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Editor's notes...



Leigh Fry, Editor

Hello and welcome to this month's edition of **VISION**Chalfonts. Where have three months gone since we launched? Once again, a huge thank you for all your valuable feedback, letters and emails.

How wonderful it has been to travel around the villages seeing all the spectacular lights and Christmas trees giving a glowing warmth to our community.

I have been out and about this past month meeting and chatting with all the local businesses who have expressed how blessed they all are with the local support you have all given them this year - what wonderful loyalty you have shown. Please continue to 'keep your £ local', it's truly valued.

In local news this month, a man has progressed to the finals of the SME Business Awards and three local causes have benefitted from a community projects programme.

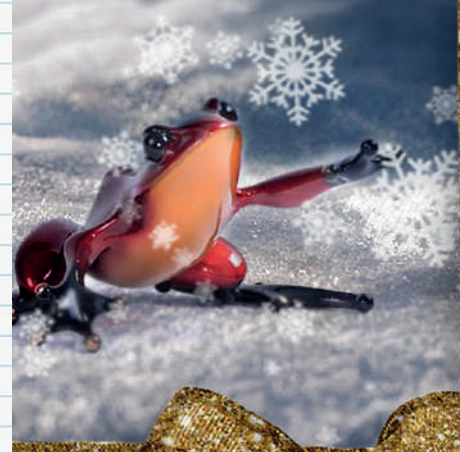
Finally, I would like to wish all you readers, local businesses and tradespeople a very warm and heartFelt Christmas. I hope Santa brings you all something special this year.

Enjoy the holidays with all your family and friends and I will see you all in 2018.

Don't forget we still need all your feedback, local news stories and photos so please keep them coming.

In the meantime, wrap up warm, have a cheeky mince pie and enjoy this month's **VISION**Chalfonts.

Leigh



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2. ICE COLD, 3. INGRAIN, 4. LEAN TO, 5. SALSA, 6. OUNCE, 7. GOOD LOOKING, 8. ABSTRACTION, 14. GHETTOS, 15. STAMPED, 17. MENTOR, 19. BONGO, 20. BJORN

BLUE IS THE COLOUR

As Sir David Attenborough returns to our screens with arguably his most spectacular and revealing series yet, we ask the world's most renowned naturalist if human beings will ever know everything about the deep.

From brine pools that lure in unsuspecting eels to cuttlefish that hypnotise their prey; from shrimps living in deep sea coral sponges to airborne trevallies – fish that leave the water to eat low-flying birds – we are discovering new mysteries of the deep with every mission. And no better are these more elegantly presented than in *Blue Planet II*, Attenborough's majestic, subterranean return to form, and currently the Sunday night feeding frenzy for natural world fans of all ages, all backgrounds.

"Nature is one of those unique things that unites us," begins Attenborough, now 91, and in his sixth decade of documentary-making with the BBC. "It pays no attention to social class or skin colour or wealth – nature inspires everyone in equal measure, and that's what makes it so perfect for me."

Of all nature, the ocean remains arguably the biggest mystery. Clearly, humans are not genetically equipped to venture to the depths, but even the latest technology can only take us so far.

"They say 95 per cent of the oceans are still unexplored, and when you get to the ocean floor that figure climbs to 99 per cent. If 70 per cent of the Earth's surface is water, you can see how little we actually know," Attenborough continues.

"We need to prepare ourselves for some spectacular discoveries in future. We will learn more about ecosystems and these strange environments, building a greater understanding of just how magnificent mother nature is.

"But with learning comes responsibility, and that's what I am most interested in ensuring we preserve, long after I've departed. We have a duty to protect what we find – from the coral reefs to fishing quotas to sand dunes – because if we can do that, then all the exploration is worthwhile."

Every week, viewers are mesmerised by the sights that are shown on their TV, with many calling the show a real-life Pixar. The filming is something to be admired, with the crystal-clear imagery, but it's the creatures of the sea that are the real stars. Here are some of the extraordinary moments from the show.



Bobbit Worm

Viewers were left terrified during the third episode of the show with one of the scariest creatures – the bobbit worm. At around a metre long, the predator hides underneath the sand stalking fish until they come close enough to make their move.



Giant Trevally

The giant trevally can grow to around 1.7m in length. It is no normal fish, as it tracks the flight path of a bird and then leaps out of the ocean to catch it. It will capture any bird sitting or gliding over the surface.



Transgender Fish

Female wrasses have the ability to become male, but not all of them do. This is still puzzling to scientists and they are still trying to figure out why.



Cuttlefish

One of the most fascinating creatures to be shown on the show was the cuttlefish, which has hypnotic powers. It lurks in south-east Asia and changes colour and pattern and pulsates its body to put its prey in a trance. This gives the fish enough time to capture its prey.



Ocean Swells

Impressive ocean swells aren't just for blockbuster movies, the stunning scenes were shot by the film crew showing enormous waves forming and crashing, displaying their true power.

LAUREN'S BIG BREAK INTO *photography*

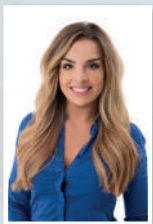
When I was asked how I got into photography, the phrase 'my big break' came to mind and although it may sound slightly dramatic, it is quite literally how my passion for photography began.

I had dreams of becoming a gymnast and my parents gave me a big Costco garden trampoline for Christmas. I practised my backdrops and front-flips and quickly became very confident. I soon set out to perfect a double back-flip, in hindsight this may have been a little over eager but I was 13 and fearless. I didn't complete the full second flip and bent my arm the wrong way upon landing.

Long story short, it was broken and my parents, quite rightly so, were worried I'd get straight back on the horse and cause more harm to myself. So, they sold the trampoline and with the money they bought me a camera. This is when I found my true passion in imagery, photographs and art.

So, 15 years and one degree later, my award-winning photography company Bubbles Portraits is five years old and my studio is on Rickmansworth High Street. We are also often on the road in exciting new locations or photographing business headshots, family portraits, weddings, golf days, architecture for estate agents and property developers, corporate events and much more. Only recently, I was photographing The Anticoagulation Awards in The Houses of Parliament.

I feel so fortunate to be doing what I love every day and one of my favourite parts of what I do is meeting other local business owners, so I'd like to give your readers a deal on Business Portraits to use for their LinkedIn, 'Meet the Team' or email signatures. For companies with five or more staff members, 25% off all staff headshots, or for the individual, 10% off when booking before January 31, 2018.



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HOME & DIY



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THE INTERIOR DESIGN TRENDS THAT ARE TAKING SCANDINAVIA BY STORM

Lagom

Cited as the new 'hygge' – think cosiness and contentment – lagom is more about 'not too little, not too much'. A tad less indulgent than its plaid-clad predecessor, lagom is about finding the balance in life. In interiors it is interpreted as having less clutter with a focus on good-quality, ecologically-sourced investment pieces.

