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Editor's notes...



Leigh Fry, Editor

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

I would like to wish all our readers a very Happy New Year.

It's the time of year when the cold months set in and it's hard to

think of spring, but having walked around the garden, the tips of spring bulbs are already starting to bloom through the soil.

It got me thinking about how the seasons have changed over the years. We really do need to consider the planet we live on and do our bit to preserve it for generations to come.

Coming soon to **VISION**Chalfonts is the recruitment page. This is where local businesses can advertise their job vacancies to the local community, so we are not only working to 'keep your £ local', but also encouraging local employment too.

If your business is interested in advertising, please call me on 07875 538522 or email chalfonts@visionmag.co.uk

We also have some great offers this January so don't miss out.

In this month's local news, an inspirational girl donates her hair to the Little Princess Trust, a Chalfont St Peter resident reaches the finals of a prestigious competition and the winner of December's reader's monthly photo competition is announced.

Have a great month and enjoy reading this month's issue.

Leigh

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DANCING ON



GET YOUR skates on



One of ITV's most popular shows will be returning in 2018 after a four-year break and a production shake-up. A host of celebrities will be taking to the ice partnered with some old and some new professional skaters. Ice-skating legends Jayne Torvill and Christopher Dean will also return, but this time on the judging panel alongside Jason Gardiner and new recruit Ashley Banjo. Phillip Schofield and Holly Willoughby will front the new series. The pair hosted the first six years between 2006 and 2011 together before Holly departed and was replaced for the final three series. Appearing on the show are a host of celebrities, including actresses, singers and reality TV stars.

With a fresh look and several years away from the screens, we're snow excited for the return of *Dancing on Ice*.

The Celebs

Candice is best known for winning *The Great British Bake Off* in 2016. Since then she has got engaged, become a *Sunday Times* columnist and released cookery books. She will be paired with returning professional Matt Evers.

Max is a rugby star who is best-known for winning 44 caps for Scotland. He is also the cousin of radio DJ Chris Evans. Max will be appearing with skating partner Alejandra Izquierdo.

Donna shot to fame after appearing in *Byker Grove* alongside Ant and Dec. After leaving the show she was part of a pop duo called Crush. She then turned her attention to TV presenting and fronted shows including *The Big Breakfast* and *MTV Select*. She will be paired with Mark Hanretty.

ITV viewers will be used to seeing Antony on their TV screens after his long run in *Coronation Street*. He joined the soap back in 2003 and has been a familiar face ever since. He has been partnered with newcomer Brandee Malto.

Stephanie is best known for playing Cindy Cunningham in the Channel 4 soap *Hollyoaks*. She has been paired with Sylvain Longchambon.

Perris is used to rigorous training regimes due to competing as a track athlete. She will be competing with Hamish Gaman.

Shooting to fame after his appearances on *The X Factor* and *I'm A Celebrity*, Jake will now take to the ice alongside Vanessa Bauer.

The outlook is cold and icy for TV presenter Alex. He will take to the ice with partner Brianna Delcourt – who has been a finalist three times and won in 2011.

Singer Lemar will take the place of Monty Panesar, who had to withdraw from the competition after sustaining an injury in training. Lemar will be skating with partner Melody Le Moal.

