

inside

Chingford and Highams Park

January & February 2024

competition

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inside this issue:

baking:

**Strawberry and
Blueberry Crumble**

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inside Chingford and Highams Park

Welcome to the **January/February** edition of Inside Magazine, the local magazine for Chingford and Highams Park.

Lots of things get my generation riled. It's part of the fun. I didn't get to be old just so that I could be positive about stuff. I earned my nastiness, just as surely as I earned my pension.

Here are some things that annoy people like me – young people having opinions (grrrr), young people not having opinions (tut tut tut), it being hot, it being cold, things being cheap and things being expensive. Traffic moving and traffic not moving. Long queues, no queues, unruly queues, queues...

And yet nothing invokes such righteous moral indignation in me as the news that the OED has removed the word conker from its latest edition.

But then I thought for a while, and I guess words were likewise removed when I was younger, words like forsooth and egad, to be replaced with new-fangled words like electricity and peace. Plus ça change, as they may still say in France.

David Young

NB. Copy deadline date for our next issue (March/April) is February 9th

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BORLEY RECTORY

or Hauntings, Horses and Hoaxes

STORY: DAVID YOUNG
IMAGES: OPEN SOURCE

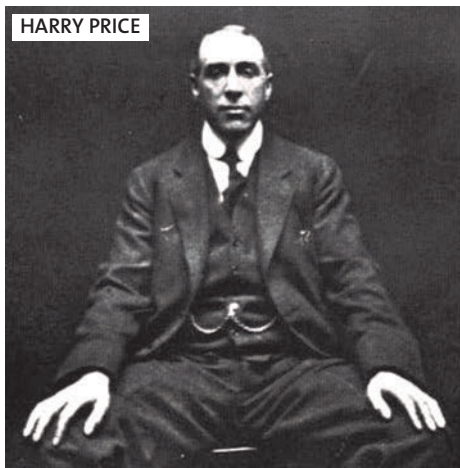
Ain't it peculiar how, when we are very young, we find strange things to cherish deeply? And ain't it also the case that, with wisdom and maturity, those earlier hopes are uniformly smashed up and broken by the millstones of reality, and the chaff is cast to the wind?

As a child, I found in my local library (a building where members of the public used to borrow books) a grubby old volume that had been borrowed too many times, promisingly titled "The Most Haunted House in Britain." Too young to question how such a claim could be measured, I eagerly took the book to the counter, which was too high for me to peep over, so that the lady had to stand up to see me. She correctly deduced that I was not an adult, either because of my lack of height or else because I was wearing short trousers and plastic sunglasses in November.

"You're not an adult," she observed.

I could not see her, either because of my lack of height or else because I was wearing sunglasses. But I could imagine a forbidding face up there somewhere. "My Dad's an adult," I boastfully replied.

HARRY PRICE



BORLEY RECTORY IN 1892

"Then he can borrow it for you," the invisible lady said.

These extra trials made the book seem even more of a treasure, so that I read it endlessly, renewing it after a few weeks, then reading it all again. The book grew shabbier by the month, but the images and the text were by now etched into my infant mind.

The author of this treasured book was Harry Price. In 1929, the *Daily Mirror* had contacted Price, asking him, as an investigator of paranormal phenomena, to have a little look at Borley Rectory, a gruesome building from 1862, in Essex, where the new residents, the Smiths, were reporting lots of disturbing stuff. Price packed his bags, and whatever else a self-respecting ghost-hunter used, and headed on his way.

He asked the Smiths how things were for them. Instead of the accepted reply that one mustn't grumble, the vicar's wife listed a litany of troubling incidents. She'd found a skull in a bag in the fireplace. She heard servant bells clanging in the night, although there were no bells. Footsteps thudded overhead. Lights came on. Oh, and there was a horse and carriage that would career across the lawn in the moonlight. But still, you know, mustn't grumble.

Harry Price, with the acumen of a newshound, was quick to deduce that the skull clearly belonged to a nun, probably, who was walled up, possibly, in the 14th century after maybe having an affair with a monk. That seemed pretty incontrovertible, and Price filed his first report.

The advent of our worthy hack seemed to prompt a frenzy of activity in the poltergeist. Either the phantom hated the *Mirror*, or else he fancied seeing himself in the papers. Anyhow, there was a

swift and violent increase in the manifestations. All manner of stuff got hurled around, pebbles through windows, vases against fireplaces. In a way, the ghost was establishing the tropes of future cinema, did he but know it.

