

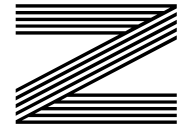
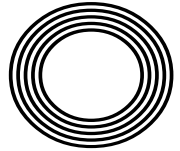
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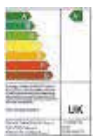
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# Editor's notes...

NOVEMBER 2021



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Maldon Burnham. I am writing this after the recent death of Sir David Amess MP. Sir David was a monthly contributor to our **VISION** Leigh Thorpe Bay edition. Over the past few days, I have read many articles and seen local people talk about their admiration of Sir David. For certain, he was a great person and a family man who cared greatly for the soon-to-be city of Southend, and his commitment to his role has been reinforced by the Prime Minister and the Queen in their recent speeches. For more than 40 years, he worked tirelessly for the area of Southend.

My thoughts and prayers are with Sir David's family and close friends.

If ever we needed a reminder to hold our loved ones close, this is it. Spread love, not anger. In a world full of hate and cruelty, it's moments like this, when honouring a true gent in Sir David, that remind us life is short and you never know what's next. His legacy lives on through the lives he's touched over the years and his mark in Essex and in politics. RIP Sir David Amess MP.

In this month's edition, we look back on Romesh Ranganathan's career and his new venture as host of *The Weakest Link*. We also discover Prince Charles's latest attempt to reduce his carbon footprint.

*Nik Allen*

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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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# ASTON *marvelling*

**HOW HRH PRINCE CHARLES, SOME LEFTOVER WINE AND A CONSTITUENT OF CHEESE ARE HELPING THE PURSUIT OF ECO TRAVEL**

It's a fine line between innovation and eccentricity, but HRH Prince Charles appears to have landed the right side of it... just.

The Prince of Wales, who turned 73 in November and is first in line to the throne, has converted his cherished Aston Martin DB6 so that it can run on cheese waste and surplus white wine. His move to decarbonise fits perfectly with a modern revolution in motoring, where electric cars, the future ban of the sale of petrol and diesel vehicles, and various road taxes designed to keep gas-guzzlers out of our city centre spaces are giving our roads a green makeover.

Charles revealed in a recent interview that he was offered the conversion some time ago and did not hesitate to accept.

"I think when opportunities and ideas come your

way, you need to judge them on their own merits," he says.

"Certainly, where classic cars are concerned, there is the temptation to leave them as they are and not tinker with them, but if we all thought like that, we wouldn't make the strides we have, and the strides we need to."

It was Gloucestershire-based firm Green Fuels – the company has since earned a Royal Warrant of Appointment – which suggested it could supply bioethanol produced from a combination of wine and cheese (whey).

Blending the fuel then adding 15 per cent unleaded petrol meant the car was more powerful than before, yet significantly greener.

Of course, this isn't

the first time Prince Charles has taken the lead where green and eco matters are concerned. He established The Prince's Trust and The Prince's Rainforests Project and has always been a passionate advocate for initiatives that put the planet's needs first. He became the first member of the royal family to adopt electric cars for official duties in 2018, and has rallied behind his son William's successful efforts with The Earthshot Prize, with its £1million bounty awarded to fund solutions to help tackle climate change.

However, Charles believes there is much still to be done. He says the world's leaders are big on environmental talk, but rarely take the actions required to back up the platitudes.

"It is time for a lot of

people, influential people, to stand up and make real decisions," he says. "They have the expertise, they have the wherewithal and they have the resources, so there is no reason why we can't be moving forward much quicker than we are."

"Green initiatives in the past always seemed to come with some sort of cost or inconvenience. A lot of those I see today have no such thing – look at my DB6, it is a better vehicle than it was before."

The classic Aston Martin emerged in 1969 and has been one of Charles's true joys. He even enlisted the services of two-time Formula One world champion, Graham Hill, to teach him how to drive the car to its maximum potential.

He added: "It gives me great pleasure every time I drive it – and to know I can do that while limiting harm to the environment is a wonderful feeling."



Photo credit: David Hartley/Shutterstock

# SUPER subscriptions

## THE CHRISTMAS GIFT IDEAS THAT KEEP ON GIVING

A gift isn't just for Christmas, so treat your loved ones to a subscription box this festive season and leave it to the postman to deliver the perfect package to your friend or family member's doorstep each month.

**Flower and plant subscription service** – If you have a green-fingered friend, what better gift than a new potted plant or bunch of flowers each month? Also suited to remote workers who could do with freshening up their home working environment. You can even find sustainable providers who only work with Fairtrade growers.

**Cocktail subscription service** – For your boozy bestie or a mum who loves a mojito, a cocktail subscription service makes the perfect gift. Depending on the service you select, the recipient can expect to receive ingredients and instructions to make a new cocktail each month.

**Food subscription service** – Whether you know someone who is a real foodie or your loved one could do with a helping hand in the kitchen, a weekly delivery of high-quality, fresh ingredients is just what they need. Choose the size of the box depending on how many people they cook for. Subscriptions are available to cater for all dietary requirements.

**Gadget subscription service** – Being a tech enthusiast can be expensive, but what if you could enable your gadget-loving friend to try out a new device every month? Pick between health and fitness gadgets, entertainment devices and even relationship tech.

**Craft subscription service** – If you are looking for a subscription service for children, then a monthly craft box is a great idea. With subscriptions available for all ages, you can find boxes that contain a range of fun science, technology, engineering, art and maths activities.

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DULUX COLOUR OF THE YEAR

# Bright Skies

OPEN YOUR EYES TO BRIGHT SKIES



It's perhaps peculiar that Dulux waits for the time of year when the summer skies begin to seep away, and the radiant, elegant blueness of those warm months is dissipating, to name its much-heralded Colour of the Year... as blue.

The reveal of Bright Skies as a shade that is set to transform our homes for the next 12 months coincides with an autumnal browning and greying of life outside our windows. Yet the paint expert's choice has been met with approval for its ability to extend our elevated, enlightened view on the year for just a little bit longer, as winter gradually approaches.

Dulux's choice has much to do with the brightness and optimism that is being felt in the wake of the end of lockdown. The brand speaks of uplift and progression, with the colour working as an alternative to the mass of light grey shades that have

been so prevalent in offices.

The ability of Bright Skies to blend with all manner of other tones makes it stand up to scrutiny. Its pastel essence draws in other colours instead of repelling them, so use it in living spaces, against light or medium woods, and even on ceilings. Alternatively, pick out the colour on cushions or fabrics.

In the kitchen, a Blue Skies splashback can offer incredible contrast to silver or copper pots and pans; while in the bathroom, ditching formal white for this breathless, brilliant blue will give 'big sky' thinking to every groggy winter morning.

Where, in the past, light blue could feel cold and frosty, particularly when temperatures begin to drop in the winter months, Dulux is asking us to view it from a new angle, accompanying it with textures and tones to help us decorate even the gloomiest of days with bright, sunny, uplifting moments.

Photo credit: dulux.co.uk

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# FROM MARKET STALL TO MARKET GIANTS

A young entrepreneur is off to a blooming great start with his thriving company, Capital Flowers.

23-year-old Jaymey McIvor kicked off his career aged just 15, when he opened a market stall in Epping – just a couple of years later, he upgraded to a small corner of a garden Centre.

Then, whilst travelling across the globe as a flight attendant, Jaymey opened the doors to his first shop in Christmas 2018, at the age of 19. Just four years on, he runs one of the largest high street florists in the UK.



Photo: Rob Butler

Capital Flowers has a real presence in Essex and Suffolk, with high street shops in the likes of Brentwood, Maldon, Ongar and Stowmarket. But this entrepreneur is not done yet – Jaymey aims to enjoy the same rapid growth over the next five years as he has seen already.

