, 1971, 10,000 people gathered at the gates, each desperate to see what lay inside. The sprawling 107-acre theme park – a colossus of an entertainment wonderland – had been seven years in the making.

The park featured Adventureland, Fantasyland, Frontierland, Liberty Square, Tomorrowland and Main Street USA, had a cast of 5,500 staff members to unveil a new era of entertainment, and would not just set the precedent for an unfathomable amount of candy floss, family photos and joyous grins over the next 50 years, but would also lay down a marker for the brand itself. It created a mould by which modern culture would go on to embrace the heroes it worshipped – whether real, animated or in pixels – on TV and in cartoons and magazines.

At the helm back in 1971 was the big cheese himself, Mickey Mouse. By far the most iconic and celebrated character in the company's long history, Mickey Mouse dates all the way back to Disney's

founding in 1929. With feature films and animated classics – including *Snow White and the Seven Dwarfs*, *Fantasia*, *Pinocchio*, *Dumbo*, *Bambi*, *Cinderella*, *Alice in Wonderland*, *Lady and the Tramp*, *Sleeping Beauty* and the original *Mary Poppins* – already in the can, Walt Disney World, from day one, had an almost impossibly huge base of material to draw on to help make dreams come true.

It's little surprise then that – just like its parent company, whose ability to innovate in entertainment is unparalleled – Walt Disney World's popularity has never waned. In 2019, it was the most visited vacation resort in the whole world, with more than 60 million visitors.

While COVID-19 shrunk its capacity by 75 per cent last year, when America returns to post-pandemic normality, so too will the resort reclaim its rightful spot as the most magical place on Earth.

Of course, the ultimate irony of Walt Disney World is that the man whose name it bears was not there to see it bring joy and delight to so many people. The animator-turned-entrepreneur had been at the top table when original plans for the Florida park were conceived, but passed away after losing his battle with lung cancer in 1966, just as construction was ramping up.

As with so many of Walt Disney's other projects, though, his legacy lives on, as do the memories for those who visit.



**He is the only professional dance partner to have appeared in every series of *Strictly Come Dancing*, but for Anton Du Beke, this is the only job worth hanging up his tap shoes for.**

They say you ought to walk a mile in someone's shoes before you judge them, which is why Anton Du Beke is arguably one of the most qualified people in the country to take a seat on the illustrious *Strictly* panel.

After 18 series as a professional dance partner on the hit show, the 55-year-old performer, who previously filled in as a judge in 2020, will take a permanent seat at the top table for the upcoming series.

Taking over from Bruno Tonioli – who is unable to take his usual place on the panel owing to travel uncertainty caused by the pandemic – the Kent native will sit alongside veteran judges, Craig Revel Horwood and Shirley Ballas, along with Motsi Mabuse (sister of *Strictly* champ, Oti), who replaced Darcey Bussell in 2019.

For Du Beke, who waltzed and whirled with the likes of Kate Garraway, Patsy Palmer and Anne

Widdecombe during his tenure as a professional partner, becoming a judge is the ultimate end goal in a fairy-tale career

He says: "It's a dream come true to be judging alongside the best of the best, and I promise to be kinder to all the couples than any of them have ever been to me."

Never a man to do things by halves, the father-of-two has also signed up for his first-ever pantomime this year, where he will play the loveable Buttons in Richmond Theatre's production of *Cinderella*.

Yet for the upcoming *Strictly* contestants – set to include McFly star Tom Fletcher, *Coronation Street* actress Katie McGlynn, *BBC Breakfast* presenter Dan Walker and TV presenter Tilly Ramsay – Du Beke will be more of a fairy godfather as he decides their fates on the path to becoming the *Strictly* king or queen.

Photo credit: BBC

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# FOAM & SPRING IS JUST THE THING?

Are hybrid mattresses worth their hefty price tag or is it a lot of hype?

First came spring mattresses, then came foam and then came the exalted combination of the two. Every reinvention bringing new promise of 'the best night's sleep you'll ever have' along with an ever-expanding price point. New kids on the bedding block such as Simba, Eve and Emma have all devoted themselves to giving you the most dream-inducing, pain-relieving eight-hours of rest, but regardless of their lofty claims, it is still a leap into the unknown for those accustomed to traditional brands.

So what exactly is a 'hybrid' mattress? Well it's a multi-faceted design combining layers of both pocket springs and breathable foam to create a mattress which offers mouldable, gravity-defying support AND resistant buoyancy. This means you not only feel supported in all the right places, but also

that the surface resists dipping and sagging over time. They also keep you cooler during the warmer months and are less reactive to movement – ideal if your partner tends to toss and turn.

Now found on the high street these hybrid designs still remain a reasonably leftfield take on the mattress concept, but are now available in a wide range of feels and price points. Pioneers in the field pride themselves on the huge amount of technology and design that goes into creating each prototype – with some bedding companies even boasting 'space-inspired' fabric.

So is it worth you splashing the cash? In a word, yes!

If you are perpetually unsatisfied with your sleep options you definitely ought to visit Essex Beds in Maldon High Street.

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# 5 ALTERNATIVE USES FOR HAND

# sanitiser



If you went a bit overboard buying hand sanitiser, you will be pleased to hear that there are many uses for this trending item other than just disinfecting your hands.

**1. TO CLEAN YOUR EYE/SUNGLASSES**  
Eyeglass cleaner fluid can set you back a pretty penny, but with some retailers giving away hand sanitiser for free, you can now clean your glasses without having to worry about busting your budget. Simply apply a small amount with a microfibre cloth and wipe clean.



**2. TO POLISH SILVER**  
Whether you have tarnished silver cutlery or silver jewellery, hand sanitiser can help. Just squirt a few drops onto a soft cloth and gently rub away the tarnish. You can also use this multi-tasking liquid to clean diamonds, although you should avoid gold- or silver-plated settings.



**3. TO CLEAN YOUR KEYBOARD**  
Did you know that your keyboard can be just as dirty as your toilet seat? To rectify this, unplug your computer or laptop, turn it off and then wipe down with hand sanitiser and a microfibre cloth. It can also be used to clean your computer mouse and to remove fingerprints from your mobile phone screen.



**4. TO REMOVE STAINS**  
If you have stubborn stains on your walls or counters, hand sanitiser works a treat. In fact, it is even strong enough to remove permanent marker from hard surfaces. Apply directly to the surface and wipe clean with a damp cloth. Do not apply to granite or quartz surfaces as rubbing alcohol can damage these materials.



**5. TO REMOVE STICKER OR GLUE REMAINS**  
Rubbing alcohol is known for removing adhesives, but if you don't have any of this lying around, hand sanitiser is your next best option. Simply spread onto the affected area, let it sit for 20-30 minutes, then rub the surface firmly until the glue comes off.



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HOME & DIY

## Find your

# FLOORING

**A**re you feeling floored when it comes to the flooring in your home? From linoleum to luxury vinyl, carpet to ceramic, tiles to timber, discover all the different flooring options available to you below – plus, how to choose the right one for each room in your home.

**CARPET:** Warm, comforting and quiet underfoot, carpet is suitable for all rooms bar the bathroom and kitchen, and is an affordable option for most households.

