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OCTOBER 2022

Editor's notes...



Brett Shohet, Editor

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

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

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

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

Brett Shohet

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

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HM QUEEN ELIZABETH II

Farewell

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

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

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

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

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

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

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

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

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

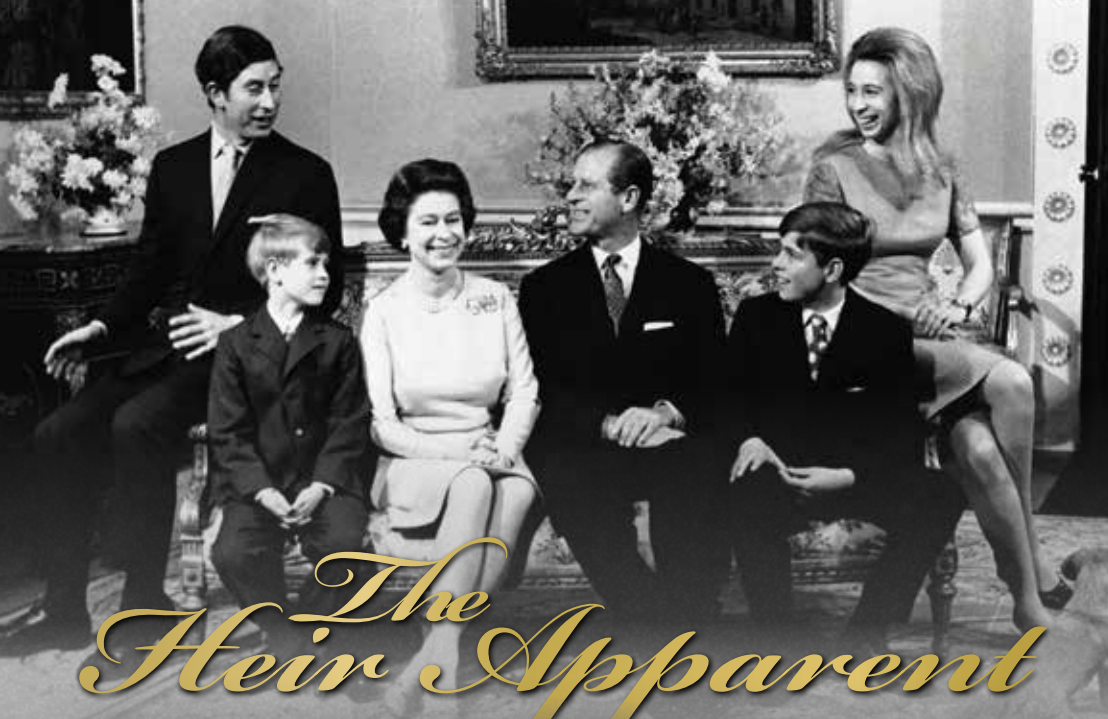
September 19: The Lying-in-State ended at 6.30am. This day was confirmed as a bank holiday in the form of a Day of National Mourning by King Charles III.

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

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

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

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



The Heir Apparent

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

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

Her Uncle Edward, Prince of Wales, 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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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.

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V11

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, illegifh.com, kitchenabibclassroom.com

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Hula! Hula! Hula!



Did you have a hula hoop as a child? Fun, wasn't it? Offering a whole host of health benefits, the joy of hula hooping doesn't have to end when you reach a certain age.

WHAT ARE THE BENEFITS OF HULA HOOPING?

Burn calories: Hula hooping can burn anywhere between three and seven calories per minute, depending on your body weight and the type of hoop you use. This equates to up to 210 calories per half-hour session, which is on a par with kickboxing.

Build core strength: Hula hooping requires strong movement of the hips to keep the hoop from falling, which means that you have to work your core muscles hard.

Maintain good posture: If you spend most of the day sitting at a desk, then hula hooping offers a great way to improve your posture. When keeping the hoop moving, your body form is stabilised and engaged throughout, which can help your form with other exercises.

Boost cardiovascular system: It is recommended that you get 150 minutes of moderate exercise a week, and hula hooping can help you to reach this goal. A fun form of cardio, it can also help to boost your heart and lung health and lower your cholesterol.

HOW TO HULA HOOP

1. Start by swinging the hoop clockwise for as long as you can.
2. To keep the hoop around your waist, move your hips forwards and backwards as opposed to in a circular movement.
3. Then change direction to a counter-clockwise movement.
4. Repeat a few times and try to increase the duration of each set as you get stronger.
5. To further isolate your abs, concentrate on keeping your lower body steady.
6. Try a weighted hoop for enhanced fat burning.

