

inside

Chingford and Highams Park

November & December 2023

competition

**WIN
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to enter p29

inside this issue:

baking:
**Cappuccino
fondants**

travel:
New Years eve...

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Welcome to the **November/December** edition of Inside Magazine, the local magazine for Chingford and Highams Park. Back in the 1960s, we were all terribly excited at the opportunities afforded us by scientific progress. The belief was that robots would one day do all of our work and we'd bask in a futuristic glow of freedom and leisure. One robot would be doing my job for me and another one would be cooking dinner.

Subsequent decades pushed such visions into the realms of fantasy. There was progress, but it didn't seem to be taking us out of the daily grind.

Recently, that phantom vision has returned, not as a saviour but as a ghoul. Proper scientists and thinkers now believe that the burgeoning science of AI could cause us huge dangers. And that reminded me of a 1960s short story. You must excuse the dated imagery. It was written at a time when our current world was not one that anyone envisaged.

Once upon a time, the story went, a man decided to build the biggest, most powerful computer in the world. When it was done, he coded in the most important message that he could think of. "Is there a God?" he asked it.

"There is now," came the reply.

Sweet dreams, everyone. And be careful what you wish for.

David Young

NB. Copy deadline date for our next issue (January/February) is December 1st.

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We thought of things that annoy us when going away; the first was arriving to pick up a rental car, only to be told we have to get a bus 15 minutes away, and then fill in endless forms. So we decided to make no charge for Bertie, our wonderfully reliable and fuel-efficient automatic car, and garage it close to the airport, delivered when you get off the plane.

Then we considered having to rent parasols and sunbeds at the beach, which for a family of 6 adults can cost €100 per day (parasol and sunbed each), so we provide everything to take down there. This attitude is everywhere at the villa; a real home from home with everything catered for.

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LITTLE LANGDALE

or Slate, Scars and Solitude

STORY: DAVID YOUNG

IMAGES: DAVID YOUNG

My garden is a right old mixture of things. Some of it is admittedly pretty, but other bits are wild, parts are dark and damp, there are areas of it which people seldom see, and there is a patch of it which I can't even find, which is quite something, given that my garden is about fifteen feet long and slightly less wide.

In many ways, the Lake District is like my garden. Pretty bits. Wild bits. Bits where nobody goes. And bits that I often can't find. But, like my garden, with its rusty bench, the Lake District has a very special spot for me where I like to sit in silence and solitude to contemplate the view.

It's worth saying that these are not the only special spots, in my garden or the Lakes - they're just the current ones. I can't love more than one spot at a time. Last year I loved a spot Yorkshire, but now my head has been turned again, towards the spots amidst the mysterious beauty of the Lakes. I'm a monogamist for spots of scenery, just not a very good one.

Little Langdale runs parallel with, and to the south of Great Langdale. It is to the latter that climbers and walkers flock, to gaze in awe at the jagged peaks that hem the valley in at its head, or to make noises at the grazing lambs, or to walk various dogs up and down various old lanes. The great lumpy mess of bracken and heather that is Lingmoor Fell divides Little Langdale from its more

ALONG THE VALLEY



famous neighbour, acting like a badly drawn dam that holds back the flood of visitors from pouring over from Great Langdale.

Little Langdale is a more intimate valley that follows the course of the River Brathay, which drains from the fells at its head, Wetherlam, Swirl How and Great Carrs, before hurling itself rashly over Colwith Force, then growing and expanding on its way down into Elterwater, where it fans out to accept the waters of Great Langdale Beck, before finally winding down, through flooding fields, by twisting bends, into Windermere.

The valley itself, hemmed in by those peaks, and walled off by the relentless slopes of Wrynose Pass, bears on its southern slopes the scars of the Tilberthwaite quarries, great teetering piles of carefully cut slate whose purpose seems forgotten, but, beneath these monuments to mislaid plans, a winding lane follows the Brathay, crossed halfway down by Slater's Bridge, a 17th century packhorse bridge constructed originally for the miners. The lane - slightly sunken, not too sunken, but just the right amount of sunken - this lane twists and turns between drystone walls, and climbs and dips past cottages where the occasional car is tucked inexplicably alongside.