Stylish storage

A step on from the Ikea clothes rail you used to overload in your student dorm, this is more about having a storage unit which is almost a work of art in itself, which you can then use to create a capsule wardrobe of your most aesthetically-pleasing pieces. A dead-cert way to impress the lover you could never get in college...

Outdoors indoors

There's nothing better than sleeping out under the stars, but if your locale is more the North Circular than the Northern Lights, you can still delight your little ones with a wood-stick tent bed. Fast becoming popular in Sweden, these adorable

tented canopies are light, easy to assemble and fit over existing frames. Glow-in-the-dark stars not essential.

Tech-free spaces

Philistines rejoice. Bedrooms can be device-free once more. Scandi style has always had a certain minimalism to it and this is now beginning to extend into people's desires to have bedrooms that are an oasis rather than an extension of one's TV room/office. Colour palettes soften to milky whites and greys, and designers are drawn to natural fabrics once more: like sheepskin and leather.

Black and white

Live your life like a Nordic noir television show by drenching your home in monochrome. Following in the lagom style of not too little, not too much, the trick is to add touches of black and white while keeping the overall colour scheme soft and neutral: a chevron throw, for example, or your favourite black and white film poster, though perhaps not one you can buy in Ikea.





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HOME & DIY

Whether you prefer candles, sprays or diffusers, find out what your candles and home scents say about you.

Vanilla and sugar scents

If you love to fill your home with sweet and soothing fragrances, you are likely to be a homebody – someone who strives to make their home as welcoming and comforting and possible. Vanilla is one of the most calming aromas and is often used in candles that aim to evoke childhood memories like cupcakes or ice cream.

Pine and woody scents

You have get-up-and-go and like to wake up in a home that is as invigorating as a clear winter's day. You decorate your home with rustic flourishes and lots of wood to match this wonderful earthy perfume.

Rose and floral scents

In Victorian times, flowers were used as a way of expressing love, making them a very romantic scent to spritz. Die-hard dreamers can't get enough of the heady scent of rose, which is evocative of a first kiss, while those who prefer lighter florals like daisy and honeysuckle have a more whimsical and care-free approach to life.

Cotton and fresh scents

Throw those windows open and let the sunshine in! If bracing fragrances that evoke the ocean or fresh laundry are your thing, you are likely to be a very breezy, care-free person. You love bright, airy spaces and your home is an immaculate retreat from the chaos of the world.

Frankincense and musky scents

You are mysterious and have a penchant for the exotic. Your home is equally provocative and features lots of dark wood and velvet. Candles which feature amber and frankincense are ideal for the bedroom and are virtually guaranteed to set the mood.

Citrus and fruity scents

You have a happy and optimistic outlook on life and prefer a home fragrance which uplifts, even on the gloomy days. But citrus scents can sometimes overwhelm and be reminiscent of bathrooms, so consider fig as a summery alternative.



Ideas to make your very own DIY Christmas wreaths, easily and inexpensively

What a corker

Hide (or exhibit) your Chrimbo booze consumption by threading wine corks interspersed with baubles onto string until they form a circle. The perfect dining room decoration.



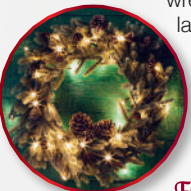
Disco doorbell

Create that Christmas party feeling at home with a sparkle-studded bauble wreath. Incredibly simple to make, just take a polystyrene ring base and glue on as many miniature baubles as possible until you can no longer see the white underneath. Finish with an extra sprinkle of glitter, or if you're feeling traditional, a spray of fake snow.



Light fantastic

Guide Santa to your house with a fabulous neon wreath. Use a wire metal wreath as a base and wrap layers of different coloured lights (battery-powered LED preferably) around the wire, alternating with tinsel to cover the light leads. Keep all-white for a classic effect or go colourful and flashy so everyone knows where the party is.



Fun floral

Naturally, one wants to avoid a wreath that feels funereal rather than festive, so you may think you ought to steer clear of flowers. Consider using pom-pom bursts of hydrangeas in alternative colours for a look that is both bright and beautifully Christmassy.



Rustic romance

Create the classic wreath using gifts from Mother Earth as you forage and find bits and bobs from an autumn walk (or just pop to your local florist). Using either a straw or metal ring as a base, attach anything from pine cones to fir branches, apples and cinnamon sticks, dried lemon slices and flowers, and even candy canes and ribbons.



Gingerbread bake

Using either a cardboard circle or gingerbread base, bake an array of biscuit shapes (leaves, trees, candy canes, etc.) which you can attach and decorate with icing. How fabulously festive of you.



Good Wreath!

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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Co-op shoppers make a difference to local causes

Three local causes have benefitted from the Co-op community projects programme.

Chalfont Co-op, in Chalfont St Peter, revealed a cheque for £10,660 which would be split between three local causes – Chalfont St Peter Library, Chalfont St Peter Infant School and the Open Air Museum, in Chalfont St Giles.

Every time members shopped at Co-op, one per cent of what was spent on own-brand products and services went to the local community fund.

The money raised by members from the community as well as money from shopping bag

sales helped to fund these projects.

Tweeting, Chalfont Co-op said: "Your 1% really makes a difference. £10,660 to three great causes. A big thank you to our members for making this happen."

Chalfont St Peter library, which will bag a share of the fund, tweeted: "Our thanks to all @ChalfontCoop for their generous donation to three local Chalfont good causes (including the library) through their community projects programme, and to all those customers who nominated us. #lovelibraries"

Mayor hosts Christmas party for the elderly

The Mayor of Chesham Emily Culverhouse is hosting this year's Chesham, Amersham and Little Chalfont's Christmas Day Party for the Elderly.

The free event will be held in The Douglas McMinn Centre on East Street in Chesham and is open to

anyone who is going to be alone on Christmas Day this year.

To book a place or add a name to the invite list, please contact Chesham Town Hall via email at admin@chesham.gov.uk or phone 01494 774842.

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Little Chalfont
Parish Council

Remembrance



For the third year in a row, the annual Little Chalfont Remembrance Day parade and memorial, on Sunday, November 12 was blessed with sunshine for much of the time and the occasion drew a large number of participants.

The Remembrance Day service was held in the Methodist Church and the uniformed organisations marched from the church to the village green for the memorial service. The service was led by Rev Anne

Ellis and was supported by the members of the parish, district and county councils.

The Chalfont Concert Wind Band played the hymns and their trumpeter played The Last Post and Reveille. Councillors, uniformed organisations and Dr Challoner's High School laid wreaths. Following the service, refreshments were offered at the village hall.

Little Chalfont Community Centre

We are pleased to report that the planning application for the proposed new community centre has been submitted to Chiltern District Council. This has been the result of a lengthy consultation process and work with our architects to create a building which we hope will be of valuable use to all members of the community. We will keep you posted about progress with the application.