This was the period of the hauntings that fascinated me when I was young. Price kept meticulous notes of the sudden dips in temperature and the mysterious writing on walls, and he accompanied these in the book with old black and white photos, whose antiquity seemed to heighten the sense of horror. Got to be honest. I looked at the photos more than the prose. Still do.

Price neatly linked the events to the history of earlier rectories on the site, with a few spurious legends thrown in. Then he went away for a while. The spirits, maybe feeling snubbed, immediately toned down the hurling and the thudding. The Smith family left the residence and the Foyster family moved in.

At this, the spirits woke up and determined to be yet more mischievous, to the extent that they threw Mr Foyster's wife, Marianne, clean out of bed, and provided all manner of thumps and crashes besides. Marianne reported all of this to her husband. It may be worthy of note that



BORELY RECTORY AFTER A FIRE IN 1939

Marianne was having an affair at the time, though nobody is doubting her explanations for the thuds upstairs.

Eventually, that eminent rival of The Mirror, none other than the Daily Mail itself, felt indignant rage that a newspaper should peddle tales of such dubious origin and Price was exposed as having fraudulently created the reported phenomena himself. And here's an amusing side note: our Harry was a member of the Magic Circle. Just saying.



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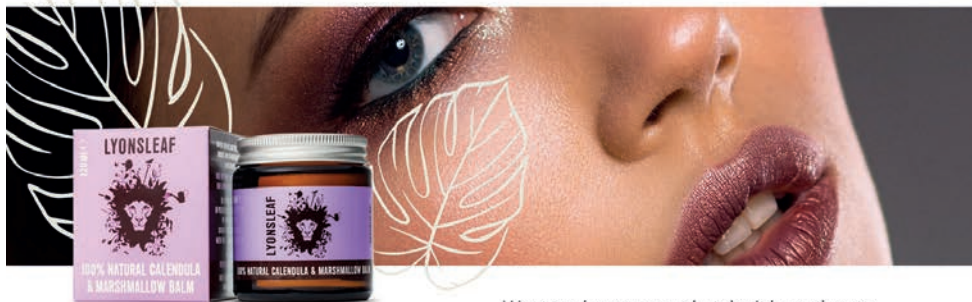
Many of us are trying to do our bit for the planet, and self-care is one area we can all make an impact. From non-recyclable packaging to polluting factories, transport emissions and non-biodegradable ingredients, the beauty industry has much to answer for.

As consumers, we have a lot of power. If we all make greener choices, brands will make greener products. As the saying goes, money talks. Unfortunately, making planet-friendly choices isn't as easy as it might seem. At first glance, a product packaged in glass, for example, seems better than one packaged in plastic. However, glass is a lot heavier than plastic, so if that product has been shipped halfway across the world, it results in more transport-based CO2 emissions than one packaged in recycled plastic.

Buying British then, seems like a sensible solution. And in many cases, it is. But while a product may have been made in Britain, ingredients like palm oil could be devastating to rainforests thousands of miles away. And, of course, British brands don't tend to manufacture their products here in the UK.

It's not just the 'prettier' side of personal care that has greener options. There are sustainable versions of most essentials, from plastic-free tampons and reusable sanitary cups to recyclable razors. Georganics, for instance, make biodegradable tooth powder, floss, and mouthwash tablets. Plus, as you add water to them at home, there's no need to ship water across the country.

Speaking of water, did you know that the main ingredient in most shampoos, conditioners and shower gels is water? In many cases, that water will have been shipped halfway around the globe before it reaches you. A better option is to buy concentrated products to which you add water at home or solid products, such as shampoo bars and soap. Good choices for the latter include grüum (despite the name, it's a British brand and most products are made in the UK), Faith in Nature, Friendly Soap, Bentley Organic, Beauty Kitchen and The Solid Bar Company.



Our advice? Look for brands with sustainability at their heart rather than as a marketing afterthought. Most of the time, these are smaller brands. Take Lyonsleaf. This family business uses 100% natural, 100% sustainable ingredients, such as calendula, comfrey and jojoba oil. Many of the herbs are grown on the brand's farm in Somerset. Lyonsleaf's natural beauty balms make fabulous cleansers, leaving skin clean and nourished. Plus, you only need a tiny amount of the cream, so a small pot lasts for months.

Want to play your part but don't have time to check a brand's credentials? Let someone else do the hard work for you. Websites like www.biggreensmile.co.uk and www.ethicalsuperstore.com sell a range of eco and ethical brands, and they have stringent standards. If a product doesn't pass, it isn't stocked. You can also filter products by your values, such as fair trade, vegan, or plastic-free.