**PORCELAIN TILES:** Long-lasting, strong and available in a wide section of styles, porcelain tiles are low maintenance and low cost and are best suited to bathrooms, kitchens and outdoor patio areas.

**SOLID TIMBER:** Real wood flooring is a common feature in period properties and can add style and value to your home. One of the most expensive flooring options, use in busy spaces such as the living room, dining room and hallway.

**LAMINATE:** Laminate flooring is tough, easy to install and much more cost effective than real wood or stone. With options from as little as £6 per metre square, laminate is ideal for living areas and hallways.

**LINO AND VINYL:** Known as two of the most cheap and cheerful flooring options, these materials provide many benefits, such as water-resistance, durability and affordability. Perfect for use in the bathroom, kitchen or conservatory.

**CERAMIC TILES:** Available in many different colours and styles, ceramic tiles are designed to emulate real stone while being both lighter and more cost effective. As well as being useable on any floors within your home, ceramic tiles are great for placing on the walls.

**LUXURY VINYL TILE (LVT):** A high-end version of standard vinyl, LVT comes in planks or tiles rather than a single roll. Warm underfoot, waterproof and slip resistant, this flooring is ideal for use in the bathroom and the kitchen.







# MODERN CLASSICISM:

*Making the old new again*



Photo credit: Unsplash under Creative Commons, @lifeathomewithemma, @Nattuzzi

Interiors trends are constantly evolving, but sometimes it's nice to see a return of the classics. And where better to look for classical touches than to Ancient Rome and Greece?

Bringing a touch of classicism into your home adds a luxury feel. From subtle accessories to bolder statements, you can blend the old with the new to create a stylish interior for your home.

**Use accessories to add detail:** One of the simplest ways to embrace classicism is through accessories. You can buy some beautiful bust sculptures in various sizes, which can be mixed with your existing decor to create a look that has a classic touch while being right on trend. Consider ornate frames, mirrors and vases to add further texture and detail.

**Make your dining table an inspiring centrepiece:** The classicism trend can work its way into your main interior, creating stand-out looks. Your dining area can really shine here with the addition of an ornate marble table, or some dining chairs with carved detailing.

**Create texture without expensive architecture:** Textures are a key element of classicism. Ridged pillars, Grecian-style vases and even your glassware can add a sophisticated touch without the need to redo your entire home. The neutral/white colour palette makes it easy to match with your existing decor, and it's also the perfect opportunity to get creative with upcycling, breathing new life into pieces you already own.

**Don't forget the natural details:** While the classicism look is centred on rich detailing and bright whites and neutrals, it's also the perfect excuse to add a touch of greenery. Think potted lemon trees and olive trees – classic Mediterranean plants that add some class to your home. Plants can help to break up the white to give your home a fresh, modern look.

Modern classicism gives you the chance to merge vintage details with more modern decor. As a trend that's set to take off this season, keep an eye out in stores for all the classic accessories that are just waiting to be displayed in your home.

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# DIVIDE and conquer

**R**oom dividers are not only for sectioning off rooms; they can also be used to add privacy and character to a space. Plus, you don't have to opt for a traditional screen with these creative room divider ideas.

**CURTAINS UP:** Hanging curtains from the ceiling to create a canopy bed effect is a great way to add some privacy to a bedroom. This is a useful interior design trick for properties with high ceilings, as well as for creating sections in studio flats.

**BIG BOOKCASE:** A floor-to-ceiling bookcase offers a great alternative to a room divider and has the added advantage of providing extra storage and display space. It's ideal for breaking up a large open-plan living

space or for separating a bedroom for siblings.

**FLOATING ART:** Another good choice for studio flats, hanging a curtain rail on the ceiling and then suspending a floating painting from it provides a highly stylish way to partition space. For example, if you are entertaining and you don't want a direct line of sight from the front door to your bedroom.

**WOODEN SLATS:** If you don't want to use a solid screen, wooden slats are a great alternative. Enabling you to keep a sense of flow and movement between two areas of your home, this room divider idea is ideal for separating the stairway and the living room or for sectioning off a home office.

**DIY OPTIONS:** For those who are feeling crafty, these DIY room divider ideas should get your creative juices flowing. Add texture and style with a DIY vertical jute rope wall, or craft a wooden folding screen and dress it up with macramé for a boho chic vibe. Alternatively, if you love to bring the outdoors inside, a fairy light and tree branches room divider is just what you need.

The beauty of DIY screens is that they can be moved from room to room with ease and, once made, you can attach anything you want to them, such as family photos or your children's artwork.

Photo credit: housebeautiful.com

## THAT PERSONAL TOUCH

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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS MALDON



Photo credit: Louise Rae

## Residents band together to protect field from development

More than 600 Maldon residents have joined a Facebook page objecting to potential development on a beloved green space in the town.

The page, called Stand against Primrose Meadow Development, was created after Primrose Meadow, in Mundon Road, was earmarked for housing by Essex County Council (ECC) and County Hall revealed that a new estate could be built on the site.

While no formal planning application has been lodged, residents have been quick to set up the campaign group.

The Facebook page's description explains: "This page is for support, discussions and memories/photos in helping to fight against the development of the well-loved last green space in Maldon, called Primrose Meadow, also known as Mundon Field.

"Last winter, surveyors were on the land measuring the field and they confirmed to residents that ECC is planning on building 100-plus homes on the land.

"It has now been confirmed in the media that they are at pre-planning application stage... residents are prepared to fight this.

"This green space is essential for mental health, the environment, animals and wildlife, children, the elderly, physical wellbeing, and family and exercise time.

"Please join if you would like to stand with us in objecting to any developments in advance of the official planning stage. This will be the main page of communication in updates or news regarding this issue, and what we will be doing to help stop it."

To join the group, search 'Stand against Primrose Meadow Development' on Facebook.

A spokesperson for ECC said: "The Essex Housing Annual Delivery Plan sets out the activities that Essex Housing LLP will undertake this year to deliver its pipeline of projects. Essex Housing LLP projects that are being worked on in Maldon include The Friary and Primrose Meadow."

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**Firefighters host car wash to raise money for charity**



Staff at Maldon Fire Station recently raised more than £500 with a charity car wash. The firefighters swapped their hoses for sponges on Saturday, September 18, when they invited residents down to the station at Wycke Hill.

The event was to raise money for The Fire Fighters Charity, which provides confidential, personalised support to the whole of the fire services community, delivering mental health, physical health and social wellbeing services at its centres, remotely, online and in communities around the UK.

The crew raised £518 overall and residents took to social media to thank them for their fantastic work.

One resident said: "Our car is lovely and clean and the boys loved looking around the fire engine. Thank you so much, you made their day."

For more information about the charity, please visit [www.firefighterscharity.org.uk](http://www.firefighterscharity.org.uk)

industry, John has been a lifelong birdwatcher and, in more recent years, a general naturalist too. He has lived in Maldon for the last 20 years and has spent a large amount of his spare time exploring the natural history in and around the town.

He is particularly fascinated by the relationships between different species and looking at how wildlife can continue to thrive amid increasing human populations and climate change.

To purchase a copy of the book, visit [maldonbooks.com](http://maldonbooks.com)

**Virtual high street supports local shops**

A new website allows residents to shop on Maldon High Street without leaving their homes.