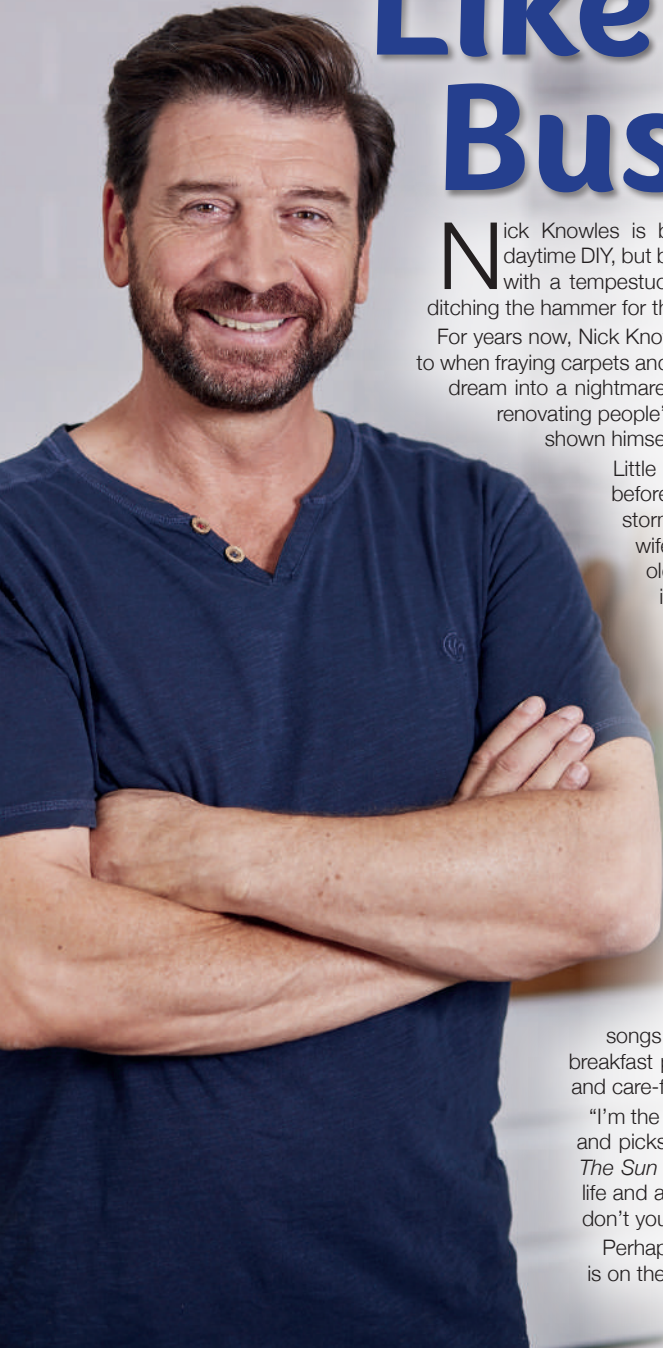
Actress Brooke Vincent has played the role of Sophie Webster in *Coronation Street* since May 2004. Admitting she has been battered and bruised in training, Brooke will appear in the show alongside partner Matej Silecky.

Cheryl is used to competing and won the Eurovision Song Contest with Bucks Fizz in 1981. She will be skating with professional Dan Whiston, who has won the show three times.

Self-confessed *Dancing On Ice* lover Kem will be appearing on the show after shooting to fame winning ITV2's *Love Island*. He has been coupled with Alex Murphy.



There's Knowles Business Like Show Business



Nick Knowles is best known as the undisputed don of daytime DIY, but beneath all that dust and debris lies a man with a tempestuous love life – and a very real interest in ditching the hammer for the harmonica...

For years now, Nick Knowles has been known as the man to turn to when fraying carpets and faulty sockets are turning your domestic dream into a nightmare. But when the *DIY SOS* front man isn't renovating people's abodes – and lives – for the better, he's shown himself to be a man of many talents.

Little was known about Knowles off-screen before saucy details emerged of a somewhat stormy personal life. After divorcing second wife Jessica Moor in 2015, the 55-year-old was the subject of various tabloid interest. A brief reunion with Moor while she successfully battled cervical cancer proved not to last, and since then Knowles has been romantically linked with a succession of reality TV individuals, the most recent being *The Only Way Is Essex's* Pascal Craymer.

Now, the DIY superstar and former presenter of game show *Who Dares Wins* has added yet another string to his entertainment bow in the form of a debut album, *Every Kind of People*. Having played the guitar for over 40 years, Knowles has struck a deal with Universal to cover a few of his favourite songs – and even took to Lorraine Kelly's breakfast programme to show off his husky vocals and care-free strumming style.

"I'm the kind of person who gets home from work and picks up the guitar and strums a lot," he told *The Sun* last month. "It's always been part of my life and a friend of mine said to me one day, 'Why don't you do an album?' It's been really exciting."

