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HM Queen

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Editor's notes...

OCTOBER 2022



Nik Allen, Editor

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

My own platitudes towards the Queen are not unique, and I'm certain no one related to our sadly departed Her Majesty Queen Elizabeth II is going to be hanging on my every word.

Yet none of that matters, because what Her Majesty stirred in us all was our own individual image of her, as an icon, as a symbol of strength and resilience, as someone who, despite living through decades of the most dramatic change, ended her days as significant and relevant as ever.

You will all have your own memories and anecdotes of the Queen. And to reflect in these weeks after her passing feels so therapeutic and so important. For me personally, as a royalist, the Queen was a reassuring constant in a world of incredible and often terrifying change.

Of course, we will cope, regroup and evolve, just as HM Queen Elizabeth II did throughout her life. She even pre-empted this in her festive message three years ago when she said: "It's worth remembering that it is often the small steps, not the giant leaps, that bring the most lasting change."

Thank you, Your Majesty, for everything, and rest in peace. God Save the King.

Nik Allen

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HM QUEEN ELIZABETH II

Farewell

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

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

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

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

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

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

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

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

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

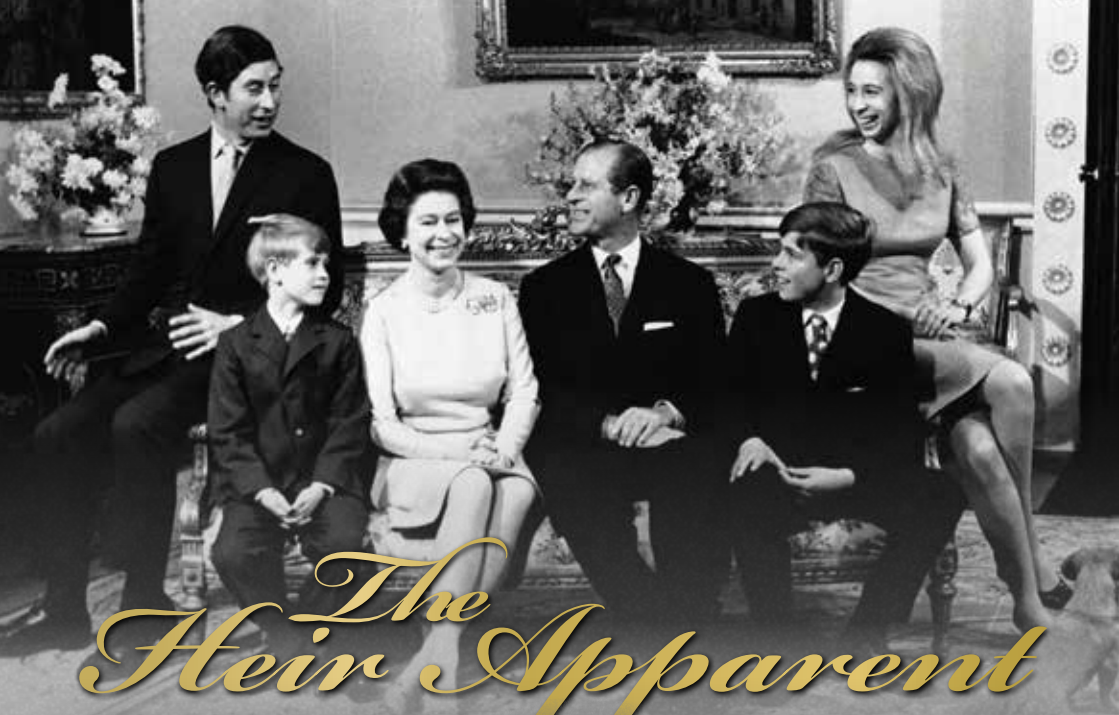
September 19: The Lying-in-State ended at 6.30am. This day was confirmed as a bank holiday in the form of a Day of National Mourning by King Charles III.

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

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

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

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



The Heir Apparent

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

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

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

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

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

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

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

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

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

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

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mood-boosting

HOUSE PLANTS

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

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

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

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

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

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



Photo credit: @masonstyle via Pinterest



BREADY... SET... go!