We wish all readers a very Merry Christmas and a very Happy New Year.



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Reader's Monthly Photo



Congratulations to Mrs Laws for her take on a "Twist on Christmas" theme - a very well done to you.

We invite you, the readers of **VISION**Chalfont, to send in your photos each month based around the chosen theme set below.

The photo judged to be the best here in the office by the closing date will be printed here for us all to enjoy along with the name of the winner.

Thank you of all your entries. There was a very good response for the first month.

Next month's theme is "Something Warm for Winter".

We must have your pictures by January 2, 2018 please. Email your pictures to chalfonts@visionmag.co.uk with "Reader's Photo January" in the subject line. Good luck.

Photo credit: Mrs Laws



LOCAL NEWS



Photo credit: Rennie Grove Hospice-Care



Community centre given lifesaving device



Chalfont St Peter Community Centre received a lifeline recently after they were handed a defibrillator by the Rotary Club of Misbourne Matins.

A spokesperson from the community centre said: "We've been looking at trying to get one but it was expensive. It was pure luck that the Rotary Club contacted us."

The defibrillator was installed in the entrance of the centre at the end of November and is now fully functional and ready to be used in the event of an emergency.

The spokesperson continued: "It's the latest model. The idea is that if you have a problem you can call 999 and get a pin number.

"South Central Ambulance Service is coming to do a first aid course to show the main users how to use it.

"It's great for the community centre."

Who is your community hero?

People in The Chalfonts are being asked who their community hero is as nominations for Chiltern District Council's Community Awards 2018 are now open.

The awards are a chance to recognise volunteers and community champions who do so much to enrich life in the district.

There are several award categories covering people of all ages, individuals, groups and businesses.

To nominate, visit www.chiltern.gov.uk/communityawards, download a nomination form and return it to The Community Team, Chiltern District Council, King George V House, King George V Road, Amersham, Buckinghamshire, HP6 5AW.

Alternatively, printer forms are available from the main reception at King George V Road office, local libraries and leisure centres.

The closing date for nominations is Friday, February 2, with the award ceremony being held on Thursday, March 15.

For more information and a full list of award categories, visit the website.

Inventor hoping for national success

A man from Chalfont St Peter has progressed to the finals of the SME Business Awards 2017.

David Meacock won the Best New Business of the Year award in March at the regional event for his Postie Mate invention.

He invented Postie Mate, which enables the safe delivery of leaflets, mail and A5 size magazines through letterboxes following a dog bite incident when he was delivering leaflets.

David has recently celebrated more than 300 being sold across the country.

He said: "I got bitten and seeing people were having life changing injuries I realised there was a need.

"I couldn't risk the same or even worse happening again, but I didn't want to stop delivering leaflets."

David entered his project into the Buckinghamshire SME Business Awards, admitting it was a sideline to being a professional musician.

He was extremely shocked when he was announced as the winner and even took a Postie Mate onto stage to accept his award to try to "flog a few".

The national finals were being held as VISIONChalfonts went to print.



Reindeer runners raise funds

A family from Little Chalfont took part in the Reindeer Run on November 26 for Rennie Grove Hospice Care recently.

A herd of human reindeer set off on a 2k run, canter and stroll around Chesham recently raising funds for the charity.

Helen Lanfear ran with her boys George, five, and Archie, three. This was Archie's first run and mum Helen gave him a piggy back ride across the finish line.

She said: "A 2k run is ideal for children."

Cheered on by enthusiastic spectators, the runners followed a course that took them from the bandstand in Lowndes Park, across St Mary's Way, along the pedestrianised High Street then back to the park to

complete a lap.

Gillian Barnett, director of fundraising and marketing at Rennie Grove Hospice Care, said: "I would like to say a big thank you to all those who took part in our first Reindeer Run in Chesham.

"Everyone looked as if they were having a good time and the band made sure that this was a great start to this year's Christmas festivities.

"The money raised by sponsoring people who get involved in our events is crucial to Rennie Grove as it means we can continue providing care and services that keep people with life-limiting illness at home with their families and friends, which is especially important at this time of year."

Three men hospitalised following fight outside pub

Three men were injured following a fight in Chalfont St Peter.

Two men aged 21 and one aged 24 were injured as a result of the incident, which took place at about 1.30am on Sunday, November 19 at the Greyhound public house and involved at least 10 people.

One male sustained a broken nose, one was knocked unconscious and the other sustained bruising.

They were taken to Wexham Hospital for treatment and have since been discharged.

An 18-year-old man from Chalfont St Peter has been arrested on suspicion of assault occasioning ABH. He

has been released under investigation.

Thames Valley Police are appealing for information following the incident.

Investigating officer Detective Constable Mark Banham, based at Amersham police station, said: "I believe that there were a number of witnesses to this incident and I would like to speak to them as they could have vital information.

"If you witnessed this incident, or have any information relating to it, please call the Thames Valley Police non-emergency number on 101."

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GARDENING

Festive Plant

S A F E T Y

The Christmas season brings with it lots of Christmas plants. We put up and decorate our Christmas trees, hang mistletoe above our doors and display holly in our homes. But not all of these plants are considered safe in the hands of children and animals.

Christmas trees

Christmas trees are probably the most popular plant to bring indoors over the festive season. Although not a major concern, cedars, pines and firs are mildly toxic. The biggest concern if swallowed is the possibility of puncturing part of the gastrointestinal tract. The tree oils could also cause irritation to the skin.

Holly

As holly is so widely used it may seem surprising that this plant is poisonous if eaten. The berries are poisonous to both people and pets and swallowing them can cause a number of illnesses, including vomiting, diarrhoea, dehydration and drowsiness. Holly leaves can also cause problems if eaten, but due to their prickly nature, they are usually left alone.

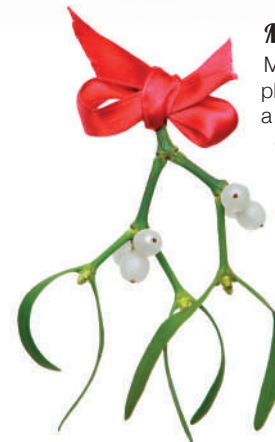
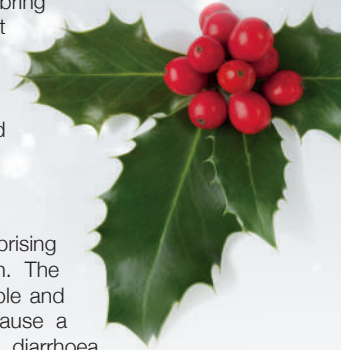
If you are decorating with holly this winter, remove the berries before displaying the leaves, as even if they are out of reach, the berries can soon dry out and fall to the floor.

Mistletoe

Mistletoe is one of the most popular Christmas plants, but also one of the most dangerous. If a child eats a couple of berries it's unlikely to cause much of a problem, but a small pet could be harmed by this. However, if any amount of mistletoe is eaten, it's advised to seek medical advice.