Perhaps a reworking of the *DIY SOS* theme tune is on the cards next? Then again, perhaps not.



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HOME & DIY



CAST IRON IDEA

Is it worth investing in cast iron cookware?

They're expensive, heavy and prone to rust, and yet there are many chefs out there who swear by cast iron cookware. Why? It's tough as nails, to start with. As cast iron skillets don't have plastic or wooden handles, you can sear meat on the hob then happily throw the entire pan in the oven to finish. And while it isn't the greatest heat conductor – you need to warm up your pan for at least five minutes on the burner – it can withstand much higher temperatures, giving your steaks a mouth-watering crust while keeping the meat inside juicy and tender.

They also last for years, and even the rustiest skillet makes a hot find at a car boot sale as it can be scrubbed, re-seasoned and restored to its former glory. However, this need to season one's skillet – a process by which a layer of animal fat or vegetable oil is applied and cooked onto the cookware to make it stick-resistant – is a bone of

contention for some, particularly the time-starved; why not just buy a Teflon frying pan?

One argument is that this will cost you more over time as Teflon coating wears off, and the pans aren't as hardy. And the reason non-stick pans work so well is because they're coated with compounds known as fluoropolymers. When the pans start to chemically decompose at elevated temperatures, they're more likely to leach into your food and the air.

Having been around since the Han Dynasty in China (206 BC – 220 AD), cast iron has earned its reputation. It also looks great and is one of the few kitchen utensils you may one day pass down to your kids. It all comes down to preference. Though if you like your steak chargrilled on the outside and pink in the middle, cast iron may just be the pan of your dreams.



HOME & DIY

What's the CRACK?

Cracks in your home's walls can really take the shine off your living space, but an amateur attempt to salvage the situation could make the problem worse. Here's the lowdown on how to cover up cracks in walls without doing any more damage to your precious plaster.

Before starting the process, make sure to put down plastic sheeting to avoid excess mess that will have to be cleared up later.

SCORE THE CRACK

Use a putty knife or a dull utility knife to score along the hairline crack to open its edges. This may seem counter-intuitive, but you need to increase the area for the repair compound to stick to.

SPREAD JOINT COMPOUND

With a wide taping knife, smooth a thin layer of joint compound over the cracked section.

TAPING

Press paper tape into the wet area along the length of the crack. You can use ordinary drywall tape and do not need to purchase any special plaster repair tape.



CURING AND FEATHERING

Let the entire thing dry fully. Gently feather joint compound over the taped area so the compound extends two or three inches past the taped area.

SECOND CURING

Let the joint compound dry. Lightly sand it down with fine sandpaper to get rid of any bumps or ridges. Do not sand so hard that you dig into the tape.

SECOND FEATHERING

Feather a second layer of joint compound, this time extending the edges even further out to about six to eight inches. Let the whole thing dry before once again sanding down.

FINISHING UP

Finally, your third coat of joint compound takes the edges out to 12 inches. When you are sanding this third and final coat, be aware this is your last opportunity to make things as perfect as they should be, so take your time and be careful to make it completely smooth.



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HOME & DIY



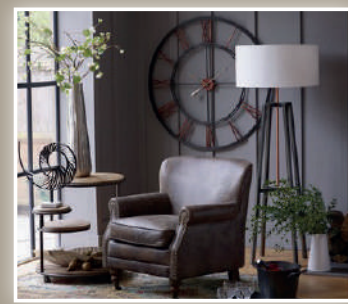
WILD WOOD

If you've embarked on a home improvement project lately, you might find yourself with odd bits of wood that you don't know what to do with. But don't throw them in the fire right away, as you can make beautiful and eclectic items for your home, easier than you may think.

For the absolute beginner, craft a set of coasters. Simply take your timber and saw it into even squares, which you can then sand – ensuring an even surface – and then varnish. Slightly more ambitious is a chopping board, which can be achieved with three pieces of uniform hardwood (must be thoroughly sanded and not warped). Remove excess glue with a chisel before applying several coats of a food-safe finish like mineral oil, walnut oil or beeswax, allowing the oil to fully absorb into the wood – this oil will need to be re-applied regularly.