Jaymey, who also has a blossoming political career as a District & County Councillor for Essex County Council,

said: “I put pins on maps where I want shops, like an airline planning new routes.”

Despite such lofty ambitions, Jaymey knows Capital Flowers’ premises will always retain that independent, family feel.

He explains: “Each of the different areas our shops operate in have different tastes. Maldon customers, for example, love Belgian chocolates, whereas Ongar customers love my candle range.”

That’s right – Capital Flowers also do candles. What’s more, they have a host of giftware and homeware items, meaning you can come for flowers, but leave with a card, balloon, candle and even a pair of slippers!



*“I put pins on maps where I want shops, like an airline planning new routes.”*

In his political work, Jaymey has always been a voice for the high streets and in times like this we all need a positivity champion. He’s constantly working to invest in high streets to prove the point that it’s not all doom and gloom.

“British high streets are the backbone of our economy – not just in fiscal terms, but socially too. If we lose our high streets, we lose our social epicentres.

“My message to everyone is shop local first. Support the growth of local businesses and local jobs so that your

children and grandchildren grow up knowing what it’s like to have a Saturday job, and to have a bouquet and a box of chocolates made right in front of you.”

Jaymey has long term ambitions in politics to become a Member of Parliament one day and hopes that his ambition for politics will help encourage young people to also get into politics.

At this rate Jaymey could well be on his way to either the Forbes 30 under 30 or Downing Street. Maybe both!





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# LOCAL NEWS

*from your neighbourhood*



## Tea party celebrates Embroidery's 30th anniversary

Charity trustees came together recently to celebrate the 30th anniversary of The Maldon Embroidery.

The trustees of the Maeldune Trust were "delighted" to welcome many of the embroiderers who created the artwork to a celebratory tea party in Maldon Town Hall on Monday, October 18.

The Lord Lieutenant, the Mayor of Maldon, local councillors, and volunteers from The Maeldune Centre also attended and enjoyed tea and cakes.

The embroidery was designed by local artist, Humphrey Spender, and features images of the history of the area from The Battle of Maldon in 991 to the artwork's unveiling in 1991.

Jill Hipsey, chairman of the Maeldune Trust,

described the embroidery as "a real jewel in the crown of Maldon".

She added: "It is not only an exquisite piece of embroidery, but also a pictorial history of our town.

"Humphrey Spender's brilliant design and colours have been embroidered so beautifully that it appeals to all ages.

"The embroidery, translated into fabric and stitch by Lee Cash, brings Maldon's history alive for everyone in such a unique way. It is as fresh today as it was when it was made."

Jill thanked Marks & Spencer, Tesco, Morrisons, Lidl, Aldi and Westview Nurseries for their generous donations towards the tea party.

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## Musicians arrange concert to raise money for charity



Local musicians are coming together to arrange a fundraiser performance in Maldon for The Brain Tumour Charity.

The show will be held at the Town Hall Theatre in Market Hill, Maldon, on the evening of Friday, December 3.

The band, Shades of Simon, which features a mix of professional and semi-pro musicians, were inspired to organise the performance following the death of a fellow musician last year.

Keyboard player, Paul Bleach, explained: "A dear friend of ours, Dee Hepburn, sadly died of a glioblastoma [brain tumour]."

"Dee was a lovely person and very popular on the Essex music scene. She was an outstanding pianist-singer-songwriter and had released six albums.

"Once Dee had been diagnosed, she became a stalwart supporter of the charity and did several fundraising concerts herself."

Area representative of The Brain Tumour Charity, Claire Howell, has praised the band's initiative.

She said: "Research into brain tumours is woefully underfunded. A total of 88,000 children and adults are currently living with a brain tumour in the UK alone. But only three per cent of the money spent each year on cancer research in the UK is spent on brain tumours."

Tickets for the show cost £12.50 and are available online from [www.shadesofsimon.com](http://www.shadesofsimon.com)

would like to encourage as many residents and businesses as possible in the district to complete this survey.

"Gathering views directly from our community ensures that we are providing our services based on real feedback from the people who matter.

"We had a good response last year, considering the challenges of 2020, and I would like to thank everyone who took the time to respond.

"This year, we're hoping for even more responses, so I urge you to take a few moments to let us know what you think."

To complete the survey, visit [www.maldon.gov.uk/yourviews](http://www.maldon.gov.uk/yourviews)

## Walk raises awareness of knife crime

The grandmother of a murdered teen organised a candlelit walk to unite residents against knife crime.

On Saturday, October 30, Maldon's Julie Taylor, joined locals in Chelmsford for the event in memory of victims of knife crime.

Julie, who operates the community café at St Peter's Hospital in Maldon, organised the walk in honour of her grandson, Liam Taylor, who was killed last year.

Liam, also known as 'Fish', was 19 years old when he was stabbed to death outside The Rose and Crown bar in Writtle.

Julie subsequently created The Liam Taylor Legacy to fundraise for defibrillators and bleed kits for the community.

She was joined on her walk by 100 campaigners, who paid tribute to victims of knife crime.

The walk started at St Mary's Church in Great Baddow and ended at Chelmsford Cathedral, where a service was held.

Julie said: "It's so important to me to raise awareness of knife crime after losing my beautiful grandson.

"Put down your knives and save a life."

For more information on Julie's upcoming fundraisers, visit [www.facebook.com/TheLiamTaylor](http://www.facebook.com/TheLiamTaylor)

## Residents urged to have their say in annual council survey

Residents are being encouraged to fill out Maldon District Council's (MDC) annual survey to help shape the future of the district.

The survey, which is now in its third year, is live until Friday, December 10, and urges residents to share their thoughts to help shape services, make changes and prepare for the future.

Councillor Wendy Stamp, Leader of MDC, said: "I




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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS BURNHAM



Photo credit: John Press



## Photographer captures the night skies from his garden

A resident has captured stunning pictures of space from his garden in Burnham. For more than 40 years, John Press, who is a member of the East Essex Astronomy Club in Burnham, has worked in the field of astronomy. He is also a keen photographer and his images are built up from thousands of individual frames taken with a planetary camera through a telescope. He then uses special software to add the frames together to bring out detail that can't be seen in individual frames.

John said: "I like looking through a telescope, but photography allows much more detail to be seen. "The best time to capture planets is when the outer planets (Mars, Jupiter, Saturn, Uranus and Neptune) are at opposition." The East Essex Astronomy Club will hold a talk on December 11 about the best objects to view in the winter skies using the naked eye or binoculars. To find out more, email the East Essex Astronomy Club on [eastessexastronomyclub@gmail.com](mailto:eastessexastronomyclub@gmail.com)



## Festive Fayre returns to spread Christmas cheer

LOCAL NEWS MALDON



The Burnham Festive Fayre returns this year to help residents get into the holiday spirit.

The fayre will take place on Saturday, December 4, from 3pm until 7pm, on Burnham-on-Crouch High Street and will include stalls, festive food and drink, fair rides and performances from Epic Dance, E&E Dance, Serena Grant, Loula Panayi and

Every Voice Choir.

The fayre has been sponsored by VISIONMaldonBurnham, David Wilson Homes and the Vic Burnham.

A Maldon Carnival Committee spokesperson said: "We are hoping for a good day and are encouraging people to dress up in festive outfits to make this year a year to remember."

The High Street will close from around 9am until 9pm between Chapel Road and Riverside Road on December 4 to allow for the fayre to set up.

## Women's social group holds breast cancer fundraiser

A Burnham-based women's independent social group recently held a successful charity fundraiser.

Simply Social held the fundraiser in support of Breast Cancer Now, which provides life-changing support and research into the disease, on October 14.

The fundraiser consisted of games, cakes, goods, books and clothes sales, and a quiz. The event raised £250.76 for the charity.