Click It Local is a virtual high street aiming to support local, independent businesses, allowing users to buy items and have them delivered to their home.

The website allows you to purchase from multiple independent businesses, from bookshops to clothing boutiques. Users can make one payment and have one consolidated delivery or collection – either on the same day, the next day or on a selected later date.

One of Click It Local's main aims is to enable local independent shops and retailers to be able to compete with the likes of Amazon on convenience and choice.

Your order will contribute to the profit earnings of independent businesses and will help the local economy.

Steve Koch, co-founder and CEO of Click It Local, said: "I love shopping locally, so wanted to find a way to help small shops offer the same level of speed and convenience that today's online customers have come to expect. Our aim is to ensure we can all continue to shop local, support independent shops and provide for the local community."

To get shopping, go to [www.clickitlocal.co.uk/uk](http://www.clickitlocal.co.uk/uk)



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**Author's new book explores wildlife on your doorstep**

A Maldon author has released his latest book, exploring the wildlife of the town.

John Buchanan's *Wildlife of Maldon* is the result of a simple question: just how much wildlife can be found on our doorstep? John set out to answer that question, and from his quest came the book, which is a celebration of the fauna and flora of the historic Essex town.

Covering everything from butterflies to seals, and with a particular focus on birds of the local area, *Wildlife of Maldon* explains all you need to know about the local wildlife, with chapters on when, where and how to see the best the area has to offer. There are also suggestions for steps we can all take to protect our local wildlife.

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# LOCAL NEWS

*from your neighbourhood*



## Bowls club hosts events for 90th anniversary celebration

Burnham Hillside Bowls Club celebrated its 90th Anniversary in style with two events on Saturday, September 18.

The first event was the traditional inter-club game of the president versus the captains, with each side hoping to win the coveted Arnold Read Trophy.

The game was very well attended, with 56 Burnham bowlers playing over seven rinks of 21 ends. The scores varied, but it was the president's side who

narrowly won, with an overall score of 137/136.

After the game, there was a buffet with food generously donated by all the bowlers and drinks served by Lorna Harker and other bar helpers.

For the second celebration, there was an evening dance at the club, attended by many members who enjoyed a special anniversary cake.

The club said it was a "fantastic" way to celebrate the milestone.

## MP praises restoration project during visit

John Whittingdale, MP for Maldon, recently visited Creeksea House in Burnham-on-Crouch following the historic building's restoration.

Creeksea Place benefitted from the Culture Recovery Fund grant awarded by Historic England, which helped to fund their ongoing building restoration project.

Joining John during his visit was Maldon district and Essex county councillor, Jane Fleming, alongside Historic England's chief executive, Duncan Wilson, and Heritage at Risk surveyor, Trudi Hughes.

Mr Whittingdale MP said: "I was delighted to visit Creeksea Place to see the result of the restoration work that has been funded by Historic England. We are incredibly fortunate to have magnificent historic buildings like these in the Maldon district and it is vital that they are properly preserved."



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# Lifeboat volunteers save seven fishermen stranded at sea

Volunteers of the Burnham-on-Crouch Royal National Lifeboat Institution (RNLI) rescued seven fishermen after their boat broke down last month.

The volunteers of Burnham-on-Crouch RNLI were contacted by HM Coastguard at 4.35pm on Saturday, September 11, to assess the situation after a 10-metre angling boat suffered engine failure with seven people on board, near Inner Crouch.

A spokesperson for RNLI explained: "The casualty had contacted the Coastguard, who requested assistance from any vessels in the vicinity.

"No response to the request was received and

therefore HM Coastguard tasked Burnham-on-Crouch RNLI to assess the situation.

"The RNLI, having assessed the situation, made the decision that the safest way to assist the casualty was to take her under tow.

"A volunteer RNLI crew member boarded the casualty to establish a tow line."

The angling boat, with seven grateful fishermen on board, was safely towed into Essex Marina.

RNLI volunteers provide a 24-hour search-and-rescue service around the UK and Republic of Ireland coasts.



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# Twin girls raise hundreds with charity haircut

Ten-year-old twins from Burnham-on-Crouch have raised more than £600 for charity by cutting off their hair.

A couple of years ago, Erin (pictured left) and Adele Rawlinson (right) decided they wanted to grow their hair and, when it was long enough, donate it to the Little Princess Trust, a charity which provides wigs to children undergoing cancer treatment.

COVID-19 meant that the chop had to be delayed, but the pair finally fulfilled their wish last month and have so far raised £615 for the charity.

Their mum, Claire, said: "The last 18 months have been rubbish for so many of us, which made the twins even more determined to spread a little sunshine.

"If you are able to donate anything, it would be amazing, but a share to help spread the word would be wonderful too. Anything that may help this wonderful charity has got to be worth a try.

"Thank you so much to everyone who has donated so far; it is very much appreciated by the girls and has helped them be just a tiny bit as brave as all the children they're trying to help."

To donate, go to [www.justgiving.com/fundraising/claire-rawlinson15](http://www.justgiving.com/fundraising/claire-rawlinson15)



# RADUCANU



## TOTAL TENNIS HERO

How Emma Raducanu's ascent from nowhere to Grand Slam winner has shocked the sporting world, making an instant hero out of the British 18-year-old.

Supporting fairy tales seem to be coming thick and fast right now, but there was something mesmerising about the way Britain's Emma Raducanu strode to US Open glory on September 11.

Perhaps it was the fact that this charismatic yet modest teenager went into the New York tournament ranked 150th in the world, a 400/1 outsider for the title; perhaps it was the fact that she had to go through qualifiers to even be there; or that at 18, she was one of the youngest competitors. And let's remember, very few of us had even heard her name before this year's Wimbledon tournament, when she made it through to the fourth round.

And yet, through a first-round win over Stefanie Vögele (6-2, 6-3), and on past Shuai Zhang (6-2, 6-4), Sara Tormo (6-1, 6-1), Shelby Rogers (6-2, 6-1), Belinda Bencic (6-3, 6-4), there became an impervious inevitability about Raducanu's goal.

Rarely troubled and having not even dropped a set, she glided into the semi-finals at the Arthur Ashe Stadium, drawing each home crowd into her battles while playing with an increasing sense of expression and ease. Maria Sakkari (6-1, 6-4) was powerless to stop her.

When she defeated Leylah Fernandez 6-4, 6-3 to pull off one of the greatest-ever championship wins, Raducanu hadn't just become an iconic Grand Slam champion; she'd also laid the path for a career that appears packed with promise and potential. As Brits, we've waited far too long to enjoy a British female tennis champion – 44 years, in fact – and the women's game was well overdue a shot in the arm after the domination of the Williams sisters brought a staleness and sterility.

It may be too early to suggest a culture shift is on its way, but the Federer/Djokovic/Nadal triumvirate is worn now; maybe it's time for the fairer sex to drive forward a new era, with Raducanu behind the wheel.

Certainly off the court, she appears a marketer's dream. She is young, attractive, big on personality and apparently fearless, bouncing off press and reporters and clearly thrilled to be living the moment.

Raducanu was born in Toronto, Canada – her parents, Ian and Renee, are from Romania and China respectively – though the family moved to the UK when she was two. She attended grammar school in Orpington, Kent, and was always academically brilliant, mixing exemplary studies with a passion for golf, go-karting, motocross, skiing, horse-riding, tap dancing and ballet.