Poinsettia

Although the poinsettia isn't particularly dangerous, it can cause irritation if the sap gets onto your skin. It will leave you with an itchy rash, but this is one of the safest festive plants.



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SLOPING OFF



TRAVEL

Skiing has become extremely popular in recent years, as the slopes are no longer exclusive to the rich and famous. For resorts that offer excellent pistes for all abilities, look no further.

SCHMITTENHÖHE, AUSTRIA

One of the most popular ski resorts in Salzburg, Schmittenhöhe offers unbeatable diversity. Beginners can look forward to flat family pistes, while experienced skiers can showcase their skills across the Standard and Trass piste. You can take in the breathtaking views as you look out with views to 30 3,000metre high mountains. This resort also offers cosy huts, sunny terraces and good food – perfect for the whole family to enjoy.

slopes. There's a range of green, blue, red and black runs which are sure to keep you busy.

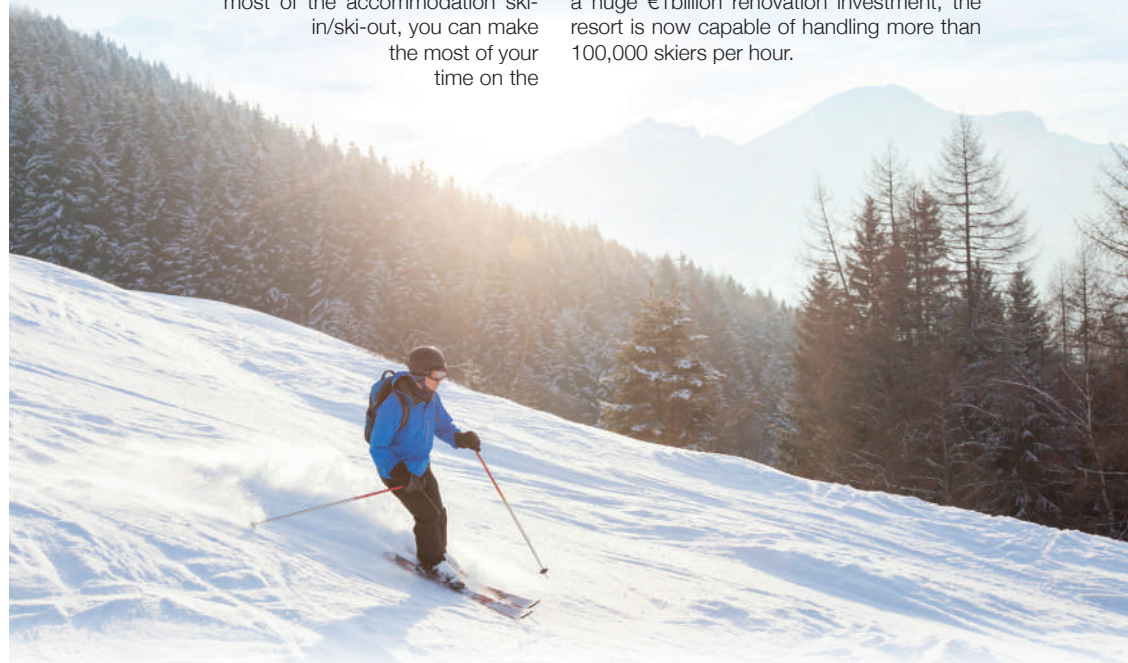
Off piste, there are restaurants for all budgets, nightlife for the pub drinker or the outgoing party-goers, as well as plenty of non-ski activities. The Paradiski offers something for everyone.

GRANDVALIRA, ANDORRA

Grandvalira, located in Andorra, covers the skiable areas of two of Andorra's seven parishes. It was founded back in 2003 when two of the Pyrenees' oldest resorts joined together. This gave rise to one of the largest resorts in Europe with 210km of ski run spread over 128 slopes for all abilities. After a huge €1billion renovation investment, the resort is now capable of handling more than 100,000 skiers per hour.

THE PARADISKI, FRANCE

The huge Paradiski area includes three resorts – Les Arcs, Peisey-Valley and La Pagne. Covering 425km of piste, this area caters for every level of skier and snowboarder. With most of the accommodation ski-in/ski-out, you can make the most of your time on the