Guests also used the knitting pattern provided by the charity to make fifteen 'Mug Hugs', which were donated to Breast Cancer Now to sell to earn donations.

A spokesperson for Simply Social said: "It was a very busy and fun-filled event.

"The winners were very happy with their prizes and the charity was delighted to receive our donation.

"We know the money will be put to important use

for more scientific research and vital support for those living with the condition."

Members of Simply Social thanked local Burnham-on-Crouch businesses, Matrix Hair Art, SJ Warren Estate Agent, Joko Make-Up, and Jolly Fryer, who kindly donated prizes.

Simply Social launched in August 2021 and meets at 2pm on the second Thursday of the month at Clark-Lewis Hall, United Reformed Church, on Station Road.

## Food bank app named among the best

An app developer from Burnham is "delighted" to have won a prestigious award.

BanktheFood is a charity working to ensure food banks have the goods needed to meet demand, and Dan Owen, 49, co-founder and trustee of the charity, is the creator of the BanktheFood app. The app links food banks to donors when they are at the supermarket, allowing them to see the food bank's real-time needs.

The app was recently named among the best in Europe at the Huawei HMS App Innovation Contest, a global competition which aims to inspire developers to create seamless, smart and innovative digital experiences.

Dan said: "We are delighted that we are winners in Europe for the Best Social Impact App category."

Emma Spring of Burnham manages the day-to-day operations of the nonprofit BanktheFood. Both Emma and Dan are donating their time to help manage, and promote BanktheFood.

The manager of Southend Foodbank, Natasha Copus, praised the app.

She said: "It has been great as our supporters now know what we need in real time."

Talking about the future of the app, Dan said: "We are now piloting a project at Ormiston Rivers Academy in Burnham, with the aim of encouraging schools nationwide to get their students involved in solving problems for their community food banks."

BanktheFood is available to download from the Apple Store or Google Play.



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## AWARD WINNING LOCAL KITCHEN STUDIO PLANS CHRISTMAS THEMED OPEN EVENT

On Saturday 27th November 2021 Regal Kitchens they will be hosting a LIVE NEFF cooking demonstration day between 10am and 4pm.

All customers, whether existing, new or potential are all welcome to come along and sample freshly prepared food and enjoy complimentary drinks, along with expert advice from our friendly staff on the latest NEFF products and kitchen innovations.

Everyone attending will be given a chance to enter our free prize draw to win kitchen equipment worth hundreds of pounds plus everyone leaves with a goody bag with contents worth around £20

Regal Kitchens was founded in 2009 by Nicola and John Martin. In their 12 years they have supplied over 1200 kitchens...they have been driven by a passion to create amazing spaces within people's homes. Today's kitchens sit at the centre of the home, and need to be functional but also give the wow factor.

Regal Kitchens have in the past won globally recognised awards from well-known brands such as Hafele and Neff, both in recognition of their imaginative designs, unparalleled installation facility and



high customer service focus. With their exclusive ranges they are proud to offer everything that client desires to complete their kitchen projects.

Other accolades won in previous years by the company, are the kitchen industry's Customer Service Gold Award and the FIRA Gold Award for installation excellence as well as now being recognised as a 'Which Trusted Trader' and being an accredited member of the KBSA (Kitchens & Bathroom Specialist Association) they also won their extremely sought after Customer Service Award in 2019.

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The showroom in Navigation Road has many working Neff appliances, working Quooker kettle taps and 15 kitchen displays, featuring timeless, elegant and cutting-edge design.

For more information about their upcoming celebration contact [emma@regalkitchens.net](mailto:emma@regalkitchens.net) or call 01245 351151

Regal Kitchens showroom in Chelmsford is open 10am – 4pm 7 days per week. [www.regalkitchens.co.uk](http://www.regalkitchens.co.uk)

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10-4 OPEN DAILY



# WIKI-WONDER

*Celebrating 20 years of Wikipedia*



In theory, it just shouldn't work. A global online encyclopaedia created by people who voluntarily update and moderate on every subject imaginable, and in many cases in real time. It is a network for information that's almost unmanageable in its size, and roundly open to the publishing of errors, be they accidental or on the part of pranksters.

And yet, somehow, Wikipedia works. The site has 18 billion web views per month, sees almost 400,000 new topics and articles added each year, and is a resource so drenched in information on, seemingly, every topic imaginable, that many of us automatically make it a first choice for research.

The site's ubiquitous popularity across different generations, different demographics and the most extreme geographical expanses the world over has even given rise to the 'wiki' prefix becoming embedded in everyday language. The exact definition of 'wiki' is a database for creating, browsing and searching through information, but its usage goes well beyond that.

Wikipedia launched on January 15, 2001, and over the past two decades has worked to deflect countless rumours that the site is dying. After all, it is a non-profit-making entity that relies on the word of its users for factual accuracy and, in a lot of cases, it does get things wrong. Yet it has never been more popular, and in an online world where nothing can truly be regulated, its worth is impossible to calculate.

Perhaps it seems perverse that the site's founder, Jimmy Wales, is rumoured to have a net worth that doesn't even make him a millionaire; or perhaps, across 20 years and almost half a trillion web impressions, he has fulfilled perfectly the idea of a website updated for the people, by the people.



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### LEGISLATION ANNOUNCED TO HAVE CHARGING POINTS IN ALL NEW BUILDS

The UK government recently cemented legislation that will make our rapid adoption of electric and hybrid cars all the more attractive, with new builds now bound by law to provide electric charging points for vehicles.

While the charging of a car by use of a lead from a ground-floor home or office is straightforward, the government realises access is more complicated for those living in flats or working in office blocks with no private charging point access. As a result, it is moving forward with the Department of Transport's guidance that states any new work or residential construction projects must have built-in charging points. These directives could come into force as early as 2022.

As it stands, there are almost 26,000 electric charging points in the UK. Yet the number of electric and hybrid cars on our roads is doubling every six

months and an estimated 10 times the number of current charging points will be required by 2030, the target date for when petrol and diesel cars will stop being sold in the UK.

In the UK, the cost of charging an electric car from flat battery to full is around £7 (depending on your supplier). For an average vehicle, this would produce a range of around 180 miles. The equivalent petrol or diesel cost would be around two and a half times that amount.

Despite the challenges ahead, the UK is still one of the countries leading the way in the adoption of electric cars. As well as a rapid increase in charger provision, it is investigating moves to make night-time charging a preferred option for cars – this will ensure users don't overload the grid, and also means they can take advantage of cheaper electricity prices.



TRAVEL

# PARK LIFE

**M**ade famous by Disney World, Orlando is much more than that – it's the theme park capital of the world, bringing in more than 75 million holidaymakers each year. Here's our five-day guide to the ultimate thrill-seeker vacation:

**DAY 1 – UNIVERSAL ORLANDO** – Most people migrate towards Universal Orlando, one of the biggest theme parks in the world. Here, it's all action, adventure and showbiz, with rides and attractions focused on your favourite TV shows and movies.

**DAY 2 – ISLANDS OF ADVENTURE** – Universal's Islands of Adventure Theme Park – with combined tickets available for around £275 per person – showcases Hogsmeade and Diagon Alley (connected by a ride on the Hogwarts Express), plus everything from *Jurassic Park* to the Hulk. The £265million project is an escape among beloved fantasy characters.

**DAY 3 – LEGOLAND/DISCOVERY COVE** – This one depends on whether you're a bit of a daredevil or more the chilled-out type. If you're the latter, a semi-rest day at Legoland with the familiarity of some block brilliance is probably the way to go. Thrill-seekers may prefer Discovery Cove, where diving, snorkeling and sub-aqua pursuits invite visitors to literally immerse themselves in the action.

