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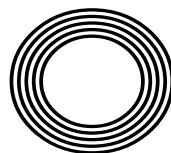
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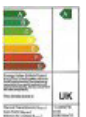
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January 2020

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# Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** BrentwoodOngar. Happy New Year everyone. Sometimes, I have to remind myself to do nothing; to stop. Don't worry, it's not some medical condition. It's actually to take a moment to reflect.

It's healthy to see where you are and how things have changed, and over our shutdown period between Christmas and New Year I considered how well 2019 has gone.

Our portfolio has never been in better shape. We're now printing more than 50,000 magazines a month, launching new titles, and the feedback we receive from our advertisers has been really positive.

This success speaks to me in multiple ways. It tells me I have a great team, it rewards the long, painful, grinding hours I have put into my passion for publishing, and it confirms to me that the hard work does pay off.

It also reminds me that it's okay to fall off the horse. There have been some years where I've looked back with disappointment, frustration and a feeling of failure; but I've got back up, battled hard, and I am the evidence that if you want it, you can get it.

If you've had a great year, well done. If you're looking back feeling disappointed, I sympathise and empathise, but it's time to start again. Your horse is standing there waiting; now up you get.

Enjoy reading the January edition,

*Nik*

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# *Stoke the furnaces* **OF SPORTING BRILLIANCE**

## THE STORY OF BEN STOKES' CLIMB FROM ZERO TO HERO

The history of sport is filled with tales where triumph has emerged out of failure, yet very few have tasted both sides in such quick succession as England cricketer Ben Stokes.

The 28-year-old was the standout winner of the BBC Sports Personality of the Year Award in December, a fitting culmination for a sportsman who had been forced to reach deep into mental and physical reserves of strength in order to drag his career back from the depths.

Just two years previously, Stokes' fracas outside a nightclub in Bristol had seen the all-rounder arrested, splashed across the front pages, removed from a lucrative New Balance sponsorship deal and facing the very real prospect of his cricket career being brought to a premature end. In the aftermath of a police prosecution that dragged on for some 11 months, the Durham-based powerhouse may eventually have been exonerated of blame, but he'd missed the England Ashes tour down under, and was facing a huge climb back into national team contention.

Perhaps it was the catastrophic way the national team performed in their 4-0 drubbing in the Southern Hemisphere that necessitated Stokes' acceleration back to the front line, but the person who returned was not only smarter and wiser, he also brought with him a calmness and humility, qualities that immediately began permeating through to his teammates.

No better was this seen than in our World Cup campaign of 2019. In the opening match he scored 89 against South Africa and claimed two wickets, as well as taking what was labelled one of the greatest catches of all time in dismissing Andile Phehlukwayo. And yet, after surprise defeats to Pakistan and Sri Lanka, with two matches remaining, England were faced with the prospect of seeing off India and New Zealand in order to guarantee a semi-final spot.

The mercurial Stokes stepped up with a 79 against India to help guide his side through to the knock-out finale, where they effortlessly brushed aside the Aussies in the semis.

And then the final. To seasoned, age-old watchers of the sport, the way Stokes constructed an imperious 84 not out, the way he batted through a 15-run super-over to lead England to World Cup

glory was breathtaking; and to a new generation switching on for the first time, his contribution will be felt going forward in the tens of thousands of kids picking up a cricket bat for the first time.

As if his efforts in the short-form version of the game weren't indelible enough, just a month after his Lord's heroics, he brought England's 2019 Ashes challenge back from the dead with a stunning 135 not out in the third test at Headingley, where his side recovered from being bowled out for 67 in their first innings to pull off an almost inconceivable run chase of 359 in the second innings to level the series.

In the past, where victories in cricket were often long-fought, hard-grafted, attritional battles, Stokes has invigorated a sport that is more modern, engaging and aspirational than ever before. More than that, he has proved to a watching world that even in a generation of computers, social media and digital lives, true heroes are made on the outdoor tracks, pitches and greens, and he is truly one of ours.



# What's the score?



## Introducing

THE NEW £20 NOTE, COMING TO A BANK NEAR YOU... SOON!

As far as physical currency goes in the UK, everyone continues to talk about the perfection of the polymer. Once just a thing of curiosity when taking a trip to Australia, the polymer note is now a key component of our money stocks, and its versatility and durability – it lasts two and a half times longer than a paper note – will again be on show when the new £20 note is launched in February.

It was back in 2016 that JMW Turner was announced as the face of the new note, and some four years on – and, more pertinently, 221 years after the painter was born – he'll be rolled out across the UK on February 20.

The featured quote, "Light is therefore colour", originates from a lecture he gave in 1818, and is a reference to his innovative use of light, shade, colour and tone.

The note has all the usual bells and whistles we associate with the note denominations, from a security window that reads "Twenty" on one side and "Pounds" on the other to a metallic image over the main window that appears grey, before switching to blue and gold on the reverse.

With other effects, such as the Queen's image showing through, a number that shows up under ultraviolet light, silver and purple foil patches and raised print on both sides, this purple-themed £20 note is surely the most decorative and high-tech yet.

Attributing the note to Turner is a fitting and somewhat belated way for us all to give something back, after the artist left a number of paintings in his will "to the nation".

While he'd certainly be proud of this little piece of art, you can pick up your very own Turner original for just 20 quid.



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HOME & DIY

## BACK TO BLACK

**WHY DARKER SHADES FOR YOUR INTERIORS ARE GOING TO BE ALL THE RAGE IN 2020**

In decades past, the use of black for interiors was strictly the domain of goths, emos, moody teenagers and nightclub owners.

But 2020 may well be about to turn all of that on its head, with dark shades set to stand up for themselves as slick, stylish and luxurious layers in the coming year.

Here's your five-step guide to using black:

### BLACK ISN'T ALWAYS BLACK

Our perception of the colour "black" is pretty ubiquitous, but for the purposes of interior design, you should experiment with an array of different shades, from medium greys right the way through to the inkiest, flattest black.

### COMPARE AND CONTRAST

The majority of colours really shine when they're used in contrast, and dark shades are no different. For a look that embraces polar opposites, try black and white; while for something slightly more considered, opt for wood shades as a way of offsetting your base colour. Light greys,

reds, yellows and light blues work equally well in providing the contrast that sets a room off.

### A WINDOW TO A NEW WAY OF THINKING

A dark grey or black room will only work if you can show it off with light, preferably natural light, so choose a room that will display your daringly dark style by splashing it with natural niceness.

### TEXTURE OVER TONE

Visual satisfaction goes well beyond the colour itself, so using a textured finish (perhaps a mottled or bevelled wallpaper, or wood panelling that offers a glorious three-dimensional take) with clever lighting can produce an array of shades, tones and shadow that's a world away from a basic black.

### COMPLEMENTING YOUR TASTE

And, of course, using an array of fabrics and fashions in terms of furniture, cushions, lampshades, carpets and rugs will add to the intensity of detail that only black can provide.







# THE DESIGN IS MINE

*The work of Thomas Heatherwick, revealed*



**T**homas Heatherwick is the sort of designer whose work you know without ever really knowing it.

Consider the iconic cauldron that was on display at the London Olympics in 2012, muse over the renovation of the Hong Kong Pacific Place, even scoff ever so slightly at the cancelled Garden Bridge which was intended to flourish over the River Thames in all its green glory.

In reality, whether successful or not, whether well received or otherwise, Heatherwick Studio has been dabbling with the brilliance of design innovation since its formation, by Thomas Heatherwick, in 1994.

It was eight years before the Terence Conran-mentored Royal College of Art graduate hit gold with his Rolling Bridge design at Paddington Basin, yet the variation in work styles that followed – from monastery renovation to bespoke sculptures and quirky furniture through to the commercialisation of the old freight depot north of Kings Cross station – proved that Heatherwick's appetite for reinvention has never been sullied by his critics.

Perhaps his most famous creation of all has been the modern Routemaster bus. A design that has influenced everyone in the capital and plenty more outside it, its tribute to the original proves the designer has not just the vision to create, but also the modesty to respect a classic.

In interviews, Heatherwick, 49, speaks of design being a single discipline, three-dimensional creation, rather than something that is multi-faceted, and insists all good work must be likened "to solving a crime... the answer is there, and your job is to find it".

Where Heatherwick's work will head to next is unclear, but whether on pavements, across skylines or simply in the form of interiors that amaze and enchant, the studio has played a major role in leading us to ask incredible and intense questions of our everyday surroundings.



Photo credit: www.heatherwick.com



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# JAPANDI WHAT IS IT?

