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LEWIS HAMILTON

Five-time World Champion living life in the fast lane



January 2019

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Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Brentwood Ongar.

Happy New Year. 2018 I'll always remember with great fondness as my first child, Max, was born.

It's a funny thing, this parenthood lark. Even though Max has been with us just two months, in many ways it feels like he's been here forever.

Mrs A is taking to being a mum superbly and I'm really proud of both of them.

I've got a real good feeling about 2019. Yes, I know there is a lot of uncertainty around but all aspects of life are wrought with uncertainties.

We never know when a phone call, or an incident or something beyond our control will change our lives.

But the thing we can be sure of with absolute certainty is how we respond to the trials, tribulations, triumphs and indeed tantrums life sends our way. We can choose our attitude.

From a business perspective we are expanding our company. The **VISION** group will welcome two new Essex publications this year. This is due to the great success we've had over the past

two years. We want to build on this and give as many local companies as possible a platform to promote themselves to local audiences.

We also want to keep producing magazines which are interesting, insightful and entertaining.

Finally I would like to wish all our readers and advertisers a Happy and Healthy New Year 2019.

Nik

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NINE DECADES OF Disney

Celebrating the 90th anniversary of Disney's iconic Mickey Mouse, we look at the history behind the most famous kids brand of them all.

They say longevity in the kids' entertainment market is the most difficult thing to crack, and sure enough, very few brands achieve the sort of long-time status that enables them to survive. For every Ken and Barbie there is a Tamagotchi; for every Lego there is a Budgie bike.

The reality is, fashions come and go, and the market for kids is ficker than most. So it's therefore even more incredible that Disney has circumnavigated different eras, different trends and the evolution of technology in such a way that it thrives just as much now than ever. And as for its fans, well they cross over multiple generations, to the extent that parents often enthuse as much about a trip to any of the magnificent Disneyland resorts as much as the kids.

Although Walt Disney had toyed with basic animations going back to 1923, the true foundations of the corporation were laid in 1928 when Mickey Mouse made his debut appearance in the animation *Steamboat Willie*.

By 1932, United Artists had agreed to look after distribution, and in the same year *Flowers and Trees* became the first Technicolour cartoon and first animated short to win an Academy Award. *Three Little Pigs* reached the same heights the following year, with *The Tortoise and the Hare* scooping the gong 12 months later. The die was cast.

A first feature film – *Snow White and the Seven Dwarfs* – was released in 1937; and with the company going public, animated classics *Fantasia*, *Pinocchio*, *Dumbo*, *Bambi*, *Cinderella* and *Alice in Wonderland* all arrived over the course of the next decade.

Disney continued to mix animation with traditional film-making, and it is surely still a marker to the brilliance of animated classics such as *Lady and the Tramp*, *Sleeping Beauty*, *101 Dalmatians* and the original *Mary Poppins*, that we are still talking about them over 50 years after their release.

And even after Walt Disney's death – from lung

cancer in 1966 – this bevy of creativity continued to grow, with the unveiling of the Walt Disney World Resort in Florida five years later surpassing the already-opened California theme park a decade previously. Metropolises in Tokyo, Paris, Hong Kong and Shanghai have followed, along with a number of smaller spin-offs.

But mostly, the evolution of the brand now encompasses the world's very best animators, CGI experts, actors, entertainers and creative visionaries.

From humble beginnings, Disney is a buzzword for mass-market success, with 11 theatrical releases in 2018 (including *Black Panther*, *Avengers: Infinity War*, *Ant-Man and the Wasp*, *Incredibles 2* and *Christopher Robin*) and a number of other films and TV series engaging and delighting kids like never before.

Now a succession of blockbuster remakes and reinventions are in the offing – *Mary Poppins Returns* is released at Christmas, with *Dumbo*, *Aladdin* and *The Lion King* following in 2019 before, in November, every parent's worst singalong nightmare, *Frozen 2*.

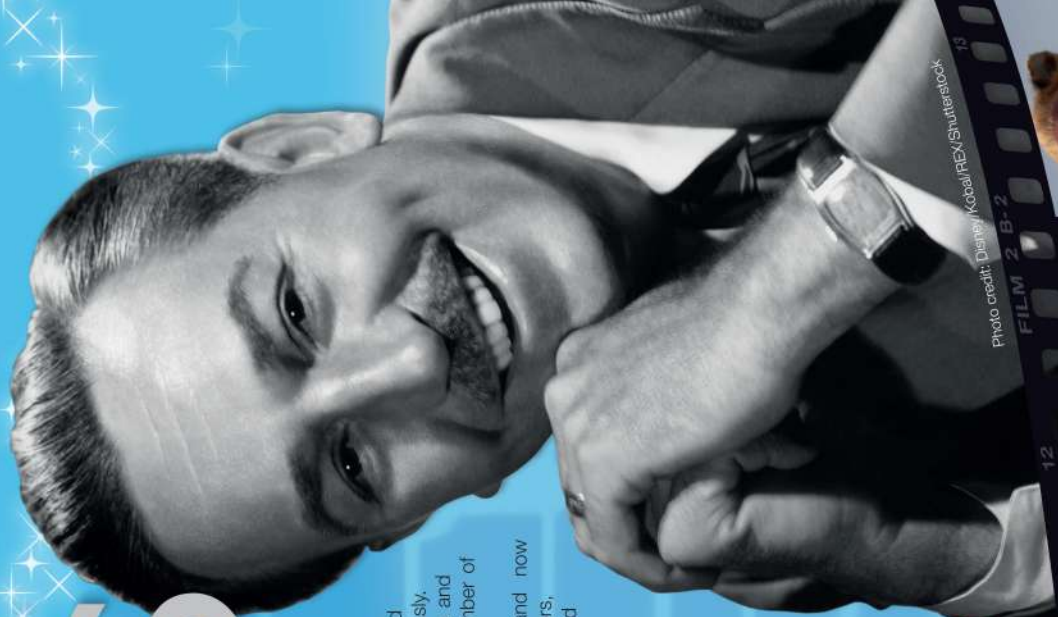


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The Letter of the Law

What do the codes on your letterboxes mean, and why are they here? In these days of digital mail, affordable courier services and our ability to message people via our phones at any time of day in, seemingly, any place, it should come as a relief that in every neighbourhood the post box still remains.

In some ways, this bright red, glowing beacon is an icon for a bygone era, where a letter was at one point the only form of long-distance communication. In other ways, its presence is a reminder that the most British method of communicating is still afforded the most regal of vehicles. But look closer at post boxes and you'll find they are adorned with a variety of different letters; what each reveals is quite startling.

VR post box

This is a Queen Victoria era post box, from between 1853 and 1901.

ER VII post box

An Edward VII post box, first in service between 1901 and 1910.

GR post box

A George V post box, from between 1910 and 1936.

ER VIII post box

An Edward VIII post box, put in its position between January 20, 1936 and December 11, 1936, before the controversial king abdicated the throne to marry Wallis Simpson. Subsequently, this box is very rare.

GR VI post box

A George VI post box, put up between 1936 and 1952.

ER II post box

Finally, an Elizabeth II post box, placed in its spot between 1952 and the present day.

The subject of post boxes in Scotland is an interesting one, given that Elizabeth II is actually the first Elizabeth north of the border. In days gone by post boxes with ER II on them had been vandalised and blown up by nationalists. Subsequently, since the 1950s, any new Scottish post boxes (and phone boxes) bear only the emblem of the Scottish crown although you can still find post boxes both with and without the II after ER.



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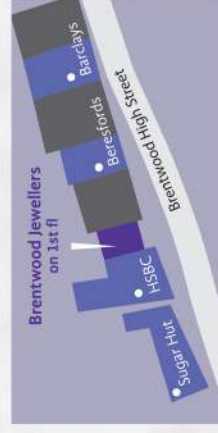
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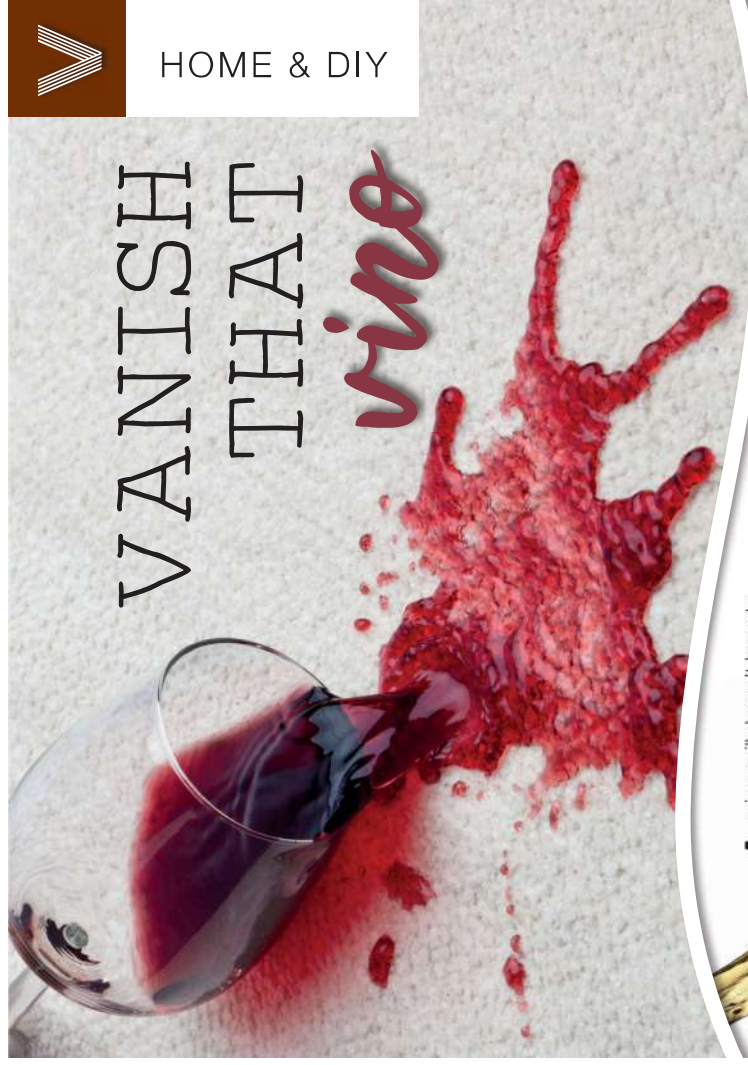
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HOME & DIY

A wine spill doesn't have to spell disaster. Follow the below tips and your carpet will look good as new.