Photo credit: Chansak Joe/Shutterstock.com, Spinel/Shutterstock.com, Rob Hainer/Shutterstock.com, trailfinders.com, uk.hotels.com

**DAY 4 – MAGIC KINGDOM PARK** – Yes, Orlando is more than Disney World, but that doesn't mean its aptly named Magic Kingdom should be ignored. The theme park, which has more than 40 attractions, is divided into six themed lands, each with a different focus, but all catering to visitors of any age. After arriving at the park by your choice of ferry or monorail, you'll stroll through the gates into Main Street, USA. From there, the majestic land is your oyster – just be sure to head back to Main Street for the iconic fireworks display.

**DAY 5 – BUSCH GARDENS** – Finally, wrap things up with a trip to Tampa, 90 minutes away. Busch Gardens is a safari wonderland that feels straight out of Africa, yet with that unique Florida twist. It's bigger, better and more pumped up than any animal park you've been to before, with plentiful rollercoasters and rides.

**DURATION** – Park-to-park passes are available from some agents and can save you money as well as helping you stay organised. Rest time is recommended, as long days in the parks can be tiring.

**WHERE TO STAY** – Downtown Orlando is a good place to base yourself, combining great hotels with nightlife and shopping. It's also safe, making it suitable for families.



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# ROMESH RANGANATHAN

CELEBRATES 10 YEARS ON THE COMEDY CIRCUIT

Romesh Ranganathan is evidence personified that it's never too late to change direction in life. The 43 year old is a regular on the live circuit, on chat and panel shows and, from the end of this year, will take on the role of host of *The Weakest Link*. He is vastly experienced, wholly respected and has within his armoury the poise and potential to become one of this generation's stars of modern entertainment.

And yet, little more than 10 years ago, the Crawley-born-and-raised comedian was still a maths teacher. While his stock on the stand-up circuit was rising all the time, Ranganathan was another year away from turning professional. Instead, he was teaching at The Beacon School in Banbury and Hazelwick School in his home town, where he was once a student.

Indeed, Romesh – real name Jonathan – owes a lot to the West Sussex town. Rarely has Crawley found itself so namechecked in popular culture, yet Ranganathan has a peculiar affinity with it.

"I've just never seen the point in leaving," he says. "It's where I grew up, it's where my family are, it has a League Two football team. What more can you really ask for?"

The dad-of-three also launched a career as a rapper, under the name Ranga, and made it all the way to the finals of a UK freestyle competition.

The double BAFTA-winning star of his own series *The Ranganation*, *The Misadventures of Romesh Ranganathan* and *The Reluctant Landlord*, to name but three, Romesh's appeal is in his irreverent, somewhat sneering take on the world. In a world of increasing wokery, he's unafraid to examine and celebrate racial and societal differences, always with an undercurrent of self-deprecation.

Yet this is nothing new, nor an act. At school, he was the same, happy to deliver put-downs (or "slap downs" as he would call them), yet just as willing to accept them back from classmates.

"We've got to be able to take the mickey out of ourselves first and foremost," he says. "I think when you meet people who do that, you realise that the conversation is only ever going to be good."

"I often tell people who are easily offended not to come to my gigs. I don't set out to insult people, but I will highlight our failings as human beings – all of us."

"We need to get away from this veil of perfection, or the insinuation that if anyone pokes fun at us they must be racist or sexist or mentally damaged."

"I want us all to get back to having a laugh at ourselves and each other – I'm like a schizophrenic, Asian Jerry Springer. We should all have a set of put-downs ready to fire off at any moment."

There appears little danger that Romesh's refreshing brand of comedy is going to fall by the wayside. As he prepares to celebrate a decade in his entertainment career, his first move into quiz show hosting is an interesting diversion, with *The Weakest Link* returning to our screens after a 10-year absence.

"Obviously I've done stuff like *8 out of 10 Cats* and a couple of one-off projects such as *Have I Got News for You*, but this is the big one," he says. "I'm watching old shows with Anne Robinson wondering how I can possibly emulate this institution of TV."

"She's certainly much better than me at put-downs."

ARE YOU  
HAVING  
A  
LAUGH?



# Give a child a Christmas

Burnham Pub launches campaign to help struggling families enjoy this Christmas.

The Victoria Inn Burnham-On-Crouch has launched its first big charity campaign - "Give a Child A Christmas."

The campaign aims to help support local struggling families and underprivileged children by providing toys to be given as Christmas gifts.

The landlady Lorna Hart at The Victoria Inn explains how the campaign will work:

"It's very simple, we are asking all our customers and friends to buy a toy



and bring it to us, then when we have everything we need, we will distribute the toys in time for Christmas. We have already identified several local families who really need some help.

## COMING UP AT THE VICTORIA INN

**November 21st** Aaron Kelly sings  
Live from 7pm

**November 23rd** Fine Dining Steak  
night with local chef. Must be pre  
booked.

**December 4th** The Burnham  
Festive Fayre from 3pm with  
Essex Hog Roast and spectacular  
Christmas decorations with great  
photo opportunity to make family  
memories

**December 6th** Miss Morgan sings  
Live from 7pm

**December 16th** The Great Big  
Xmas Quiz

**December 19th** Aaron Kelly sings  
Live from 7pm

**December 24th** Xmas Eve  
Christmas Jumper Party till 1am

**December 25th** midday -2:30pm  
lunch time family drinks

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**28th & 29th** normal opening

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"Christmas can be very tough for people when they are struggling financially, especially given what many have been through over the past 18 months with the pandemic, so it's a massive help to be able to give their children some toys."

The campaign is also helping some local charities who deal with underprivileged children and in total they hope to provide toys for 500 children.

Lorna explains how simple the idea is and why it works:

"No one but the children benefit from this, it's not like donating money where only a percentage ends up in the hands of those that need it, every toy will be given to a child."

If you wish to help to Give a Child a Christmas, all you need to do is drop a toy off at The Victoria Inn. The pub needs toys for children aged from new-born to 16 years old. Nothing too elaborate and please don't wrap the presents as they will need to be distributed and it's difficult to know what each present is once it is wrapped.

The deadline for getting a toy to The Victoria Inn will be December 17th.



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Whether you want to give the gift of gin this Christmas or your motives are a little more self-focused, making your own flavoured gin is simple to do – and it can save you money.

### How to make flavoured gin

#### Step 1: Choose your gin

If you want to create a high-quality flavoured gin, you need to pick one that is both clean-tasting and uncomplicated. Any gin that already has a flavour will not mix well, so try to stick with a classic London dry variety.

#### Step 2: Pick your flavours

As Christmas is fast approaching, you may want to choose a seasonal flavour such as cinnamon, nutmeg or cloves. However, you can pick pretty much any fruit, vegetable or herb that takes your fancy, such as strawberries, damsons, rhubarb, chilli, mint or elderflower.

#### Step 3: Bottle your gin

Pour your gin into a sterile sealable container, such as a Kilner jar, and then add your chosen infusing ingredient. You can sterilise your glass container either on a hot rinse cycle in the dishwasher or in the oven for 15 minutes at 160°C. Use around 300g of produce per litre of gin.

#### Step 4: Leave to infuse

Depending on the potency of the fruit or herb you choose to add, you can leave your infusing ingredient in for anywhere from one day to one month.

- > Strong flavours such as chilli, vanilla and citrus = less than one day
- > Hardy herbs and strong-flavoured fruit such as rhubarb and lavender = five to seven days
- > Berries and other potent fruits = three to four weeks
- > Milder ingredients like apple or pear = up to one month

#### Step 5: Strain and store your gin

Once you are happy with the intensity of your gin, strain it through a filter or muslin cloth. Pour into a well-sealed bottle and store for up to one year in a cool, dark place.