Changing to a more sustainable shampoo or hair gel might seem like a small action, but together, we really can make an impact.

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Solution on page 26

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



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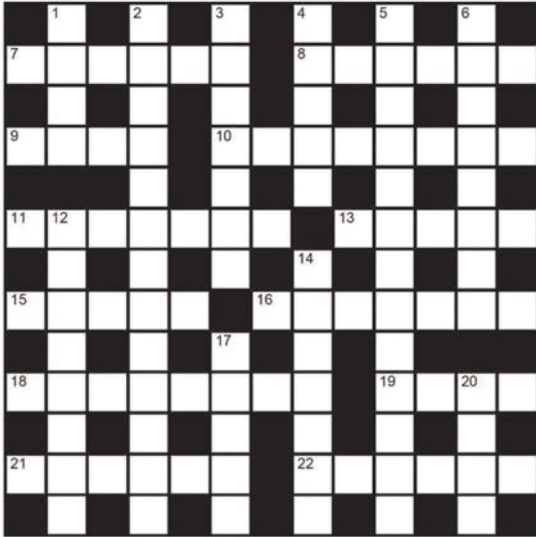
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CROSSWORD

Solution on page 26



Across

7. Appetiser usually of a thin slice of toast spread with a savoury paste (6)
8. Forest fire fighter (6)
9. Flat mass of ice floating at sea (4)
10. First public performance of a play or movie (8)
11. Collection of electrical cells (7)
13. Thick-skinned African herbivore (abbr) (5)
15. Having a sharp inclination (5)
16. Boxes made of cardboard (7)
18. Common hedge shrub (8)
19. Covering to disguise or conceal the face (4)
21. Great Britain's longest river (6)
22. Light shoe with straps (6)

Down

1. Release after a security has been paid (4)
2. Tanned skin with a glossy varnished surface, used to make belts, shoes, etc (6,7)
3. Spotted wildcat (7)
4. Carrying weapons (5)
5. Medicine used to treat allergies and hypersensitive reactions (13)
6. Web-footed turtle living in fresh or brackish water (8)
12. Spiny insectivore with a long tongue and sharp claws (8)
14. Restraining straps (7)
17. Weight equivalent to 16 ounces (5)
20. Neuter (a female cat, for example) (4)

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Ingredients

- 1 tsp cornflour
- Juice of 1 medium orange
- 450g strawberries, hulled, halved or quartered depending on size
- 200g blueberries
- 40g caster sugar

For the crumble topping

- 100g plain flour
- 40g caster sugar
- 50g butter, diced
- 75g marzipan, coarsely grated
- Finely grated rind of half an orange

To serve

- Vanilla ice cream

1. Preheat the oven to 180°C, fan 160°C, gas mark 4.
2. Mix the cornflour and orange juice in the base of a medium saucepan. Add the strawberries, blueberries and sugar to the pan then cook over medium to low heat for 4-5 minutes, stirring until the berries begin to soften slightly. Spoon into 4 x 250ml individual ovenproof dishes. (If you don't have individual dishes, make the crumble in one large dish and bake for 30-35 minutes.)
3. To make the crumble, add the flour, sugar and butter to a mixing bowl and rub in the butter with your fingertips or an electric mixer until it resembles fine crumbs. Stir in the marzipan and orange rind.
4. Spoon the crumble over the fruit and bake for 20-25 minutes until the crumble is golden brown and the juices are bubbling around the edges. Keep an eye on the crumble as the marzipan can brown quickly, so loosely cover the top with foil if needed.
5. Serve with scoops of vanilla ice cream.

For more sweet and savoury recipes featuring strawberries, blueberries, raspberries and blackberries, visit www.lovetfreshberries.co.uk.



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With Europe's track record for scorching summer temperatures, it's easy to see the appeal of visiting during the continent's shoulder season. From a more comfortable climate and shorter queues to fantastic deals on flights and accommodation, you can experience Europe like a local.

Rome, Italy



Rome is a victim of its own popularity, with over 15 million visitors travelling here each year. It's notoriously crowded in the summer, and then there's the city's oppressive heat, which reached a staggering 41°C last summer.

While you'll never have Rome all to yourself, visiting from mid-March through to early May will give you just enough warmth without the heaving crowds. However, if you don't mind bringing your raincoat, January and February are ideal for avoiding museum queues and bagging the best restaurant reservations.