1. ACT FAST

Whether you have spilt champagne, white wine, or the dreaded red variety, it is vital that you act immediately. The longer the liquid is left untreated, the more it can soak into your carpet and the harder it will be to remove.

2. SOAK UP EXCESS

Using a cloth or towel (preferably white for a red wine stain), attempt to soak up as much as the liquid as possible. The more you can remove with this process, the less you will have to try and remove later.

3. APPLY A STAIN REMOVER

For white wine or champagne spillages, you should now apply a commercial stain remover or diluted solution of washing up liquid or laundry

detergent. For red wine you should apply a baking soda paste consisting of three parts water to one part baking soda.

4. BLOT, NOT RUB

Once the stain remover has been applied, blot the stain with a clean cloth. Never use a rubbing motion as this will push the liquid further into the carpet fibres. There is no need to blot the red wine stain.

5. LEAVE TO AIR DRY

Leave areas to air dry; do not try and speed up the process with a hair dryer. Vacuum up any excess baking soda from the red wine stain.

RED WINE STAIN MYTHS:

Sprinkling salt will remove the stain. This will in fact help fixate the colour.

Pouring white wine will cancel out red wine. All that you will achieve is diluting the red colouring of the stain.

Applying vinegar will help the stain disappear. Vinegar has a very low PH level which can discolour your carpet further.



HOME & DIY

JO HAMILTON'S

Colour Hues

WHY DESIGNER JO HAMILTON IS
LEADING THE WAY IN INTERIOR INTELLIGENCE



Asking the brilliant Jo Hamilton the things she craves most in any kind of interior designer project and she'll say: "colour and sleek sophistication, and not a lot more".

Through hard work, dogged determination and an eye for style, Hamilton has carved a niche for herself at the top table of home style. The 49-year-old mother of three is a natural – down-to-earth, innovative and keen to demystify the world of interior design, and always the first to encourage people to put their own stamp on the home. From her breakthrough in 1995, it has often been Hamilton's keen eye and knack for mixing vintage with the new that results in an eclectic mix that's warm, elegant and accessible.



"I think a lot of people struggle with how to use colour in their homes," she continues. "Lots of people love colour but are worried about how to pick the right one, what's right for their home and what's right for the property itself."

"The same goes for fabrics, and generally speaking we're a bit more experimental on that front because there is less permanence about them, but I think sometimes people still tend to stay on the safe side".

"I guess it's always been my mission to want to encourage people to mix and match," continues Hamilton, who runs hugely successful design courses from her offices in London's opulent Belize Park. "There's nothing worse than an interior that's just been ripped out of a fabric shop."

And her favourite room in the house? "Surprisingly, it's the kitchen," she laughs. "It has grown and developed more than any other room in the house, from a functional space to the central area of life, conversation and innovation. If the humble kitchen isn't worthy of a makeover, I don't know where is".



V12

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Behind the colour scenes

Want to know what colour is going to be hot next year? Just ask the team at Pantone.

You might think that the online bloggers and influencers are the ones shaping the objects that we covet in our wardrobes and our homes, but it is the team at the Pantone Color Institute in Carlstadt, New Jersey, who probably have the biggest sway over what we're wearing and buying.

Remember in 2016 when phone covers, furnishings and nail varnishes were an explosion of glorious rose gold? Well that was precisely what the good folk at Pantone predicted when they made Rose Quartz (Pantone 13-1520) the colour of the year. And then, what about in 2017, when our wardrobes exploded in a spray of verdant green, much like the Greenery (Pantone 15-0343) shade Pantone selected?

So who are these mysterious trendsetters, and how do they go about working out which hue will be the hottest in the coming year? Founded in New York City during the 1950s, the company – under its original name M&J Levine Advertising – was a straightforward printing firm which became known for its books of colour swatches.

Famed for a distinctive logo and numerical system, it is only since 2000 that the company began arranging a bi-annual secret meeting of representatives from various nations' colour standard's groups, to try to discern which colour would be most popular in the following year. These selections are purposefully zeitgeisty, reflecting the trends of society as a whole.

Pantone predicts that next year we will reflect a desire to embolden ourselves as we face the future. This is mirrored in the bold palette selected for the Pantone Fashion Colour Trend Report Spring/Summer 2019 edition, which included Jester Red, Pink Peacock and Mango Mojito.

So, while it's too early to predict exactly which colour we will be rocking for 2019, you can bet that it will be bright, bold and brilliant.



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Pink Peacock

Mango Mojito

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Yet the solution isn't to start ripping walls down. Instead, get smart, and get repairing.

POPPED PLASTER

This unsightly bulge comes about when plaster 'pops' or comes away from the lath (basically any type of backing material in the wall itself). The best way to correct this is to drill holes in the affected plaster, apply adhesive glue, inserting screws as temporary support until everything dries. Sanding back the popped area and applying a skim coat of joint compound or plaster will finish the job nicely.

CRACKS

Most cracks come about when humidity stresses the walls and, ultimately, the plaster. You can disguise cracks

LET'S GET PLASTERED

THE QUICK ROUTE TO MAINTAINING YOUR CRUMBLING WALLS

with plaster patching compound, which should extend out 8" in each direction. Apply a sheet of fibreglass mesh and plaster over the top.

HOLES

Whether from an impact (such as a doorknob hitting the wall) or just old, crumbled plaster, repairing holes means removing all affected material right the way back to the lath. Follow the same method as when repairing cracks, but ensure to get all the bad stuff out, or your problem may return sooner than you expected.



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LOCAL NEWS BRENTWOOD

LOCAL NEWS

from your neighbourhood

Hairdressing salon named best in Essex

A hairdressing salon in Brentwood won big at the Essex Salon Awards 2018.

Spargo Hairdressing, on Weald Road, won Best Salon in Essex at the ceremony.

Ellie Bond, who works at the salon, also won Stylist of the Year.

For the second year running, the Essex Salon Awards filled Orsett Hall with stylists, barbers and industry professionals.

The awards recognise the best talent in regional hairdressing across 16 categories.

Finalists and guests enjoyed a three-course dinner before the ceremony commenced, which was hosted by Salon Awards founder and director Kate Jeffery and radio host and comedian Glenn Moore.

Award sponsors and judges were in attendance including colour and care brand TIGI Copyright and TIGI Bed Head, hairdresser Errol Douglas MBE, president of the Fellowship of British Hairdressing Karne Jackson and hair extension revolutionaries Great Lengths.

Guests were also encouraged to enter The Hairdressing Charity 2018 raffle to help raise money for hairdressers in need.

Kate said: "I'm absolutely thrilled with the feedback from the Essex Salon Awards 2018.

"This is only our second year and the hype leading up to the awards night was huge.

"The response we had last year has obviously resonated with other local salons and this year they've got involved.

"This is where the salon awards started so it's always going to be special. A huge congratulations to all our very talented winners and a big thank you to our sponsors and judges."



V19

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Winners crowned at annual sports awards

The best sporting talent from across Brentwood has been celebrated at an annual awards ceremony.

The Brentwood Sports and Health Awards 2018 took place at Hutton Poplars Hall recently. It recognised people, groups and organisations that work behind the scenes to provide opportunities for people locally.

Eighteen awards were handed out by the Mayor of Brentwood, councillor Sheila Murphy, and Brentwood Borough Council's chief executive Phil Ruck, and

chairman of Active Brentwood, Bob McLintock.

Cllr Murphy said: "The awards event was an opportunity to highlight the contribution people in our borough make to sport and physical activity. We were able to recognise our sporting heroes, as well as the coaches, volunteers, the sports clubs and organisations that make the sporting activities happen, and making sport more accessible for others. "I'd like to congratulate not only the winners and nominees, but the families who have supported them to help them achieve their dreams."

.....

Teacher jailed for sexually assaulting pupil

A former secondary school teacher from Brentwood has been jailed for nine months after admitting sexually touching a female student.

Andrew Charles Embling was sentenced at Snaresbrook Crown Court recently after pleading guilty to one count of sexual touching of a female on October 22. The offence took place on January 10, 2017 at a secondary school in Hornchurch. The victim was 15 years old at the time of the offence.

The court heard that Embling asked the victim to collect some books for him from a cupboard. She went to the cupboard to look for the books but could not find them. He then went back to the cupboard with the victim to assist her. Whilst in the cupboard he sexually assaulted her. She immediately told a friend what had happened and then informed a teacher.

Embling was suspended with immediate effect and the police and local authority were informed.

Embling was arrested on January 13, 2017 and subsequently charged on March 29, 2018.

As part of his sentence, he was issued with a five-year Sexual Harm Prevention Order and placed on the Sex Offenders Register for 10 years. Investigating officer PC Clare Henson, from the Met's Child Abuse and Sexual Offences Command, said: "The young victim has shown great courage and maturity in coming forward and disclosing what happened."



Photo credit: Met Police

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Tributes paid to murdered backpacker

Tributes have been paid to a former Brentwood school girl who was murdered whilst backpacking in New Zealand.

Grace Millane, a former Ursuline Convent High School pupil, was remembered by current students at the school's chapel which was opened on December 14 for a remembrance event.