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HOW TO SAVE MONEY ON YOUR

# Christmas shop

While you may have had the best intentions to save all year for Christmas, unfortunately, real life often scuppers our plans. If you haven't yet managed to put aside some extra cash for your Christmas food shop, the below tips will help you to save big on all those tasty festive treats.

### STOCK UP EARLY

Rather than leaving everything to the last minute, why not start stocking up on items such as chocolates, savoury snacks and Christmas liqueurs from now and spread the cost of your food shop over two months rather than one?

### GET SOCIAL

If you have a few favourite food brands, now is the perfect time to start following them on social media so that you can pounce on any early Christmas offers as soon as they become available. Don't forget to also sign up to their email newsletters for possible discounts.

### MAKE YOUR OWN

While some items are cheaper to buy in store – such as a Christmas pudding, which can be purchased for as little as 99p – there are some foods that are cheaper to make yourself. These include canapés, side dishes such as pigs in blankets, and even mince pies.

### SHARE THE BURDEN

If you are hosting Christmas dinner this year and are concerned about the cost, there is no reason why you shouldn't ask family members to help out. Rather than demand cash, ask each person to bring a different dish or drink.

### USE COMPARISON SITES

Simply type into Google 'cheapest supermarket for your Christmas food shop' and you will be met with a whole host of sources that can save you money. Compare turkey costs, Christmas pudding prices, and so much more. Plus, find out about home delivery and click-and-collect slots.



FOOD & DRINK



# Hairband HEROES

Does your hair always fall out when you tie it up? Or perhaps you spend more time detangling your locks than enjoying your updo? If the answer is yes, you could be using the wrong hairband for your hair type.

*For thin hair*  
Thin hair that is prone to breakage needs a hairband that is gentle on your delicate locks. Opt for a silk hairband that will protect your hair and help to keep flyaway strands in check. When removing a silk hairband, you should notice significantly less pulling on the roots.

*For thick hair*  
If you have thick hair, you are likely to experience both tangles and a struggle to keep your voluminous hair contained. Look for spiral plastic hairbands that are specifically designed for thick heads of hair, as these are easy to use and remove without your hair becoming tangled in the tie.

*For wavy hair*  
Do you feel like no hairband can hold back your big mane of wavy hair? Forget elastic bands and scrunchies and, instead, invest in a hair bungee. Boasting a hook on each end, a hair bungee can be easily wrapped around your hair to keep it in place all day.

*For short hair*  
People with short hairstyles are always going to struggle to pulling their hair back into a ponytail. However, there is a solution. Polybands are great at gripping short hair and staying in place. Small and often clear, they will simply disappear into your hairstyle.

*For straightened hair*  
Bringing back a blast from the past, if you want to tie your straightened hair back without causing kinks, you need a scrunchie. These hairbands work best directly after a blow-dry to help maintain a smooth and straight look. However, they are also effective at keeping your hair in place while you sleep.



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Cristina De Fries

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Cristina, with over 15 years of experience in the make-up industry, is the founder of the first JOKO Make-Up shop in the UK, in 2019. Now welcoming clients back



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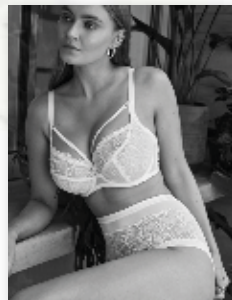
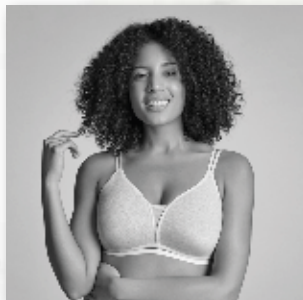
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# Odd SOCKS



FASHION

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**W**ho says that your socks have to match? Showcase what makes you unique and support Anti-Bullying Week 2021 by rocking odd socks on November 15 and beyond.

No longer a fashion faux pas, odd socks may be brazen and bold, but they can also be chic and stylish.

**WHAT IS ODD SOCKS DAY?**

Launched in 2017, Odd Socks Day was created to deter bullying in schools. With the aim of showing children that it is okay to stand out from the crowd and to embrace what makes you different, children and adults alike are being asked to rock odd socks and to appreciate the odd socks worn by others.

**HOW TO CELEBRATE ODD SOCKS DAY**

Wear your oddest pair of socks. These can be colourful and bright, mismatched or have a wacky pattern. Be sure to wear them proudly and invite your friends and family to join you in your support against bullying.

**HOW TO WEAR ODD SOCKS**

Seen on the likes of Ant and Dec, Emma Willis and

Craig David, there are many different ways to wear this fun and frivolous trend. Check out the below top tips which should help you rock this look with confidence:

- > Embrace bold colours and prints
- > Don't be afraid to wear your odd socks with sandals or sliders
- > Wear long odd socks pulled up to your knees with boots and a statement skirt
- > Mix stripes and spots
- > Layer up two pairs of socks with two different colours, one on top of the other
- > Pair neon socks with white trainers
- > Wear clashing colours with skyscraper heels.

**POST YOUR SOCKS ON SOCIAL MEDIA**

Boost awareness by posting photos of your odd socks on social media with the hashtags #OddSocks and #AntiBullyingWeek.

**LEARN MORE ABOUT ANTI-BULLYING CAMPAIGNS**

To find out more, explore the many online resources on anti-bullying at [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk) and share your knowledge with others.



# What men need to know about testicular cancer



**Testicular cancer is relatively uncommon and little understood. Mr Anil Vohra, Consultant Urological Surgeon at Nuffield Health Brentwood Hospital, explains the facts.**

Testicular cancer doesn't get a lot of press. That leaves many men uninformed and vulnerable to late diagnosis. Here's what you should know:

- Cancer of the testicle is one of the less common cancers and tends to mostly affect men between 15 and 49 years of age
- Testicular cancer is a relatively rare type of cancer, accounting for just one per cent of all cancers that occur in men
- Around 2,300 men are diagnosed with testicular cancer each year in the UK
- Testicular cancer is unusual compared with other cancers because it tends to affect younger men.

## Who's most at risk?

If you have an immediate family member who's been diagnosed with testicular cancer, then your risk is 10 times higher than average. Men who have low fertility or have had one or both testicles fail to descend naturally into the scrotum also have a heightened risk. White men have a higher risk of developing testicular cancer than men from other ethnic groups. Don't panic - the overwhelming majority survive. Testicular cancer is one of the most treatable types of cancer, and the outlook is one of the best for cancers. In England and Wales, almost all men (99 per cent) survive for a year or more after being diagnosed with testicular cancer, and 98 per cent survive for five years or more after diagnosis.

## You'll probably lose a testicle

If you have testicular cancer, the first step is usually to remove the affected testicle (orchidectomy). This is the most effective way to ensure the cancer doesn't spread, which could save your life. Removing one testicle won't impact your sex life - a prosthetic testicle can even be inserted into the scrotum to maintain its appearance.

## It's very unlikely you'll lose both testicles

Bi-lateral orchidectomy, or removal of both testicles, is extremely rare and necessary in only one in every 100 procedures.

## How to self-check

Gently roll each testicle between your index finger and thumb to help identify any irregularities. When you are checking your testicles, you may feel a rounded tube towards the back of each testicle that may be tender. This is normal and is called the epididymis, part of the male reproductive system. It's easiest to check your testicles after a shower or bath.

## What to look out for

Typical symptoms are a painless swelling or lump in one of the testicles, or any change in shape or texture of the testicles.

## Other symptoms

- ◆ A hard lump on the front or side of the testicle
- ◆ Swelling or enlargement of the testicle
- ◆ Sharp pain or a dull ache in the testicle or scrotum which may come and go
- ◆ An unusual difference between one testicle and the other
- ◆ A heavy or dragging feeling in the scrotum

## Don't hesitate to see a specialist

If you are concerned, don't let embarrassment stand in the way of your health. Get it checked out as soon as possible.