She discovered tennis at the age of five and was an impressive talent, yet was still playing the junior game as recently as 2019.

In some sense, Raducanu may look back and thank the blank COVID-19 year of 2020 for the way she has leapt from nowhere into pole position as most talked-about tennis player in the world (even if her world ranking of 13 needs to catch up).

She sat tight throughout lockdown, practised hard, moved her game from junior to professional and kept under wraps the devastating improvements in power, accuracy and athleticism that now see her feared in all quarters.

At both Wimbledon and the US Open, she was an unknown quantity, though as Grand Slam champion that privilege is now gone.

"The hard work begins now," she said in the acceptance speech as she lifted the championship trophy, and never a truer word has been spoken by a talented 18 year old with the world at her feet.

Photo credit: Ella Ling/Shutterstock

# A Good News Story for one of the Dengies' local pubs

Lorna and Ray Hart took over The Victoria Inn in Burnham on Crouch in the midst of the Pandemic, but the dynamic couple have really turned the pub around and given the locals a new venue to eat, drink and celebrate in.



The Victoria Inn has stood on the corner of Belvedere Road and Silver Road, Burnham on Crouch since 1863 and has seen many changes during its time. In recent years many residents had written the pub off due to its tired décor and somewhat dubious reputation but as one local resident told us that's now all changed.



Ex BBC presenter Simon Baldock said: "I've lived back in Burnham full time now for 10 years since I returned from Spain and I would never have visited The Victoria Inn before but since its refurb and under the new management it is now a place where everyone feels comfortable and I drop in two to three times a week, it's a real pleasure"

So, what's changed?

Along with a complete redecoration of the pub, Lorna and Ray have extended the drinks menu and introduced a new food menu specialising in pies. "We are the pie pub" Lorna told us. The range of pies they serve is extensive and they also have daily specials, Ray told us "It's all just pub grub nothing too fancy, we are not a restaurant and don't want to be, we are a pub that sells decent food, that's all"

The Harts have also introduced a calendar of events that the whole community can enjoy, and they plan to have many more things going on in the coming months. Next up will be a massive Halloween event on 30th October, then live entertainment, some themed evenings, and of course, there will be Christmas. Lorna told us "We want to support the community as much as possible so we will be doing a charity



campaign over Christmas to collect toys for local underprivileged children. All we will be asking for is that our customers bring in a toy to us and we will then distribute them all to local charities that help underprivileged families"

To see more of what's coming up at The Victoria Inn follow them on Facebook or Instagram.

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UNUSUAL FRUIT OF THE MONTH:

# Atemoya



If you like piña colodas then this is the obscure fruit for you. With juicy, smooth flesh, the atemoya tastes both sweet and tart and has been compared to that creamy coconut cocktail that can instantly transport you to an exotic destination.

Atemoyas are also very high in vitamin C, with one fruit providing around half of your recommended daily amount. They are also a good source of iron and calcium. One atemoya contains roughly 94 calories.

### HOW TO EAT ATEMOYA

Atemoya is best eaten chilled or fresh directly out of its shell with a spoon. Its flavour also pairs well with other tropical fruits and fruit juices, such as oranges and limes. It can be blended with fruit juice and cream and frozen to make ice cream, or cooked to make a sweet jam.

### HOW TO STORE ATEMOYA

Ripe atemoyas store well in the refrigerator for up to one week. You may notice the skin start to darken, but the fruit within should still be good. For long-term storage, remove the skin and seeds and freeze the flesh for up to six to eight months in an airtight container.

### WHAT DOES ATEMOYA LOOK AND TASTE LIKE?

Atemoyas are either round or heart-shaped and average between eight and 12 inches long. Their skin is typically a pale bluish green or pea green, which turns more yellow the riper it gets.

The flesh is white, and inside you will find several large black seeds which should not be eaten.

Their texture is similar to a firm custard apple, and they taste like a combination of pineapple, vanilla and cream.

### WHAT ARE THE HEALTH BENEFITS OF ATEMOYA?

This fruit contains diuretic fibre and niacin, which can be helpful for lowering your cholesterol.



## Eat, Drink & Celebrate at The Bell Inn

Situated in the small village of Tolleshunt Major The Bell Inn has quickly become the 'centre of the village'. Over the years Rosie and Andy have run numerous events, for the benefit of villagers and customers further afield.

One of the most popular annual events is their fantastic Firework and Bonfire Night Extravaganza this year on Saturday 6th November an evening of live music, food, drinks, big bonfire and fireworks. This year it's a ticket only event so please see our website for details.

The pub hosts two bars with log burners ready for those cosy nights, or Sunday lunch with a delicious roast dinner. Home reared meat, home grown vegetables and home made Yorkshire puddings...how could you resist? (Booking essential).



Each month the pub hosts a Free Quiz Night - first Tuesday of the month - a fun filled evening with a prize of bottles of fizz and a trophy! And a thriving Monthly Farmers Market, on the last Sunday

of the month, showcasing local produce, home grown vegetables and more.

December Festive Menus are now being prepared ready for family and friend get togethers or staff parties. Book your Christmas Party in now info@thebeckinghambell.com.

The pubs saloon and public bar offer fabulous local ales, lagers, great wines and spirits. Where you will always assured of a warm welcome.



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# PETRIFYING PIZZAS

Whether you're planning on throwing a spooktacular Halloween party or you simply want to create a frightening feast for your family, these petrifying pizza ideas are guaranteed to impress.

## THE PUMPKIN

To make this scary snack, the only toppings you need are pepperoni and sliced Red Leicester cheese. Simply cut two pepperoni triangles and two cheese triangles for the eyes, one smaller triangle of each for the nose and a crooked pepperoni smile for the mouth.

## THE VAMPIRE

For this creepy creation, you will need black olives, green olives stuffed with peppers, and pepperoni. Finely chop the black olives and arrange on the top third of the pizza as the vampire's hair. Then create the eyes using the green olives. Finally, create a fanged mouth using one long strip and two triangles of pepperoni. If you're not a fan of olives, you could use cherry tomatoes for the eyes and caramelised onions for the hair.

## THE SPIDER

Send shivers down your kids' spines with this eight-legged freaky feast. All you need is black olives and bacon. Create the head and body of the spider using black olives and then cut strips of cooked bacon for the legs. You can also use vegan bacon for a meat-free alternative.

## THE MUMMY

A spooky vegetarian option. To make the menacing mummy, you will only need mozzarella sticks and some green olives stuffed with peppers. Simply slice the olives to create the eyes and then place the strips of mozzarella over the pizza to look like bandages.

## WITCHES' FINGERS

If you want to make some Halloween-themed finger food, these are a great idea. Just cut a cheese and tomato pizza into long strips to make the fingers and then cut triangles out of cooked red peppers to make the fingernails. Arrange on a plate in a circle with a pot of blood (ketchup) for dipping.



FOOD & DRINK

Photo credit: familyfreshmeals.com



# HAUNTED

## HOLIDAYS IN THE UK

EXPERIENCE A REAL FRIGHT NIGHT FOR HALLOWEEN THIS YEAR

Are you after something a bit different this Halloween? Why not visit one of the UK's most paranormal places? From terrifying trails to petrifying pubs, if you are out to find a fright, these haunted holidays will not disappoint.