HOME & DIY

It's the interior trend everyone is talking about for 2020, but are you brave enough to pull it off?

There are some brave, peculiar and ambitious interior trends that evolve over time, with many originating out of our ability to combine established styles. In new designs that echo and reflect traditional designs, we link cultures, embrace originality and, in the case of Japandi, create a bridge between Scandinavia and Asia... and that's no mean feat.

Japandi is a combination of Scandi and Japanese styles. This hybrid combines Japanese minimalism, which defines the simplicity, space and clarity of the platform, with the warmth, comfort and select colour of Scandinavian design. The effect is a look that has space but detail.

A bedroom would therefore showcase plain walls and bedsheets, in bright tones, and be complemented with wooden furniture, classic shapes and a hint of nature, where functionality is important but cleanliness prevails.

A dining room would again combine bright, white walls with a statement piece of wooden furniture, with detail coming as much from the sparsity of a look as from the objects within.

Darker tones are allowed to prevail, providing the key echoes of feng shui are abided by, with chairs positioned with the intention of inviting someone to sit, relax and reflect on their surroundings; while the use of large windows and exit points – both practically and visually – into outside space patterns perfectly a Japandi style that aims to bring the outdoors into our living spaces.

Rather than drawing in styles, it seems the year 2020 is set for interior reinvention, the like of which we've never seen before. Regional design standards have never been so exposed to a global market, and with that comes a dynamic merging of ideas, and you sense Japandi will be the first of many.



Photo credit: Heals.com, Maisondumonde.com, H&M Home





If the recent festivities have left your oven looking a little grubby (to put it lightly), then these three chemical-free, and budget-friendly, home remedies are exactly what you need. Say goodbye to grease and hello to a squeaky-clean cooker.

#### Easy Peasy Lemon Squeezy

Lemon is a natural bleaching agent as well as having the ability to degrease. Simply:

- Take two lemons and cut them both in half • Squeeze the juice into the baking tray and place the rest of the lemons on the tray • Fill the tray halfway up with water • Place the tray in the oven and turn on to 120 degrees • Leave for 30 minutes • Remove the tray, turn off the oven and wait for it to cool slightly • Scrub your oven and rinse



#### Baking Soda Saviour

This store-cupboard staple is abrasive, plus it naturally absorbs grease, making it the ideal ingredient for cleaning your oven. Simply:

- Remove the oven racks • Make a paste with ½ cup baking soda and 3 tbsp water • Apply to the inside of your oven wearing gloves • Leave for a few hours and overnight if possible • Use a damp cloth (or spatula if needed) to wipe off the paste • Optional – spray oven with white vinegar and wipe clean again to remove any leftover grease



#### Salt and Vinegar (solution, not crisps)

Common table salt can act as an abrasive, whereas white vinegar is great for removing stubborn stains. Simply:

- Turn on your oven to 65 degrees to heat • Sprinkle a thin layer of salt onto the bottom of the oven • Put on gloves and scrub the bottom with a sponge until the grease starts to lift • Spray white vinegar into the oven • Use a wet rag to remove the rest of the grease and dirt

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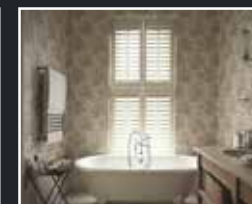
from the entry level Antigua range to the hard wood Fiji range, the shutters come in a range of colours and styles. Be it cafe style which looks timeless in those Victorian bays, tier-on-tier allowing for ultimate versatility or full height for extra privacy, there is a range and style to suit every property.

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## DIY bed canopies



HOME & DIY



If you want to bring a touch of elegance to your bedroom while at the same time creating a cosy focal point, then look no further than a bed canopy.

Bed canopies are fairly expensive to buy, but incredibly cheap to make. If you decide to do one home DIY project in the new year, this should be it.

### CHOOSE THE CANOPY FABRIC

With canopies being available in a wide variety of materials, colours and textures, the world really is your oyster. For a luxurious vibe, opt for velvet or silk, or if you favour a more laid-back look, opt for linen or mesh.

### CHOOSE THE CANOPY HANGING ELEMENT

Arguably the easiest way to hang your canopy is with an embroidery hoop; simply unscrew the hoop, pass the fabric through it, ensure it is even and reseal the hoop. Alternatively, you can utilise copper pipes to create a larger canopy that cascades

around your whole bed.

Or, if you are wanting a more natural vibe, you could even use a simple (but sturdy) branch which can be hung from the ceiling with a few chains and basic hooks.

### INSTALL THE HOOKS & HANG THE CANOPY

As a bed canopy will be hanging above your head, it is important that all the screws are secure; drywall anchors are a good idea and will ensure that your bed canopy does not fall down. Enlist a helper when attaching the fabric to ensure it is hung evenly.

### ADD SOME CREATIVE TOUCHES

Once your bed canopy has been installed, you can personalise it with accessories to ensure that it matches the décor of the rest of your room. Fairy lights are a great idea for a child's room or even for adults who want to feel like they are sleeping under the stars. Curtain tie-backs are another popular option.



Photo credit: design\*sponge, urban outfitters and www.countryliving.com





# How to BLEED A RADIATOR

*A step-by-step guide*

**B**e honest. How often (if ever) do you bleed your radiators? This household maintenance task is vital if you want to ensure your home stays warm without costing you a small fortune.

**STEP ONE:**  
Turn on your central heating so that all your radiators have warmed up before you begin the bleeding process; this will ensure that there is sufficient pressure in your radiators to push out any trapped air.

**STEP TWO:**  
Check each radiator for signs that it might need bleeding; this includes any cold spots in your radiators or clucking sounds that they are emitting. If a particular radiator takes longer to heat up than the rest, this could also be a sign that it needs bleeding.



**STEP THREE:**  
Turn off your heating so that you do not burn yourself or create an unwanted flood in your home.

**STEP FOUR:**  
Put some old towels underneath the radiators that you are planning to bleed; discoloured water may flow from your radiator and you do not want to stain your carpet.

**STEP FIVE:**  
Take your radiator bleed key and insert it into the bleed valve; this can be found at the top or bottom of the radiator and looks like a round hole with a square inside. Turn the valve anticlockwise; you should then hear a hissing sound as the trapped air escapes.

**STEP SIX:**  
You only need to turn the eye about halfway round as the valve does not need to be fully open to successfully bleed the radiator. Wait until you can no longer hear air and then turn the bleed valve clockwise to reseal.

**STEP SEVEN:**  
Repressurise your heating system; if the needle gauge in your boiler is on yellow, not green, you need to do this.



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Photo credit: Jason Mardell

## Hairdresser scoops Marketing Trailblazer Award

A Brentwood hairdresser picked up an award at the Salon Awards recently.

Rob John, from The Brentwood Hairdresser, was named as the winner of the Marketing Trailblazer accolade at the event held at Five Lakes Resort.

The Awards celebrate the hard work and success of some of the most creative, dynamic and innovative hair professionals across the country.

Rob described the win as "fantastic".

He said: "I was aware of the high level of talent in all of the categories. We were nominated for four awards and the standard was incredibly high across the board, so we were thrilled to win."

"It was the first time we entered the competition, so

to come home with an award was fantastic."

The salon will be launching its very own collection over the next few months, and it also plans to enter the British Hairdressing Awards in 2020.

Rob continued: "Next year our art team will be launching its first collection, which will be about four or six images that will serve as our trend predictions for the up-and-coming season. Like a fashion house would do a collection and present it on a catwalk – that's what we're doing, but for hair."

"We will also continue to enter both regional and national competitions – including the British Hairdressing Awards run by *Hairdressers Journal*. That's the big one, that's like the Oscars."

## Police investigate after teens attacked

Police are investigating after two men were hit by a car and one of them was stabbed in Brentwood.

The victims, both aged 18, told police they were hit by a car just before 11pm on Eastham Crescent, Brentwood, on November 23.

Two men then got out of the car and assaulted one

of the men, who was hit in the head and suffered stab wounds to his leg. His injuries were not life-changing or life-threatening. The other victim was unhurt.

A Vauxhall Insignia was later found burnt out in Kelvedon Hatch. Police are treating the incidents as linked.





Photo credit: Lee Anucci

# Nightclub reopens after £4million renovation

A Brentwood nightclub has finally reopened its doors following a £4million renovation.

Sugar Hut, on the High Street, underwent a dramatic three-month makeover after being taken over by new management, and held a re-launch party on November 30.

The new owners, who have chosen to remain anonymous, have enlisted the help of Dan and Sam Perrin – the team behind Studio 338 in South East London – to turn it into the next big music venue.