THE CLEVER BREAD BIN HACK TO CREATE A STYLISH BEDSIDE TABLE

It's the trend that's been a viral hit on TikTok, and now it could be making its way to a bedroom near you... It's the DIY wooden bread bin into bedside table hack.

That's right, with just two wooden bread bins and some wood glue, you could soon have a new wooden bedside table that's not only stylish, but looks incredibly expensive too. And the good news is, it's super easy to put together.

YOU WILL NEED

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

HOW TO MAKE

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

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

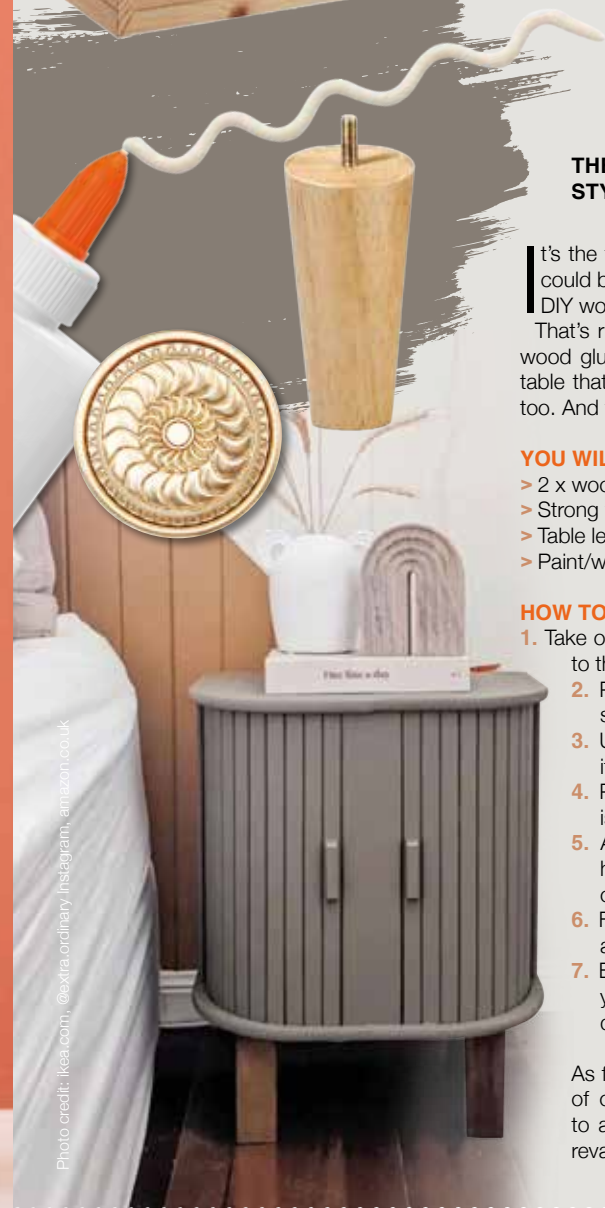


Photo credit: @extra.ordinary.instagram, amazon.co.uk



Spruce up YOUR HOME

If you're after some wallet-friendly home decoration this autumn, get out to your local park or woodland and gather some pine cones.

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

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

When you get home, give the cones a quick soak in warm water with a splash of washing-up liquid. Leave them to dry naturally or pop them in an oven at 180°C/160°C fan/gas 4 for half an hour.