### PLUCKLEY KENT

Named the most haunted village in England by the *Guinness Book of Records*, Pluckley is believed to be home to between 12 and 16 ghosts. With terrifying hotspots including Fright Corner and the Screaming Woods, you are guaranteed to come away with your nerves shot to pieces.

### PENDLE LANCASHIRE

If witches are more your thing than spooks, then this is the Halloween destination for you. In 1612, 12 local residents were charged with murder by witchcraft, with 10 being sent to the gallows. Fast forward to 2021 and you can follow in their fatal footsteps by booking into the Walking with Witches Trail.

### ST GEORGE-IN-THE-EAST LONDON

Interested in Jack the Ripper? Although most of Whitechapel has been renovated beyond recognition, in the shadows of the St George-in-the-East Church stands a derelict shed that was once a mortuary. Jack the Ripper's third known victim was brought to this very spot for identification.

### THE JAMAICA INN BOLVENTOR CORNWALL

Fancy a fright with your favourite tippie? This eerie inn will not disappoint. It previously featured on the popular TV programme *Most Haunted* and the episode was described as one of the most terrifying to date. If you are brave enough to stay here, expect to hear strange voices in the night, among other spine-tingling sounds.

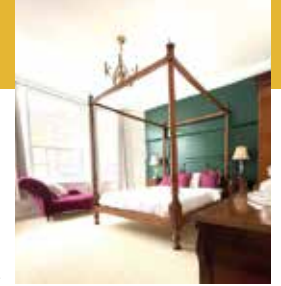
### CONWY NORTH WALES

This walled market town is dominated by a brooding 13th-century castle that is believed to be haunted by a cloaked figure, a horseman and what has been described as a 'phosphorescent ghostly cat'. This chilling castle is said to be so terrifying that visitors flee from it even in the daylight.

How to



in style



Introducing Staycations Maldon, Maldon's newly renovated luxury accommodation. James Mann, owner and director, and his team launched their first staycations apartment The Bright Suite in July this year, offering guests luxury self-catering apartments in the heart of Maldon.

The apartments' unique style gives them a wow factor, as they retain the history of the Grade II listed Kings Head Centre in which they are situated.

The building, which dates back to 1522, has been lovingly preserved by James, who has ensured that its original features can be enjoyed by guests of the new apartments.

Each room has a theme. The Bright "Suite" is named after the infamous "fat man of Maldon", Edward Bright - a 44 stone, 18th-century grocer who lived on Maldon High Street.

The roomy apartment features the building's original oak beam ceiling and is furnished with beautiful antiques.

It also has a stunning dining room which has been designed to transform into a conference room for those working from home since the pandemic. Media points come

out of the middle of the table and can connect to a screen on the wall for presentations or video conferences.

The apartment is full of special touches, free of charge, to make guests feel at home.

Guests are provided with locally sourced products, and a glass of port as a nightcap, dressing gowns, slippers and toiletries

James and manager Shannon are now busy working on renovating three more apartments to enable them to offer rooms with different size and price options. The Byrthnoth, Plume and D'arcy Suites will be open to guests over the coming weeks.

D'arcy will be Staycations' opulent room with a free standing copper bath at the foot of the bed as its centre showpiece as well as a super king size bed and chandeliers.

You can book a room at Staycations Maldon by calling them on 07936 532 114 or with

Booking.com and Airbnb through links on the properties website page: [www.staycationsmaldon.co.uk](http://www.staycationsmaldon.co.uk)



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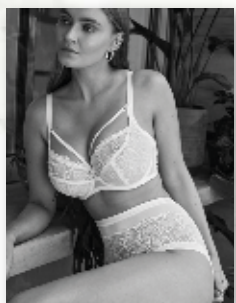
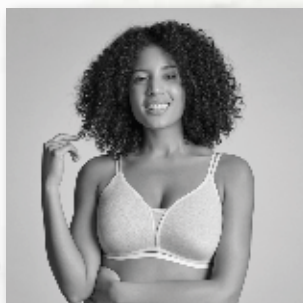
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# HOWDY COWGIRL

**S**potting at Saint Laurent and Isabel Marant, not to mention worn by the likes of Kendall Jenner and fashion influencer Camille Charrière, cowboy boots are definitely enjoying something of a renaissance this year. If you want to get the look, here's what you need to know:

**DETERMINE YOUR BUDGET:** As with any purchase, you first need to work out what you can afford. Fortunately, you can find cowboy boots to suit any budget, with prices ranging from £30 to more than £1,000.

**PICK A STYLE:** Cowboy boots come in countless different styles, which, although good for finding the perfect pair, can make the search process a little daunting. Consider the length of the shaft, the height of the heel, the toe style and the material of the sole when selecting your boots. You should also think about when you want to wear them – are you looking for an everyday style or an extravagant pair to wear to parties?

**SELECT A MATERIAL:** The most popular material for cowboy boots is calfskin leather, although you can find boots made out of leather from goats, bovine, snakeskin, alligators and even ostrich. For vegans, you can find cowboy boots that are made from artificial materials such as polyurethane.

**CHOOSE A COLOUR:** You can purchase cowboy boots in every colour under the sun, so you are guaranteed to be able to find a pair to complement your style. If you want your boots to go with almost anything in your wardrobe, opt for brown, black or tan, or, if you want to stand out from the crowd, choose a brighter colour such as purple or red.

**CONSIDER EMBELLISHMENTS:** The small details matter when it comes to choosing the perfect pair of cowboy boots, so make sure you consider fringe, rhinestones, stitching and inlays.

**STYLE TIPS:**

- > Nearly all cowboy boot styles match well with blue or black jeans
- > If you wear short dresses or shorts, choose a boot that stands lower on your leg
- > High- or low-standing boots look good with skinny jeans or leggings
- > Cowboy boots can be worn by men and women, with women's boots tending to have a narrower heel and a taller arch.





# Beer beauty

**W**hy not celebrate Oktoberfest a little differently this year and wake up looking refreshed rather than rubbish? Check out these beer beauty treatments and see a whole other side to hops.

### Beer facial mask - to promote younger-looking skin

**You will need:** ½ tsp beer | 1 egg white | 1 drop of almond extract

**How to make:** Whisk all of the ingredients together | Wash your face and pat dry | Apply the mask directly to your face | Let it dry completely until your skin feels very taut | Rinse off with lukewarm water.

### Beer nail soak - to strengthen brittle nails

**You will need:** 1 tbs beer | 1 tbs apple cider vinegar | 1 tbs warm olive oil

**How to make:** Mix all the ingredients together | Dip your nails in the solution for 15-20 minutes | Repeat two or three times a week.

### Beer foot soak - to soften hard skin

**You will need:** A bowl of warm water | Half a bottle of beer

**How to make:** Fill a bowl with enough warm water to cover your ankles | Add half a bottle of your preferred beer and stir | Soak your feet for 10-15 minutes | Dry your feet and apply foot lotion.

### Beer hair rinse - to repair damaged hair follicles

**You will need:** 2 tbs distilled water | 1 tbs beer | 2 tsp apple cider vinegar | 7 drops of lemon essential oil

**How to make:** Mix all of the above ingredients together | Wash your hair as normal | Pour the mixture onto your hair and work it through | Rinse with lukewarm water | Do this once a month for the promotion of healthy hair.