OTHER WAYS TO USE A HULA HOOP

- Skipping through the hoop is fun for kids to try
- Circle a hoop around each arm
- Do crunches with the hoop between your legs
- Do squats or lunges with the hoop held over your head.



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

What is normal?

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

How to be breast aware:

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

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

How to check your breasts:

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

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

Breast changes to look out for:

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

When is the best time to check your breasts?

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



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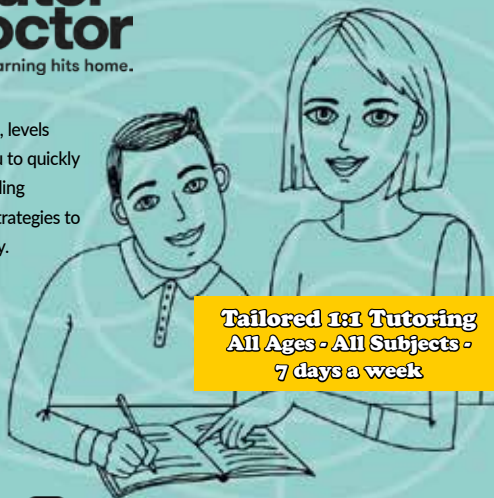


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A dish fit for our Queen's coronation

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 jubilee 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.



AN

apple A day

In the UK, you could eat a different variety of apple every day for more than six years. Well, that's the theory, at least – because more than 2,500 types of apples are grown here.

Apple Day, which falls on October 21 every year, celebrates the eponymous fruit and all the ways we use them to create desserts, drinks and even savoury foods. But more than that, the day helps people appreciate where food comes from and live better with nature.

There are hundreds of Apple Day activities taking place throughout the country. To find out what's happening in your neck of the woods, type 'Apple Day events near me' into a search engine.

BEST EVER APPLE CRUMBLE: Serves 4-6

INGREDIENTS:

For the filling: 575g cooking apples, peeled, cored and sliced | 2 tbsp caster sugar

For the crumble: 175g plain flour | 110g caster sugar | 110g cold butter | Pinch of salt

HOW TO MAKE:

Heat the oven to 190°C/170°C fan/gas 5 | Toss the apple slices in 2 tbsp sugar and press into a 23cm round baking dish | Mix the flour with the sugar and salt | Grate the butter into the mixture and rub it in till the mixture looks like fine breadcrumbs | Spread the mixture over the apples and press it down slightly | Bake for 35-40 minutes till golden.

HOT SPICED APPLE CIDER: Serves 8

INGREDIENTS:

6 apples | 2 oranges | 2 cinnamon sticks | 10 cloves | A nutmeg | 2 star anise | 50g brown sugar | 2.5 litres cold water

HOW TO MAKE:

Wash and chop the fruit into 2cm pieces (don't remove seeds or skin) and put in a large saucepan | Add the whole spices, sugar and water | Bring to the boil, cover, then simmer gently for 45 minutes | Remove the whole spices | Mash the mixture with a potato masher | Strain the cider through a fine sieve | Serve warm.

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HOME & DIY

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/gas 4 for half an hour.

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

YOU WILL NEED

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

INSTRUCTIONS

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



Photo credit: www.wikiflow.com



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: ikea.com, @extra.ordinary Instagram, amazon.co.uk



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HOME & DIY

FADE TO *grey*

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

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

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

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

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

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

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

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

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BEFORE

AFTER

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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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Photo credit: Jaspar Group



Application submitted to turn police station into flats

Nearly 50 new homes could be built on the former Woodford Green Police Station if plans submitted to Redbridge Council are approved.

The developer, Jaspar Group, wants to create 45 new residential units on the site on Chestnut Walk, which is currently out of use, including 15 one-bedroom, 16 two-bedroom, 12 three-bedroom and two four-bedroom apartments.

The plans include a three-storey front and side extension; first, second and third floor side and rear extensions; an additional fourth floor; courtyard garden; and children's play area.

Environmental and public realm enhancements are also in place to accommodate residents' needs and

the nearby Woodford Green Conservation Area.

In a design and access statement for the plans, developers said: "The building is recognised to be within a prominent position in the conservation area, and the impact that the scheme will have on long views towards the site from various public vantage points within the conservation area has been assessed."

Planning documents reveal that the estimated cost of the proposal is more than £2million, and the work would be completed by March 2024.

The plans were submitted to Redbridge Council on August 5, and a decision on the application is expected by Thursday, November 3.

Jaspar Group has been contacted for comment.