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

Photo credit: www.wikihow.com

YOU WILL NEED

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

INSTRUCTIONS

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



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LOCAL NEWS

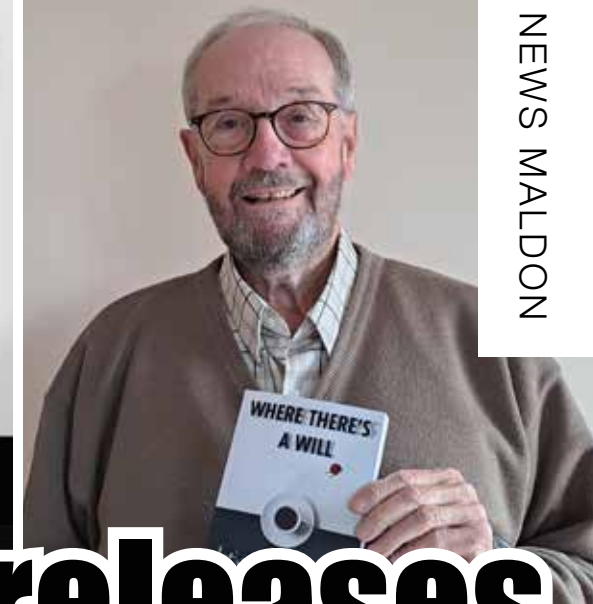
from your neighbourhood



LOCAL NEWS MALDON

WHERE THERE'S A WILL

Photo credit: Patrick Forsyth



Author releases his new cosy crime novel

A Maldon-based author has released his fifth novel, which is based in and around the town.

Patrick Forsyth's new novel, *Where There's a Will*, is a cosy crime book centring on Bernie Bellingham and Kathy Williamson, who find themselves wrapped up in an ever-growing series of complications.

Forsyth's first novel was based in Maldon, and this latest release also features locations close to the home of the author – with areas in London and Maldon familiar to Patrick providing the backdrop to the mystery.

For Patrick, basing the book in Maldon allowed him to visualise parts of the town and ground the novel in real settings.

He said: "There's always a certain amount of autobiographical nature to books. You want characters to do things that you have seen or that you recognise.

"I wrote about a grandmother who sat on her porch

and would make the most piercing whistle when people walked past and act like someone else on the street had done it. I know it works because it's something my grandmother used to do.

"When I wrote my first book, I needed it to be in a small town where there was sailing, so I wasn't going to invent a town when I lived in one.

"The theme of all my books is ordinary people getting into situations where there is something mysterious, threatening, or both that they have to sort out.

"I think it's something that is true for most people. In our lives, particularly if we look back, we think, 'Gosh, if that had never happened, then this wouldn't have happened'. It's a common feeling."

The book is out now and is available in print and e-book form. Copies are £7.99 and are available at Maldon bookshops and on Amazon.



Nail salon to replace former pet centre



A nail salon has been given planning permission to open on Maldon High Street, replacing the Aquatic Pet and Reptile Centre which closed in 2018.

The shop, on the ground floor of 133 High Street, is being converted into a hairdresser, beauty salon and nail parlour.

The decision was supported by Maldon Town Council, County Highways and the conservation officer, who recommended that any new signage should respect the character of the area.

As there were concerns by the environmental health representative about potential odours that may affect nearby streets, permission is conditional on an odour assessment, as well as the installation of a relevant odour control system.

The planning permission decision notice said: "An odour assessment, including details of the installation of a relevant odour control system, shall be submitted to and approved in writing by the local planning authority.

"All mitigation measures shall be carried out in accordance with the approved details prior to first use.

"The details approved shall be retained and maintained in accordance with the approved details and to its optimum working capacity throughout the duration of its use."

Area placed in bird flu prevention zone

Maldon and several other parts of Essex, Norfolk and Suffolk have been placed in an avian influenza prevention zone after several cases at a nearby village.

The zone was announced for Maldon, Colchester, Braintree, Basildon, Rochford, Tendring, Chelmsford and Castle Point by the Department for the Environment, Food and Rural Affairs on September 27.

Poultry keepers in the affected areas are now asked to follow government measures, whether they be

keeping the birds for commercial or non-commercial purposes.

Councillor John Spence, Essex County Council's cabinet member for adult social care and health, said: "This news brings home the scale of the avian flu crisis.

"Substantive restrictions are now in place across the whole of Norfolk and Suffolk and parts of Essex, but I appeal to all bird owners, whether in the zone covered or not, to exercise maximum restraint and take all available safeguards."

This comes after a year where four outbreaks of bird flu were found in nearby Tolleshunt Major and in Clacton.

A spokesperson for Maldon District Council said: "Bird flu is primarily a disease of birds and the risk to the general public's health is very low. However, anyone who is concerned should call NHS 111 or speak to their GP.