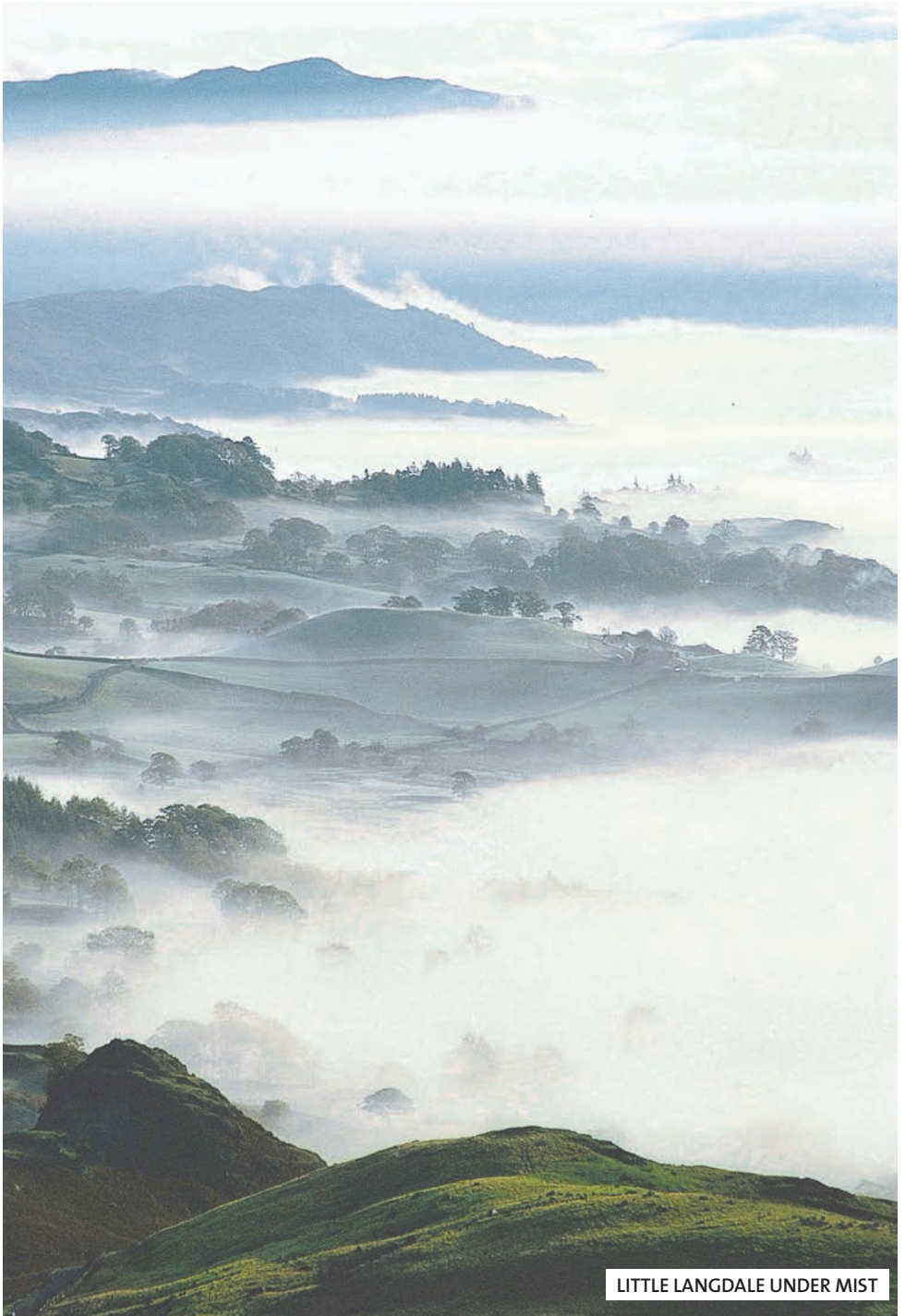
Little Langdale has its own tarn, where the Brathay seems to break its journey for a stopover, tucked beneath the slopes of Lingmoor, away from the road, away from paths, a teasing taunting beauty that seems to flaunt its inaccessibility.

By the copse of Pierce How, a track joins the lane, heading fearlessly down from a collection of cottages before stopping at a terrifying ford which looks as though it would drown the average car.