Grace moved to the University of Lincoln following her schooling in Brentwood and she graduated with a Bachelor of Advertising and Marketing in September. She then went missing in Auckland on December 1 before a police search was launched.

That search ended the next day after finding a body on the outskirts.

A 26-year-old man was subsequently charged with Grace's murder.

The backpacker's family said: "By the amount of pictures and messages we received, she clearly loved

this country, its people and the lifestyle.

"We all hope that what has happened to Grace will not deter even one person from venturing out into the world and discovering their own overseas experience.

"We would like to thank the people of New Zealand for their outpouring of love, numerous messages, tributes and compassion.

"Grace was not born here and only managed to stay a few weeks, but you have taken her to your hearts and in some small way she will forever be a Kiwi."

She had been travelling alone for two weeks, following a six-week group trip through South America. Police believe she was killed between December 1 and December 2.

Police investigating said the force was building "a timeline of the circumstances".

School among cricketing elite

Brentwood School has been named one of the UK's top 100 cricketing schools by *The Cricketer*.

Brentwood's inclusion in the prestigious Good Schools Guide 2019 came at the end of a long and exhaustive selection process which saw more than 350 academic institutions whittled down to just the best 100.

The list includes schools across the country. Each entry was judged against extensive selection criteria, including the quality of facilities, commitment to cricket in the curriculum, and the breadth of fixture programmes.

Brentwood has strong links with Essex CCC and the school's list of illustrious cricket professionals includes former Essex batsman Brian Hardie, Ashes hero Geraint Jones, and former Essex batsman Jak Mickleburgh, who is still scoring heavily for Suffolk.

Headteacher Ian Davies was delighted to see the school's inclusion in the list once again.

He said: "As well as an active touring programme, our young cricketers recently toured Sri Lanka, we also support the most gifted and talented athletes through our Elite Player Pathway. The scheme is designed to further prepare them for a possible progression to elite sport, following in the footsteps of many of our former pupils."



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Radio host to run marathon

Sports radio presenter Joshua Fowler, who lives in Brentwood, has secured a place in the London Marathon 2019.

He is one of 17,500 guaranteed places and will be raising money for Saint Francis Hospice, as his great nan Jane Murphy was cared for on the inpatient unit before she died in 2008.

Joshua said: "My great nan spent her final days at the hospice and I still remember the overwhelming sense of calmness and everyone being very lovely when I went to visit her."

"Whatever little I can do to help raise awareness, and

funds, will be a drop in the ocean compared to what it deserves."

This will be Joshua's second London Marathon, having first competed in the event in 2013.

This time, he is determined to be better prepared and he is looking forward to the race on April 28.

He said: "There's an incredible sense of community around the streets of London as people are playing music, shouting your name and handing you sweets."

"The moment they give you the medal is a real treasured memory, and even after the race you get congratulations from people walking past because they see your medal – it's just such a special occasion."

School hosts residents young and old

The young and old united at Brentwood School recently for their annual gathering. Residents and carers from local care homes gathered in the Memorial Hall for the event hosted by the school's Community Service Unit (CSU).

Second Year Owen Romhany opened proceedings for a second year running with a beautiful solo rendition of the first verse to *Once in Royal David's City*.

Regular attendee, Mr John Samuel, joined student deputy head of school, Catriona Kadirkamanathan, in a performance of *White Christmas*, and director of music, Mr Florian Cooper, led the congregation in a rendition of *Ding Dong Merrily on High*.

The visitors, from Shen Place Almshouses, South Weald Almshouses, Seven Arches, Leonard Lodge, The Marillac and Anisha Grange, were also entertained by the school's talented Chamber Choir, Junior Boys' Barbershop and Junior String Quartet.

Members of the school's Community Service Unit, who had decorated the Memorial Hall with a bright array of festive adornments, served wine, sherry, mince pies, sausage rolls and Christmas cake, and weaved among the tables to chat to the residents, many of whom they know from their regular visits to local care homes on Friday afternoons.

Teacher Mr Rob Jenkins, head of the CSU, paid tribute to the six-strong CSU student committee who had worked so hard to organise the afternoon. He also thanked the school's caterers, Independents by Sodexo, and the music department for helping to make it such a wonderful event.

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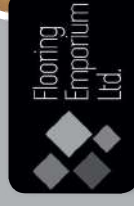


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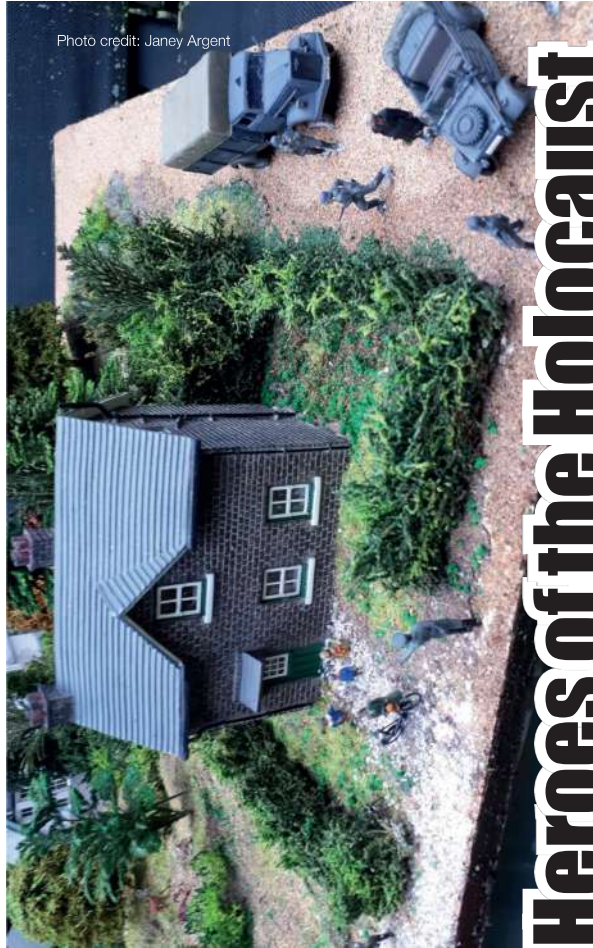


Photo credit: Janey Argent

Heroes of the Holocaust Exhibition is coming to town

An exhibition portraying the incredible stories, ingenuity and selflessness of some of those who put the safety of the Jewish people before that of themselves, will be presented at the United Reformed Church this month.

Heroes of the Holocaust Exhibition will be at the venue on New Road on January 24 and 25 from 9.30am-4pm and January 26 from 10.30am-1pm. International Holocaust Memorial Day is commemorated on January 27, the anniversary of the liberation of Auschwitz.

From 11am till midday on the Thursday and Friday, Ruth Barnett, rescued by the Kindertransport from Berlin aged four, will tell her moving story of a displaced person searching for her identity. Arrival is recommended between 10.45am and 10.55am.

Groups larger than six should register on 01277 213243, or email mdareedwards@btinternet.com

A Commemoration Meeting will be held on January 26 at 6.30pm in the Main Hall at Brentwood County High School, where the exhibition will be open for viewing from 5pm.

The guest speaker will be Leslie Kleinman BEM who was torn from his home in a Romanian village with his family, surviving starvation, exhaustion, disease, the death marches and the loss of his humanity, becoming prisoner 8230 in Auschwitz. All his family perished. An Act of Commemoration for the six million victims of the Nazi Holocaust will follow.

There is free admission to all events. Donations are welcome. A freewill offering will be taken during the main meeting. There will be bookstalls.

Organisations get more than £16k

Organisations across Brentwood have received funding from Brentwood Borough Council.

The fund, which was set up to help with causes and projects that improve the quality of life for people in Brentwood, had £16,300 available.

Applicants could apply for grants of up to £2,000 for projects and initiatives that benefit Brentwood communities. These projects should demonstrate

volunteer or community involvement. Brentwood Borough Council's chairman of community, health and housing committee, councillor Chris Hossack, said: "It is always unfortunate that we are unable to support them all, but for those who were unsuccessful, we are offering feedback on their application and helping them see if they are eligible for funding from elsewhere."



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Mum opens Slimming World group

A woman is opening a Slimming World group in Brentwood following her incredible weight loss journey.

Cheryl Gooden first began using Slimming World aged 31 when she quit smoking and inevitably gained weight.

She nervously attended the group and within nine months, she lost two stone and 9lbs.

In 2012, Cheryl gave birth to her second child and married her dream man. Again, she lost her baby weight by attending Slimming World.

Cheryl's husband was diagnosed with cancer in 2015. Following chemotherapy and a major operation, he passed away in January 2016.

Being left a widow at the age of 41 with a three-year-old and a 16-year-old, she spiralled into depression and put on over eight stone in weight. She was classed as morbidly obese.

Size 24, Cheryl had to miss numerous activities her children enjoyed. She was constantly breathless, suffered back and knee pain and her blood pressure was rising.

She said: "In April 2017 I saw a photo of myself and knew I had to do something fast. My kids had already lost one parent."

"I joined Slimming World and in 66 weeks I received my award for eight and a half stone."

"I did an intensive training course and on January 4 I am opening my very own Slimming World group."

"It is the second group ever to be held on a Friday night, meaning it is much more accessible to Brentwood residents."

Cheryl's group will be held at Bishops Hall, Pilgrims Hatch, CM15 9NP every Friday at 5.30pm.

Contact Cheryl on 07463 710263 for more information.

Man threatened with knife during robbery

A man was threatened with a knife during a robbery in Brentwood at around 2.10am on December 2.

A 24-year-old man was walking in Crown Street when he was approached by four men wearing balaclavas and threatened with a knife.

They demanded his jacket, watch, Beats headphones and keys.