"People in direct contact with the affected birds have been contacted and offered appropriate preventative treatment."

Restaurant denied permission for outdoor area

A Maldon restaurant has been denied retrospective planning permission for its outdoor dining area.

Luigi's Al Fresco restaurant began operating outdoors during the COVID-19 pandemic to follow social distancing requirements, as previously the space had been a tearoom with limited opening hours.

A spokesperson for Maldon District Council (MDC) said: "The material change of use of the premises to a restaurant results in demonstrable harm to the amenity of neighbouring residents due to noise and disturbance arising from the outdoor location of the restaurant in close proximity to neighbouring residents and its unneighbourly operating hours to the detriment of their living environment."

Applicant Giovanni Dello said: "While the refusal is a major disappointment, it is purely the first stage of an ongoing discussion with MDC.

"We are happy to confirm that we are working with MDC to achieve an agreement."



LOCAL NEWS MALDON



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS BURNHAM



Photo credit: Kerie Moganane

Yearly event proves to be a massive success

Burnham-on-Crouch Carnival returned last month and featured fairground rides, parades and other exciting activities for attendees to enjoy.

People travelled from all across the area for the carnival on the last Saturday of September and enjoyed live music, dances, a parade featuring a variety of performers, and a firework display.

Local groups providing entertainment included the Blackwater Pirates Essex, Jack Sparrow Essex, Southend-on-Sea Ghostbusters, and A Fairytale Dream, alongside Essex Cosplayers.

Children competed in a costume contest, with a variety of prizes available.

One member of the Colchester City Pipe Band, who performed at the event, said: "Massive thanks from Colchester City Pipe Band to the carnival committee. This was a fab night. We thoroughly enjoyed ourselves.

"We perform at lots of carnivals, and this is one of the best. We were looked after from start to finish.

"One chap noted that this had been the highlight of his childhood and he was now bringing his own children so it could be the highlight of their childhood."

Artist to exhibit portraits to Neil Diamond music

Burnham-on-Crouch and District Museum is to host an exhibition by local artist Henry Davis.

The exhibition, called *Sweet Caroline (1969)* and taking place from November 17 to 20, is a series of portraits taken by photographer Alan Powdrill showing Henry enacting different female characters, each accompanied by a Neil Diamond song.

Describing his portraits, Henry said: "I created a

narrative to bring these characters to life.

"A wealthy property developer has died, and friends and relatives are now congregating at the wake.

"The lady in black mourning dress, the grand dame, is his wife. She's delighted he's now dead.

"The solicitor has been instructed to carve up his property empire (denoted by monopoly).

"His best friend is trying to avoid the whole thing!"



Photo credit: Universal History Archive/UG/SHutterstock, cadbury.co.uk, christobornsey/Shutterstock.com, intaribuzz/Shutterstock.com, DenisVAr/Shutterstock.com

GIVE US A Twirl

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

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

However, the brothers quickly turned things around.

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

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

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

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



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A Lady

TO THE LAST

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

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

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

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

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

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

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

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

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

A job well done, Ma’am.



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FOOD & DRINK



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A dish fit for our Queen's coronation

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

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

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

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

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

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

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

Coronation chicken recipe

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

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

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



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YOUR GUIDE TO visiting Antarctica

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

WHY VISIT?

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

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

WHEN TO VISIT

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

WHAT YOU WILL SEE

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

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

WHAT TO PACK

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

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

WHAT TO DO

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

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

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

Photo credits: auroreexpeditions.co.uk; redsevanah.com



High volume hairstyles



SIX HAIRSTYLES TO BRING MORE VOLUME TO YOUR HAIR

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

Asymmetrical bob

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

Messy lob

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

Tousled loose waves

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

Textured pixie

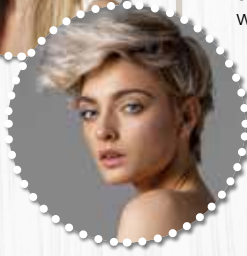
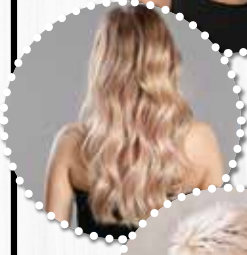
For those who dare to go super-short, the textured pixie is the ideal cut for people with thin hair. This versatile style works with any texture of hair, from curly to straight. To style this look, use a water-based pomade or a matte wax.