Music and events director Dan Perrin wanted to maintain Sugar Hut's historical and glamorous aesthetic but give it a dramatic facelift in terms of look and music.

He explained: "Sugar Hut was a little bit of a sleeping giant. It's super well known, but over the last few

years it rested on its laurels and was just living off the success of *TOWIE*.

"The idea was not to throw the baby out with the bathwater. We want people to come and get dressed up and feel glamorous. But the idea was to bring some really good music, some really good DJs, and take what was good about Sugar Hut and add some creativity, some imagination and some really good music."

As previously reported in **VISION** Brentwood Ongar, locals and the police raised concerns following an application for a licence to stay open until 7am.

It has since been withdrawn, meaning the club will stay open until 3.30am as per its previous licence. However, some reports have suggested it may try again in the future.

# Singer wins The X Factor: The Band

A singer from Brentwood could be part of the next big girl band after her group were crowned the winners of *The X Factor: The Band*.

Jess Folley entered the competition as a solo artist and impressed the judges from her first audition, securing herself a place in new girl group Real Like You.

The group, made up of Kellimarie Willis, Luena Martinez, Seorsia Leigh Jack, Halle Williams, Virginia Hampson and Jess, saw off competition from boyband Unwritten Rule and won themselves a recording contract.

Posting on her Facebook page following the announcement, Jess said: "I don't know what to say... Thank you."



Photo credit: Syco/Thames

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# BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



LOCAL NEWS BRENTWOOD

It's less than a month since the General Election in which I was returned as your Member of Parliament, and the Conservative Party gained an 80-seat majority in Parliament.

It's been a busy 12 months, reaching warp speed by December, so it is something of a relief to return to Parliament knowing the Prime Minister's promise to Get Brexit Done is well underway, and the Conservative government can focus on its other election pledges and support schools, hospitals and law and order. By next month, if all goes to plan, trade talks will begin and the UK will prepare for its new relationship with the EU.

The work of a Member of Parliament does not stop, even during the Christmas and New Year period, so I have been dealing with casework throughout. Some, but not all, of this highlights the local priorities I identified in my election leaflets – more money for local pupils, more police officers on our streets, more money for the NHS, boosting our local high streets and tackling unauthorised development in the more rural areas of the constituency.



As always, if you have any issues you wish to raise with me, please get in touch. I'm hoping to spend some time this year getting to know local businesses better, as well as encouraging everyone to drink a pint a week in a local pub (you can choose if it's alcoholic or a soft drink) to support these important community venues and their landlords.

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## Equestrian team among best in the country



An equestrian team from Brentwood School are officially among the best in the country after finishing in the top eight for both dressage and jumping.

Brentwood's riders competed with the best at the National Schools Equestrian Championships held at Addington Manor.

The team of Charlotte Cooke, Emma Philpot, Sophie Philpot and Imogen Pohl kicked off the Championships with polished rounds to come seventh in the '85 Jumping with Style' event.

Emma Philpot came third individually in '105 Jumping with Style'. The team was then fifth and seventh in the '95 Jumping with Style' with the same riders on their second ponies.

Unfortunately, Lily Tappin, who had secured four qualifications for the Championships, could not compete because her horse was injured.





# News from THE ROTARY CLUB Brentwood

At the time of going to print, Christmas was still in full swing, but our activities and achievements had already surpassed previous years. It started with our Shoebox Appeal, when, with the help of local people and young students at Brentwood County High School, we filled 180 shoeboxes with gifts for people less fortunate than ourselves in Eastern Europe.

Lighting Up Brentwood saw the opening of our first Grotto. On the day, the Grotto and the Mulled Wine Stall were buzzing from start to end. We hope all our customers had a great time and we believe we are heading towards raising more money for local charities than we have in previous years.

A Christmas Tree competition formed part of our Christmas extravaganza. Trees were sponsored by local businesses and local schools were invited to take part in our Dress the Christmas Tree competition. There was a general theme of

recycling and the children had been so innovative in their designs that choosing a winner was nearly impossible.

For the first two weeks of December we drove Santa, his sleigh and his reindeer around the streets of Brentwood, visiting children on as many streets as we could manage. Our Street Collections form a major part of our charity work each year and it is a joy for all who participate to see young and old thrilled by our visits. Santa's helpers walked miles as they knocked on people's doors to herald Santa's arrival in the street, and every step was worth it for the pleasure our visits seemed to bring.

The Rotary Club of Brentwood wants to thank all those people in Brentwood who have contributed in one way or another to our Christmas fundraising. Our final results will be printed in the February edition.



## Events to mark Holocaust Memorial Day



Residents in Brentwood are being invited to a series of special events to mark International Holocaust Memorial Day in January.

Susie Barnett, a Holocaust survivor, will be speaking about her experience at the United Reformed Church, New Road.

Susie was born in Nazi Germany at the height of pre-war Nazi persecution of the Jews. Her entire family survived separately through a series of near miracles, reuniting 10 years later in post-war England. However, despite everyone surviving, they were torn apart as a family.

Her talks will take place from 11am to 12.15pm on January 23 and 24, and all welcome. However, large groups are asked to call 01277 213243, leaving a message and contact number, or to email [mdareedwards@btinternet.com](mailto:mdareedwards@btinternet.com)

Elsewhere in Brentwood a Holocaust Exhibition suitable for all ages, featuring Nicholas Winton, British Kindertransport rescuer, and Corrie Ten Boom, who hid Jews in Holland, will be taking place.

The exhibition will be presented from 2.30pm to 6pm on Saturday, January 25 in the Main Hall, Brentwood County High School, Seven Arches Road, with light refreshments available for a small charge.

This will be followed by a commemoration meeting at the same venue at 6.30pm.

Ernest Simon, born and raised in the Jewish ghetto of Eisenstadt, Austria, who escaped to England as a child refugee on a Kindertransport in 1939, will be the guest speaker. Candles will be lit in memory of the six million victims of the Nazi Holocaust.

Admission to all events is free, with donations welcome. A freewill offering will be taken in the evening meeting. Refreshments will be served afterwards.

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# Schoolboy becomes national dance champion

A 12-year-old dance scholar from a Brentwood school became the British National Ballroom and Latin Juvenile Champion recently.

Nicholas Rashkov and dance partner Vytaute Mazionyte won both UK titles at their fourth and last National Competition as Juveniles (Under 12s) at the Empress Ballroom in Blackpool's Winter Gardens.

He said: "I worked very hard for the Nationals and put in a lot of preparation so when we won, I felt like it had all been worth it. We couldn't have dreamed of a better close to our Juvenile career."

Nicholas attended his first dance class at just six years old, after deciding that the after-school tennis club was not for him.

He said: "I liked dancing to the TV and *Strictly* and so

my mum enrolled me at the Cha Cha School of Dance in Loughton."

Nicholas's favourite Ballroom and Latin dances are the quickstep and cha-cha respectively. He trains for four hours, three days a week, and still manages to fit in his school homework on top.

The dance duo have also won a number of other titles this year alone, including UK Closed and Open U12 Ballroom Champions, UK Open and Closed Latin Vice Champions, and Galaxy Classique Awards Winners 2019. They are also five times Team GB members representing England in international team matches.

Nicholas will continue to represent England in national and international competitions and is now training for the Under 14 UK and World Championships.

# Well-being initiative wins award at ceremony

A Brentwood well-being initiative won The Inclusive Communities Prize at the Active Essex Sports Awards.

Chat 1st, based at The Brentwood Centre, was created in 2018 to help people tackle loneliness and social isolation by giving them somewhere to turn when they are in need of support.

Leisure services manager Nicky Smith said: "The Chat 1st Well-being programme has been growing from strength to strength since we launched it a year ago.

"The result of this is improved mental, physical and social well-being. Keep an eye out for our exciting new classes next year."



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# LOCAL NEWS

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LOCAL NEWS ONGAR



## Man now loves to cook thanks to 'Cooking with Ed' initiative

A man from Ongar has thanked a local charity after its new initiative helped him fall in love with cooking.

Bruce Marshall, 75, was one of three men to join St Clare Hospice's Cooking with Ed initiative, which aims to help older men get more confident in the kitchen.

Founded by Ed Firth, head chef at St Clare Hospice, and chef Sam Heggarty, the Cooking with Ed project came about following concerns from existing St Clare service users who struggled with cooking meals after the death of their partner.

Bruce rarely enjoyed cooking in the past, but "really

enjoyed" the class.