BURGHART for BRENTWOOD

Alex Burghart MP for Brentwood and Ongar



As I write this the extraordinary year that has been 2018 is drawing to a close – but you will be reading it at the start of a new year.

The year has ended in a whirl of events in Parliament around the pending Brexit deal, with things changing at such a pace that anything I write now may be out of date by tonight – let alone by VISION's January publication date.

Here in Essex the year has passed unbelievably quickly. I've continued in my quest to visit all schools in the constituency and been impressed by the creativity of our primary school children. This was reinforced by the wealth of artistic talent brought forth on my Christmas card competition which was won by Imogen (aged nine) from St Helen's Junior School. I've held meetings with farmers, businesses,

hospital staff and social workers. I've shadowed police officers and ambulance crew on shift, and have welcomed the Chancellor, Philip Hammond, back to his childhood town of Shenfield to give a talk to party members.

I've supported constituents in their cases involving housing, benefits, visas and child maintenance. I've supported campaigners for a lift at Brentwood Station, helped residents of Hunter Avenue in their battle with the rail authorities, and looked into Essex County Council's consultation on libraries.

The new year will bring more of the same and many new issues too. As ever, if there's anything you'd like me to visit, look into, campaign for, promote or pontificate about please do let me know. I hope you had a wonderful Xmas – here's to a wonderful 2019.

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ON PATROL WITH... THE PASTORS



As Street Pastors reflect on a busy 2018, we are grateful for all that has happened.

We have seen more volunteers from local Christian churches join our different projects around the county and have been blessed to receive a lot of public support and affirmation by way of personal messages and financial support.

As I write, we are excited to hear of more interest in our Schools Pastor projects which are already supporting certain senior schools with pastoral

support. We only seek to help, listen and care for our schools including students, staff, teachers and governors. We will continue to recruit more volunteers in the New Year.

Our Rail Pastor project is expanding across the Greater Anglia route between Harlow and Cambridge. We are training all our volunteers again from February so if you are interested in joining any of our teams across Essex then get in touch - Billerica@streetpastors.org.uk or follow us on Facebook or Twitter.

Police to get largest funding increase since 2010

The Home Office has announced there will be up to £970million additional funding, including up to £509million from further council tax flexibility, to enable police forces to recruit more officers.

Essex Police will get up to £23million increased funding – a 8.3 per cent rise.

Following the announcement Roger Hirst, Police, Fire and Crime Commissioner for Essex, said: "I welcome the announcement on police funding for 2019-2020 and appreciate the support from the Minister and the Treasury to mitigate the cost pressures faced by policing nationally. This extra support means that any money raised locally can be spent locally on policing in Essex.

"People know how stretched policing is. They want more officers and I believe they are willing to pay more to get them. I recently ran a survey to test whether

the public were willing to invest more in Essex Police. We had a strong response with over 71 per cent of people willing to pay more and more than two thirds of these were willing to pay an additional £20 a year, or even more.

"Last year [2017] because of the extra money raised through the policing precept and efficiency savings achieved by Essex Police, we were able to recruit an extra 150 officers. These officers have been recruited, trained and are being deployed in communities over the next few weeks.

"The announcement should mean we are able to do at least the same again, or more, next year.

"As we consider our position for next year, we need to ensure that any additional money raised is spent wisely and goes towards making a real difference, locally in our communities."



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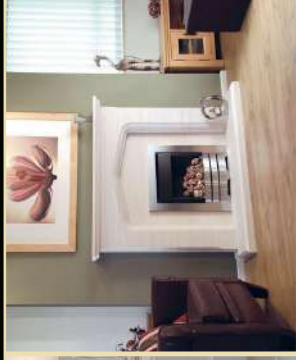
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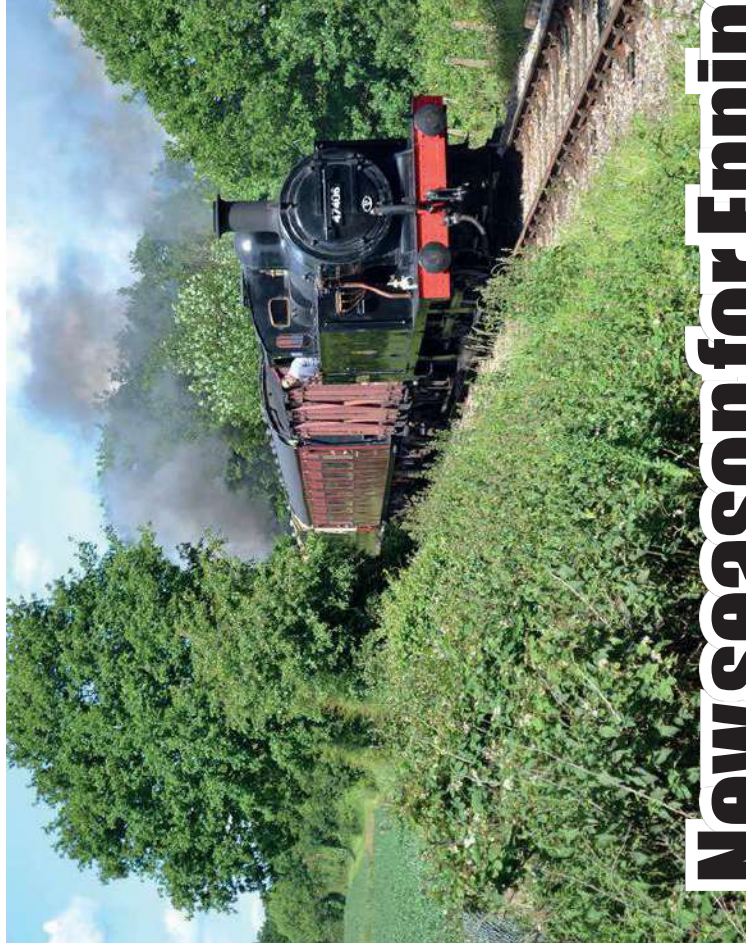


LOCAL NEWS ONGAR

Photo credit: Epping Forest District Council

LOCAL NEWS

from your neighbourhood



New season for Epping Ongar Railway announced

Maintenance work will take place in the closed season at Epping Ongar Railway, but it will re-open for a short period over the half term holidays in February, when its children's fares will be just £1.

The main season then starts at the beginning of April. This see a Dinosaur Day, the return of the 1940s event and a major event to mark the 25 years since tube services were withdrawn.

A focus in 2019 will be on providing great value for families with a major increase in the number of days when children's fares will be £1.

This year will also see a major increase in the

number of days when its Epping fryer fish and chip lunchtime special is available. This proved very popular in October with the events selling out very quickly.

For £25, you will get fish and chips served on the train with a reserved seat, a free drink and all travel on the railway's buses and trains.

The railway's Santa Specials run on several days in the run up to Christmas where you can join a big party on the train.

For more details about any of the railway's events see their website www.eorailway.co.uk



Photo credit: Epping Forest District Council

Community Champions launched

Community Champions, a volunteer programme, in Ongar has been launched.

The initiative aims to build on the skills and knowledge of local people to create, happy, friendly and healthy communities.

Epping Forest District Council is bringing together like-minded people from local towns and villages to share ideas and experiences from their communities to improve the health and wellbeing of local people.

The initiative was launched with nine champions taking part in an induction morning where they learned about the support and development offered by the council throughout the programme. They also became Dementia Friends after taking part in an information session.

As well as Ongar, Community Champions have

been recruited in Buckhurst Hill, Chigwell, Nazeing, Tredegar Bois and Willingale.

Councillor Helen Kane, leisure and community services portfolio holder, said: "I am extremely proud of our Community Champions for putting themselves forward to volunteer, and I am excited to hear their ideas."

"The Community Champions programme is a great way to meet new people and develop your skills and knowledge."

"We would love for you to get involved and make a real difference in your community."

For further information on the programme and details on how to join, contact Patrick Arnold by emailing parnold@eppingforestdc.gov.uk or call 01992 564 556.

Group awarded grant by council

Ongar & District Twinning Association was one of many local groups that were awarded a share of nearly £50,000 from Epping Forest District Council's Grant Aid Scheme for 2018/19.

The money they received will go towards the costs and activities of hosting the Ongar Town Festival which will be held on May 5, 2019.

Carolyn Innocent, Ongar Town Festival coordinator, said: "The first festival that Ongar has had for over 100 years was last May. Our objective was to raise funds for the community."

"We had a tremendously sunny day and we hope to make this year an even bigger and better event."

Councillor Helen Kane, portfolio holder for leisure and community services, said: "We considered grant applications from lots of worthy organisations across the district, so it was a difficult task making the final decisions."

"I would urge any groups who were unsuccessful this year not to be disheartened, but to apply again next year."

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From Stevenage to Superstardom

Fresh from claiming his historic fifth World Championship, we look at where Formula One icon Lewis Hamilton came from and why he's still got plenty of gas left in the tank.

Formula One is an extraordinary sport where everything can change in the turn of a wheel, but at the Mexican Grand Prix in October, Lewis Hamilton's straight-line, dogged determination was the driving force as, despite finishing fourth, he claimed his fifth F1 Driver's Championship – the world's greatest racing driver and proof, beyond doubt, that the 33-year-old Mercedes man is one of the all-time greats.

As it stands, only legendary Michael Schumacher – with seven world titles – sits in front of him, and there are aching similarities between the pair, notably in their dedication, relentless attitude and fastidious approach to racing.

Born in Stevenage to humble beginnings, it was Hamilton's father who noticed his six-year-old son's potential when he gave him a remote-controlled car. For Anthony, who had moved to the UK from Grenada with his parents in the 1950s, this was a chance to give his son the life he never had, and over the years he would make incredible sacrifices, even at one point holding down three jobs to further Hamilton's development.