Heavy fringe

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

Vintage pompadour

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





Control your CHOLESTEROL

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

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

WHAT CAUSES HIGH CHOLESTEROL?

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

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

WHAT HEALTH COMPLICATIONS CAN OCCUR FROM HIGH CHOLESTEROL?

High cholesterol can lead to a dangerous accumulation of cholesterol on

the walls of your arteries. This is known as atherosclerosis and can cause complications such as chest pain, heart attacks and strokes.

HOW TO PREVENT HIGH CHOLESTEROL THROUGH DIET

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

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

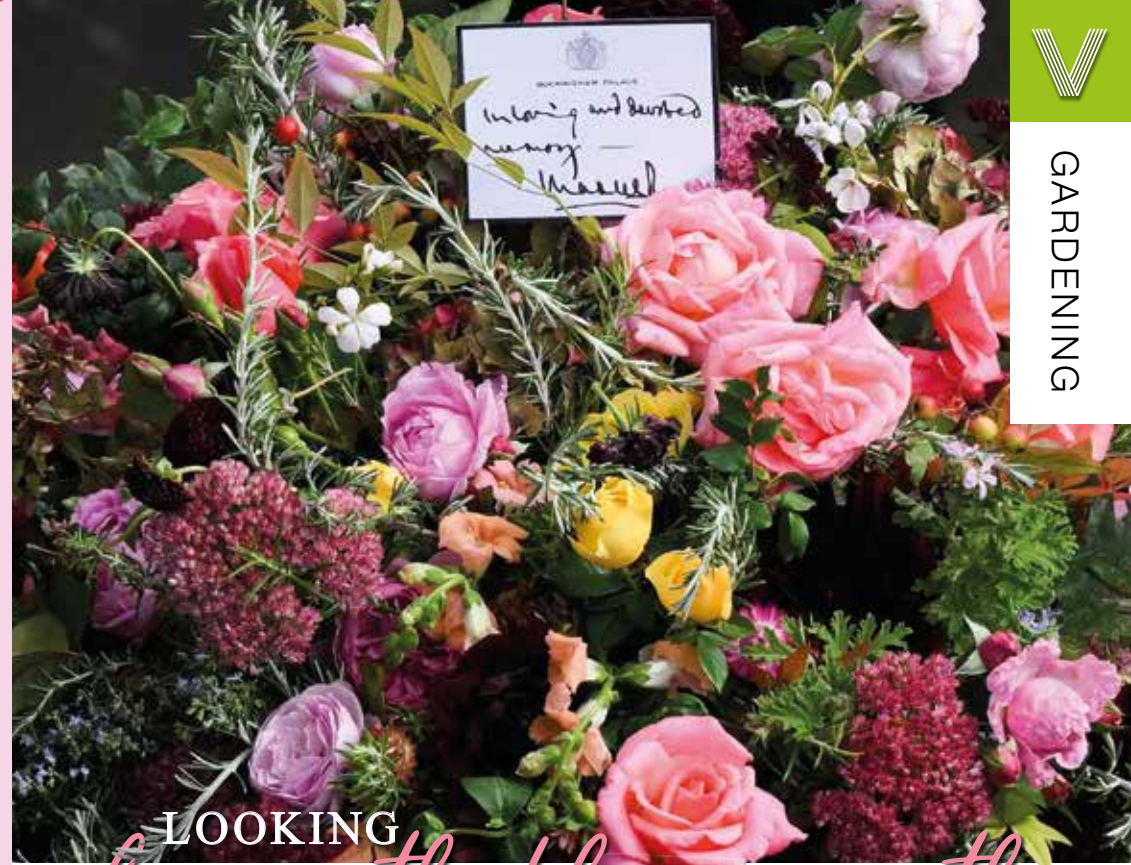
HOW TO FIND OUT YOUR CHOLESTEROL LEVELS

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

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

Healthy cholesterol levels for each are as follows:

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



LOOKING beneath the wreath

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

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

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

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

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

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

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

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

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

Photo credit: Daniel Leal/AP/Shutterstock

Whipping up a STORM

THE NAME GAME BEHIND OUR TURBULENT WEATHER SYSTEMS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



MOTORING

DEAD gorgeous.