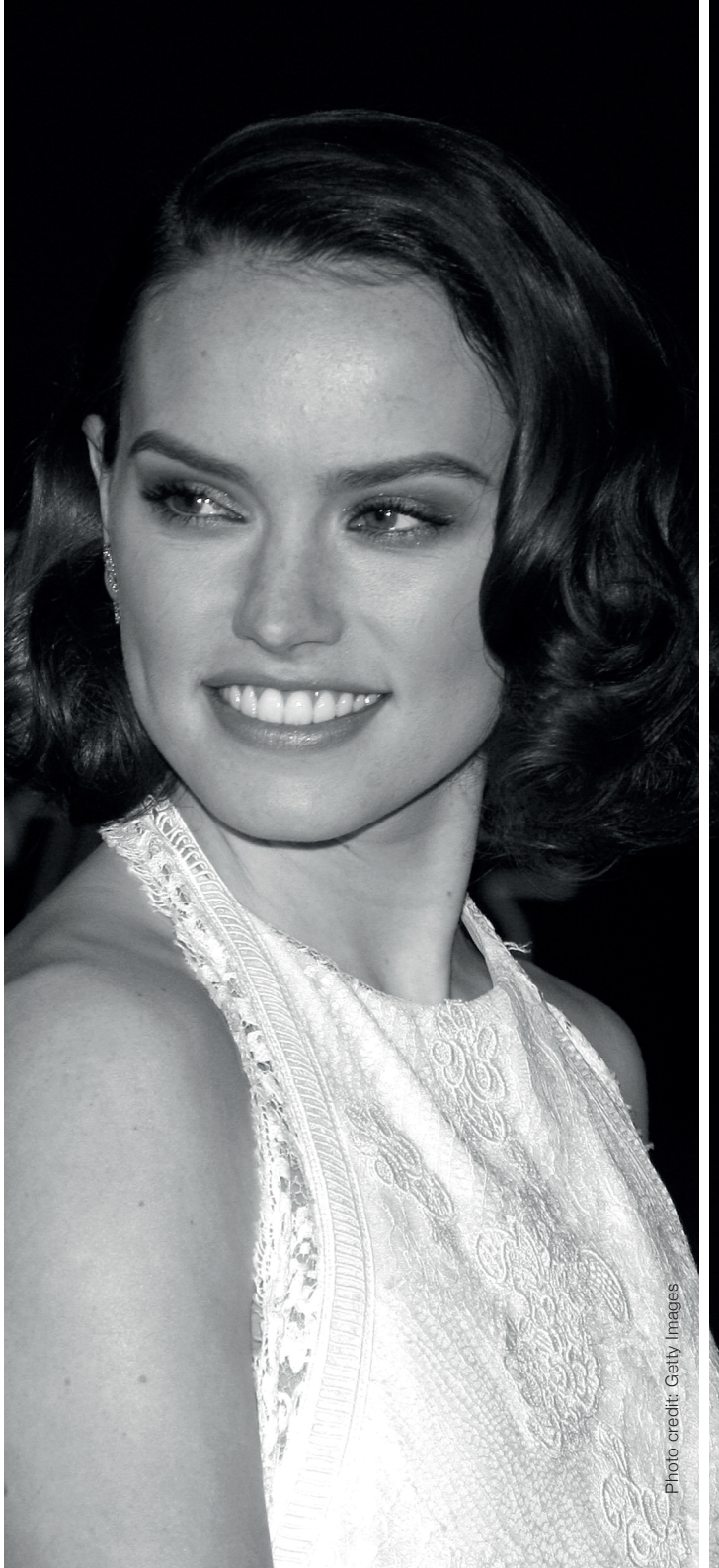


Photo credit: Getty Images

STARRING *Miss Daisy*

Her cinematic journey may have begun in a galaxy far, far away, but *Star Wars* actress Daisy Ridley is still as down-to-earth as they come.

In the last few years she has become one of Hollywood's biggest and brightest stars, but Daisy Ridley is exactly the same – bubbly, grounded and infectiously relatable, which is all the more astonishing given that her breakout movie, *Star Wars: The Force Awakens*, is the third highest grossing film of all time. “Everyone keeps asking me how I have changed, like it was this guaranteed expectation. Was I supposed to? I don't feel any different,” demurs the 25-year-old star.

Having won a scholarship to Tring Park School for the Performing Arts in Hertfordshire, followed by small, earnest roles in TV shows like *Casualty* and *Mr Selfridge*, it's hard to imagine a faster onward ascent to stardom, with Ridley plucked from obscurity and placed smack bang into one of the biggest, most lucrative franchises of all time.

So how is the London-born beauty coping with her fledgling fame? “In terms of personal life, nothing has really changed,” she says with a shrug. “Professionally, it's been brilliant – the people I'm getting to work with and the places I'm travelling to, places I never thought I would get to see at this stage in my life... that's all different, of course, and sometimes you have to stop and think, ‘How is this possible?’. It's madness. And I don't believe I will never stop being wowed. It's all astonishing to me.”

The so-called “madness” is set to continue, with two major films released before the end of the year. Already in cinemas is Kenneth Branagh's lavish re-imagining of Agatha Christie's classic mystery *Murder on the Orient Express*, starring Branagh himself as the infamous and immaculately moustachioed detective Hercule Poirot. Ridley plays the indignant Miss Debenham, alongside Johnny Depp, Judi Dench, Olivia Colman and Michelle Pfeiffer.

When asked if she was excited about featuring in such a stellar line-up, Ridley is unable to contain her glee, saying with a laugh: “Oh my god, are you kidding? Seriously, if someone had asked me my dream cast, I don't think I'd have come up with a combination so utterly amazing.”

Next year, Ridley will play the titular role in *Ophelia*, a reimagining of Shakespeare's *Hamlet* told from the perspective of Ophelia, arguably one of the Bard's most tragic female characters. She also lends her vocal talents to the cast of animated romp *Peter Rabbit*.

But first, we have the release of *Star Wars: The Last Jedi*, which continues the journey of Ridley's Rey as she and the Resistance seek out Luke Skywalker. Shrouded in secrecy, principal photography of the film was completed almost a year-and-a-half ago, but fortunately, Ridley has become very good at keeping secrets.

“I quite like it,” she says with a wry smile. “I'd done it before with the first film, and I thought it would be completely impossible to keep my mouth shut because, you know, I like to talk. Yet it was easier than I predicted, and seeing the reaction from moviegoers makes it all worthwhile.”



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ANYTHING BUT *turkey*

Tired of the traditional bird for your Christmas Day feast? Then consider one of these tasty delights instead...

beef wellington

Christmas is the perfect excuse to buy a tender hunk of beef fillet. First sear your meat in a pan, then put mushrooms, chestnuts and garlic in a food processor until it forms a paste that you gently fry. Once cooked, spread onto ready-made puff pastry, roll up your beef, and bake.

coca-cola ham

Place your gammon joint in a big saucepan then add two litres of Coca-Cola, a peeled onion, halved, and simmer for around two-and-a-half hours. Once cooled, remove the skin and score the fat and stud it with cloves, before smearing with black treacle, brown sugar and mustard. Once roasted, this gammon will be magnificently moist with a fragrant glaze.

stuffed pumpkin

Vegetarians needn't miss out this Christmas with this decadent dish. Neatly chop off the top of your pumpkin and scoop out the seeds. Then fry your choice of spices – onion, garlic, dried cranberries, ginger, mixed spice, saffron, clementine zest – before adding rice and vegetable stock. Simmer until cooked. Once cooled, stuff your filling into your pumpkin and transfer to a deep roasting pan with foil protecting the base. Add an inch of water and roast in the oven for approximately two hours.

pomegranate-braised pork belly

Brown your pork in a sturdy roasting pan on the hob before adding pomegranate juice, cinnamon, allspice, lemon juice, honey and red wine vinegar. Simmer, cover with foil and transfer to the oven for an hour. Then remove your meat before reducing the juices on the hob until it becomes a sticky glaze which you can then baste your pork with. Return all to the oven for another 45 minutes and serve sprinkled with pomegranate seeds for a dish that's even prettier than your Christmas tree.



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5 WAYS TO GET CREATIVE WITH Brussels Sprouts

Far from being just a Christmas dinner side dish, these vitamin-packed powerhouses are a superb way to brighten up many a comfort food, adding a wealth of health benefits along the way.

Bacon and Brussels hash

A classic flavour combination, this hash topped with a poached egg makes a fantastic hangover breakfast and is a great way to use up leftovers. Simply fry bacon, onions, parboiled potatoes and cooked Brussels sprouts in a little oil until crispy, golden and delicious.

Caramelised sprouts with garlic

Set a sturdy roasting pan on the stove with oil and add a pound of halved, raw Brussels sprouts (cut side down) with five peeled garlic cloves and sauté until the bottoms are browned. Season the pan and transfer it to a pre-heated oven (approx. 200C) for 10-15 minutes, shaking occasionally. Add a glug of good balsamic vinegar and serve.

Lemony sprouts and breadcrumb penne

A superb use for leftovers, just fry cooked sprouts with garlic and chilli until warmed through, then add half a glass of white wine and reduce. Finally, stir in cooked penne and toasted breadcrumbs with the zest of half a lemon.

Sprout salad with apple, walnut and blue cheese

Wash your sprouts and separate the leaves before tossing with toasted walnuts, shredded apple and chunks of blue cheese. Finish with a classic vinaigrette dressing.