Now, over a quarter of a century later, the racer's life is a million miles away from those early days in Hertfordshire. Famous, successful, adored and a hit

with the ladies, you wouldn't blame the former McLaren star if he called it a day, jetting off to Monaco to enjoy his vast wealth. But Hamilton is as ambitious as ever, as noted by two victories in the final two races in Brazil and Abu Dhabi after he'd already clinched the title.

Respect and recognition from the UK public came, even though Hamilton's persona leaves some with mixed emotions towards the star. He is very much a 'Marmite' figure – in the racing world universally admired, but in straying into the world of celebrity, with all its Instagram-fueled clumsiness and bravado, Hamilton attracts criticism.

While the tabloids will talk, it is ultimately the public who matter for Hamilton, and if he ever he feels his place in our hearts is dwindling, he need only look at the appeal he has annually at the BBC Sports Personality of the Year awards. Having scooped the prestigious going in 2014 and been runner-up in 2007 and 2008, Hamilton came so close to rounding off 2018 with another title when claiming second place in a lavish event in Birmingham in the middle of December.

He said: "I have got my family with me tonight – it has been a really, really long journey and I am proud of what this year has produced."

"It really was a dream for us all as a family to do something different. We all set our goals very, very high, and we have achieved a lot, but of course I still want to go further, and that's what next year can bring... but I am very proud in this moment."



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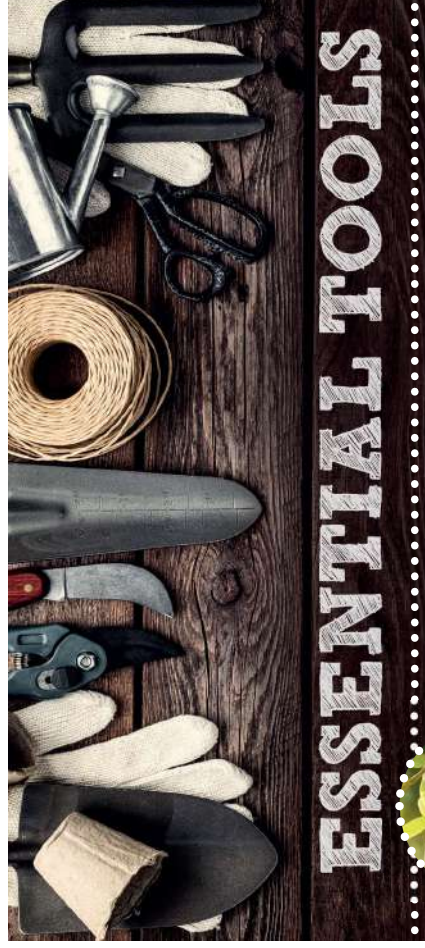
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A weeder is brilliant for removing plant matter caught between paving slabs, along edges and in small runs. The days of backbreaking yanking of weeds are over with a tool you can use standing up, and which will swiftly bring back to life even the most overgrown of patios.

RAKE

Leaf debris can make even the healthiest of gardens appear unkempt, but your friendly rake will sweep aside any dead matter to give a smooth finish to any lawn. And, of course, you can also use it on soil.

SHOVEL AND TROWEL

There's nothing quite like digging a hole when wanting to feel connected to nature, and providing your back can deal with the impact of hammering a metal blade into soil that, inevitably, will have lumps of rock in it, shovel away to your heart's content. And of course, for smaller areas, and when tending to garden beds, a trowel is a must-have.

KNEELING PAD

Traditional gardeners like Monty Don may turn their noses up at the sight of one, but for little more than a fiver you can save you knees from impending, aching doom with a soft kneeling pad.

A HOSE

You'll need your garden's life source available on tap. Literally, so a good hose for watering is essential.





BOOST happy hormones

It can be hard to remain positive and motivated this month, with a combination of cold weather, empty purses and the inevitable return to work after Christmas playing havoc with your mood.

1. Oxytocin – The Love Hormone

This feel-good neurochemical is centred around the notion of trust and is vital for maintaining healthy relationships. You can stimulate oxytocin by simply touching another person; with a quick hug, by holding hands or by indulging in a massage. Being comfortable with your sense of touch is important in improving your social interactions and can help create positive bonding experiences with those around you.

2. Endorphins – The Euphoria Hormone

Endorphin is also known as the counter chemical as it helps to balance your stress levels, boost your mood and reduce anxiety. The easiest way to release this hormone is with a full on belly laugh, so next time you are feeling stressed, share a joke or amusing anecdote with a friend or colleague. Laughter really is the best medicine.

3. Dopamine – The Motivational Hormone

This clever chemical is responsible for feelings of pleasure and reward which in turn motivates you to repeat a specific behaviour. A good way to ensure you have regular releases of dopamine is to break down your goals into step by step manageable objectives. Sufficient sleep and regular exercise can also help regulate dopamine levels in your brain.

4. Serotonin – The Confidence Hormone

Serotonin controls how you feel from one minute to the next. High levels result in feelings of satisfaction and accomplishment, whereas low levels are associated with loneliness and low mood. A quick way to boost serotonin is by reflecting on your past successes as well as increasing your vitamin D intake and being kind to others.



A new you, a new life! Let's talk weight management

Thursday 17th January 2019 at 6.30pm
with Mr Sanjay Agrawal,
Consultant General Surgeon,
(specialising in Bariatric Surgery)

Considering an operation is a big decision. It often seems like a giant step. However, one step could lead to a better quality of life for you and your family.

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CRYOSLIMMING

During a CryoSlimming (cryolipolysis) treatment the skin is warmed then rapidly cooled. After this Thermal Shock, the practitioner will massage the treatment zone, using the handset, applying low temperatures. Results are immediate and you can lose between 1 and 2cm per session*. We recommend 5 sessions to treat completely one body area. It is possible to treat almost any part of the body and chin (cryolipolysis is not permitted on the face or breasts).

CRYOTONING CELLULITE

The cold opens the blood vessels, increasing oxygen supply. The local blood and lymphatic circulation is stimulated, emptying the cellulite dimples. The skin is smoother.

Cold temperatures can be used as well to treat any part of the body (cleavage, arms, breast, etc.) By increasing nutritional supply to the cells, CryoToning Body treatments have a tightening effect on the skin.



CRYOTONING FACE

A CRYO>S 3.0 facial uses cool temperatures to rejuvenate the face. The increase in oxygen supply boosts collagen production, improving the



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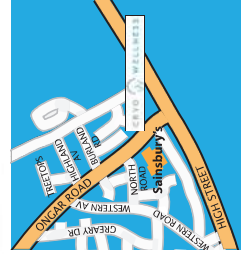
1 session: £200
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FITNESS FOR LIFE

Previously the gym was geared towards a certain kind of person with a specific goal, perhaps losing weight or building muscle. Yet these days our relationship with exercise is changing as we look to improve overall health and wellbeing. Partly this is down to fitness becoming more accessible through the internet, and the rise of affordable fitness clubs, but is also about education as we become more aware of the benefits of healthy eating and daily exercise.

GLOBAL YOGA

It may be one of the oldest forms of exercise, but yoga is as popular as ever. From quick lunchtime sessions, to online classes and even pop-up yoga domes appearing in your office car park, expect to stretch this year.

HIGH-TECH TRAINING

Similarly, as smart fitness devices, such as Fitbits, Apple Watches and other wearables become more affordable, they will play a more integral part in our everyday health regime. Suddenly a near-distant future where most people can track their steps, heart rate, calorie intake and cholesterol, doesn't

TRAINING WITH YOUR TRIBE

As technology inevitably isolates us in our work, we will begin to seek out new opportunities to connect with each other through exercise, so expect an emphasis on the community in the coming year. And whether training together via live online groups, or the old fashioned meetup in the local park, there really is no I (not iPhone) in 'team'.

HIIT IS STILL HOT

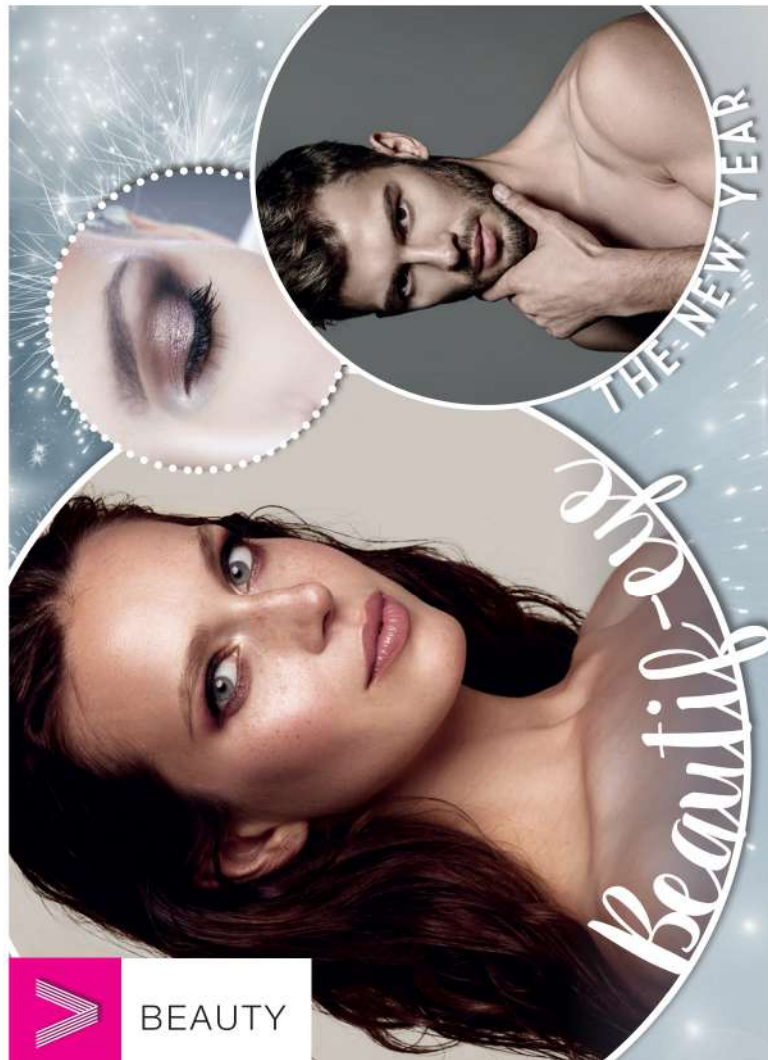
In this age of instant gratification, it should come as no surprise that High Intensity Interval Training (HIIT) is still the hot workout.