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

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

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

SKULL STONES

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

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

TISSUE PAPER MARIGOLDS

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

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

BUNTING

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

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

Photo credit: ailsaburke.blogspot.com, iagiffith.com, kitchenatbleedclassroom.com

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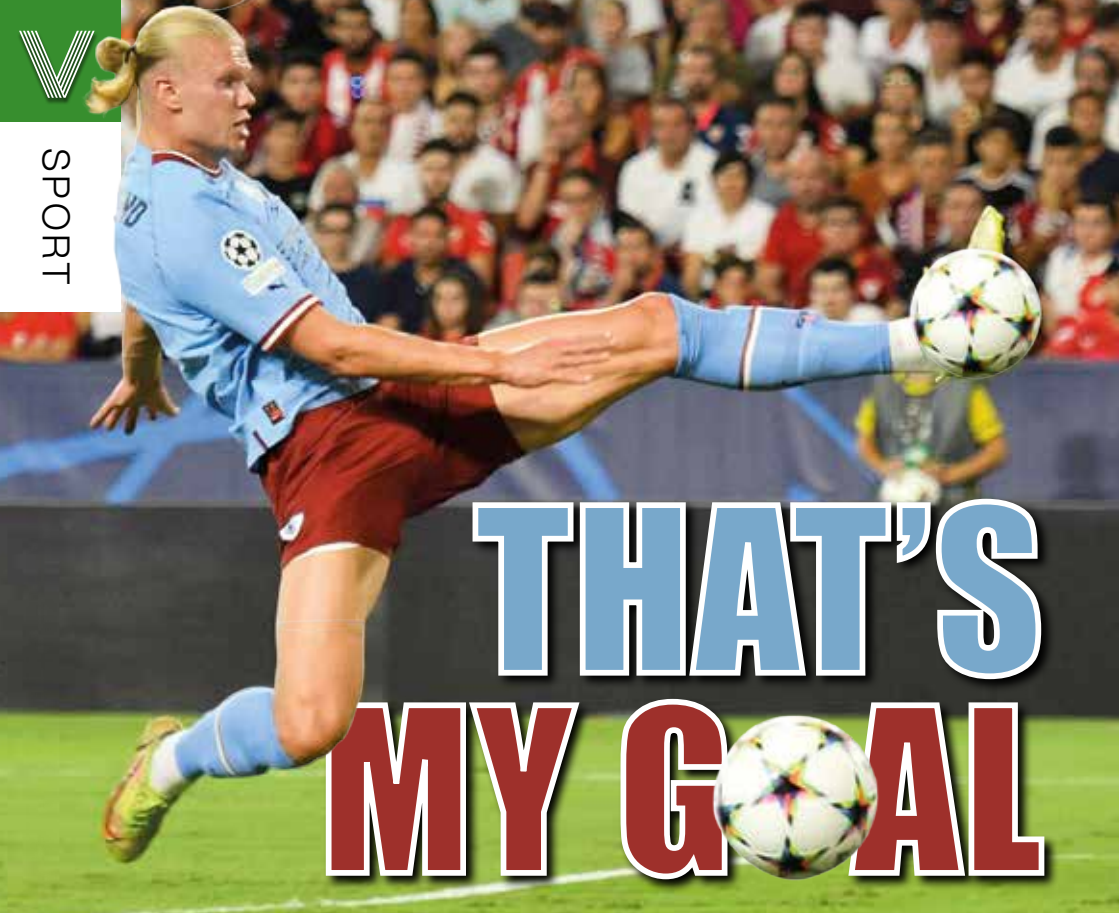
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SPORT



THAT'S MY GOAL

THERE'S A NEW GUNSLINGER IN TOWN, AND WHEN HE SHOOTS, HE RARELY MISSES

When Manchester City became aware of a release clause in the contract of one of the most highly sought-after goalscorers in world football, they just had to act. Their efficiency and persuasiveness in getting a deal over the line for the former Borussia Dortmund man has secured for them a star who has all the armoury to emulate generational greats such as Ronaldo and Messi.