He said: "I've never really been into cooking before, but since the course I've found that I've been cooking more than ever. I really enjoyed the course."

"The only problem now is that I have to do some of the cooking this Christmas. And my grandchildren have been asking me to cook all kinds of things – like trifles, meringues, all sorts. I also go over to my daughter's house once a week now and we cook a meal together."

To find out more about which St Clare support services are available to you, call 01279 773700.



# Railway looks ahead to busy 2020



The start of 2020 sees the Epping Ongar Railway make use of the quieter time to carry out vital maintenance of its track and buildings.

However, despite the quieter period, the railway is on the lookout for volunteers to join its ranks and help it prepare for the busy 2020 season.

The tasks available are wide ranging, from technical restoration to administration.

Adult membership costs £20 per year, with members receiving complimentary copies of *Mixed Traffic*, the railway's 44-page in-house magazine.

One event scheduled for the new year is the popular Kids for a Quid railway event between February 19 and February 23.

This will culminate on the Sunday with a special bus event called 50 Years of London Country Bus Services – Bus Running Day. Based at North Weald, the day will feature new bus routes running to local towns and villages.

Special fares apply and can be combined with heritage rail tickets.

For full details visit [www.eorailway.co.uk](http://www.eorailway.co.uk) or, to join or enquire about membership, email [membership@eorailway.co.uk](mailto:membership@eorailway.co.uk)

# Disgraced police officer resigns days before sacking

A police officer from Ongar resigned days before he would have been sacked.

Robin Ruston, 36, had remained in his role as a Metropolitan Police officer for three months after he was handed a suspended prison sentence for theft.

On November 18 he resigned, before a hearing a few days later ruled that he was guilty of gross misconduct and would have been sacked anyway.

That ruling followed Ruston being handed a 16-week prison sentence suspended for 12 months in August.

The experienced police officer of 15 years had been found guilty of the theft of £200 after an undercover officer tested his integrity by handing him cash, a bag and a phone charger.

A Met Police statement said: "Robin Ruston, who was attached to the Central East Command Unit, faced allegations that his actions breached the Met's standards in respect of discreditable conduct, honesty and integrity and duties and responsibilities.

"A misconduct hearing on November 21 ruled that, had he remained a serving officer, he would have been dismissed without notice."

# Driver jailed for causing collision

A disqualified driver who caused a collision in Ongar has been jailed.

Guy Donaghy was driving in the town's High Street on August 16 when he crashed. His car also struck the forecourt of a car dealership and caused more than £9,000 worth of damage.

Officers attended and found that Donaghy had no insurance. He was also suspected to be under the influence at the time.

Donaghy was hospitalised as a result of the collision and, after he was released, was found driving a silver Mercedes SLK just three days later. Donaghy was arrested and later charged with dangerous driving, driving while disqualified, driving without insurance, using a vehicle without a valid test certificate, failing to give consent for a specimen to be analysed and failing to give information relating to the identification of the driver of the vehicles at the time of both incidents.

He was remanded in custody and pleaded guilty to the charges at Chelmsford Magistrates' Court.

Donaghy was jailed for six months and has been disqualified from driving for five years and two months. He must pass an extended test before he is able to drive again.



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# PUZZLES & TRIVIA



PUZZLES

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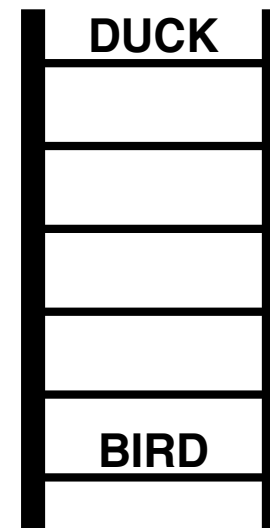
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taste by standing on food
- ▶ Wolves can go for more than a week  
without eating
- ▶ Under their fur, polar bears' skin is black
- ▶ A fox can use its tail to communicate with  
other foxes
- ▶ A typical panda eats for half the day
- ▶ Cheetahs are the only big cats that can't  
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make a new word. By the  
time you reach the end,  
you should have created  
the new word.

DO NOT rearrange the  
order of the letters.

TIP: There is usually  
more than one way to  
solve this puzzle.



# THE QUEEN VIC

*The life and times of one of our strongest monarchs*



**Y**ou may have missed it, but the middle of 2019 marked what would have been the 200th birthday of Queen Victoria.

The May 24 milestone came and went without too much commotion, probably because the five-times great-grandmother to Prince George, Princess Charlotte and Prince Louis – who now reside in the palace where she was born – died way back in 1901.

Regardless, her influence on modern London and the world beyond is nothing short of remarkable, from the underground Victoria Line and the V&A Museum, to a spectacular lineage that sees five of her direct descendants currently sitting on thrones overseas.

Victoria's name was actually Alexandrina Victoria, and she wed her first cousin, Albert, at the age of just 20. During her lifetime she had nine children. She was fiercely strict, and admitted to hating being pregnant.

Her strange habits included having all windows open, even in winter, as well as insisting on proposing to husband Albert, in a break from tradition.

She stood just 5 feet tall, and was a widow almost twice as long as her marriage lasted (Albert died in their 22<sup>nd</sup> year wedded), and during Victoria's lifetime she survived eight assassination attempts. None of those occurred on the royal train – she was lucky enough to come to the throne at a time of significant technological and industrial advancement and was the first royal to take the new mode of transport when in 1842 she travelled from Windsor to Slough.

While Queen Victoria went through life ticking off a number of "firsts", there is one she can no longer claim as her own, and that is the amount of time spent as the longest-reigning monarch. Previously she held the record with a total reign of 63 years and seven months, but Queen Elizabeth II broke that record in 2015 and continues to add on the years.

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# STAR QUALITY



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THINGS I’VE  
EXPERIENCED  
MAKES ME  
A BRILLIANT  
CASE STUDY  
FOR A LOT OF  
PEOPLE  
”

Jameela Jamil

**I**t’s unusual for a radio or TV star to have such a handle on the more sensitive issues relevant to the fast-paced generation we live in today, but Jameela Jamil’s evolution from model, photographer and fashion scout to someone speaking out over abortion, cancer, eating disorders and mental health is rapidly making her one of our most important ambassadors.

Ask where Jameela Jamil’s passion for tackling the tough questions in life has come from and the 33-year-old Londoner is left in no doubt. “It all started for me as a journalist and a broadcaster – it has been about a passion I have for interviewing people and asking questions,” she says.

“In the early days that was all about fashion and socialising, and looking into other people’s lives. But then, I think the older you get, the more you really want to scratch below the surface, and if you do that with other people, you need to be prepared to look inwards as well.”

Jameela believes that although the internet has helped in making private problems public, we could still be doing more to help each other. “We walk past each other in the street and really have no idea what is going on under the surface, and through my own personal experiences I have found being open is one of the best therapies available. If I can encourage other people to do that, and it has even 10 per cent of the positive benefit I have taken from sharing my issues and worries, we’ll be able to overcome even greater challenges.”

For Jameela, those challenges began in earnest quite soon after she broke through on the E4 show *Music Zone*. Discovering she was pregnant, the presenter took the decision to have an abortion. She has said since, “It was the best decision I have ever made... both for me and for the baby I didn’t want, and wasn’t ready for, emotionally, psychologically and financially.”

Since then, she has been a stolid ambassador for hypermobile Ehlers-Danlos syndrome, a genetic disorder causing loose joints, joint pain, stretchy skin and abnormal scar formation; has beaten cancer twice, and recently spoke up about eating disorders, something she encountered in her early 20s.

Jameela also revealed that she survived a suicide attempt in 2013, and has suffered from post-traumatic stress disorder.

“The list of things I’ve experienced makes me a brilliant case study for a lot of people,” she laughs. “No matter what you have, no matter what you look like, we all struggle, and we all need help from time to time.”

Indeed, as far as style and appearance goes, Jameela – who is in a relationship with musician James Blake – believes we are slowly finding ourselves capable of ignoring some of the unrealistic icons splashed across the internet.

“We all have things we want to change and we can all work towards that. We are all self-critical – I absolutely hated my height for a long time... it was a real challenge to my mental health as I felt so exposed.

“What I’ve learnt over time is you shouldn’t let any part of your shape influence you negatively, only positively. If I only wore flat shoes or trainers then I’d be running away from my height.

“Instead I want to embrace it, and everything else I need to change about myself. That’s got to be the right way to go.”