And as our lives get busier, expect even zippier classes.

Whether 30, 20 or even 10 minutes, there is no excuse for shirking in 2019.

seem implausible. These individual pieces of kit are also expected to assimilate better with gym equipment, helping you stay on track with your personal workout goals.





The New Year is upon us and you most likely have your New Year's resolutions sussed out. Perhaps your resolution is to be more active and stick to a fitness routine, or you strive to be in a better financial situation by this time next year.

If like us, your resolution is to keep up to date with the latest beauty trends, we have your back. Jump on the January beauty bandwagon and take note of these cool spring trends.

HOLLA AT HARMONIOUS HAIR

The slightly wet, wavy hair look is what everyone is craving this month. Think cool waves, and a fresh, light bounce to give the illusion of just washed hair, even on those extra busy mornings. Start with dry hair and smooth over a generous amount of curling hydrating oil onto the ends. The oil will give the shiny, 'just washed' hair feel that lasts all day. For unruly hair, a frizz taming gel will go a long way.

GET LIPPY

That festive, bold lip you were sporting last month is taking a step back in January. Matte nudes and browns are to take centre stage in your make up bag this month. But if you're not quite ready to ditch the red then why not pick a muted red or flushed

pink to create the illusion of naturally tinted lips.

SPARKL-EYE

If like us you're missing the Christmas sparkle, you will love this trend. Sixties eyes are back. Glittery eyeshadow will carry you all through spring. For a subtle glitter eye, a small amount will take you a long way. If you're prepared to go that little bit extra though, double layers of pressed on glitter is hot this year. Imagine a full on, slicked foil effect.

NEW YEAR, NEW MAN - WITH BEARD

Fancy growing a beard in 2019? Whether you're thinking of growing or maintaining your facial hair, keep your hair soft and nourished. Use a beard oil to tame the frizz and keep the hairs in their place and a moisturising balm to condition the hairs and to minimise dry skin and flakiness.

SANS BEARD

Keep your skin supple and protected throughout the colder months by using a hydrating face moisturiser and remember to exfoliate weekly. An exfoliator containing salicylic acid will help to break down dead skin cells which can clog pores and cause breakouts.

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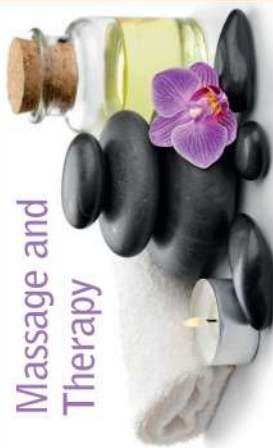


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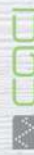
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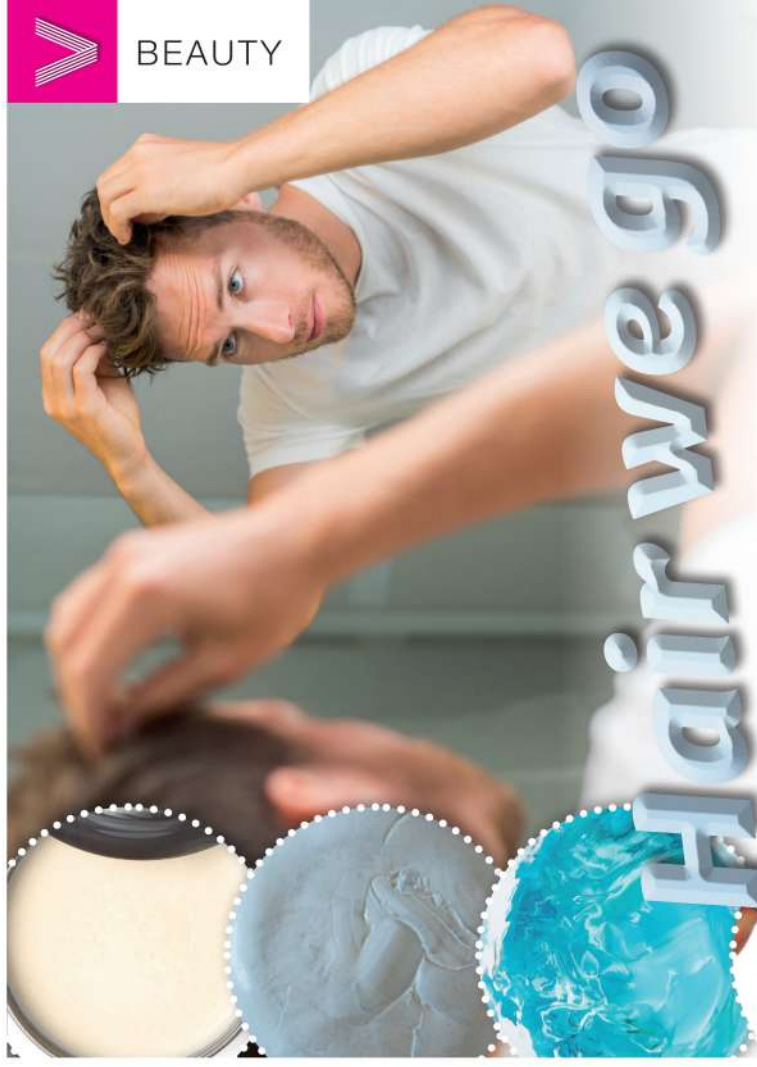
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Long gone are the days when men could just slick on some gel, give their hair a quick comb over and head out the door.

The Wonder of Wax

Wax is best suited for men with straight hair that is short to medium length. It offers a fairly strong hold, a medium amount of shine and leaves a matt finish.

Controlling Clay

A fairly recent addition to the male hair product market, clay offers a firm hold as well as adding thickness, making hair appear fuller. Best for managing curly or frizzy hair.

Good Old Gel

Gel is without a doubt the most common male hair product. Your teenage self probably relied on this product daily. It is cheap, does what it says on the tin and can be

applied to damp hair, meaning you can style on the go.

Move over Mousse

Mousse can be seen as old fashioned and best left firmly in the 80s, but it does still have its uses. A good mousse can create volume and keep your style in place. The hard and fast rule to remember is that a little goes a long way.

The Power of Powder

A less well-known male grooming product, texture powder is excellent for adding volume and providing hold. It works best applied to your roots as it absorbs excess oil from your hair. The only downside is that it can leave hair feeling slightly stiff.

Playing in the Mud

Hair mud or putty can often be confused with paste, but it differs in that it is softer and offers users the chance to easily restyle hair throughout the day. This product works best for men who want to create a messy, effortless look. It can be used for both short and long hair.



KIDS

let's create CRYSTALS

Take your children on a journey of discovery and science with these DIY salt and sugar crystals. If you think they were obsessed with slime, the crystal craze is set to be even bigger. And with less mess for you to clear up.

Salt Crystals

Also known as crystal needles due to their appearance, these are a great introduction to crystal growing as results can be seen in under 3 hours.

Ingredients:

- 1 small bowl
- ½ cup of Epsom salt
- ½ cup of hot water
- Optional food colouring

How to make:

- Add the salt and water to the bowl and stir until salt has dissolved
- Add colouring if desired
- Place the bowl in the fridge and leave for 3 hours
- Remove and check out your crystals

Sugar Crystals

Slightly more time-consuming than the salt version, but with the added benefit of being edible once complete; also known as rock candy.

Ingredients:

- Glass jar
- 1 cup of water
- 3 cups of sugar
- String (not nylon)
- Pan for boiling
- Optional food colouring

How to make:

- Boil the water in pan
- Gradually stir in sugar one spoonful at a time
- Add a few drops of colouring if desired
- Let the solution cool and then pour into jar
- Tie the string around the middle of straw
- Place straw across the lip of the jar and let the string dangle into the solution (not touching the sides or bottom of glass)
- Place your jar somewhere it will not be disturbed
- Watch over the coming days and weeks as your sugar crystals start to form
- When they stop growing, remove from jar and allow to dry
- Enjoy your homemade rock candy



Photo credit: www.littlebinsforlittlehands.com



We had my daughters birthday party here for 13 children with their parents - we all had the best time. The food was great and was laid out well, the soft play was a huge hit and the staff were awesome helping us throughout the party with all our needs! I cannot recommend this place enough!

Elizabeth Eastaugh

I went for the first time today. Absolutely amazing staff and customer service. very clean food was beautiful (highly recommend pancakes!! They were amazing!). Kids loved it. Happy kids very happy mummy. Oh and the coffee is much better than Nero Costa and Starbucks! This coming from an exhausted mother who NEEDS good coffee!!

Kat Nicholson



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Who do you think becomes the guardian for your children?

It's never too early to make provisions for your children

YES it is difficult but it is essential to face the possibility that young children could be left without parents to care for them. Who would you want to look after your children if you were to die? If you do not decide, the local authorities and courts will decide for you. Their idea of the 'best' care for your children may be very different from yours. Be aware too that an unmarried father does not automatically become guardian to his children.



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A CREDIT to you

It's the thing that most of us view whilst winning, and yet you have more control over your credit rating than you probably think.

Maintaining or seeking to improve this score is essential if you're keen to gain credit, or ensure you can get approved by lenders or landlords, so here are seven handy hints to keep your numbers looking healthy.