### Beer bubble bath - to soften and smooth skin

**You will need:** An olive-based liquid soap | Half a cup of beer

**How to make:** Mix the soap with the beer and add to running water | Soak for as long as you like.

**Top tip:** For optimum results, use an organic beer.



# Are you SUFFERING with SAD?

**A**lthough many of us feel a little less happy-go-lucky during the winter months, it is estimated that one in three people suffers with seasonal affective disorder (SAD). So what exactly is SAD and how do you know if you are affected? Let's take a closer look.

### WHAT IS SAD?

SAD is a form of depression that comes and goes in seasonal patterns. It is often referred to as the 'winter depression', and people who suffer with this condition tend to see their symptoms worsen during the darker, colder months of the year.

### WHAT ARE THE SYMPTOMS OF SAD?

There are many symptoms associated with SAD and you may experience only a few or all of them. The most common symptoms include:

- > A persistent low mood
- > Irritability
- > A lack of energy
- > Feelings of despair, guilt and/or worthlessness
- > Sleeping for longer periods of time
- > Sleeping during the day
- > Struggling to get up in the morning
- > Weight gain
- > A loss of interest or pleasure in normal everyday activities
- > Craving carbohydrates and other stodgy foods.

### WHAT CAUSES SAD?

Although the exact cause of SAD is not fully understood, the main theory is that the lack of sunlight during the winter months stops the hypothalamus in the brain from working properly, which may affect:

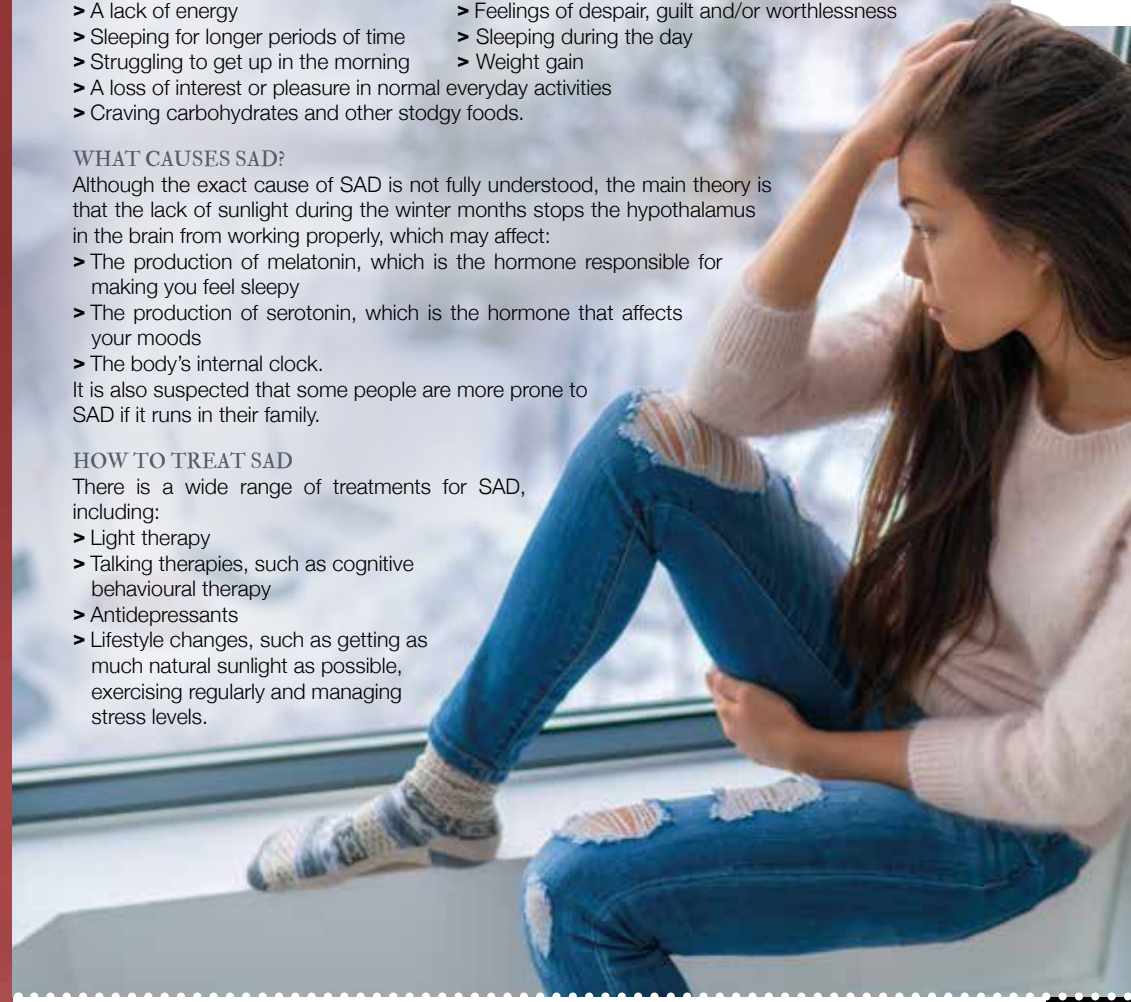
- > The production of melatonin, which is the hormone responsible for making you feel sleepy
- > The production of serotonin, which is the hormone that affects your moods
- > The body's internal clock.

It is also suspected that some people are more prone to SAD if it runs in their family.

### HOW TO TREAT SAD

There is a wide range of treatments for SAD, including:

- > Light therapy
- > Talking therapies, such as cognitive behavioural therapy
- > Antidepressants
- > Lifestyle changes, such as getting as much natural sunlight as possible, exercising regularly and managing stress levels.





KIDS

# PAINT YOUR PUMPKIN

Let's be honest, carving a pumpkin can be a bit of a nightmare, so why not paint your pumpkin this Halloween instead? With many designs to choose from and ideas to suit all ages, see our favourites below.

### FRANKENSTEIN PUMPKIN

**YOU WILL NEED:** Green, black and white acrylic paint | A paintbrush

**HOW TO MAKE:** Apply a coat of green paint to the pumpkin | Paint a black zig zag shape around the top of the pumpkin and fill in to create the monster's hair | Paint two white circles for the eyes | Paint a smile on the pumpkin and add a row of stitches to either side of the face | Paint black dots in each eye | Paint the stalk black.



### SPIDERWEB PUMPKIN

**YOU WILL NEED:** White and black acrylic paint | 1 large paintbrush | 1 small paintbrush

**HOW TO MAKE:** Apply a coat of white paint to the pumpkin | Allow to fully dry | Using the right size brush for your pumpkin, paint on a black spiderweb design | This will need a steady hand, so young children may need adult help.



### MONSTERS INC PUMPKIN

**YOU WILL NEED:** Light green, white, blue and black acrylic paint | A paintbrush | Grey felt | A pencil or pen | Glue

**HOW TO MAKE:** Apply a coat of light green paint to the pumpkin | Paint a large white circle one-third of the way down the front of the pumpkin | Paint a blue circle within the white circle and then a black circle within the blue one | Allow each circle to fully dry before painting the next one | Trace on a grinning mouth with teeth before filling in with paint | Cut out two grey felt pointy ears and glue to the top of the pumpkin | Paint the stalk black.