I've walked Little Langdale a lot over the years. You meet walkers, true, but you don't get the crowds that gather elsewhere in the Lake District. And why is that? Because Little Langdale lacks one important feature.

It has mountains and passes, rivers and tarns, bridges and lanes, dog-walkers and, sometimes, people making noises at the lambs. It can be golden in autumn and white in winter and it can bask in summer sun and ripple with joy in spring. And still it lacks that one important thing. There is one thing alone that gives it that special feeling of silence and solitude.

It hasn't got a car park.



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Solution on page 26

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

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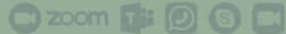
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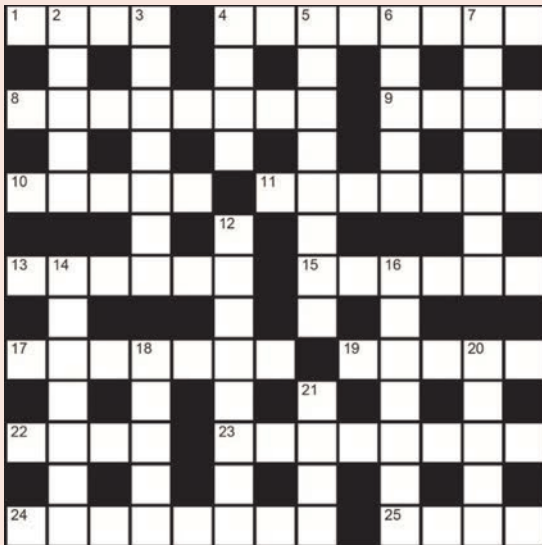
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CROSSWORD

Solution on page 26



Across

1. Capital of Ukraine (4)
4. Exaggerated masculinity (8)
8. Ancient Athenian philosopher who died by drinking hemlock (8)
9. Soft moist part of a fruit (4)
10. Computer memory units (5)
11. Suffocate, stifle (7)
13. Spanish word for 'tomorrow' (6)
15. Not long before the present (6)
17. Part of a golf course between the tee and putting green where the grass is cut short (7)
19. Hard drink originating in Russia (5)
22. Storage area at the top of a house (4)
23. The longest typewriter key (5,3)
24. Popular citrus-flavoured soft drink (8)
25. Figure-skating jump involving a turn in mid air (4)

Down

2. Elephant tusk substance (5)
3. Widely cultivated flowering plant, also known as Vervain (7)
4. Minute arachnid that lives on an animal (4)
5. Soft fabric made from the wool of a goat (8)
6. Enter (data or a program) into a computer (5)
7. Tall plant with woolly leaves, commonly known as Aaron's Rod (7)
12. Country, capital Kuala Lumpur (8)
14. Edible shellfish, a source of mother-of-pearl (7)
16. Acute intestinal infection (7)
18. Relative magnitudes of two quantities (5)
20. Jack in a pack of cards (5)
21. Natural underground chamber (4)

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As lockdown struck, to help combat some personal issues in his life, Adam began volunteering. Initially as a Meals on Wheels driver, then he became a telephone befriender and over two years ago he joined the Samaritans as a listening volunteer. To this day he still continues his voluntary work.

Adam said: "Setting up this homecare business is an extension of the voluntary work I already do. My voluntary work has given me so much it's empowering, humbling, incredibly rewarding and gives me a real sense of purpose. There is no better feeling than to help others."

Inspired by Adam's passion, we are dedicated to

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Cappuccino fondants

Makes 4 Preparation time 20-25 minutes, plus chilling Cooking time 15-20 minutes

Boasting a combination of indulgent chocolate and aromatic coffee, these easy, stylish desserts are a great option if you want to take the stress out of entertaining.

Ingredients

- 125g butter, diced and softened, plus 1 tbsp melted butter to grease the moulds
- Cocoa powder, to dust
- 140g good-quality dark chocolate chips (70% cocoa solids)
- 4 large free-range eggs, lightly beaten
- 1 tbsp Camp coffee essence
- 100g caster sugar
- 75g plain flour
- 4 dark chocolate truffles

For the coffee cream

- 150ml double cream
- 2 tsp maple syrup
- 1 tbsp Camp coffee essence



Recipe extracted from Pub Kitchen: The Ultimate Modern Food Bible by Tom Kerridge (published by Bloomsbury Publishing, priced £27), with photography by Cristian Barnett.