1 CHECK

You can't be certain you'll improve your score unless you know what it is in the first place, so check out your credit file – with the likes of Experian or Equifax – and know what you're dealing with.

2 DISASSOCIATE

If your partner has a chequered credit history it's wise to remove him or her from your file, as their activity will negatively impact on yours.

3 SIGN UP

If you're not already on the electoral roll, get on it. It's a great way for credit agencies to be able to verify who you are and adds a layer of authenticity to any application.

4 SPRING CLEAN

Close all unwanted credit cards, store cards and debit cards, because the more of these you have, the bigger your perceived risk.

5 INVEST

Using a credit card for everyday purchases, on the understanding you'll clear it at the end of each month, will boost your credit rating and prove to any lender that you can be trusted.

6 TIME IT

The worst damage to your credit rating is done when you miss or are late making payments, so stay on time.

7 MINIMUM REQUIREMENT

Ensuring you pay off your card at the end of each month signifies good behaviour to a lender. If you can't afford to do that, pay off more than the minimum payment.



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REACHED YOUR HALF-CENTURY? HOW TO PLAN FOR RETIREMENT

Once you reach 50, it's time to get serious about planning your retirement. True, it could still seem ages away, and you may not be thinking of giving up work anytime soon. However, putting a retirement plan together will help you understand what your finances will look like when you decide to take life easy.

Retirement planning isn't just about getting your money organised, although that's vitally important. Depending on your circumstances, you may want to think about completely changing your lifestyle, moving home, travelling the world, or simply putting your feet up. And like all big projects in life, the more time you can invest in thinking it through, the better.

Start by taking stock – Getting financial advice will help you get a true perspective on how your pension planning is shaping up. We will help you work out the value of your current plans, including your state pension entitlement. If you've lost track of pensions held with past employers, now is

a good time to get them traced. If you've several pension plans, we will be able to help you work out if it would make sense to consolidate them.

And don't just think about pensions; having money in ISAs will help in planning your retirement income tax-efficiently.

Do your sums – Don't leave it until the last minute to work out how much money you'll need to live on in retirement. Some costs will go down, like travel to work, but others like utility bills are likely to increase as you spend more time at home. Factor in the cost of the travel, holidays and hobbies you're likely to want to pursue when you have more time.

As part of the service at HCR, we take the time to understand our clients unique planning needs and circumstances, so that we can provide you with the most suitable solutions in the most cost-effective way. For a free review of your current pension plans and financial situation, please contact Andy Costin, Independent Financial Adviser on 01277 654153.

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As a landlord you're in a unique position in that your property isn't a home, it's a business. From a large stately home to a city-centre flat, regardless of your property size you'll want to protect your investment. That's where landlord insurance through Coversure comes in, helping to protect you from a range of risks that modern-day landlords face.

Considering your property could be affected by unruly tenants, natural disasters and thieves, it's crucial to ensure you get the correct level of protection. Below we'll highlight the key components you should consider including in your cover:

Buildings Cover

This does what it says on the tin and helps to protect you against the costs to repair or rebuild the property if it is damaged or destroyed by fires, flood or accidental damage. This forms the cornerstone of most property insurance based policies.

Contents Cover

Do you furnish your property for your tenants? If you

leave contents in your rented property, contents cover is crucial to keep you protected. From sofas to white goods, with contents cover you can gain financial assistance with repairing or replacing your contents.

Rent Guarantee

As a landlord, if you're not getting rent, you're losing out on your investment. So if anything forces your property to be vacant, such as renovation or repair, rent guarantee can continue to provide an income to you.

Liability Cover

If a tenant or a visitor ends up gaining an injury, becomes ill or damages their possessions due to a fault of your property then you could be held accountable in a court of law. Landlord's liability cover helps to protect you against the compensation from these claims.

Want To Know More?

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WHAT'S ON

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Slimming World with Cheryl Godden
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Every Friday, 5.30pm



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Contact Cheryl on 07463 710263 for more information.

Sunday afternoon record hop

Budworth Hall, High Street, Chipping Ongar, CM5 9JG

January 6, 2pm - 5.30pm

Sunday afternoon record hop with our host DJ Fats Dinger plus various guest DJs on the day.

We have a clothes stall, fully sprung large dance floor, free three large car parks and free tea, coffee, juice and biscuits. No bar. Entry is £6.

Brentwood Theatre at 25 – Open Day 'Theatre Tours'

15 Shenfield Road, Brentwood, CM15 8AG

January 12, 10am - 6pm

As part of our celebratory open day take a behind-the-scenes tour backstage and technical demonstration led by our experienced technical supervisor. See what happens behind the curtain and up on our technical gallery, with the opportunity to get hands on and perhaps even try on a costume or two...

Attendance on the tours is free but booking in advance is essential as there are limited spaces per tour.

Chipping Ongar Library Advice session
The Pleasance High Street, Ongar, CM5 9AB
January 15, 10am

Please pop in if you need help with your benefits, housing, debt, employment, relationships, health, consumer, legal or anything else. We will help you find a way forward.

The College Players present: Sleeping Beauty
South Weald Parish Hall, 85 London Road, Brentwood, CM14 4NP
January 19, 2pm



The College Players present: *Sleeping Beauty*, a traditional family pantomime.

By Lindsay Hollingsworth and Nick Wilkes.

Heroes of the Holocaust Exhibition

United Reformed Church, New Road, Brentwood, CM14 4GD

January 24 - January 25, 9.30am - 4pm and

January 26, 10.30am - 1pm

Ruth Barnett, Holocaust survivor, speaking on January 24 and 25 from 11am to midday approximately.

Meeting of Commemoration for Holocaust Memorial Day

Main Hall, Brentwood County High School, Seven Arches Road, Shenfield Common, Brentwood, CM14 4JF

January 26, 6.30pm

With speaker Leslie Kleinman BEM followed by Act of Commemoration for the six million victims of the Nazi Holocaust.

Books will be on sale. Refreshments following the Meeting of Commemoration. All events free but donations welcome, with a freewill offering on the evening.

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Online Dating DICTIONARY

Sneating

caspering

freeclimbing

You think you have got the hang of online dating; swipe right for yes, left for no, always meet in a public place, but then the lingo just keeps on evolving.

CASPERING

Aptly named after the loveable ghost Casper, caspering is a friendly alternative to ghosting (where you completely ignore someone you have previously been corresponding with). Instead you make your feelings clear and let them down gently. Example of caspering: "I have really enjoyed getting to know you, but I don't think we are compatible."

BREADCRUMBING

The act of sending out suggestive but non-committal messages to someone you like online; just like you are leaving a trail of breadcrumbs. Example of breadcrumbing: "I'm not sure if meeting up is a good idea right now. I did dream about you last night though."

PEACOCKING

As the name suggests, peacocking is when you

act like a peacock, using your physical appearance to obtain attention from potential suitors.

Example of peacocking: Posting multiple pictures of yourself looking fabulous on Instagram, Facebook and all other social media and tagging everyone you know.

FREEClimbing

An online dating faux pas, freeclimbing is when you go mad googling someone you have been matched with prior to even meeting them.

Example of freeclimbing: Trailing through old Facebook photographs desperate to see what their ex looks like or googling their employment history.

SNEATING

Undeniably one of the worst dating actions, sneating is when someone goes on a date purely to bag a free meal or night out. A sneater will have no physical or emotional investment in the other person, it is purely monetary.

Example of sneating: "I'd love to go out with you. How about we make a real night of it? Dinner, drinks, show?"



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Visit our website at www.marygreenmanor.co.uk to view our Valentine's Day Menu



Healthy VEGAN MEALS

Feeling up for a challenge? Vegan is the word on everyone's lips this new year. Whether you fancy trying something new or you are looking to eat a little bit healthier in 2019, we have a selection of delicious, easy and nutritious food ideas to get you through January effortlessly.

BUDDHA BOWL

The Buddha bowl is such a fun and creative way to eat lunch and can be adapted to include any toppings you like. A delicious suggestion is to chop tomatoes, broccoli and some lettuce and then arrange in a bowl. Add chick peas and some sliced sweet potato to the bowl. You can easily make your own salsa with diced tomatoes, lemon juice, onions and coriander as well.

VEGAN CHILLI

This chilli is perfect for a cool January evening. Grab your slow cooker and throw in some chopped mushrooms, onion and peppers. Measure 60g of quinoa and lentils per person and throw this in too. Then add half a can of kidney beans, a tin of tomatoes and a generous helping of sweetcorn. Flavour the pot up with a tablespoon of chilli powder, one teaspoon of cumin and one teaspoon of basil. Then finish off with 100ml of vegetable stock and leave to simmer on low for around four hours. Serve with some brown rice and top with chopped coriander and spring onions.

BANANA NICE CREAM

This is a simple but fun ice cream recipe that children will love to join in with and make. With only four ingredients, you can't go wrong with the chocolate chip nice cream. Mash together four bananas, maple syrup and vanilla extract and blend until smooth. Then simply stir in some cacao nibs and freeze until firm.

Photo credit: www.popsugar.co.uk

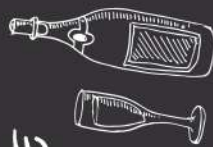
2019



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FOOD & DRINK

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THINGS ON TOAST

Eggs, beans, mushrooms, tomatoes, kippers... the possibilities of things you can put on toast is limitless. And yes, while you can mash up avocado and smear it on some sourdough, it's really not necessary to make a totally banging breakfast.

EGG-CELLENT IDEAS

Egg is pure protein which fills you up for longer, keeping hunger at bay until lunch, so indulge your inner bodybuilder and get cracking. From omelettes stuffed with ham, spinach and goats cheese, to perfectly poached domes atop English muffins, and even with your classic 'soldiers', eggs are almost definitely the elusive breakfast of champions.