Photo credit: Google Maps, Redbridge Council

Bar's application to extend opening hours denied

A request to extend a Woodford Green bar's opening hours has been denied, amid a legal battle over accusations of breaking COVID-19 lockdown rules.

At a Redbridge Council Licensing Sub-Committee hearing on August 19, Redbridge Council refused an application to vary a Premises Licence for Melin Restaurant and Bar.

Melin's director Mannu Dahiya (pictured inset left) and his barrister Duncan Craig (pictured inset right) appeared at the hearing to present their case. After nearly three hours, the decision was made to refuse the application.

The final decision stated: "Having considered and after hearing all the evidence written and oral, the sub-

committee is of the view that the application to vary the premises licence is to be refused in full."

A point in the decision notice stated: "It is clearly evident to the sub-committee that this premises and Mr Ali Melin [the owner] have continually shown disregard for the prevention of crime and disorder."

However, Mr Melin has appealed Redbridge Council's decision, meaning the case will now be heard at a magistrates' court in November and the business can operate as usual until then.

The venue will be unable to serve alcohol or stay open later than 11pm if the appeal is refused.

Melin Bar and the Met Police have been contacted for comment.

Historical society marks 90th anniversary

Woodford Historical Society (WHS) is celebrating its 90th anniversary this autumn, with a series of talks which began on September 8.

WHS was formed in March 1932 and the first talk was simply named 'Woodford'. Fast forward 90 years and the group is still thriving, meeting regularly at All Saints Church Hall.

The autumn programme of talks includes the '90th Anniversary Woodford' with Peter Lawrence as speaker on October 13, 'The Way We Were in 1952' led by Janet Seward on November 10, and Dr Ben Cowell discussing 'Historic Houses Today' on December 8.

Reflecting on the society's history, club president Peter Lawrence said: "On March 31, 1932, at the Wilfrid Lawson Temperance Hotel, which stood at the top of Chingford Lane, a meeting was convened to form an antiquarian society. "Speakers included representatives from Walthamstow and Leyton Antiquarian Societies. Eighty invitations were sent out, with letters of apology received from Sir James Hawkey and Winston Churchill MP."

To find out more about WHS, visit www.woodfordhistoricalsociety.org



Photo credit: Woodford Historical Society

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Woodford and District National Trust



Everyone is welcome to attend our meeting on Livery Companies by David Cole-Adams at the Memorial Hall, St Mary's Church, South Woodford, at 10.30am on Tuesday, October 11.

A talk on Knole House, which is linked to Copped Hall, will be given by Nathalie Cohen, regional archaeologist at Knole House, at 11am on Wednesday, October 19, at Copped Hall, Epping, followed by a tour of Copped Hall. Nathalie has been deeply involved in the recent multi-million-pound conservation project at Knole.

In the 17th century, the magnificent Elizabethan Copt Hall was owned first by the Earls of Middlesex and then Charles Sackville. With close connections

to the monarchs of the period, Copt Hall became endowed with many priceless treasures. An inventory of 1679 revealed "a staggering quantity of furniture of an enormous household". When Copt Hall was sold in 1701, these treasures were removed to Knole House in Kent, where many of them can be seen to this day; creating forever a special bond between Copped Hall and Knole House.

Details for the event are in our newsletter for members, or information is available from chairman Richard Speller at speller643@btinternet.com or from Clive Boon at cliveboon@hotmail.co.uk

LOCAL NEWS



Photo credit: Redbridge Council

Improvements made to roads

Redbridge Council has set aside £10million in funding as a commitment to improve the borough's roads over the next few years.

The roll-out of the multi-million-pound project began with road resurfacing in South Woodford, where a new, more eco-friendly asphalt was used by the council for the first time in an effort to reduce carbon emissions.

Ashbourne Avenue, Cadogan Gardens and Charnwood Drive were the first to be resurfaced with the new mix.

Councillor Jo Blackman, Redbridge Council's

cabinet member for environment and civic pride (pictured second from left), said: "We're not only committed to improving the quality of our roads, but also reducing the emissions associated with the resurfacing process. This trial is another step towards reducing our carbon footprint."

The new asphalt mix contains 15 per cent recycled content and leaves behind a lower carbon footprint. The council confirmed that all of the material removed from the resurfaced roads will be recycled and reused in future resurfacing schemes.



NEWS FROM

THE 100 CLUB

LOCAL BUSINESSES SUPPORTING HAVEN HOUSE



Did you enter the London Marathon 2023 ballot?

Haven House Children's Hospice is calling on runners who secure a ballot place for the 2023 London Marathon to join its team.

The charity is aiming to raise more than £35,000 from the event, which will enable it to reach out to more families with a seriously ill child in Northeast London, West Essex and the surrounding boroughs.