Mr Anil Vohra is a Consultant Urological Surgeon at Nuffield Health Brentwood Hospital and specialises in all aspects of core urology and erectile dysfunction. He has a further clinical interest in laser prostate surgery, endo-urology, laparoscopy/minimally invasive surgery and female urology.



How to book a consultation at **Nuffield Health Brentwood Hospital**

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Mr Anil Vohra: [www.nuffieldhealth.com/consultants/mr-anil-k-vohra](http://www.nuffieldhealth.com/consultants/mr-anil-k-vohra)

Visit: Brentwood Hospital, Shenfield Road, Brentwood, CM15 8EH



# VICKS VapoRub

7 ALTERNATIVE USES

**K**nown for its ability to effectively manage cold symptoms, most households have a tub or two of this mentholated ointment in their medicine cupboard.

However, you may be surprised to discover what else you can use Vicks VapoRub for.

**1. TO BANISH HEADACHES:** When applied to the base of the skull, Vicks VapoRub has proved highly effective at relieving headaches, especially sinus headaches.

**2. TO SOOTHE SORE MUSCLES:** Two key ingredients in Vicks, camphor and menthol, are topical analgesics, which means they can be used to relieve pain when rubbed on to the skin. Creating a powerful cooling sensation - although the pain relief will be temporary - it can help you to get on with your day.

**3. TO HEAL YOUR FEET:** Vicks VapoRub is a popular home remedy for several foot conditions, including athlete's foot and fungal nail infections. The combination of its antimicrobial ingredients and the inclusion of petroleum jelly helps fight bacteria and lock in moisture.

**4. TO TREAT SKIN CONDITIONS:** If you suffer with either acne or eczema, Vicks VapoRub can be used to calm the skin and clear up your complexion. This is owing to its ingredients like camphor and eucalyptus.

**5. TO FADE BRUISES:** For minor bruises, Vicks can be used to reduce inflammation and cool the skin. The menthol can also help to reduce any pain you are experiencing.

**6. TO HEAL SCRAPES AND BURNS:** When applied twice a day, the petroleum in Vicks VapoRub can help to create a thick barrier on your skin so that any cuts or burns can heal. Its anti-inflammatory properties can also promote healing.

**7. TO EASE EARACHE:** If you are suffering with a mild earache, rub a small amount of VapoRub onto a cotton ball and gently place in your ear. This can help to reduce any pain, but will not clear up an infection.



HEALTH & FITNESS



# Self-care *is not selfish*

To celebrate National Spa Week, which takes place from November 4-9, we thought we would share with you our top self-care practices that promise to leave you feeling physically and mentally rejuvenated. Plus, discover why you need to make time for self-care.

- > Manage your stress levels
- > Lower your risk of mental health conditions, such as anxiety and depression
- > Increase your overall energy levels
- > Boost your self-esteem
- > Improve your relationships.

### What is self-care?

While many believe that self-care is self-indulgent or even selfish, it is in fact a crucial process that allows you to tend to your physical and emotional needs. Essentially, it involves making the time to take care of yourself.

There are said to be eight main areas of self-care that you should focus on:

- Physical | Psychological | Emotional | Social | Professional | Environmental | Spiritual | Financial

### What are the mental health benefits of self-care?

According to recent data from the Office for National Statistics, depression rates have doubled during the COVID-19 pandemic, with concerns growing over a nationwide mental health crisis.

When it comes to looking after your mental health, self-care has the unique ability to:

### Ten simple ways to practise self-care

1. Get a good night's sleep – ideally between seven and eight hours per night.
2. Drinks lots of water – up to eight glasses a day.
3. Go for a daily brisk walk – at least 30 minutes.
4. Take a relaxing bath using essential oils.
5. Say no to something you don't have time to do or don't want to do.
6. Listen to your favourite music.
7. Watch your favourite film.
8. Indulge in a massage.
9. Make something healthy and delicious for dinner.
10. Make a list of five things you like about yourself.

If you are struggling with your mental health, there are several UK charities that can help, including Mind and YoungMinds, which is aimed at children, young people and their parents. To find out more, visit [www.mind.org.uk](http://www.mind.org.uk) or [www.youngminds.org.uk](http://www.youngminds.org.uk)



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GARDENING

Following last month's article on "How to build a raised bed garden", in this edition we are going to show you how to turn your raised bed into a cold frame. Ideal for hardening off seedlings, growing cool-weather crops and protecting tender perennials, a cold frame can extend your gardening season well into the winter months.

### WHAT IS A COLD FRAME?

Essentially, a cold frame is a removable glass or plastic-covered frame that fits over the ground or over a raised bed garden. It is predominantly used to protect plants from the elements by keeping them warm using natural heat sources.

### HOW TO ADD A COLD FRAME TO A RAISED BED

- > **Step 1:** Find a salvaged window frame that is roughly the same size as your raised bed. If it is slightly bigger, this is fine, but it cannot be smaller. Wooden frames work best as these provide ample space to affix the hinges.
- > **Step 2:** Drill holes into the window frame and the edge of the raised bed to match the holes on the hinge. Affix either one large hinge or two smaller hinges to the edge.

- > **Step 3:** Affix a handle to the opposite edge so that you can easily open and close the frame. You can find handles for this in your local kitchen design department.

### TOP TIPS:

- > Choose a salvaged window that has small panes rather than one large pane if possible, as these are less likely to break.
- > Regularly check your cold frame over winter. If it snows, remove any build-up of snow straight away.
- > Keep a brick or stick nearby for hot days so that you can prop the lid open and prevent your plants from becoming overheated.
- > Remember to water your plants as they will not receive any rainwater.





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# HORTICULTURAL HEROES: Monty Don



GARDENING

Even after almost four decades studying the flora and fauna of our gardens, green-fingered expert Monty Don's passion shows little sign of waning.

A love affair with the outdoors that has lasted a lifetime might be taking its toll physically on the 66-year-old broadcaster and writer Monty Don OBE, who suffered a bout of peritonitis in 2007 and a stroke that could have killed him a year later. But the everyday rigours of flowering and weeding, pruning and digging have left his body "happily weathered", as he puts it.

"It comes with the territory when you get to my age," he says matter-of-factly. "I'm not going to start complaining – by the very nature of gardening, you are outdoors, filling the lungs up with oxygen and experiencing what it is to be around plants and trees and flowers. If that isn't good for the soul, I don't know what is."

Monty's garden at Longmeadow in Herefordshire has undoubtedly provided an antidote to seasonal depression, which the presenter has battled with for a long time.

"It's tremendous for clearing away the debris in my mind," he explains. "There is nothing better."

Monty has published 26 books during his career and still pens a number of popular newspaper columns. He became the welcoming, enthusiastic, all-knowing expert on BBC's *Gardeners' World* between 2003 and 2008, returning again in 2011, and is now completing a full decade of stewardship. He also took on lead presenting duties for the flagship Chelsea Flower Show in 2014.

Well dressed in his 'painterly' style and with a sparkling demeanour, Monty's delivery to camera is composed and natural, charismatic yet down to earth, knowledgeable yet easy-going – through to the fact that he refuses to call himself a professional gardener.

"I'm an amateur gardener, that's the truth," he says. "I taught myself how to garden. That's why I say to people, 'Don't worry about the process – do it your way, try it out; just make sure you enjoy yourself'."



Photo credit: BBC/Germ Deering

# Peculiar PET LAWS

We are a nation of pet lovers, so we think you need to know about the following pet laws in the UK. Some are common sense, some are a bit weird, and others are just plain hilarious.