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# The ultimate WINTER SURVIVAL guide for pets

YOU MAY NOT LIKE WINTER AND THE COLD WEATHER THAT IT BRINGS, BUT FOR YOUR PET, THIS TIME OF YEAR CAN BE DEADLY

#### 1. DO NOT LEAVE YOUR PETS OUTSIDE UNATTENDED

When it is particularly cold your dog should not be left outside unattended as it could quickly develop frostbite or hypothermia. The same goes for cats: if the temperature drops too much, try to keep your feline friends indoors. Rabbits and guinea pigs should be moved to the shed if the weather is particularly bad.

#### 2. INVEST IN A DOGGY JUMPER

If you have a short-coated breed of dog, then consider purchasing a jumper or coat to keep it warm when out and about. It is also worth noting that if your dog keeps lifting its paws or stopping walking, it may be because the ground is proving too cold for it.

#### 3. CHECK THAT YOUR CAT FLAPS DOES NOT BECOME FROZEN SHUT

If your cat is still going outside, make sure you check that the cat flap does not become frozen shut. It is also a good idea to have a litter tray inside for your cat during the colder months.

#### 4. COLD PETS NEED MORE SUSTENANCE

You need to ensure that your pets are getting sufficient calories to keep themselves warm, especially if they are outside often. You should also keep them hydrated and check that your guinea pig's or rabbit's water bottle has not frozen.

#### QUICK PET PROTECTION CHECKLIST:

- ❄ Wear reflective clothing (you and your dog) when walking in the dark.
- ❄ Fit your cat with a microchip.
- ❄ Check your garden for foxes/badgers.
- ❄ Keep anti-freeze products out of reach.
- ❄ Be vigilant of cats under cars.



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# THE WINTER warmers warbling IN YOUR GARDEN

## HOW TO BEST LOOK AFTER YOUR FEATHERED FRIENDS THIS WINTER

There's nothing that connects us with nature better than seeing the resplendence of birdlife active and happy in our front and back gardens. And yet, while these brilliant breeds are more than adept at dealing with the cold commotions of the winter months, a helping hand never did a house sparrow or a hawfinch any harm, right?

### SUPER SEEDS

You can pick them up in your local pet shop or even make your own, but a ball of seeds, perhaps bonded with high fat suet, will help guide your fluffy friends through cold times.

### GOING NUTS FOR PEANUTS

Crushing some peanuts and putting them in a bird feeder will provide an excellent snack.

### WATER GOOD IDEA

Remember, frozen water isn't drinkable and you definitely can't clean yourself in it, so keep a check on birds' ability to get hydrated and stay fresh when the temperature really drops. Simply leave water from the tap out when things are freezing outside.

### BOXED OFF

Put a birdhouse or nest box out nice and early so that your visitors have somewhere to bed in before the cold snap arrives. Boxes should be placed away from the sun and with a clear flying line into them to ensure their residences will be taken up.

### PROTECT AND RESPECT

While respecting the habitats of other garden dwellers such as cats and foxes, ensure your birds are kept well away from predators.

### SORRY FOR SOGGY FOOD

Keep a close check on soggy or slushy food, as birds won't be able to digest this. That means removing anything that comes into contact with rainfall or perhaps even melting snow.

If you can master these top tips for birds, your garden will be awash this winter with colour and song — a perfect paradise for winged wildlife.



# DAVID LEPINE

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# Fire it up

Easy steps you can take to create your very own garden firepit

Nothing says "family and friends" quite like gathering round an open, glowing fire in the garden; yet the days of this sort of event only ever occurring in the summer, and with a sausage or two turning on a barbecue, are long gone.

Nowadays, firepits provide a practical, attractive and interesting focal point for people to socialise around, and, far from being just the domain of those long, lounging evenings of July and August, you can even fire one up in the winter months. Here's how:

## 1. LOCATION

Create a firepit in an area of your garden away from plants, overhanging bushes or trees, and where children typically won't be playing nearby.

## 2. SHAPE

Firepits are almost always circular. This gives maximum access around the edges and prevents any angled or sharp edges that people could trip over.

## 3. MATERIAL

This is where firepits get exciting – use stone blocks, concreted lumps of stone, terracotta plant borders or concrete blocks. Better still, if you're keen on upcycling, consider using an old washing machine drum on legs for a brilliant pot that looks sensational. Similarly, you could pick up the rim of a tractor wheel, or any other metal object that will hold heat.

## 4. BASE

Your base will mainly consist of a hard surface covered with gravel or sand.

## 5. GRILL

A simple grill suspended over the base gives you a platform on which you can cook food, or remove altogether for a simple fire by throwing on tinder, logs and any other flammable bits and pieces to give your firepit the fuel for winter warmth.

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PLANT OF THE MONTH:

# Raspberry Canes



GARDENING

January is one of the few months of the year where you might think there is nothing to be done or grown in your garden, but that is not the case. Raspberry canes are suitable for planting in the colder months, as long as the ground is not frozen, and will result in plump and juicy berries come the summer.

- Do not plant autumn- and summer-fruiting varieties next to each other as they have different maintenance and pruning needs.
- Alternatively, you can plant your canes in a raised bed with plenty of organic matter.

### WHAT TYPE OF RASPBERRY CANES TO BUY?

There are two types of raspberry canes available: summer-fruiting varieties and autumn-fruiting varieties. Summer-bearing raspberry canes produce just one crop in May/June, whereas autumn ones can produce one or two crops each year, often in early summer and then again in late summer/early autumn.

### HOW TO PLANT RASPBERRY CANES:

- Look for well-drained soil that also retains water well. Avoid heavy, clay soil.
- Choose a position that is partly shady to avoid full sun on the hottest days of the summer.
- Plant your canes 20 inches apart, with each row being around 5 feet apart to avoid overcrowding and for access.

### WHY GROW YOUR OWN RASPBERRIES?

Raspberries are sweet, delicious and versatile; however, they are also expensive to buy in the supermarkets. Why? Because raspberries do not continue to ripen once picked, so they are a bit of a nightmare for commercial growers. But for growing in your own garden, they are ideal.

### ARE RASPBERRIES EASY TO GROW?

The plants themselves are low maintenance, and, as long as they have the right growing conditions, will provide enough fruit for your family all summer long, making them ideal for introducing children to the joys of growing your own produce.





BEAUTY

# Skin: DEEP

THE BEST GADGETS FOR GREAT SKIN

**W**e've never cared more about our skin, nor felt our dermis, epidermis and hypodermis were quite so much in demand.

Looking after our outer shell these days really is a skin-deep exercise, and luckily there are a number of gadgets on the market that make our complexions a considerable pleasure to maintain:

## FOREO IRIS

A strange-looking contraption that's held to the eye. It vibrates gently, gradually stimulating the lymphatic system so that puffiness around the area is reduced. It also feels quite nice.



## ZIIP BEAUTY

If you're au fait with nano-currents, you'll know that these little impulses are renowned for burrowing into the skin and aiding the increase in collagen and elastin production. Collagen is the most abundant protein in our bodies, and aiding its supply will strengthen your bones and add structure to your skin.

## REVIVE LIP THERAPY

While "a moment on the lips, a lifetime on the hips" may be a rather crueler reflection of putting on weight, we should at least glory in our perfect pouts. While going down the Leslie Ash route could be deemed a step too far, the ReVive Light Therapy Lip Care tool will send a ray of infrared light onto your mouth, promoting collagen growth for thicker, fuller lips.



## DRx SPECTRALITE FACEWARE PRO LED FACE MASK

It's got a Freddie Kruger-type look that's as off-putting as its long-winded name, but this somewhat sinister-looking face mask can do wonders to your entire visage. It fires almost 200 red and blue lights onto the skin, zapping acne-producing bacteria, reducing redness and stimulating collagen... and it does it all in three minutes, so your hammer horror look needn't be taken out in public.

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## HOW TO GET A DECENT WORKOUT WITH JUST AN EXERCISE BAND

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## TIME TO EXERCISE

### The Thruster

This is one of the simplest resistance band exercises you can do; it's great for quads, hamstrings, glutes, core, shoulders, upper back and triceps.

Stand on the band, legs shoulder width apart. Hold the two ends and lift your hands up to shoulder height. To start off, do a squat with your hands kept next to your shoulders.

Once you are standing up again, push your arms up over your head, then lower them back down to shoulder height.

### The Chest Fly

Most of us want to improve upper body strength, and with this stretch you can do that easily.

Simply secure the band to something behind you, grab each handle and extend arms out to meet in front of the body, before lowering arms back out to the standing position.

### The Glute Kick-back

They say the legs are at the core of real fitness, so getting your glutes in shape is a great idea.