Gruyere and parmesan gratin

If you are going to serve sprouts as a side, consider mixing it up by including them in a gratin. Rich, creamy and flavoursome, this makes an impressive little dish and the only skill required is the ability to whip up a béchamel sauce with plenty of tangy gruyere and parmesan, which you can then bake with your parboiled veg. Consider Brussels sprouts haters fully converted.



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SHAKEN & STIRRED cocktail for Winter

From James Bond to Tom Cruise, the humble cocktail has been a staple of every party-lover's back catalogue of booze. Here is a fantastic recipe for a winter cocktail that will revolutionise your reputation as a master mixologist.

HOT TODDY

With honey, sugar and lemon combined with the full-bodied blast of dark rum, this cocktail is perfect to enjoy with friends around a roaring fire – and will even stave off any sniffles in the process.

INGREDIENTS

- ▮ 1 part dark rum
- ▮ 1 bar spoon honey
- ▮ 1 large lemon peel
- ▮ 1 ounce hot water

INSTRUCTIONS

Prepare a mug by rinsing it with boiling water and pouring the water out. Add the honey (or sugar) and the lemon peel and pour in an ounce of hot water and stir until the sweetener has dissolved. Add dark rum and top off with more boiling water.





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REAL REMEDIES

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When Vanessa Jacoby's job with a leading city bank started to affect her health and family life, she knew that something had to change.

She said: "When my teammate resigned and they didn't replace him, it effectively doubled my workload. I was suffering in every kind of way under the pressure."

It was when Vanessa attended a yoga class with her mother that her next step became clearer.

more than 300 herbs, plants and roots to build their business – Real Remedies.

Vanessa explained that she and James have created a range of products for people sensitive to the energetic effects of plants, and for those who want to become more so.

She said: "We're helping people to explore and develop a conscious understanding of their own internal experiences. When we look inward at our own feelings and how they're affected by and connected with the world, we can become incredibly alive and aware."

"Without exception, we can all do this and it results in immense peace, clarity and fulfilment."

If the past year is anything to go by, there is a growing market for businesses like Real Remedies.

Vanessa said: "People love the offering – they love that we are using natural healthy, organic ingredients, no additives or nasties and that they're designed to inspire greater connection and awareness. And yes, the market is growing - We've actually just been approached by a leading supermarket who are interested in our products."

With Real Remedies booked to appear at a number of festivals and also hosting their own events in the New Year, it seems demand is growing.

For more, go to www.realremedies.co.uk



FESTIVE holiday maths



How much exercise do you need to do to burn off a mince pie? **VISION** finds out...

It is widely believed that we double our calorie intake on Christmas Day, which means that by the end of the entire chocolate-scoffing, Baileys-quaffing festive marathon, you would have to do, well, a marathon to burn off the damage. But what if you could drop some of the excess along the way?

A mince pie for example, is around 295 calories, which would require you to jog for around 45 minutes, but you could also inspire a family footie match down the park or have a rambunctious game of tag around the house.

A single portion of Christmas pudding is sadly a little more fattening at 350 calories (not including cream), but the good news is that dancing can burn up to 400 calories an hour, meaning you can have seconds AND an evening of jiving to *Rockin' Around the Christmas Tree*.

So with two of the worst festive offenders taken care of, let's take a look at everyone's favourite Christmas tipples. Sweet and spicy mulled wine can sometimes go down a little too easy, but at only 106 calories a mug, it's not that hard to expend. In fact, you can burn an extra 42 calories an hour from just standing, so if you volunteer to do the post-lunch washing up you'll be both popular and slimmer by the end of it.

A large glass of Baileys (100ml) however, is around 327 calories which equates to a three-mile run. Include the customary chocolate liquor on the side of it and those calories are creeping back up. Thankfully Christmas comes but once a year, and if you're prepared to do a little work after the main event, then it's probably better to just enjoy yourself and prepare to lace up those running shoes in the New Year.



Christmas crafts



Christmas is the perfect time of year to get the children involved in doing crafts. With the cold weather and dark nights setting in, it can be difficult to keep the children occupied, but these Christmas craft ideas are sure to do the trick.

Pine cones

When walking to school or out on winter walks, why not look around for some pine cones? They are so easy to paint and decorate and look great as winter decorations. They can be put into a bowl, placed in a display or just hung on the Christmas tree with a piece of string.



Reindeer flower pots

These reindeer flower pots are perfect for gifts, as well as using yourself. All you need is a flower pot, red pom-pom for the nose, goggle eyes, brown felt, brown pipe cleaners and anything else you want to decorate with. Simply stick on the eyes, nose and pipe cleaners. Cut the ears out of the felt and stick on. You can then decorate the reindeer as you like.

Snowmen paper chains

Paper chains are great for putting up around the house and are so easy to make. Children can decorate them any way they like. Fold a piece of plain paper in half, then in half again. Unfold and refold on the folds to create a concertina accordion fold. Draw your snowman design lightly onto the paper. Carefully cut out the design making sure there's still a bit of paper at each edge to hold the chain together – this is usually done using the hands of the snowmen. Unfold and design.



SCHOOL SAVVY

Forget Christmas, if you're a parent with a child enrolling into a new school next year, then this is the most stressful period for you. But don't fret, for here are some dos and don'ts for picking the right school for your little one.

DO attend the open days: It's easy to gloss over an establishment's flaws when looking at a fancy brochure, which is why attending a school's open day is essential (even though this is still arguably the best the place will ever look). Upon arriving, pay attention to how the school feels – what's on the walls, how organised are the classrooms, are the teachers friendly and, if it's a daytime opening, how engaged are the kids?

results for the schools you're looking at, offering a pretty reliable snapshot of how each is performing, while the Ofsted report will offer a broader understanding of how the curriculum is taught and the pupils' overall wellbeing.

DON'T be afraid to ask questions: Take the opportunity to ask teachers and pupils alike how they feel about the school, and don't fret about being upfront with representatives regarding any nagging doubts you have.

But **DON'T** base your decision entirely on that: If an institute has an 'outstanding' Ofsted rating, but you've heard of excessive bullying or disruption at the school, it's important to bear both in mind. Similarly, if a school has a 'satisfactory' rating but seems to have got its act together since the report, it may be worth giving it a second look.

DO pay attention to the Ofsted report and league tables: Official statistics will tell you test and exam

DO go with your heart: Whatever the facts and figures, the most important barometer is how you and your little one feel about the school, and that feeling normally comes from the heart.

FOLLOWING SUIT

What every man should consider when buying a suit

THE FIT

Get it right and you'll stroll about like a king; get it wrong and you'll feel (and perhaps even look) like a teen at prom wearing his dad's old suit.

If you're buying off the rack, try assorted brands to get a fit that suits you. The shoulder pads ought to lie flat, the jacket should fall straight and just cover your buttocks, while the trousers are meant to rest on the top of your shoes. Too long and they start to look sloppy.