### 1. NOT HAVING POO BAGS

In Daventry, Northamptonshire, you can be issued a £100 fine for not having a spare poo bag, regardless of whether your dog has fouled or not.

### 2. BURYING YOUR PET IN THE WRONG PLACE

It is illegal to bury your pet anywhere other than the grounds of the home that they lived in. You need to own your home, not just rent it. If you plan to sell, it is not a legal requirement to tell buyers about the burial, but you may want to mention it as a courtesy.

### 3. NOT SECURING YOUR PET WHEN DRIVING

You can be fined up to £5,000 and have your insurance invalidated if you fail to buckle up your pet when driving. This law applies to all pets, as not only can they act as a distraction, but their wellbeing is also at risk without suitable restraint.

### 4. RIDING A HORSE OR CATTLE WHILE UNDER THE INFLUENCE

Everyone knows it's illegal to drink and drive, but did you know that this law extends to horses? Yes, under the Licensing Act 1872, it is illegal to be drunk and in charge on any highway or other public place of any carriage, horse or cattle.

### 5. MATING WITH A ROYAL DOG

Although we admit this scenario is unlikely, if you do stumble upon one of Her Majesty's corgis while walking your dog, it is illegal for your pet to mate with it without seeking permission first.

### OTHER UNUSUAL PET LAWS IN THE UK:

- > You are not allowed a pigsty in front of your house unless it is appropriately hidden
- > It is illegal to run cows through the street during the daytime, although after 7pm is fine
- > In the Lancashire coast area, it is illegal to encourage your dog to bark.



If you are thinking about buying a new build, you may be excited at the prospect of moving into a never-been-lived-in blank canvas that you can style into your perfect home. However, these types of properties are not without their pitfalls. Here are things to consider before committing to a new build.

**SNAGGING:** Snagging refers to teething problems in a new build, such as cracks appearing in the walls or loose guttering. Eighty-seven per cent of new build homeowners in the UK have reported snagging issues. Therefore, conduct a snagging survey to ensure everything is fixed ahead of moving in.

**LEASEHOLD OR FREEHOLD:** Many new build properties are sold as leasehold rather than freehold, although the government is planning to ban the sale of these types of houses (not flats). Leaseholders face maintenance fees, ground rent, annual service charges, a share of the building's insurance and restrictions on renovations.

**NEGATIVE EQUITY:** Make sure you do not pay over the odds for your new build. Although you may have seen the price of your preferred property plastered on hoardings around the development site, this is only the asking price, and you can and should negotiate before signing on the dotted line, because your extra costs will not be included.

**DELAYS AND EXTRA COSTS:** New build properties are often not completed on time, and if there is a hold-up during the construction of your future home, your mortgage offer could expire. You may also have to pay for essentials such as carpets, garden fences and even grass.

**SIZE:** New build homes are known for having smaller rooms than those in older properties, so you need to make sure that all your furniture and belongings will fit into your new space. Look out for (and avoid) 'micro homes', which have a total area of less than 37 square metres.



# BRUCE KING

*on how to sell yourself and what you do*



**S**ales mentor and personal growth coach, Bruce King, begins an exclusive monthly column designed to help you organise, improve and maximise everyday life.

It's often said that people do business with people they like and trust, and that's most certainly true.

Let's face it, if you look scruffy and unprofessional, have poor body language, won't make eye contact and look suspicious, it's unlikely anyone will want to talk about doing business with you.

But if you do exhibit any of those characteristics and you want to sell something to somebody, those are fairly easy to fix.

From there on, successful selling is nothing about you personally. In fact, most people have no interest in you whatsoever. The only thing they really care about is what the product or service you are selling can do for them.

Let's focus on what you sell and how to sell it. Here's a definition of selling I wrote many years ago: selling is the process of identifying problems

individuals and companies are suffering from – some of which they may not have known existed – and opportunities they could exploit, and showing them how your product or service can help them solve the problems and take advantage of the opportunities.

Therefore, we need to ask as many questions as possible to identify those problems and opportunities before presenting our products and services.

Even if they come to you with a problem and ask you to solve it, still question them further. It's likely you can discover other problems and be of even greater benefit to them.

This is called consultative selling. It's the best and easiest way to sell.

### *More information:*

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit [bruceking.co.uk](http://bruceking.co.uk)



# 30 years since the death of the icon FREDDIE MERCURY

It's somewhat peculiar that Freddie Mercury's only solo UK number one hit was in 1993, two years after his death – a remix of his track, *Living on My Own*, originally recorded eight years previously.

And yet, in many ways, with its choral line, "I don't have no time for no monkey business", it provided the perfect posthumous legacy for a man who lived, created and inspired like every day was his last.

Naturally, solo work wasn't ever at the crux of what made Freddie Mercury great. As a founding member of rock bastion Queen, he was a singer, songwriter and producer with a four-octave range, a breathless flamboyance and a creative lit that put him in the same bracket as David Bowie, Sir Elton

John, Sir Paul McCartney and others.

Born in Zanzibar as Farrokh Bulsara, to Parsi-Indian parents, Freddie spent his early life in India. Having moved back to his place of birth, the family fled Africa when he was 18 as political violence erupted. His arrival in Feltham and subsequent commencement of his studies at Ealing Art College saw him meet bandmates, Brian May and Roger Taylor. Very quickly, an iconic sound was born.

From prog-rock masterpieces such as *Bohemian Rhapsody* and *Killer Queen*, to perfect pop songs *Bicycle Race* and *Somebody to*