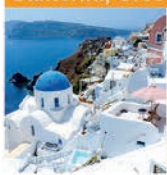
Lisbon, Portugal



Portugal's capital city is a panorama of cobbled alleyways, ancient ruins and white-domed cathedrals, packed with centuries of history.

Legend has it that Lisbon was built on seven hills, which remain significant city points today. While the winding streets make the city fascinating to experience on foot, tackling these undulating hills in the heat of summer is no joke. Travelling between March and May or September to early November is a great solution, allowing you to explore the city in a far more comfortable climate.

Santorini, Greece



Known for its sensational sunsets and whitewashed buildings, Santorini is the supermodel of the Greek Islands. Most people plan their visit during the summer season when everything's open, ferries run frequently and the island is heaving with holidaymakers. However, the island's shoulder season can be far more rewarding.

From May to June and September to October, the weather is warm, almost everything is open and you'll be far more likely to find a secluded spot to watch the sunset.

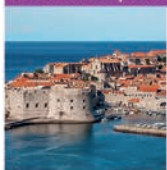
Iceland



Iceland has fast become one of Europe's up-and-coming destinations thanks to its photogenic landscapes, glaciers and fjords.

Naturally, the busiest months are June, July and August, when temperatures are at their highest. However, many people aren't aware that Iceland can stay relatively mild up to the first week of October, so planning a September visit can be a great way to avoid the school trip season. It's also the start of the aurora season, giving you a higher chance of spotting the northern lights.

Dubrovnik, Croatia



Dubrovnik's medieval walls, Gothic architecture, shimmering Adriatic and fantastic food and drink offer something for every type of tourist.

It is, however, a compact city with under 50,000 residents, which means the old town can get crowded during high season. Visiting in May, June, September and October is an excellent way to escape the crowds. Temperatures of 25°C or higher are still common, and while the sea can be cool, it's still a good time to hit the beach.

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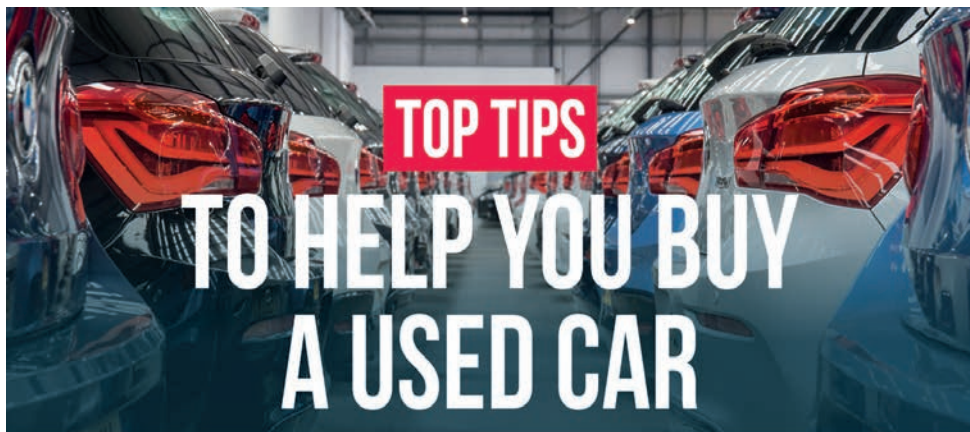


Image: Blackball Media

New car prices have rocketed in recent years and, according to Auto Trader, the average new car cost is around £40,000.

The used car market is therefore appealing to many, but buyers should be wary. Here are some top tips to help you buy a great used car.

Check the car's history beforehand

It's easy to check a car's history before you've even seen it. The government's online MOT history checker lets you enter the registration plate and access the vehicle's previous MOT records.

Look at the latest MOT and ask the seller if any advisories have been fixed since. If not, work repair costs into your negotiation. Avoid vehicles with a history of MOT failures and advisories, which suggests years of neglect. Make sure the MOT mileage aligns with the odometer – if the current mileage is lower than the last MOT, it might have been clocked.

Carry out an online history check before purchase, which can tell you if the vehicle has ever been written off, scrapped or has any finance outstanding.

Be aware of scams

Con artists set up websites that look genuine, often replicating a real business, but the cars are usually offered at suspiciously cheap prices. They usually con people by asking them to send a deposit over the phone or online. Only send or hand over money when you've seen the vehicle at the dealer's premises.

The test drive

Test driving the car is a must, and if a seller makes up excuses for not letting you do so, stay clear. Use the test drive to check nothing is wrong with the vehicle, as well as to check you like it.