THE LINING

Feeling fancy? Then why not indulge in a lining, which makes the suit feel heavier and more luxurious. Choose a colour that's a shade or two darker than the suit, or if you're feeling bold, a rich purple or royal blue.

THE BUTTONS

Three-button suits used to be the most popular, but the higher V-shape they create can make them feel restricting and stuffy. Two-button varieties are ubiquitous now and feel formal without being old-fashioned; while the slim-fit suits horribly popular among Shoreditch types have only one.

THE FABRIC

Even on a tight budget, a 100 per cent polyester suit ought to be avoided. They look shinier than other materials and don't breathe well, meaning you might be sweating long before you walk through the door for that important meeting.

Wool is always the safest option and comes in a variety of cloths. Whereas flannel and tweed are heavy and a tad old-fashioned, worsted wool is durable, long-lasting and can be woven into various thicknesses.

THE ACCESSORIES

With your perfect suit nailed, you can add your own embellishments. Ties are no longer essential, but belts are, and ought to be of a decent quality. Other accessories include cuff links, pocket scarves, socks and lapel pins, but while it's good to show your personality, be sure to err on the right side of novelty.



Get knotted

Christmas and New Year celebrations are approaching, so it is time to get out your finest suits and practice your tie knots. This year, impress your friends, family and work colleagues with these knots. We have included the traditional bow tie and the adventurous Eldredge.

The Eldredge Knot

Difficulty – 5/5

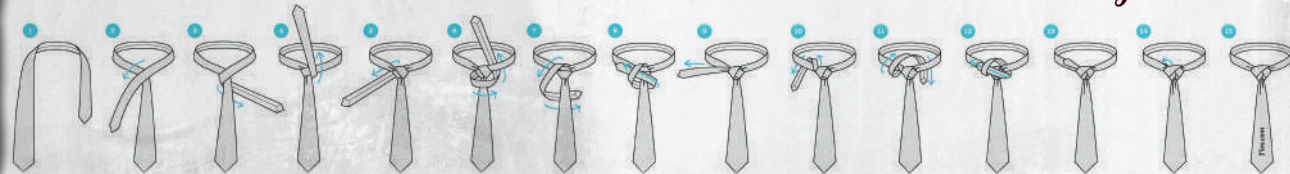
1. Start with the wide end of the tie on the left and the small end on the right. The tip of the wide end should rest at the top of your belt buckle. Only move the small end.
2. Move the small end over the wide end to the left.
3. Move under the wide end and to the right.
4. Move up to the centre towards the neck loop.
5. Place down through the neck loop and to the left.
6. Move across the front, to the right, then up into the neck loop from underneath.
7. Place down to the left and around the back of the wide end to the right.
8. Bring it across the front towards the left and through the loop made in the previous step.
9. Pull the small end towards the left to tighten.
10. Move up to the centre towards the neck loop. Down through the neck loop and to the left.
11. Move up to the centre towards the neck loop. Down through the neck loop and to the right.
12. Place across the front towards the left and through the loop made in the previous step.
13. Pull the small end towards the left to tighten.
14. Tuck the rest of the small end behind the neck loop on the left side.

Bow Tie

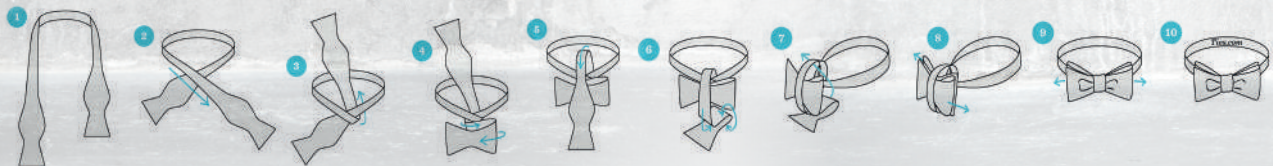
Difficulty – 4/5

1. Start with the bow tie lying face up. Adjust the bow tie so the right side is slightly shorter than the left. The end on the left will be referred to as A and the end on the right will be referred to as B.
2. Move A to the right side, across B.
3. Bring A under B and up through the neck loop.
4. At the joint, fold B towards the right and then towards the left to create a bow shape.
5. Bring A straight down over the middle of the bow shape that was made with B.
6. Fold A back towards the chest and pinch the fold.
7. Push the pinched end (A) through the loop behind B.
8. Pull on the folded parts of the bow to tighten.
9. Adjust until balanced on both sides.

The Eldredge Knot



Bow Tie





Snow Queens

It is the season for Christmas and New Year parties, so it's time to start thinking about party cover-ups. Many think that by adding a jacket you will be ruining your glamorous look, but these cover-up ideas will have you turning heads.

Sequin shrug

If you have a simple outfit with little embellishment or detail, sequin shrugs will be the perfect addition. If you have a dark-coloured dress such as black or navy blue, then add a contrasting coloured shrug such as gold. It will make the overall look more glamorous and sparkle when the light hits.

Furs

This timeless piece will add a touch of chic to any look with its faux fur finish and bow. With the cold weather setting in, it will also keep you warm and is available in a variety of colours to go with any outfit.

Ponchos

Ponchos are a great addition if you want something to keep you snug. They make the perfect layering piece and can easily be paired with any outfit.

Cape

While more expensive to buy, capes are the perfect substitute for a coat. They are great whatever the weather and with a relaxed fit, they will slip on easily. Buy your cape in a colour that will go with any outfit, such as black, and wear it time and time again.

Cover-up

For something simpler and just as stylish, why not opt for a knitted cover-up? They are great for wrapping up on a cold evening and will complement any outfit, particularly print dresses.



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BEAUTY

HOW TO BEAUTY: *eyes and hair*



When it comes to Christmas parties, hair and make-up are often the most talked about subjects. How should you have your hair? Up or down? Should you go all out and wear your new red lippy or be subtle and go for a nude shade? Whatever you plan to wear, these hair and make-up ideas will be the perfect accompaniment to your outfit.

Smoky eye

A smoky eye is the perfect choice as you can often achieve this look by adding to your original make-up. So, if you're rushing to get ready after work, this is a great time saving make-up idea. If you want to make more of an impact, use darker shades, or for a subtler look, use light brown tones.

Start by using a light tone of eye shadow and applying this all over the lid and slightly above. Then, using a darker shade, apply a small amount

to the outer eye and blend in towards the inner eye. This will create your smoky eye look. You can also add winged eyeliner for added impact and top up your mascara for bolder eyelashes.

Waves

Waves are a must this festive season. With the cold weather, they are perfect for when you are wearing a woolly hat or ear muffs. Waves are also longer lasting than straight hair as often the cold weather will make it wispy and frizzy. This is less noticeable with wavy hair and it can be styled in numerous ways which are simple yet stylish.