1. Brush 4 dariole moulds (190ml capacity) with melted butter and dust with cocoa powder to coat evenly. Place in the fridge to set.
2. Put the chocolate and butter into a medium heatproof bowl set over a pan of gently simmering water. Leave until melted, stirring occasionally. Remove the bowl from the heat and cool for a few minutes.
3. Pour half the beaten eggs onto the melted chocolate mixture, whisking gently as you do so. Add the remaining eggs and coffee essence, and whisk to combine. Mix in the sugar then add the flour, and whisk again until smooth.
4. Take the dariole moulds out of the fridge and divide the chocolate fondant mixture between them. Refrigerate for 30 minutes.
5. Take the fondants out of the fridge and carefully press a truffle into the middle of each one, then return to the fridge until ready to bake and serve.
6. For the coffee cream, whisk all the ingredients together until thickened. Cover and place in the fridge until ready to serve.
7. Preheat the oven to 200°C / fan 180°C / gas mark 6. Stand the dariole moulds on a small baking tray and bake for 12-14 minutes until a crust has formed on top. Remove from the oven and leave to rest for 2 minutes. Now loosen the edges with a small palette knife and turn the fondants out onto serving plates.
8. Add a generous spoonful of coffee cream and dust the fondants with cocoa. Serve at once.

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New Year's Eve with a difference

New Year's Eve doesn't have the best reputation in the UK. The cold weather, coupled with the 1am scramble for over-priced taxis, lead many of us to bring in the new year at home. However, if you're tired of counting down to midnight in your local pub, why not do things a little differently this year?

From Times Square's iconic confetti display to Rio de Janeiro's legendary Copacabana beach party, here's just a handful of the best places to bring in 2024.



New York, USA

Few cities boast such a dizzying amount of new year's action as New York. Whether you're there for the classic ball drop and confetti flurry in Times Square, or the fireworks displays at Central Park, South Street Seaport and Prospect Park, New York has an event on every corner. Just remember to layer up – the Big Apple can get pretty chilly in winter!

Rio de Janeiro, Brazil

Why not welcome in the new year at Rio's legendary Copacabana New Year's Eve beach party? A staggering two million people gather on the 2.5-mile-long beach for samba, champagne and fireworks on 31 December, so be sure to show up early to get a good spot.

The celebrations are even more special if you take part in local customs too. Dress in white, and when midnight strikes, jump over seven waves for good luck.



Sydney, Australia

Sydney is one of the first big cities to welcome the new year, with more than a million people gathering around Sydney Harbour to watch the light displays over the Sydney Harbour Bridge and Opera House. Hire out a boat, bring your own bubbles and start the countdown early, or reserve a table at one of the waterfront restaurants by the bridge for a front-row seat.

Reykjavik, Iceland

Reykjavik doesn't have an official fireworks display, but that doesn't stop the locals from having some of the world's most spectacular pyrotechnics every New Year's Eve. Over 200,000 people (virtually the city's entire population) take charge each year by buying fireworks from ICE-SAR, Iceland's search-and-rescue department, and letting them off at midnight.



Tokyo, Japan

In Tokyo, New Year's Eve, or '*Omisoka*', is celebrated with a blend of cultural tradition and modern festivities – perfect if you're looking to welcome in the new year a little differently.

Tuck into a meal of *toshikoshi soba* (a special kind of New Year's Eve noodles) and visit one of the city's temples for the bell-ringing ritual. At midnight, a monk rings the temple bell 108 times, correlating to the number of worldly desires recognised by Japanese Buddhism.

Cape Town, South Africa

Cape Town is transitioning into summer by the end of December, making New Year's Eve the perfect time to visit. The mother of all celebrations usually takes place on the V&A Waterfront, complete with dinner, live music, dancing and fireworks. To get the best views, pack a picnic and take a cable car up Table Mountain just as the fireworks begin – you won't regret it!