Listen out for any knocks, bangs or rattles, especially when braking and cornering. Make sure that gearshifts are smooth, as gearboxes can quite often be problematic. Check that other features work, including air conditioning, heated seats and cruise control.

The paperwork

Ideally, you want a vehicle pack to be present, including the manuals and a stamped service book, but it's the receipts that are essential, as these are much harder to manipulate. Look out for the dates of parts such as timing belts/cambelts, as these usually need changing every five or so years, and it's one of the more expensive maintenance jobs.

Make sure the V5C registration document is present and in the name of the person selling the vehicle (if buying privately). Check the vehicle identification number (VIN) is the same on the V5C document as it is on the car too.

Payment

Set yourself a strict budget and think about how you're going to pay for the car. It's best to buy outright because good finance deals are harder to obtain on an older vehicle. You have far more protection if you use a credit card.

If buying outright isn't an option, then consider taking out a traditional bank loan. This means that you technically own the car outright to begin with. Just make sure you can afford the monthly repayments.

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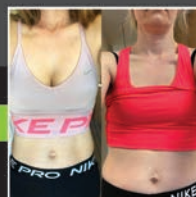
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(answers on page 26)

Review Of The Year

1. In February 2023, who became the first ever pregnant singer to headline the Super Bowl halftime show?
2. Two of England's three joint-top scorers at the 2023 FIFA Women's World Cup shared what first name?
3. In 2023, who joined Cher, Lulu and Diana Ross to become the fourth woman in UK chart history to have top ten hit singles in five consecutive decades?
4. In which month of 2023 did King Charles III's coronation take place?
5. Also known as the Robin Hood Tree due to it featuring in the film Robin Hood: Prince Of Thieves, what is the more common name of the tree that stood next to Hadrian's Wall in Northumberland that was felled in September 2023?
6. In April 2023, what replaced Sydney as Australia's most populated city?
7. Both Philip Schofield and Holly Willoughby left the TV show This Morning in 2023. Name the presenters they replaced when they first became permanent co-hosts on this show.
8. Beach Off, Thoughts Of Death, and What Was I Made For are all songs from the soundtrack of which 2023 film?
9. What became the first city in the UK to launch a tourist tax, when it introduced a one pound per room per night "City Visitor Charge" in April?
10. In March, The Guardian described a shorter-than-usual edition of which long-running TV show as "20 minutes of shameless, joyless TV"?

JOKES



Diet diary, day one: I removed all the fattening food from the house. It was delicious.

The police are interrogating someone about a stolen cheese toastie. They really grilled him. They said, "You shouldn't steal anything with cheese in it. It's nachos".

I can't believe I forgot to go to the gym today. That's 365 days in a row now.

I used to have a really well-paid job collecting leaves. I was raking it in.

My wife threatened to leave me because of my "filthy and disgusting habits". I was so shocked I almost choked on my toenails.



I was once so broke I couldn't pay my electric bill. Those were the darkest days of my life.

What do you call a cow with two legs? Lean beef. If the cow has no legs, then it's ground beef.

A man is on trial for stealing a guitar collection. The judge says, "First offender?" "No, your honour," he says, "First a Gibson. Then a Fender!"





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Crossword page 14

Across:

7 Canapé, 8 Ranger, 9 Floe, 10 Premiere, 11 Battery, 13 Hippo, 15 Steep, 16 Cartons, 18 Hawthorn, 19 Mask, 21 Severn, 22 Sandal.

Down:

1 Bail, 2 Patent leather, 3 Leopard, 4 Armed, 5 Antihistamine, 6 Terrapin, 12 Anteater, 14 Harness, 17 Pound, 20 Spay.

Sudoku page 12

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

Quiz page 24

- 1) Rihanna
- 2) Lauren (Hemp and James)
- 3) Kylie Minogue
- 4) February
- 5) Sycamore Gap
- 6) Melbourne
- 7) John Leslie and Fern Britton
- 8) Barbie
- 9) Manchester
- 10) Match Of The Day

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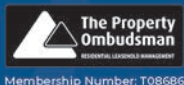
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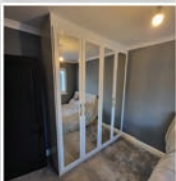
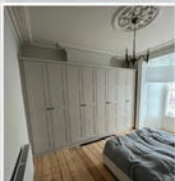




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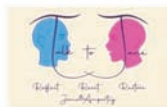
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