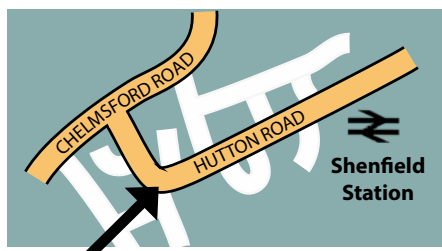
Simply drop onto all fours, wrap the resistance band around below your left shin, or further forward by holding it in your hand. Then loop it around the ankle on your right foot. Lifting that leg off the ground, extend to full length and feel the stretch.





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# Good Shot

The sight of a shot glass may send minds racing back to Friday nights in Ritz's. However, on this occasion, the end result is health, not a hangover, with "shots" and "shots" rapidly gaining in popularity for those who want to cram as much goodness into a thirsty thimble.



### The Antioxidant

To reduce the risk of infections, diseases and cancer

#### INGREDIENTS

½ cup apple cider vinegar (120ml) • ½ cup filtered water (120ml) • 1 inch piece of fresh ginger, peeled • 1 tbsp honey • ¼ tsp Ceylon Cinnamon

#### PREPARATION

Combine the apple cider vinegar, water, ginger, honey and cinnamon in a blender and blitz until smooth • Divide among four shot glasses



### The Daily Wellness Wonder

To boost immunity and aid alertness

#### INGREDIENTS

¾ cup filtered water (180ml) • 3 cups fresh kale (195g), chopped • ½ cup fresh parsley (15g), loosely packed • 2 large carrots, chopped • 2 cloves garlic

#### PREPARATION

Combine the water, kale, parsley, carrots and garlic in a blender and blitz until smooth • Strain the mixture through a fine-mesh sieve into a liquid measuring cup. Discard the solids • Divide among four shot glasses



### The Anti-inflammatory

To limit the prospect of pain arising from inflammation and swelling

#### INGREDIENTS

2 oranges, juiced • 2 lemons, juiced • 1-inch piece fresh turmeric, peeled • ½ tsp black pepper • ¼ tsp cayenne

#### PREPARATION

Combine the orange juice, lemon juice, turmeric, pepper and cayenne in a blender and blend until smooth • Divide among four shot glasses



touching hearts, changing lives

## Gary Lewis has saved his own life!

**A super slimmer has transformed his life. Gary, who joined Slimming World in the summer of 2017, has lost an incredible 7st 3lbs.**

Gary Lewis, originally from Brentwood but now living in Basildon, has slimmed from 20st 11lbs to 13st 7lbs in two years. Gary joined Slimming World after suffering the humiliation of having to do the walk of shame as he was too big to get on a ride at the theme park. Gary knew he had to do something and change his life before it was too late.

Gary who down-sized from 46 inch trousers to 32 inch, says: "Slimming World has changed my life. I'm so much happier and more confident now. I reached a point when I was struggling to cut my own toenails and ran out of breath after a flight of stairs. I'm now playing badminton twice a week and I'm feeling great."

Gary says: "I tried a number of ways to lose weight before Slimming World but none of them were sustainable and I would always end up piling all the weight back on plus more. This is where food optimising is so different, knowing I never have to go hungry or feel deprived."

"My family and friends are all amazed by how much I can eat and lose weight. I still eat all my favourite meals, like Chinese and roast dinners. I just prepare and cook them differently now - and they taste so much better. I never have to miss out and I don't have to get hung up on weighing and measuring everything I eat. I've picked up so many tips and healthy recipes from the other members at

my Slimming World group too, such as spaghetti carbonara, crustless quiche and a full English breakfast wrap.

"I know it can feel like a big step joining Slimming World because you don't know what to expect, but right from the first moment, I walked into my group I was made to feel at ease by Tracy, and the support I've received has been amazing. I look forward to going each week to catch up with all of my new friends - I just love it."

He says: "I remember feeling like I would never be happy in my own skin again, but I've realised that when people believe in you - and you believe in yourself - you can do anything you set your mind to. I really hope my weight loss can inspire other people to get started on their own journey

and know that there's a whole group of people waiting to support them every step of the way."

Tracy who runs the group, says: "I'm so proud of Gary. He's a fantastic ambassador for Slimming World and what he's achieved is nothing short of incredible. He's a huge inspiration to everyone in our group and I hope he inspires other men - and women - in Brentwood and Essex to change their lives in the same way."

**If you would like to feel like Gary then go to our website to find your nearest group [www.slimmingworld.co.uk](http://www.slimmingworld.co.uk) or search Facebook @ [slimmingworldgroupsbrentwood](https://www.facebook.com/slimmingworldgroupsbrentwood).**



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Clare 01268 478479

Brentwood Cathedral  
Ingrave Rd  
5.30 & 7.30pm  
Natasha 07545 810037

**Tuesday**  
Evangelical Free Church  
Doddinghurst Rd (In  
Brentwood)  
5.30 & 7.30pm  
Tracy 07584 676670

St Margarets Catholic  
Church Hall  
Doddinghurst Rd  
5.30 & 7.30pm  
Karen 07825 446912

**Wednesday**  
Bentley Village Hall  
Ongar Rd (Pilgrims Hatch)  
5.30 & 7.30pm  
Jo 07976 770921

Maple Hall  
Maple Close  
(off Ingrave Rd)  
6.00pm  
Jo 07976 770921

**Thursday**  
Bentley Village Hall  
Ongar Rd  
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9.30am  
Jo 07976 770921

The Budworth Hall  
High Street Ongar  
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Tracy 07584 676670

**Saturday**  
Holy Cross & All Saints  
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# STRESSED!

*who's stressed?*

You can be forgiven for feeling a tiny bit stressed in the New Year, with Christmas only just behind you, the dreaded return to work looming, not to mention the little matter of debt that you may have accumulated over the last few months of overspending (and, let's be honest, overindulging as well).

Thankfully, there are several techniques that can help relieve this stress.

## EMBRACE THE OUTDOORS



You may be tempted to join a gym in the New Year, but getting outside in the fresh air is much more beneficial to both your physical and your mental health. Exercise lowers your body's stress hormones and boosts your serotonin levels (the happy hormone), and fresh air has the added benefit of increasing the amount of oxygen in your body, lifting your mood and energising you from within.

## SPLURGE ON SOOTHING SCENTS



Burning a candle or using essential oils is a great way to calm your mind, improve your mood and diminish any anxiety you are feeling.

Some of the most soothing scents include lavender, bergamot, sandalwood, ylang ylang, orange blossom and chamomile.

## AVOID ALL STIMULANTS

If your heart is already racing owing to stress or anxiety, the last thing you need is caffeine. Avoid, or at the very least limit, your coffee, tea and energy drink intake.



## FOCUS ON THE POSITIVE

Whatever the reason for your anxiety, it is not helpful to become fixated on the problem. Instead, try to focus on things that you are grateful for and elements of your life that bring about feelings of positivity.



## LAUGHTER REALLY IS THE BEST MEDICINE

You may not feel like laughing, but this free activity is brilliant for improving your mental well-being and for reducing stress. When you laugh, your muscles relax, plus, in the long term, it boosts your immune system.



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# THE FUTURE OF FASHION is fluid

Gender-free fashion is set to become even more popular in 2020, with well-known high street brands such as H&M and ASOS showcasing their gender-neutral fashion collections as well as more high-end designers such as Chanel leading the way in this fashion forward movement.

### WHAT IS GENDER-FREE FASHION EXACTLY?

Gender-free fashion, in a nutshell, is clothing that can be worn by all genders: male, female, transgender and any other type of gender that a person may class themselves as.

### WHAT ARE THE BENEFITS OF GENDER-FREE FASHION?

#### > Gender-free fashion is more sustainable.

Gender-free fashion garments can be shared among the sexes, meaning an item has more chance of being reused and recycled rather than ending up in landfill.

#### > Gender-free fashion can help put an end to stereotypes.

Gender-free fashion strives to eliminate common stereotypes by creating clothes that can be worn by anyone; no more delicate fabrics that are only for girls or strong lines that are designed exclusively for men.

#### > Gender-free fashion is all inclusive.

You may have always coveted one of your boyfriend's shirts, but chances are it just doesn't fit you properly. Gender-free fashion provides both women and men with the opportunity to wear all styles regardless of their gender.

### HOW CAN I WEAR THIS STYLE OF CLOTHING?

- > Shop around online and check out gender-neutral fashion on Instagram to see what you like.
- > Start by adding just one gender-free item to your outfit.
- > Don't be afraid to experiment with different styles.
- > Women – opt for a loose-fitting boiler suit in a neutral colour or an oversized dress shirt paired with unisex trousers.
- > Men – take it slow and steady with a handbag, or be bold with a lace top or pussy-bow blouse.