Photo credit: Pinterest, Wilkinson, www.wcbocharlotte.com

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# A WILL WRITER'S WORDS OF WISDOM

## WORRYING PROBLEMS

If a married couple dies together, and where there is no Will, the eldest is deemed to have died first, so only the family members of the surviving spouse will inherit

A beneficiary or their spouse should not be a witness to a Will, or they will disinherit themselves

Unless it has a Contemplation of Marriage clause, marriage or re-marriage invalidates a Will, requiring a new arrangement

Without a Will, spouses and civil partners are NOT automatically entitled to all of the estate assets on death, and the Government could inherit your estate if you die with no surviving traceable relatives

If a couple dies simultaneously, the elder is deemed to have died first – s184 Law of Property Act 1925, leaving only the younger spouse's family to inherit

Without a Will, even grandparents have NO automatic Legal Guardianship of their orphaned grandchildren

Without a Will, the Rules of Intestacy, ie 'The Government Will', could land the children with an IHT liability

A beneficiary or their spouse should not be a witness to a Will, or they will disinherit themselves

Although divorce does not invalidate a Will, marriage will indeed invalidate a Will, unless a marriage clause has been embedded

If you have no surviving parents, siblings, grandparents, uncles or aunts, then under the Intestacy Rules, the whole estate goes to the Crown or the Duchy of Lancaster or the Duke of Cornwall

## PEACE OF MIND SOLUTIONS

Always appoint charities as your final beneficiaries, to avoid your estate being claimed by the Government

By the use of a Property Protection Trust, you can ensure that if you pre-decease and your spouse re-marries and has more children, your own children benefit from your share of your home, and not the new spouse. BUT if Probate is not completed, the Trust Deed will not be set up and notified at the Land Registry

If children have special care needs, an appropriate Discretionary Trust could avoid loss of State benefits on them inheriting your estate

A Grant of Probate confirms to Executors that they have the authority to act and carry out the wishes of the deceased

Provide in your Will for continuity of your business on your death

If you own property abroad, you should arrange a Will for your assets in that country, to avoid costly fees and much Probate delay

If a Named Beneficiary, Executor, Trustee or Legal Guardian changes their name, e.g., on marriage or by Deed Poll, it is not necessary to amend the Will: documentary evidence, eg Decree Absolute, is sufficient

A properly worded Will could ensure that half the value of your home is potentially protected against Local Authority care home fees

There is no Inheritance Tax liability if the deceased spouse has left their entire estate to their surviving spouse or civil marriage partner

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# What is BLIND HIRING?

According to the latest research, nearly one in four Brits has experienced discrimination during an interview for a new job.

Blind hiring is the new recruitment trend that promises to banish bias for good.

## What exactly is blind hiring?

Blind hiring is a recruitment technique that reduces biases during the talent acquisition process by removing information such as a candidate's name, age, gender, religion and socioeconomic background. It can also eliminate academic qualifications and experience, so that a person is solely judged on their skills.

## What is unconscious bias?

Also known as implicit bias, unconscious bias refers to the associations that are made between qualities and social categories such as race, gender or disability without conscious awareness.

## What are the advantages?

- > Removes unconscious bias and allows talent to shine through
- > Ideal for remote workers
- > Steers recruiters towards facts rather than gut instinct
- > Increases employee retention rates

- > Creates a better company culture
- > Results in a more diverse and innovative workforce.

## Are there any drawbacks?

- > Can be too anonymous and affect the overall harmony of a team
- > May lengthen the hiring process
- > Diversity does not automatically result in an inclusive workplace.

## What are the best processes?

1. Use inclusive job descriptions
2. Remove demographic data from candidates' CVs
3. Obscure academic information
4. Carry out pre-employment assessments to determine skills and personality traits
5. Avoid social media pre-screening
6. Consider anonymising initial interviews
7. Educate your team about unconscious bias.

## Diversity and discrimination stats you may be interested to know

- > "Women are 123 per cent more likely to experience gender discrimination when applying for a job than a man." - PwC
- > "Job descriptions with gender-neutral wording attract as much as 42 per cent more responses." - Zip Recruiter
- > "Only one-third of employees say they know about any diversity initiatives where they work." - Glassdoor.





# Raise me UP

Are you looking for a low-maintenance yet highly effective way to grow your own fruit and vegetables?

If the answer is yes, a raised bed garden is the perfect solution for you.

### What are the benefits of raised bed gardens?

- > Better drainage
- > Enhanced root health
- > Easier to manage
- > You can match the soil to your plants
- > Improved access for people with mobility issues
- > Tidier than a standard veg plot
- > More vigorous growth.

### How to create a raised bed garden

In their simplest form, raised bed gardens are just containers for soil that can be built to suit whatever space you have available. Ideally, beds should be placed on grass or soil to make the most of soil depth. However, if your bed has sufficient height, it can be placed on a hard surface.

The easiest way to build a raised garden bed is with planks of wood and timber stakes for support, although you can buy ready-made ones at your local garden centre or online. To prevent weed growth, line your raised bed with either landscape

fabric, plastic tarp or canvas.

### What can I grow in raised beds?

You can grow almost any vegetable in a raised bed, as long as you have sufficient depth for their roots.

- > **Shallow root veg 12–18 inches:**  
Broccoli | Brussels sprouts | Cabbage | Cauliflower | Leeks | Potatoes
- > **Medium root veg 18–24 inches**  
Broad, French and runner beans | Beetroot | Carrots | Cucumber | Aubergine | Turnips
- > **Deep root veg 24–36+ inches**  
Jerusalem artichoke | Asparagus | Parsnips | Pumpkin | Winter squash | Sweet potato

If you want to grow fruit in your raised garden bed, you should stick to soft varieties such as strawberries, currants, raspberries and blackberries.

### Top tips:

- > To save money, use soil scooped from paths to fill beds and fill your paths with bark or gravel
- > Bury any turf removed in making the beds in the lower levels of soil in the bed to enrich it
- > When building on a hard surface, ensure a depth of at least 45cm.

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# Music TO YOUR EARS

TWO DECADES OF THE IPOD, BUT HOW MANY MORE ARE TO COME?

The iPod may go down as one of the most stunning pieces of tech innovation of all time, yet the lifespan of this incredible piece of kit – from invention, to release, to the selling of billions of units, through to it becoming completely redundant – might feasibly all happen in little more than a generation.

Upon its release in 2001, the iPod was a game changer. The MP3 revolution had already started, but the clunky, clumsy, low-capacity music devices on sale were about to be usurped by the magnificent mastery of those tech wizards at Apple.

With each new version of the iPod came a different look and a better product – by the third generation version, capacity was up to 10,000 tracks; while the later-released iPod Classic, by now a video-playback tool as well, could hold a colossal 40,000 songs with its impressive 160GB storage space.

Despite the fact that our iPhone and Android mobile devices ended up taking much of their weight and negated the use of two separate devices, sales of iPods haven't fallen away entirely. They're still a great tool for music on the move and the modern versions do a lot of the same tasks as our phones, minus the calls bit, which, in many ways, is a benefit.