The hospice in Woodford Green provides vital support to families and is inviting runners to get in touch and become a part of its team.

Reiko Murray, community and events manager at Haven House, said: "In the running world, it doesn't get much better than the unbeatable atmosphere of the London Marathon. By teaming up with Haven House, runners have the joint satisfaction of fulfilling their marathon dream while raising vital sponsorship money for a worthy cause that supports children and families in the local community.

"We work hard to create a very special experience for runners, and they will be showing their support for families facing incredibly difficult circumstances. Every pound raised will be very much appreciated."

Team benefits will include a personalised running vest, full support from a single point of contact, advice



from running professionals and an invitation to training evenings. On marathon day, you will be cheered on by the hospice's army of supporters.

The ballot closed on Friday, October 7. In 2023, TCS London Marathon will return to its traditional slot in the running calendar on Sunday, April 23. If you are one of the lucky ones to secure a place via the ballot, Haven House would love to hear from you.

To join Team Haven House, contact Reiko on 07510 927 236 or email reikomurray@havenhouse.org.uk




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Tributes paid to beloved Queen



Residents and councillors across Redbridge have paid tribute to Her Majesty Queen Elizabeth II, who passed away on September 8.

Throughout the period of mourning, flags were flown at half-mast across the borough as a mark of respect. Books of condolence were put in place for residents across Redbridge to express their grief and gratitude to the Queen.

The books were placed in buildings across the borough, including Hainault Library, Wanstead Library, Woodford Green Library and Valentines Mansion.

Councillor Jas Athwal, Leader of Redbridge Council, said: "So many of us have lived our whole lives under the quiet comfort of Her Majesty's reign; this immense loss is deeply personal. The Queen touched so many of our lives, inspiring a nation with her dignity, dedication and affection for our country and its people."

Councillor Thavathuray Jeyaranjan, Mayor of Redbridge, said: "On behalf of the residents of Redbridge, I extend my deepest sympathies to the entire Royal Family at the loss of Her Majesty the Queen. This is a time of shared public grief, during which people from all communities and backgrounds are joining together to mourn."



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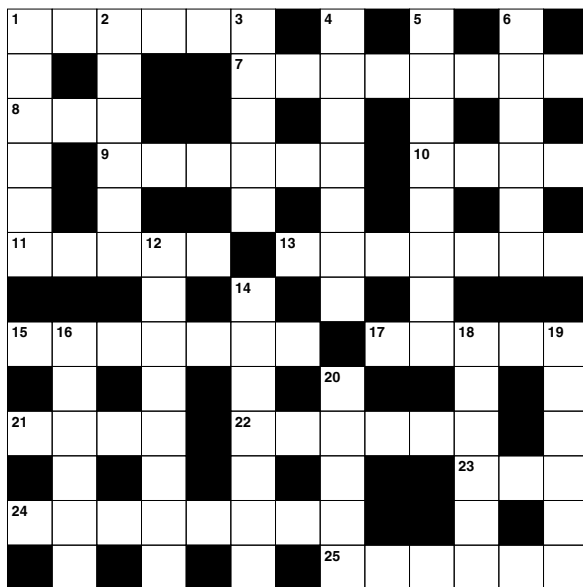
PUZZLES & TRIVIA

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

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						6		



Purrfect PETS

LOOKING BACK AT THE HISTORY OF DOMESTICATED CATS TO CELEBRATE NATIONAL CAT DAY

Around one in four UK households owns at least one cat. If you're one of them, you'll no doubt want to mark National Cat Day on Saturday, October 29.

The day's mostly about celebrating all things feline. But it also helps raise awareness about all those cats that need a new home. But where did cats come from?

The most popular theory is that domestic cats are the distant offspring of Middle Eastern wildcats. Some 12,000 years ago, farmers started working the land in an area known as the Fertile Crescent. This is a boomerang-shaped area that runs from north-east Egypt, along the Mediterranean coast and down to the Persian Gulf.

The soil was good here and the crops grew well. But when it came to storing grain, the farmers were plagued with mice. So it was only natural for farmers to invite in the local wildcats. The animals were thrilled with all the tasty morsels on offer. And

the farmers were delighted with their easy pest control system.

Gradually, as people came to prefer those cats with milder temperaments, the animals adapted to their new environment. And they eventually evolved into the hundred or so cat breeds we're familiar with today.

Cats probably didn't arrive in Britain until the Romans invaded, bringing their mice-gobbling moggies with them. But when the Romans were driven out of the country a few hundred years later, their cats' descendants remained behind.