# God's OWN COUNTRY

THE TOP FIVE TOURIST ATTRACTIONS TO VISIT IN YORKSHIRE

## NATIONAL RAILWAY MUSEUM, York

A railway buff's dream ticket, with a museum showcasing the very finest trains that have adorned the UK's spiderweb of tracks – from stunning, inconceivably powerful locomotives to miniature trains on narrow-gauge railways. This celebration of British engineering is complemented by exhibitions, galleries and outdoor play areas.

## YORK MINSTER, York

One of the world's most magnificent cathedrals, it has been drawing advocates of faith, solitude and mind-blowing architecture since the 7th century. Put another way, when the foundations were laid at Paris's Notre-Dame, York Minster had already been welcoming people in for 500 years.

In 2020 it offers multi-sensory services, exhibitions, events and open days in a celebration of contemplative contentment.

## ROYAL ARMOURIES MUSEUM, Leeds

A £42.5million purpose-built museum constructed in Leeds dock, the Royal Armouries looks at the passages and processes of war across the globe, with weaponry, artefacts, re-enactments

and tributes to those who have fought for their principles. And, as with all national museums, entry is free.

## TROPICAL BUTTERFLY HOUSE, Sheffield

Whoever thought York would become renowned for its blend of tropical animals, from lizards to tarantulas, birds to snakes? Add in otters, owls and creepy-crawlies... oh, and a few thousand butterflies, and the Tropical Butterfly House in Sheffield – which also doubles as a falconry centre – is a natural world wonder. Last year it celebrated its 25th birthday.

## THE BOTANICAL GARDENS, Sheffield

Situated very close to the city centre, Sheffield's Botanical Gardens are every bit the paradise of calm and serenity we associate with the likes of Kew or the Eden Project. The 19-acre site slopes majestically, offering wonderful views from green spaces, tree-clustered woods, bespoke gardens and spectacular Grade II-listed glass pavilions. With music, theatre, art shows and Christmas events, this is truly an all-year-round attraction for open-air enthusiasts.

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# Jumping for JACKFRUIT

Veganuary is upon us once again, and for the carnivores among us, the thought of going meat-free (not to mention all the other tasty animal products that we are asked to forgo) can be an unsettling thought.

However, what if there were a vegan ingredient you could cook with that mimicked the meat-eating experience?

#### What is jackfruit?

Jackfruit, also known as jack tree, is a relative of the fig, mulberry and breadfruit family. Originating in southwest India, this bulbous fruit is most famous for its ability to imitate pulled pork or other meat-based meals.



#### Jackfruit Curry

##### YOU WILL NEED:

1 onion 🟡 1 tsp ginger 🟡 3 garlic cloves 🟡 2 tbsp curry powder 🟡 1 tbsp flour 🟡 1 cup vegetable stock  
1 can coconut cream 🟡 1 can tomatoes 🟡 1 can jackfruit – drained and rinsed

##### HOW TO MAKE:

Cook onion until soft 🟢 Add ginger, garlic and other spices 🟢 Lower heat and add flour  
🟢 Pour in stock, cream and tomatoes, cook for 3 minutes 🟢 Add jackfruit 🟢 Cook for 20–25 minutes 🟢 Shred the jackfruit



#### BBQ Pulled Jackfruit

##### YOU WILL NEED:

1 red onion 🟡 1 tsp cinnamon 🟡 1 tsp cumin 🟡 2 tsp smoked paprika 🟡 2 tsp chipotle Tabasco 🟡 1 tbsp apple cider vinegar 🟡 4 tbsp BBQ sauce 🟡 1 can chopped tomatoes 🟡 2 cans young jackfruit in salted water

##### HOW TO MAKE:

Cook onion until soft 🟢 Add spices 🟢 Add Tabasco, vinegar and 3 tbsp BBQ sauce 🟢 Add tomatoes, jackfruit and 200ml water 🟢 Simmer for 30 minutes (lid on), stirring to break up jackfruit 🟢 Remove lid and cook for a further 10 minutes 🟢 Shred jackfruit and add 1 tbsp BBQ sauce



#### Jackfruit (no tuna) Sandwich

##### YOU WILL NEED:

1 can young jackfruit in water 🟡 ¼ cup finely chopped red onion 🟡 1 tsp Dijon mustard  
4 tbsp Veganise (vegan mayo) 🟡 Relish

##### HOW TO MAKE:

Rinse jackfruit and pat dry 🟢 Shred with a fork 🟢 Mix with all other ingredients 🟢 Season to taste





# Go bonkers for Beetroot

If you have not already embraced the 'purple trend', now is the time to do so. Incorporating more beets into your diet this January is arguably the easiest way to improve your health, both physically and mentally.

## Why try beetroots?

Beetroot is an incredibly underrated and underused vegetable; it is versatile, tasty and, when in season, which is right now, it is great value for money. Not to mention the fact that this purple root vegetable is packed full of nutrients and minerals including iron, folate, magnesium, betaine and other antioxidants that help protect your body from free radicals.

## Beets are also known for:

- ✦ Lowering blood pressure ✦ Preventing dementia
- ✦ Preventing constipation ✦ Lowering cholesterol
- ✦ Improving performance when exercising

## The history of beetroots

Beets were first cultivated by the Romans and soon became popular owing to their ability to be converted into sugar, as well being used as an aphrodisiac. Nowadays, beetroots are more associated with central and Eastern European cooking; most famously in borscht, a delicious beetroot soup.

## How can I eat beetroots?

Another great thing about beetroots is the myriad of ways that you can eat them: raw, dried, pickled, roasted, boiled, pureed or juiced – you can even use beet leaves on a salad. Roasting is arguably the most popular method, though, as it is extremely simple to do and produces sweet and tender beetroot that can be eaten warm right away or later when cooled on a salad. Simply trim your raw beetroot (no need to peel), drizzle with olive oil, salt and pepper and roast at 200 degrees for 45 minutes.

## Inspirational beetroot recipes you can try at home:

- ✦ Beetroot and pear puree ✦ Red velvet beetroot cake
- ✦ Beetroot, goats cheese and walnut salad
- ✦ Risotto with beetroot greens

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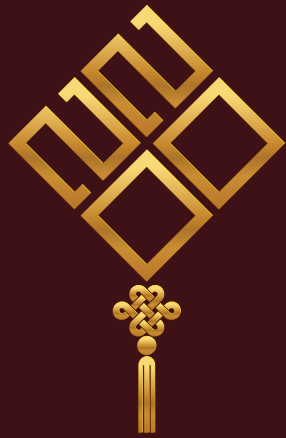
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# PROTECT my PHONE in Case of Theft



TECHNOLOGY

Thankfully, long gone are the days when losing a mobile phone potentially meant opening your contacts, data and stored information up to the prying eyes of a thief.

Decent insurance policies mean landing a new phone can be quick and inexpensive, and stolen handsets can be rendered virtually useless to a thief given that there is a range of security settings in place to block them... but only if you've taken the time to set them up:

### PIN

It's the simplest deterrent out there, and setting up a PIN or biometric authentication pass (such as fingerprint or facial recognition) is the quickest and most effective way to keep criminals at bay.

### LOCATION LOCATION LOCATION

While police do not recommend embarking on your own Bergerac-like pursuit of a stolen mobile, a remote tracking service can tell you where your phone is in the event it's simply lost or has been picked up by mistake.

### DROP AND LOCK

By logging in to another connected device, you can lock your handset and wipe data in seconds.

### FACTORY RESET... WON'T RESET

Perhaps the best deterrent of all for a thief is the disabling of the factory reset function until additional authorisation has been provided.

From all the leading mobile phone manufacturers, these security processes come as standard the first time you turn on the mobile. However, in the rush to start using a new handset, it's common for us to skip parts of the process, so every now and again it's recommended you go back through to check your security settings.

Of course, the best way to prevent possible theft of your mobile is to keep it away, out of sight and in a zipped pocket or bag whenever you're not using it.







# WHAT'S THE DEAL

*with Deborah?*



**H**ow has Deborah Meaden achieved cult status in the reality business show that has inspired a nation of entrepreneurs?

We've all seen it – the idea, the pitch, the raised eyebrows, the fluttering of notebooks, the casual panning of the camera across wads of cash, the inquisition, and finally, a handshake... or two, or more.

Since *Dragon's Den* first leapt onto our screens in January 2005, the format of the show has remained largely the same, with Deborah Meaden present in seat four since series three.