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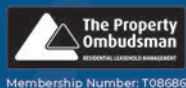
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Dancing

(answers on page 26)

1. The first music video in which Michael Jackson performed the moonwalk was for which of his hit singles?
2. What dance is named after the largest city in South Carolina?
3. In bingo, the nickname "dancing queen" refers to which number?
4. After being part of England's 1966 World Cup-winning team, Nobby Styles' famous post-celebration involved him dancing, while holding the World Cup trophy in one hand and what else in the other?
5. What is the name of the street dance troupe who beat Susan Boyle in the final to win the 2009 series of Britain's Got Talent?
6. How many people are needed to dance a square dance?
7. The video for which George Michael hit single features the singer dancing in a public toilet, dressed as a police officer?
8. In 2021, which former Strictly Come Dancing winner won the first series of the TV show The Masked Dancer?
9. Who performed Your Song for Prince William and Kate Middleton's first dance at their wedding reception party in 2011?
10. Clap your hands, sleep, hitch a ride and sneeze are all lyrics that dance gestures are acted out to in which 1980s hit single?



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PUZZLE SOLUTIONS

Crossword page 14

Across:

1 Kiev, 4 Machismo, 8 Socrates, 9 Pulp, 10 Bytes, 11 Smother, 13 Mañana, 15 Recent, 17 Fairway, 19 Vodka, 22 Loft, 23 Space bar, 24 Lemonade, 25 Axel.

Down:

2 Ivory, 3 Verbena, 4 Mite, 5 Cashmere, 6 Input, 7 Mullein, 12 Malaysia, 14 Abalone, 16 Cholera, 18 Ratio, 20 Knave, 21 Cave.

Sudoku page 12

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

Quiz page 24

- 1) Billie Jean
- 2) The Charleston
- 3) 17 (the age of the Dancing Queen in the ABBA song)
- 4) His false teeth
- 5) Diversity
- 6) Eight (four couples)
- 7) Outside
- 8) Louis Smith
- 9) Ellie Goulding
- 10) Superman (by Black Lace)

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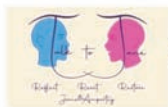
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Coping with grief and loss

Grief is an inevitable part of the human experience that will most likely touch everyone at some point in their lives. Whether it's triggered by the loss of a loved one, the end of a significant relationship or the passing of a pet, grieving is an intensely personal journey that doesn't always follow a linear, predictable path.

People often talk about grief having stages (denial, anger, bargaining, depression and acceptance), but in reality the experience can be far more complicated. While there is no 'right' or 'wrong' way to grieve, there are certain ideas and methods to help sufferers navigate this emotional storm and make the process that little bit easier.

Acknowledge your feelings

The first step in dealing with grief is acknowledging your emotions. While it's common to initially feel numb or in denial, when you're ready it's helpful to allow yourself to experience the full spectrum of feelings without judgement or shame. Frequent mood changes are common, and you may feel like you're on an emotional rollercoaster at times. However, giving yourself permission to experience every emotion, however painful, is an important part of the healing process.

Honour their memory

It can be helpful to remember that when you lose a loved one, the relationship you shared lives on. To help keep their memory alive, try sharing happy stories with people who knew them. You could also create rituals or memorials to commemorate the person you've lost – whether that's lighting a candle, writing a letter, planting

a tree or 'talking' to them on your morning run, it can be whatever feels right for you.

Surround yourself with loved ones

Although it's tempting to withdraw during times of grief, leaning on your support system will provide more comfort in the long run. When you're ready, try sharing your feelings with family and friends, or consider joining a support group to meet people who've experienced a similar loss.

Look after yourself

The stress of a significant loss can quickly deplete your energy and emotional reserves, so taking care of yourself is crucial. Focus on maintaining a healthy diet, keeping active and getting enough sleep, and try to refrain from coping mechanisms such as alcohol that will make you feel worse in the long run. There's also comfort to be found in routine; so when you're ready, try getting back to the activities that bring you joy.

Seek professional support

There's no shame in seeking professional help when dealing with grief and loss. Most people say that over time their grief becomes less intense, and they adapt to living a life without that person in it. However, for some people, feelings of grief do not diminish, and they may find it difficult to manage daily activities, such as going to work.

If you're finding it hard to cope, grief counsellors and therapists can provide a safe space for you to express your emotions and seek guidance. You can also speak to your GP if you find that your mood doesn't improve over time.

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