Twenty years on from the release of the first iPod, our love of music and tech has only strengthened, boosted by this digital music revolution that changed the face of the music industry the world over.



Its functionality was slick, its synchronicity with computers and phones was simple, and best of all, its capacity to store tracks was mind-boggling. Even the very first iPod could store a thousand little slices of music perfection – cue comparisons to someone carting around 80 or more vinyl albums in their record bag.

Photo credit: Shutterstock.com



SEPTEMBER 2021

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19	20	21	22	23	24	25
26	27	28	29	30		



# PLATING UP

**If you're a driver planning a trip overseas, the time has come to peel off that trusty GB sticker**

In a recent move announced by Transport Secretary Grant Shapps, drivers venturing overseas have been told they need to substitute their iconic 'GB' stickers or magnets with UK-branded equivalents after September 27, 2021.

The same change applies to number plates – drivers who have 'GB' on their plates will need to either get a new one produced which states 'UK', or simply just apply a UK sticker on the back of their vehicle.

Displaying country of origin is a stipulation for drivers of any country when venturing abroad on the roads, and our move from GB to UK is being taken as a show of solidarity with Northern Ireland in the wake of Brexit. That's because, while the UK is comprised of England, Wales, Scotland and Northern Ireland, as GB, our friends across the sea were excluded.

The move only applies to UK drivers and doesn't

extend to other overseas territories, and the removal of the term 'GB' on our roads is just one example of where the signifier 'UK' is being taken forward as the preferred term in the wake of Brexit.

In an unrelated move, the new green number plates have enjoyed a huge rise in popularity on the roads, with one in five cars now electric. Meanwhile, the UK government has been forced to back down on the rise of fashionable 3D and 4D plates, which have been swamping the market.

Many readers will remember licence plates from the 1980s and earlier, where 3D lettering was the norm. In 2020, the government petitioned to ban them as the trend re-emerged, but the Department for Transport has clarified the position, stating that as long as 3D gel and 4D laser-cut letters meet the requirements of the current standard (BSAU 145d), they are legal – 'GB' references notwithstanding.



# COMETH *the hour*

Love him or loathe him, Cristiano Ronaldo has always been a man with big achievements – big transfer fees, big personality, big goals, big moments, big clubs, big ego.

With all great players who have played the game – and CR7 is truly one of the greatest ever – they carry with them a sense of sentimentality; yet for a player who has always sought out new challenges from a perspective of simple self-projection, Ronaldo's return to Old Trafford is maybe a little puzzling.

Clearly burning the last embers of an incredible career, the former Real Madrid and Juventus man is looking to reignite the fires from when he last played for Manchester United, back in 2009.

Not only are the Red Devils a different entity now – they haven't won a league title in eight years, for starters – but the Premier League has moved on considerably. In playing out the last couple of years of his career, Ronaldo has arguably chosen his toughest challenge yet. But with Ron, you wouldn't expect it any other way.

The romance of him scoring on his Old Trafford return – twice – on September 11 was as perfectly scripted as so many of the other achievements in Ronaldo's career, be that the five Champions League titles, seven domestic league wins or Euro 2016 victory with Portugal, and whatever comes next, he will always have that.

The real test for the £13.5million man is now in what follows. These days it's less about whether you can do it on a rainy Tuesday night in Stoke, and more about whether you can do it in the Manchester derby, or at Anfield, or in a six-pointer at Stamford Bridge.

Whether he still can remains to be seen, but whatever happens with Cristiano Ronaldo, one thing is guaranteed – excitement.

Photo credit: Matt West/Shutterstock

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# PUZZLES & TRIVIA

PUZZLES

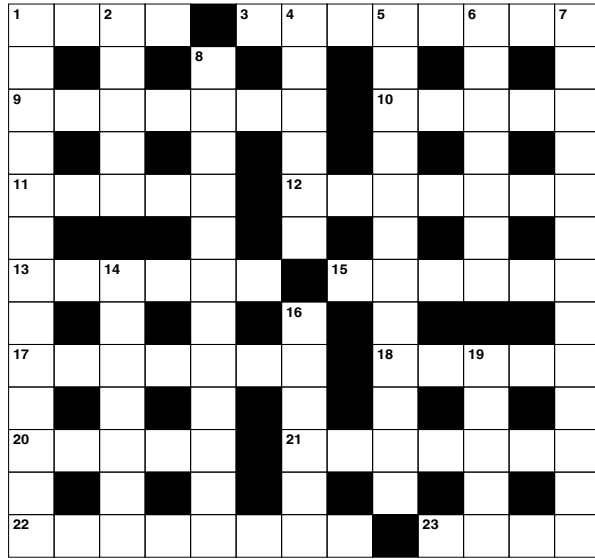
Answers: see end of The VISION Listings

## ACROSS

- 1. Four-wheeled vehicles (4)
- 3. Vessel for molten metal (8)
- 9. One of the planets (7)
- 10. Shadow (5)
- 11. Raves (5)
- 12. Undoing a knot (7)
- 13. Room attached to a church (6)
- 15. Bow and arrow expert (6)
- 17. Nasal opening (7)
- 18. Smallest quantity (5)
- 20. Where one finds Rome (5)
- 21. Turned over; became very angry (7)
- 22. Gibberish (8)
- 23. Wet with condensation (4)

## DOWN

- 1. Violation (13)
- 2. Become ready to eat (of fruit) (5)
- 4. Expressing regret (6)
- 5. Circle amount (anag) (12)
- 6. Infantile (7)
- 7. In an inflated manner (13)
- 8. Short tale told to children (7,5)



- 14. Support or strengthen (7)
- 15. Common edible fruit (5)
- 16. Fissures (6)

## DID YOU KNOW?

- ▶ It's thought that margherita pizza was colour-coordinated to represent the Italian flag – tomatoes for red, cheese for white and basil for green
- ▶ It's estimated that there are more Indian restaurants in the UK than there are in Mumbai
- ▶ In 2015, NASA astronauts on the International Space Station sampled outredgeous red romaine lettuce. This was the first time fresh food grown in the microgravity environment had been eaten
- ▶ It is illegal to throw food scraps in the bin in Seattle. Instead, they must be composted
- ▶ Some Eskimos use refrigerators to keep their food warm. In the winter, it's so cold that food can freeze if left out
- ▶ White potatoes are around 80 per cent water.

## SUDOKU

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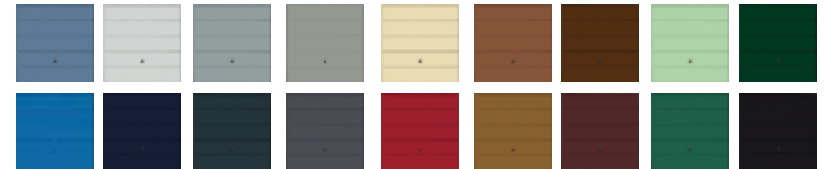
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## DOES YOUR GARAGE DOOR LOOK ANYTHING LIKE THIS ?

**We carry out repairs and servicing to most garage door types.**

Typical cost of changing your cables £90  
If your door is hard to open it may also be dangerous, don't take chances. Call us and get it fixed



# KINGS HEAD CENTRE

Heart of historic Maldon  
since 1552



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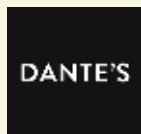


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