Somehow, during the Middle Ages in Europe, cats became linked to witchcraft, and hundreds of thousands of cats were killed. Some scholars believe that this led to an explosion in the rat population which helped spread the plague.

Thankfully, by the 17th century, the reputation of cats improved. And they're now the most popular pet in the world.





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LOOKING *beneath the wreath*

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

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

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

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

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

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

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

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

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

Photo credit: Daniel Leal/AP/Shutterstock



GARDENING

ON THE MOVE



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

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

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

✓ HOW LONG HAS IT BEEN ON THE MARKET?

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

✓ WHY ARE THE SELLERS SELLING?

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

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

✓ IS THE PROPERTY FREEHOLD OR A LEASEHOLD?

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

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

✓ IS THERE A CHAIN?

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

✓ WHAT IS THE AREA LIKE?

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

✓ WHAT DO THE UTILITIES COST?

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

✓ WHAT'S INCLUDED IN THE SALE?

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

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

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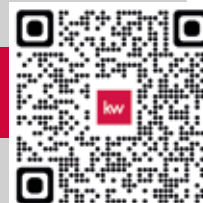
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YOUR GUIDE TO visiting Antarctica

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?



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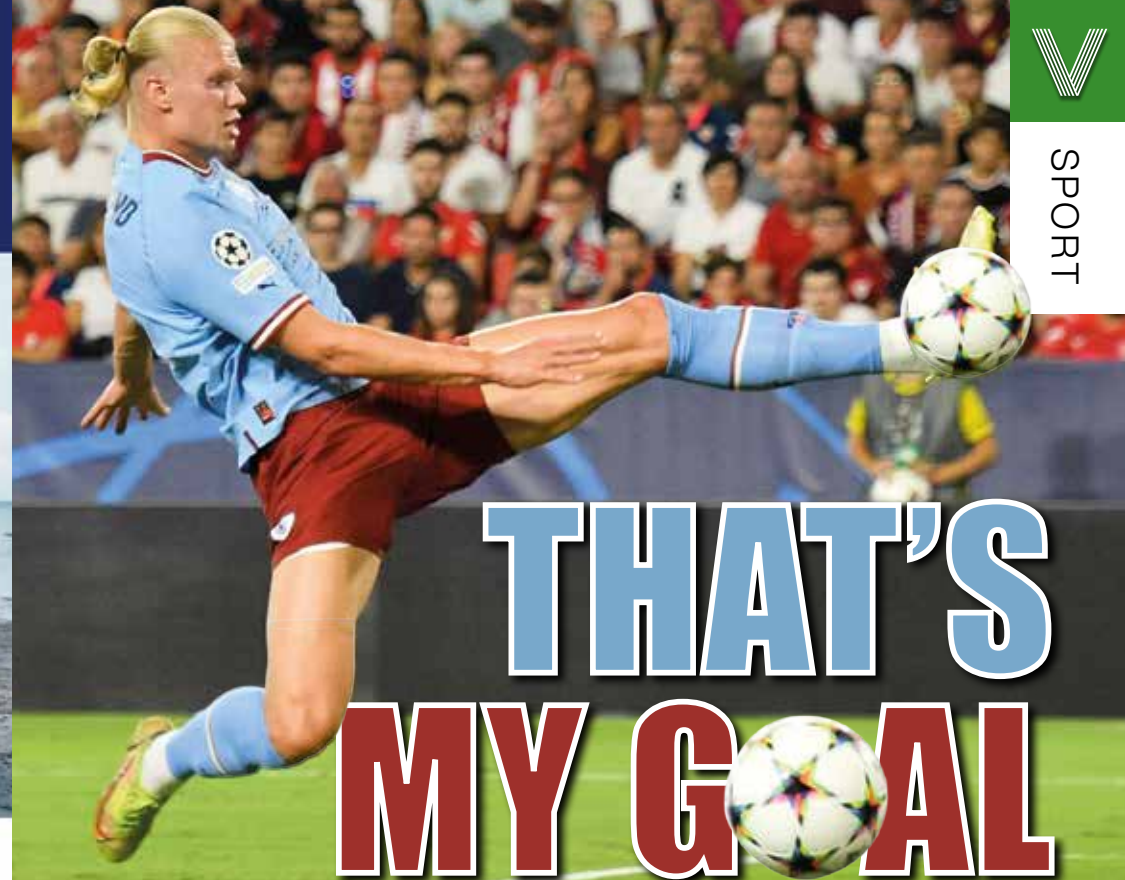
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THAT'S MY GOAL

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



Photo credit: s1.cdn.autoevolution.com

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.

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