Your carpentry projects needn't be limited to old floorboards and scraps, and if you're lucky to find yourself in possession of a large piece of driftwood, you can create a spectacular candle holder. The wood will need to be treated to prevent rot and decay, so thoroughly scrub and soak your timber in soapy water before immersing in a diluted bleach solution. Now you can begin sanding and carving out the holes for your tea lights, before finishing with several coats of a good wood preservative like furniture oil or liquid wax.

Once you've mastered the basics of repurposing wood, the only limit is your imagination. You can be ambitious and craft bigger items like coffee tables or chairs, make your own wall art, or spruce up old furniture by using your scraps for cabinet refacing. It's even possible to make a lampshade by gluing slivers of wood shavings together. Basically, when it comes to wood, you can always turn it into something good.



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LIGHTBULB moment

HOW TO UNDERSTAND THE COMPLEX WORLD OF THE ECO-LIGHTBULB

Buying a bulb used to be a straightforward affair. First, one would figure out if they required a bayonet or screw-in fitting, then settle on a wattage – from 40w for a cosy glow, to 100w for those who prefer more of an interrogation room ambience. But as energy efficient lightbulbs have become not just ubiquitous, but a legal requirement over the past few years, it's easy to find yourself in the dark.

Firstly, let's look at what was wrong with the old incandescent lightbulb, which despite its lovely golden glow, was woefully lacking economically, losing 90 per cent of its energy through heat leakage. Comparatively, eco-lightbulbs last much longer, provide better value for money and can generate the same amount of light as the old bulbs while using at least 45 per cent less energy... which is why it was a no-brainer

when EU legislation began phasing out the traditional variety at the start of the decade.

Currently there are two main types of energy efficient light bulbs available in the UK. Compact Fluorescent Lamps (CFLs) and Light Emitting Diodes (LEDs). But while these thrifty little beauties save you money – the Energy Saving Trust maintains that by replacing all bulbs in your home with LED alternatives, you could save around £35 a year on your electricity bills – it's hard to create that same gorgeous radiance, particularly as the new bulbs are measured in lumens (brightness) and Kelvins (colour temperature), and the watts equivalent varies from bulb to bulb.

Here's a rough guide: to create around a 60w brightness, you need around 700 lumens, and for a similar warmth, between 2,700 to 3,000 Kelvins (a candle is around 1,500K, colder daylight is around 5,000K). LEDs generally cost more than CFLs, but they are more efficient, last far longer and offer a better quality of light. Eureka.



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Girl Guides raise hundreds for charity

Hundreds of pounds were raised recently after a Girl Guide group took part in several activities to raise vital funds for charity.

The 1st Chenies & Chalfont Girl Guides raised £390 for charity Arctic One after taking part in activities such as a triathlon which involved cycling, walking and swimming, running a stall on Little Chalfont Village Day and a carol concert.

Arctic One was set up in November 2011 to coincide with the Antarctic Half Marathon and it became a registered charity in October 2012.

The charity provides opportunities to both able-bodied and disabled people to enable them to get involved in sport.

To date, the charity has helped more than 115 para-athletes in over 20 different sports.

To give a talk about the charity's work and to receive the donation from the Guides, Liz Hogan from Arctic One attended the weekly Guides meetings in Little Chalfont. She was joined by Mari Durward-Akhurst, a grade one para-dressage athlete.

Introducing THE VISION LISTINGS



LOCAL NEWS



Inspirational girl donates her hair to the Little Princess Trust

A schoolgirl from Chalfont St Peter is helping to change the lives of children who have lost their hair after donating hers to the Little Princess Trust.

Darcy, aged nine, wanted to grow her hair and donate it to the charity after her mum's goddaughter Lola was diagnosed with a rare type of cancer in 2016.

Lola, aged seven, lost all her hair and she received a wig from the Trust at a time when she was low from losing her hair.

Darcy's mum Debbie said: "It was a positive experience for Lola to receive the wig. My daughter wanted to do something to support Lola."

"She made a conscious decision to grow her hair and get it cut to send off to the Trust to be made into a children's wig."