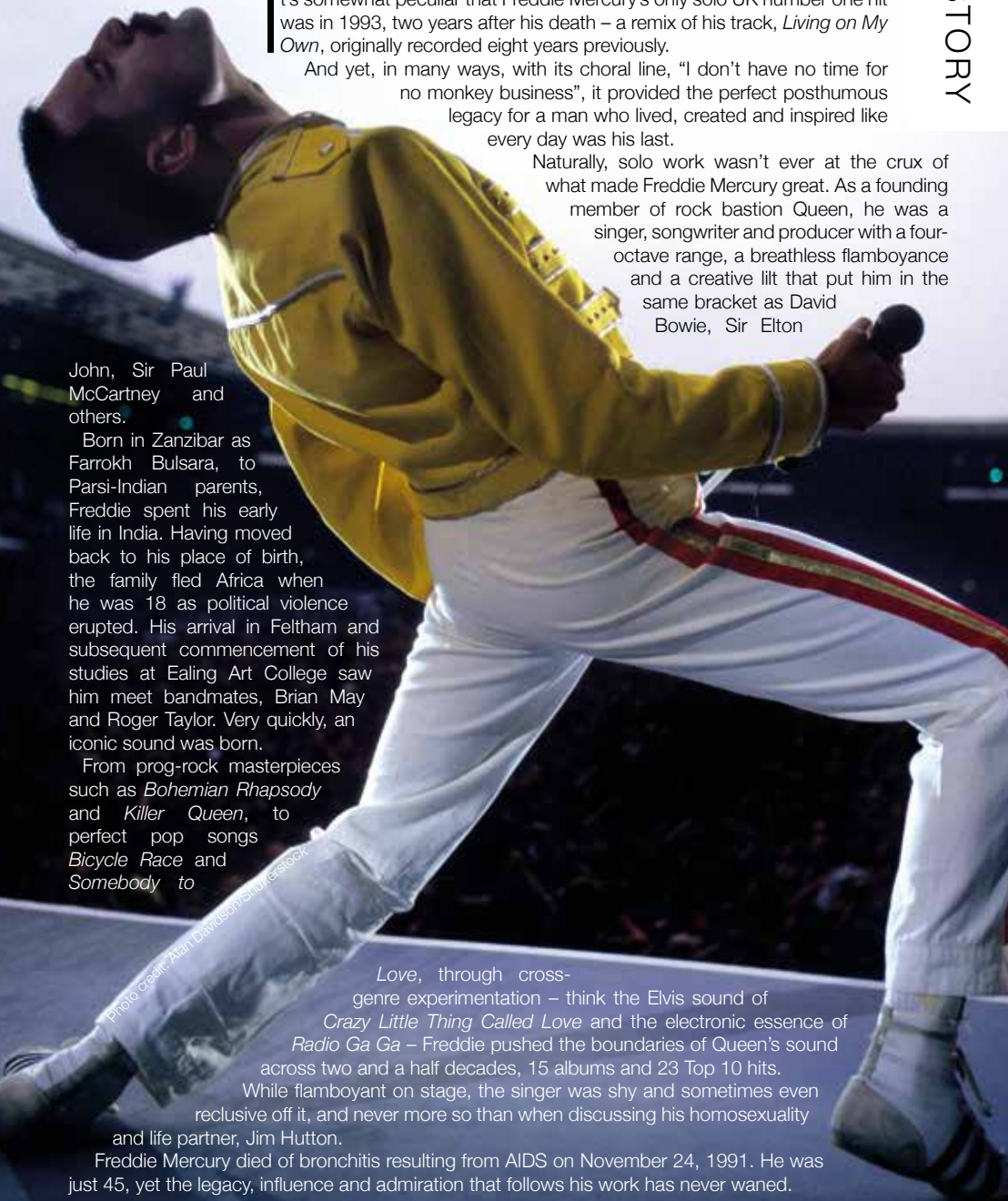


Photo credit: Alan Davison/istockphoto

*Love*, through cross-genre experimentation – think the Elvis sound of *Crazy Little Thing Called Love* and the electronic essence of *Radio Ga Ga* – Freddie pushed the boundaries of Queen's sound across two and a half decades, 15 albums and 23 Top 10 hits.

While flamboyant on stage, the singer was shy and sometimes even reclusive off it, and never more so than when discussing his homosexuality and life partner, Jim Hutton.

Freddie Mercury died of bronchitis resulting from AIDS on November 24, 1991. He was just 45, yet the legacy, influence and admiration that follows his work has never waned.

BRITAIN'S GREATEST SPORTING MOMENTS...

# DENNIS TAYLOR

**W**e celebrate 50 years of the Crucible Theatre in Sheffield by remembering one of world snooker's greatest ever matches. To many, he was the quirky, pint-sized Irishman with glasses you'd more readily expect to see on Dame Edna Everage or Sir Elton John, yet Dennis Taylor's doubters were to be silenced on the night of April 28, 1985, when he completed one of the most dramatic fightbacks in sport to defeat Steve Davis and win the Embassy World Snooker Championship.

With a final stretched out over two days and four sessions, Englishman Davis strode into a commanding lead in the "best of 35 frames" match. The defending champion, who was looking for his fourth world title in five years, found himself 8-0 up and coasting.

Taylor fought back in the second session to trail 9-7 overnight.

The following day's play saw a cat and mouse battle, with Taylor level at 11-11 and 15-15, but never ahead. When Davis won the next two frames, he required only one more to win the match, but Taylor again responded to level matters, and in the final frame was left needing to pot the black to win. After Davis's thin cut missed, Taylor seized the advantage to clinch the title.

A colossal audience of 18.5 million viewers watched the drama unfold on BBC Two, with the match finally finishing at 12.23am.

Taylor's achievement was made all the more remarkable after his mother's death the previous year had left him unable to muster up the enthusiasm to play.

The Crucible Theatre has hosted championship snooker since 1977 and celebrates its half-century in 2021. Its unique acoustics give even the most hushed matches a tension that other venues cannot replicate, although few kept quiet as Taylor grabbed the most sensational finish in snooker history.

SPORT



# THE BOXING

# King

SPORT



Photo credit: Chase Stevens/AP/Shutterstock

## TYSON FURY TAKES ANOTHER MAJOR STEP TOWARDS THE ULTIMATE PRIZE

**M**any judge Tyson Fury as the best British fighter we have, even as the tormentingly long wait for him to prove that – when he steps into the ring with Anthony Joshua – goes on.

And yet, across two weekends, the armchair experts who decreed the Gypsy King as the ultimate number one added considerable weight to their argument.

First, on September 25, at the Tottenham Hotspur Stadium, Anthony Joshua lost his multiple heavyweight belts to Ukrainian Oleksandr Usyk. The manner of the defeat had echoes of Andy Ruiz Jr all over again, with Joshua looking unthreatening, hesitant and stuck in first gear. Subsequently, he lost to a unanimous points decision to take a major step back.

Then, just 14 days later, Tyson Fury stepped up once more against Deontay Wilder. After a draw in the first epic against the brazen American and a comprehensive victory in the first rematch, the

33-year-old Brit was looking to cement his reputation as the leader of the pack. And while, by his own admission, he was "rusty", Fury again showed power, guile, craft and the ability to pick himself up off the canvas as he despatched Wilder, finally seeing off his opponent in the 11th round with a devastating blow.

So over the course of a couple of weekends, we learned a bit more about how the heavyweight division would play out. We also have a new champion in Usyk, although many will speculate his victory had as much to do with the poor performance of Anthony Joshua.

As far as the prospect of a Fury v Joshua fight goes, we still seem some distance away. The most anticipated British heavyweight boxing bout of all time slipped through the promoters' fingers against Usyk.

Joshua will need to get past his dogged, clever and unrelenting opponent in the rematch for serious talk of the all-British showdown to restart.

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WORDLADDER: READ, ROAD, ROAR, BOAR, BOOR, BOOK



# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

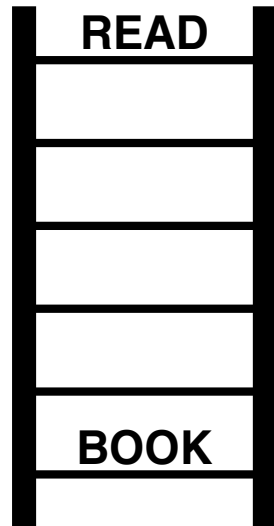
- ▶ ALMOND
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- ▶ BANANA
- ▶ BLUEBERRY
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- ▶ CHEESE
- ▶ CHOCOLATE
- ▶ CINNAMON
- ▶ CREAM
- ▶ HONEY
- ▶ LEMON
- ▶ MUSHROOM
- ▶ PEANUT BUTTER
- ▶ RASPBERRY
- ▶ SPINACH
- ▶ STRAWBERRY
- ▶ SUGAR
- ▶ SYRUP
- ▶ THYME
- ▶ TOMATO



## DID YOU KNOW?

- ▶ The acronym ISS stands for International Space Station
- ▶ Before applying to be an astronaut, a pilot must have completed 1,000 hours of flying time in a jet aircraft
- ▶ Neil Armstrong was the first human to walk on the surface of the moon
- ▶ According to NASA, the Space Shuttle travels around 17,600 miles per hour when orbiting the earth
- ▶ Most of the elements found in the human body originated in stars that have gone supernova
- ▶ The Space Shuttle makes one complete orbit around the earth approximately every 90 minutes
- ▶ Alan Shepard hit a golf ball on the moon during the Apollo 14 mission

## 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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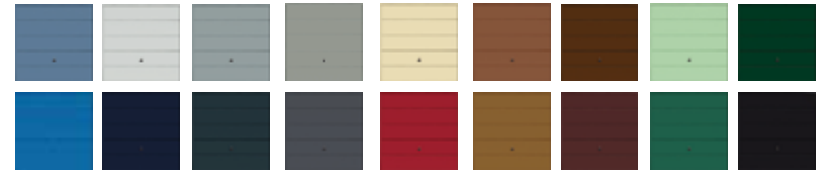
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