The future has arrived, and he's a sharp shooter. Erling Braut Haaland was born on July 21, 2000, in Leeds, England; yet instead of representing the country of his birth, he chose Norway, the nation of his parents, both of whom were world-class athletes in their own right.

Alfie, Erling's father, is a former Premier League player, while his mother is Gry Marita Braut, a national heptathlon champion in her homeland.

It sounds impossible that Erling could set the bar higher, yet he has.

His goalscoring exploits have been well documented and, in 2019, he became the first

teenager to score in five consecutive Champions League games, for Austrian club Red Bull Salzburg. It earned him a move to German giants Dortmund.

In between, he scored nine goals in a FIFA Under-19 World Cup group match against Honduras, subsequently securing the Golden Boot.

Haaland went straight into the full Norway side and is still averaging a goal a game for The Lions.

Yet his club exploits have been just as impressive. At the beginning of October, he became the first player in Premier League history to score hat-tricks in three successive home games, and also now holds the record of being the quickest player to have scored three hat-tricks in the Premier League.

Hitting the ground running for City in the Premier League and Champions League, he appears on course to break yet more records.

What City boss Pep Guardiola ultimately recruited him for, though, was to give the club's Abu Dhabi owners what they crave – the Champions League trophy. Watch this space.

Photo credit: Julio Munoz/EPA-EFE/Shutterstock



SPORT



BRITAIN'S GREATEST SPORTING MOMENTS:

DROP-KICK JONNY

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

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

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

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

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

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

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

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

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

Photo credit: David Gibson/Fotosport/Shutterstock

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17. FROTH, 21. DEER, 22. SVELTE, 23. NOR, 24. STAND-OFF, 25. SWAYED
DOWN: 1. SUPERB, 2. WHAMMY, 3. GRAIN, 4. OPACITY, 5. DIRECTOR, 6. MERINO, 12. ENTERING, 14. ELISION,
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PUZZLES & TRIVIA

PUZZLES

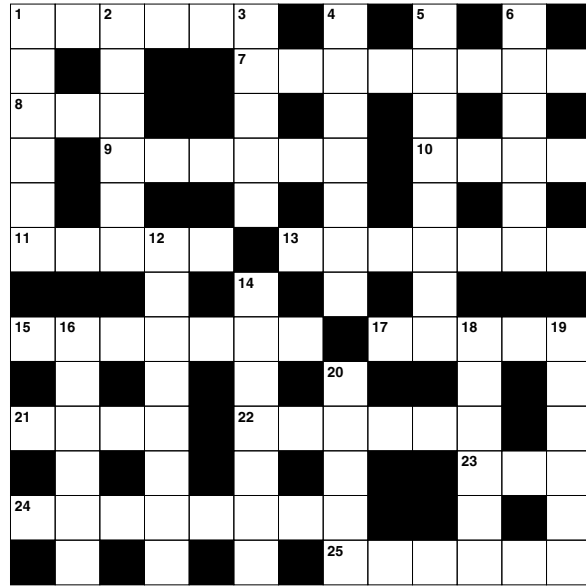
Answers: see end of The VISION Listings

ACROSS

- 1. Stitching (6)
- 7. Restored (8)
- 8. Legume (3)
- 9. Lunatic (6)
- 10. Release; give out (4)
- 11. Purchaser (5)
- 13. Cowboy hat (7)
- 15. Majestic (7)
- 17. Foam (5)
- 21. Ruminant mammal (4)
- 22. Slender (6)
- 23. And not (3)
- 24. Stalemate (5-3)
- 25. Moved back and forth (6)

DOWN

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



DID YOU KNOW?

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

SUDOKU

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

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