"Of course, at its heart, it's a television show, and we shouldn't look too far beyond that," says Meaden. "Yes, it would be lovely to think cash is handed over in the green room and new business partners retire to a local hostelry for a celebratory pint, but the rigours and demands of production schedules mean relationships on the day are brief and incredibly hands off, with even those successful deals.

"It is a strange concept for a few reasons,"

continues Meaden. "In real life, you would rarely shake hands on a deal just 20 minutes after first meeting someone, and the level of due diligence that is liberally cast aside during negotiations makes it a peculiar way to do business.

"However," she states, "real deals do get cut, and on occasions the format really does permit the instinct and desire to 'take a punt' over applying rational business sense, and I do feel we all need a bit of that from time to time."

Certainly, there has been nothing conventional about the 60-year-old's own path to an estimated wealth of £40million. Even today, she sleeps in until 8.30am then walks around her Somerset garden bare-footed in order to establish a feeling of being grounded.

In the past, the holiday park queen of the south-west took on all manner of jobs while working her way up, building finances and embracing the value of experience that accompanied roles as diverse as a bingo caller, pony ride supervisor and salesroom model.

"I'll never look back on any experience and say it

was a waste of time," she says.

"We build knowledge all the time, and learning on the job is by far the most valuable of all."

As for Meaden's advice for those either setting out for the first time or looking to inject renewed vigour into their business lives, she has the following five tips to consider:

**ONE: You are the boss** – the organisation will behave as you do, so be driven at all times.

**TWO: Don't be distracted** – only focus on the elements that will take your business forward.

**THREE: Adapt your plan** – be flexible and willing to change your way forward.

**FOUR: Believe the dream** – be passionate, authentic and optimistic at all times.

**FIVE: Forgive yourself** – you don't have to get everything right.

"The thing is, whether we are in a television studio at Salford Quays shooting *Dragon's Den* or sat in an office in Canary Wharf, what we're talking about is, essentially, all the same thing – business involves real people, these are life ambitions and livelihoods at stake, and there are few things more fulfilling in life than cutting a deal."



## ON YOUR RADAR – KEY PERSONAL FINANCE TIPS

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### KEEP TABS ON YOUR PENSIONS

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### YOUR STATE PENSION AGE AND ENTITLEMENT

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### YOUR HOME CONTENTS POLICY – DON'T RISK BEING UNDERINSURED

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### YOUR MORTGAGE RATE OF INTEREST

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**TOKYO 2020**  
**THE NEW SPORTS**

**SPORT**

**1. SKATEBOARDING**

**In the first of a new series, we look at five sports preparing to debut at the Tokyo Olympics in 2020**

Considering that, over the course of the last 120 years, the Olympics have embraced such bizarre sports as tug of war, rope climbing and pistol duelling, it seems somewhat perverse that it's taken until the year 2020 for organisers to have put in an order for some halfpipes and knee pads.

Better late than never, skateboarding debuts in Tokyo in 2020, with a watching world keen to see what the quirky pursuit will do for the reputation of such an iconic global tournament. And therein lies the rub – that while the IOC is keen to expand its reach into sports that resonate so readily with people all across the globe (and let's be honest, you'd be hard pressed to find someone who hasn't stepped onto a board at some point), the professional skateboarders are reportedly nervy about appearing under the somewhat formal, mainstream, structured Olympic tag.

With that in mind, it will be interesting to see how the Japanese present the sport, which will debut from July 24. There are 80 spots open to competitors – 38 men and 38 women from outside nations, and two each for the hosts.

Judges will rate boarders on speed, difficulty, timing, stability and the overall flow of the performance, while special attention will be paid to the performers' ability to suspend in mid-air.

Qualifying for the Olympics continues right up until June, which means an intensive period of competition, with the male and female winner staking the kudos of being their country's sole representatives.

At the moment, the British number one is Sam Beckett from Norfolk (pictured), although with a global ranking of 92 he'll have to go some to get in the medals, in a sport typically dominated by the Americans.



Photo credit: skateism.com





# Got your NUMBER

WE ARE IN THE MIDST OF AN ELECTRIC CAR REVOLUTION, BUT WILL GREEN NUMBER PLATES REALLY KEEP SALES RISING?

If you consider all the benefits of purchasing an electric car, screwing on a green number plate would probably be well down the list, except environmental boffins believe otherwise.

In a scheme that could come into effect as early as next year, a lairy green registration may be another step towards convincing people to swap petrol for electric power. That's because local authorities may allow green-plated vehicles to drive in bus lanes, or perhaps to park for free in otherwise paid-for bays.

However, in response to the plans, less than a quarter of drivers supported the idea, suggesting the real incentives to go green should come in the form of a more plentiful supply of charging points, better incentives for existing car owners and cheaper entry-level vehicles.

Some also warned that priority being given

to cars with green number plates may harbour resentment and possible road rage, particularly in busy city centres.

It was also claimed that to let green cars use bus lanes would slow traffic in those areas, thus encouraging public transport users to abandon buses and return to using their motors.

Regardless, with more than 25,000 electric vehicles registered in the UK last year, our adoption of green travel initiatives is clearly on the rise. It's a positive response for the government, who continue their pledge to hit their 2050 target of net zero emissions.

For that to happen, a few more of us will have to adopt electric cars, and with consumers receiving £3,500 towards the cost of a new vehicle, many more are considering leaving petrol and diesel vehicles in the slow lane.



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# WHAT'S ON

## *in your area*

### Language Café

**Brentwood United Reformed Church,  
New Road, Brentwood, CM14 4GD**  
Weekly, starting on January 9,  
10am – 11am



Photo credit: Google Maps

Is English your second language? Come and practise your spoken English.

This is a free session with friendly volunteers in a safe environment.

Pre-school children welcome – just turn up.

Entrance across the grass from the multi-storey car park. Email [sheila.maxey@pop3.poptel.org.uk](mailto:sheila.maxey@pop3.poptel.org.uk) for more information.

### Sherlock Holmes and the Warlock of Whitechapel

**Zinc Arts, Great Stony, High Street, Chipping Ongar, CM5 0AD**  
January 19, 4pm and 7.30pm

The Common Ground Theatre Company is touring its show, which is a classic comedy thriller.

In aid of Rotarians of Kelvedon Hatch and villages, all proceeds will go to St. Clare's Hospice.

£15 per ticket. Please note that seating is unreserved and will be allocated on arrival.

For more information and to book, call 07887 556 206 or visit [www.ticketgun.com/events/sherlock-holmes-the-warlock-of-whitechapel-3](http://www.ticketgun.com/events/sherlock-holmes-the-warlock-of-whitechapel-3)

**Talk by Holocaust survivor, Susie Barnett**  
**United Reformed Church, New Road,  
Brentwood CM14 4GD (opposite Library)**  
January 23 and 24, 11am – 12.15pm  
approximately (arrival 10.45)

Susie was born in Nazi Germany at the height of pre-war Nazi persecution of the Jews.

If you wish to bring a large group please call 01277 213243, leaving a message and contact number, or

email [mdareedwards@btinternet.com](mailto:mdareedwards@btinternet.com)

Free admission (everyone welcome), but donations welcome.

### Holocaust Exhibition

**Main Hall, Brentwood County High School,  
Seven Arches Road, Shenfield Common,  
Brentwood, CM14 4JF**  
January 25, 2.30pm – 6pm

A Holocaust Exhibition suitable for all ages, featuring Nicholas Winton, British Kindertransport rescuer, and Corrie Ten Boom, who hid Jews in Holland.

Free admission (everyone welcome), but donations welcome.

### Meeting of Commemoration for Holocaust Memorial Day

**Main Hall, Brentwood County High School,  
Seven Arches Road, Shenfield Common,  
Brentwood, CM14 4JF**  
January 25, 6.30pm

Meeting of Commemoration for Holocaust Memorial Day with speaker Ernest Simon followed by Lighting of Memorial Candles for the six million victims of the Nazi Holocaust.

Free admission (everyone welcome). A freewill offering will be taken in the meeting.



### Ongar Music Club

**Budworth Hall, 205 High Street, Chipping Ongar, Ongar, CM5 9JG**  
January 28, 1.30pm

Ongar Music Club hosts Soundbites Recital and Tea. Doors open 1pm for 1.30pm. Tickets £10.

For more information, contact Jane Webster on 07970 791945 or [jw@ongarmusicclub.org.uk](mailto:jw@ongarmusicclub.org.uk) or contact Budworth Hall Office.

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