For a perfect party updo, create a messy bun. This is easy to do and will only take a matter of minutes. Creating a bun with wavy hair will also give it more volume. The messy bun trend has been huge recently and you can even add hair accessories such as pins and clips to add a touch of glamour.



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SHRINKFLATION SCANDAL

You might recall the recent furore over the new shape chosen for Toblerone chocolate – but the much-loved and mountain-bedecked sweet treat isn't the only product feeling the force of 'Shrinkflation'...

Younger people may have heard their elders complain about how products have changed from their day – and it seems they have a point. Recent analysis from the Office for National Statistics has revealed that more than 2,500 products have shrunk in size but not price in the last five years.

This phenomenon, whereby products shrink in size while their cost remains the same or increases, is known as 'Shrinkflation'.

Angry consumers have noticed Toblerone, Maltesers and Mars bars are smaller than they used to be – with a Maltesers sharing bag shrinking by a whopping 15 per cent – and the most blatant examples of

'Shrinkflation' appear to be coffee, confectionary and fruit juices. But it's not just those with a sweet tooth that have been hit: a standard roll of Andrex toilet paper now contains 221 sheets, down from 240.

The reason behind 'Shrinkflation', according to confectionary manufacturers, appears to be an increase in the cost of raw materials, despite the fact that sugar and cocoa costs have actually dropped in recent years, with the latter seeing a sharp drop after a five-year period of increases. The recent fall in the value of the pound may also have had an effect on prices.

Andrex has reasoned that its toilet roll is now better quality, despite there being less of it, and Maltesers maker Mars has attributed the 15 per cent decrease to a bid to make the product more affordable. With the inflation rate for products such as chocolate actually 1.22 percentage points higher (when the smaller size was taken into account) than the national average, consumers with a sweet tooth may soon have to look elsewhere for an affordable sugar fix.





MOTORING

Gold

PLATED

Whether you consider them ostentatious or a symbol of prestige, the market for personalised number plates has established itself as a multimillion-dollar industry. But what are the most expensive number plates in the history of automobiles, and who owns them?

For many multimillionaires, owning the latest model of luxury sports car just simply isn't enough, with a few adding their own touch of individualism to the vehicle with a personalised number plate. While anyone can own one of these fancy auto accessories, the very top end of personal plates can often cost their buyers a seven-figure sum – with the world's most expensive, a plate bearing the single number '1', currently belonging to Saeed Abdul Ghaffar Khouri of Abu Dhabi, who parted with £7million for his prized possession.

Looking a little closer to home, here's a run-down of the three most expensive plates that the UK currently has to offer:

VIP 1

3. 'VIP 1' – ROMAN ABRAMOVICH
Abramovich's name has become synonymous with splashing the cash since taking over Chelsea Football Club in 2003, and the Russian oil mogul grabbed the 'VIP 1' plate in 2006 for £285,000

M 1

2. 'M 1' – MIKE McCOMB
After selling his Mobile Phone Store to BT Cellnet in 2000, Mike McComb had a fairly large pile of wonga lying about. Six years later he decided to put £330,000 of that to good use by purchasing the 'M 1' plates as a present for his son... who was just six years old at the time.

F 1

1. 'F 1' – AFZAL KHAN
Bradford-born entrepreneur Afzal Khan takes the top spot for vehicular vanity in Britain by grabbing the holy grail of petrol-head plates to affix to his Mercedes SLR McLaren for a massive £440,000. At the time, Khan described the figure as "a good price to pay" as the plates were "probably worth 10 times that".



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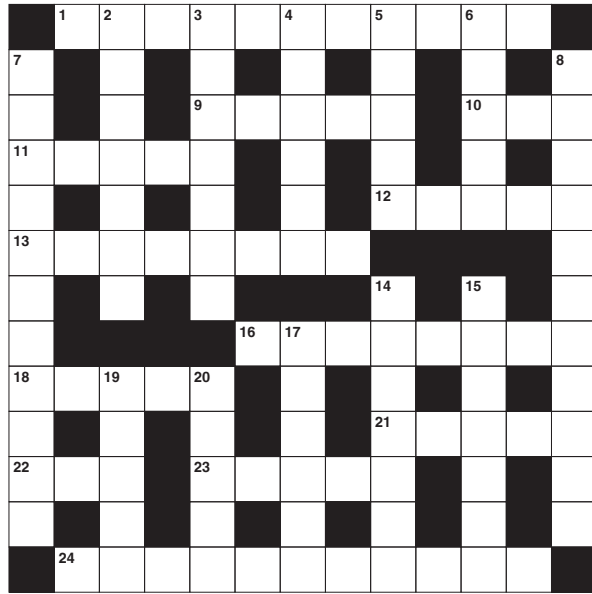
Answers can be found on the Contents Page 4

ACROSS

- 1. Disenchant (11)
- 9. Holy chalice (5)
- 10. Arrest; apprehend (3)
- 11. Academy award (5)
- 12. Active cause (5)
- 13. Sweet on a stick (8)
- 16. Definite and clear (8)
- 18. Meat and vegetables on a skewer (5)
- 21. Musical times (5)
- 22. Grandmother (3)
- 23. Group of eight (5)
- 24. Rural scenery (11)

DOWN

- 2. Freezing (3-4)
- 3. Firmly establish (7)
- 4. Temporary shelter (4-2)
- 5. Latin American dance; sauce (5)
- 6. Snow leopard (5)
- 7. Attractive (4-7)
- 8. State of preoccupation (11)
- 14. Segregated groups or areas (7)
- 15. Impressed a pattern on (7)
- 17. Experienced adviser (6)



- 19. Small drum (5)
- 20. _____ Ulvaeus: member of ABBA (5)

DID YOU KNOW

- ▶ Britain was introduced to the Christmas tree in 1841, when Queen Victoria's German husband Prince Albert brought one to Windsor Castle for the Royal Family
- ▶ The Christmas cracker was invented in 1847 by Tom Smith, a baker of wedding cakes from Clerkenwell, London.
- ▶ The Christmas candy cane, shaped as a shepherd's crook, represents the humble shepherds who were first to worship the new-born Christ.
- ▶ In some countries, the baby Jesus delivers the gifts, in others, the Three Wise Men. But in most countries, Santa Claus does the honours.

SUDOKU

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

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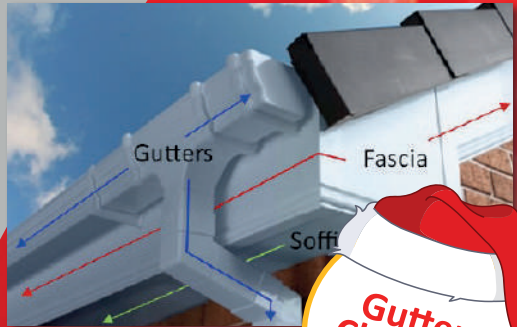


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