OAT SENSATIONS

They're cheap, healthy and one bag goes a very long way, but that doesn't mean oats are the boring option... far from it. Even a brekkie standard like porridge can be jazzed up with various fruit compotes, nuts and seeds. You can also add them to a smoothie, or mix with yogurt, berries and grated apple overnight for creamy bircher muesli. If that doesn't appeal, even toast with maple syrup to make your own granola (it tastes way better than the shop-bought version).

PERFECT PARFAIT

Want to get push for breakfast? Make a parfait. Layer yogurt, granola and fresh fruit in a glass for a breakfast that looks like a dessert but is actually your Monday morning saviour.

PANCAKES, PANCAKES AND MORE PANCAKES

Pancakes — they're easier than you think, and very cheap. Just beat eggs, flour, sugar, milk and baking powder together and fry in batches to create those gorgeously fluffy American pancakes you see in films. Just add bacon, maple syrup and lots of black coffee.



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TRAVEL

Lapland 2019

Photo credit: Roman Babakin/Shutterstock.com

PLAN THE ULTIMATE SANTA EXPERIENCE

Imagine your children's faces waking up on Christmas morning in a log cabin, surrounded by snow and all set to meet Father Christmas himself. Think it is out of your price range? Start shopping around now and you could save £100s.

Choose your destination

One of the most popular destinations is Rovaniemi, the capital of Finnish Lapland. It is only a 10-minute drive to the Santa Claus Village and offers a wide variety of shops, restaurants and bars. Ylläs, in northern Finland, is best for those wanting a peaceful stay combined with stunning scenery. If a thriving night scene is what you are after, then look no further than Levi, where you might get to see the Northern Lights. And Ruka is the perfect destination for skiing enthusiasts, with 29 runs available.

All-inclusive or independent booking?

Depending on your budget and list of requirements,

it may be cheaper for you to book your accommodation and your flight separately. Finnair, TUI, Norwegian and Thomas Cook airlines all fly from the UK to Lapland and you can get some great deals in the January sales.

Determine your wish list

From dog-sledding to reindeer sleigh rides, to snowmobile safaris, Lapland has so many once-in-a-lifetime activities that the whole family will love. Not forgetting of course, the unmissable Santa Claus Village where your little ones can meet Father Christmas and all his elves.

Decide on dates

Many families want to wake up in Lapland on Christmas morning, but this is by far the most expensive time to visit in the whole year. Consider visiting in early December for a very similar experience but at a much cheaper price.



SPORT

PUNCH DRUNK

Following Tyson Fury's questionable draw with Deontay Wilder in LA at the start of December, we look at other bouts where the conclusion of the fight is only the start of the controversy.

Even more remarkable than Fury climbing up off the canvas twice against Wilder in the early hours of December 2 was the fact the three judges present all apparently witnessed completely different fights.

Rarely can fighters give their all for 12 rounds, only for three entirely different outcomes to be presented, but that's what happened at the Staples Center, and it seems likely the heavyweights will have to do it all again to find out who is truly the stronger man.

As controversy goes, this one would be graded B-, but others have ripped up the rulebooks when it comes to the verdict at the final bell.

LEWIS V HOLYFIELD, 1999

Billed as 'undisputed', the final outcome was anything but, with all three judges presiding over a different outcome. Only US marker Eugenia Williams scored in fellow American Evander Holyfield's favour — a rematch was ordered that Lennox Lewis won.

DE LA HOYA V TRINIDAD, 1999

Oscar De La Hoya outfought and out-threw unfancied opponent Félix Trinidad, but upon running out of energy at the end allowed his opponent a late rally. Even so, many thought it was an easy win, until the judges gave an incredible victory to his Cuban opponent.

JONES JR V SI-HUN, 1988

At the Seoul Olympics, Roy Jones Jr battered home amateur Park Si-Hun in an absurdly one-sided bout, and looked on incredulously as local lad Si-Hun was awarded the gold.

PACQUIAO V BRADLEY, 2012

Perhaps the biggest injustice of them all, with the Philippine adjudged to have a lost a fight he dominated. Even Tim Bradley's promoter, Bob Arum, stated: "I've never been as ashamed of the sport of boxing as I am tonight." Welterweight Manny Pacquiao got his wish for a rematch in 2014 and promptly won.



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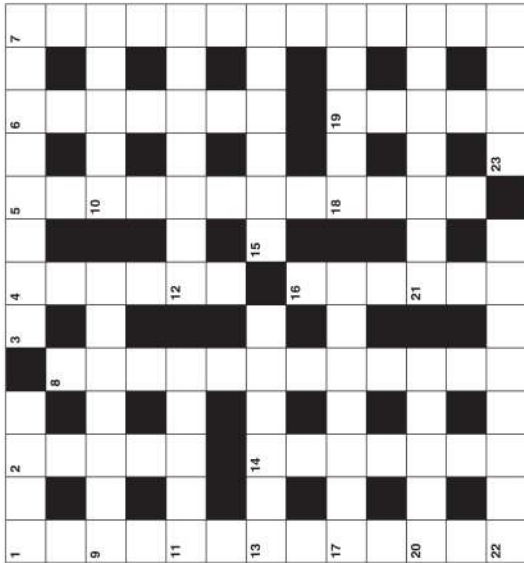
PUZZLES & TRIVIA

ACROSS

1. Gear wheels (4)
3. Combine into one (8)
9. Person proposed for office (7)
10. A sense (5)
11. With speed (5)
12. Widening at the bottom (7)
13. Distinct being (6)
15. Season before Christmas (6)
17. Cigar (7)
18. ___ Mirren: *The Queen* actress (5)
20. Facial protuberances (5)
21. Large area of land (7)
22. Author (8)
23. Blast of a horn (4)

DOWN

1. Gradual healing (13)
2. Third Greek letter (5)
4. Unique (3-3)
5. Popular takeaway food (4,3,5)
6. Simian (7)
7. The ___ : intellectual movement (13)
8. Contagiously (12)



14. Long locks of hair (7)
16. State of mental strain; anxiety (6)
19. Foreign language (slang) (5)

DID YOU KNOW?

- ▶ The sunset on Mars appears blue.
- ▶ Stars are hot and give off their own light, which is why we can see the stars at night.
- ▶ The sun is one of at least 200 billion stavin the galaxy.
- ▶ The speed of light in space is about 300,000,000 metres per second.
- ▶ A year on Mars is almost twice as long as a year on Earth.
- ▶ Most planets have at least one satellite in orbit around them.
- ▶ Mercury is the smallest planet and Jupiter is the largest.
- ▶ Earth is the only planet not named after a god or goddess.

SUDOKU

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

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MOTORING

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But what if you just kept on driving... on and on into the worldly wilderness... where exactly would you end up? The answer, of course, is Khasan, in Russia.

Yes, it's true. A trip from any part of the UK using only designated roads (and the Eurotunnel in order to escape the UK) would land you on the most eastern border of North Korea.

But if you don't fancy traversing for over a week across the Eastern Bloc, there are other trips that are plentifully fanciful.

HEADING SOUTH:

Using London's Charing Cross station (the capital's accepted 'central point') as a starting position, you could venture as far as Sagres in Portugal before running out of road, a driveable distance of 1,520 miles.

HEADING NORTH:

Venture north and you'll wind up at Dunnet Head Lighthouse in Thurso, having driven some 688 miles and crossed only one border.

HEADING WEST:

If your steering guides you in a westerly direction you'll rock up at St Davids on the west coast of Wales, the UK's smallest city with a population of just 1,800 people. You can get there on one tank of petrol as it's little more than 257 miles away.

HEADING EAST:

But several petrol stops – and a straight face at passport control – will be required if you're to make it all the way to Khasan.

You'll have driven through Belgium, the Netherlands, Germany and Poland, taken in Belarus and the Russian capital itself, Moscow, clocking up 7,573 miles whilst undoubtedly losing the will to live, but will have achieved the furthest driveable route from our fair isle.

Now then. who's driving back?

Photo credit: Stefan Bruder/Shutterstock.com



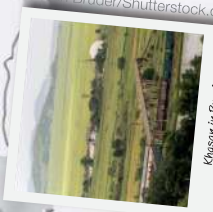
Dunnet Head Lighthouse in Thurso



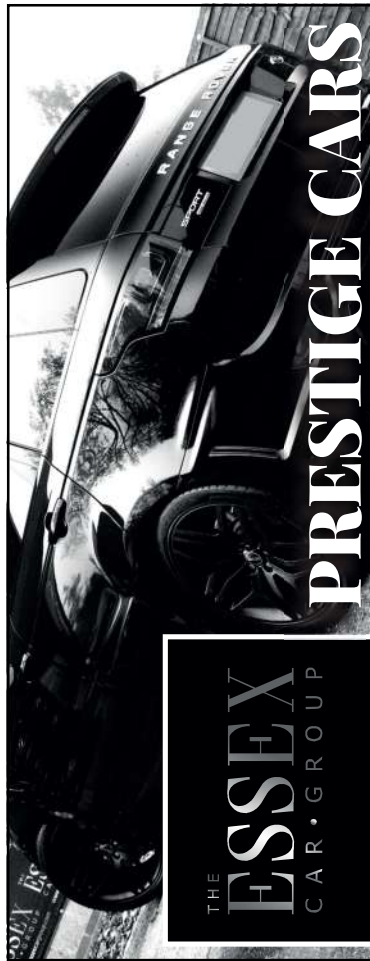
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Sagres in Portugal



Khasan in Russia



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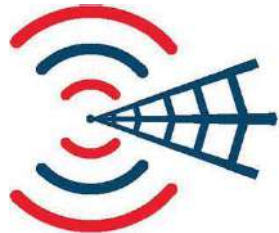
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