It took Darcy a year to grow her hair to the required 11 inches, which would mean it could be made into a little girl's wig.

Debbie said: "We are massively proud of her. Every couple of months she asked me to measure her hair

and just before Christmas it was long enough."

Lola got to cut off Darcy's long ponytail, which she enjoyed doing.

Debbie said: "She loved it. It was nice for Lola to be part of the experience."

Darcy's hair will now be sent off to the Little Princess Trust to be made into a wig and given to someone who has sadly lost their own hair due to cancer treatment or other illnesses.

A spokesperson from the Little Princess Trust said: "We are delighted to hear that Darcy has decided to cut her hair and donate it to the Little Princess Trust."

"It's such a brave decision to cut off a lot of hair but we are hugely grateful as we can use Darcy's donated locks to make real hair wigs for children who have lost their own hair."

"Receiving a wig has a profoundly positive effect on those we assist, as I'm sure Darcy's family will testify. Thank you Darcy and thank you to all of your supporters."

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Reader's Monthly Photo

Well done to this month's winner of the reader's monthly photo competition – Diogenes Sun Club. As the snow fell and caught us all by surprise, it made for some beautiful photo opportunities and scenery. It also made us want to cosy up and get warm.

There will be no theme next month, so get snapping and sending in your images. The winner will be shown in the local news section in the next edition.

Please submit your entries by February 2. You can email them to chalfonts@visionmag.co.uk with 'Reader's photo February' in the subject line.

As always, good luck.



Resident becomes photography finalist



Photo credit: Garry Bree

A resident from Chalfont St Peter has reached the finals of the Guild of Photographers Image of the Year competition.

Garry Bree's image of a harvest mouse peeping through a sunflower was selected by a panel of judges and named as one of the top 12 images that would go through to the final.

Garry started taking photos around 40 years ago. He briefly stopped but took up the hobby again around five years ago.

He found a particular interest in wildlife photography after a trip to the south of France.

He said: "We went to the south of France about three or four years ago.

"I met a professional wildlife photographer there. We got chatting and she gave me a lot of advice. I got hooked and that was it."

The photographer told Garry about the Guild of Photographers which a lot of top photographers were a part of.

He joined, completed a qualification and began to enter the monthly competitions, where he has since received several gold and silver awards.

Garry's image was then selected as one of the top 12 images by the international judges.

Garry said: "I was so shocked when I got the email to tell me. I checked that it was genuine.

"To get excited at my age takes some doing but this really knocked me back. I was totally overwhelmed."

Garry will attend the award ceremony on February 3 at Crewe Hall where the winners will be announced.

He continued: "To be nominated in a competition by photographers for photographers is pretty special.

"Whatever happens I'm 12th from all those thousands of people. That's the bottom line.

"I'm so honoured to be there. If it goes any further I don't know what I'll do. It'll be like winning the lottery for me."

Three men stabbed outside nightclub

A man has been charged after three men were stabbed outside Winker's Night Club in Chalfont St Peter in the early hours of the morning on New Year's Day.

The man has been charged with three counts of Grievous Bodily Harm.

Louie Sabba, 18, of Fairway Avenue, West Drayton, Hillingdon, was charged with three counts on Tuesday, January 2.

He appeared at High Wycombe Magistrates' Court the same day and was remanded in custody to appear at Aylesbury Crown Court on January 30.

At the time of going to print, two of the victims remained in hospital. Their injuries were not life threatening.

The third victim was discharged from hospital following treatment.

A 17-year-old boy from Hillingdon, who was arrested on suspicion of GBH, has been released under investigation.

A 22-year-old man from Chesham who was arrested on suspicion of affray and possession of an offensive weapon has been released under investigation.

Nick Clegg to receive a knighthood

Former Deputy Prime Minister Nick Clegg, who was born in Chalfont St Giles, will receive a knighthood after being included in the Queen's New Year's Honours List.

He will receive the knighthood for political and public service.

Tweeting following the news, he said: "Grateful to be included in the New Year Honours list in recognition of my service over five years as DPM. The knighthood, in truth, belongs as much to my team in government as it does to me."



stock image



Little Chalfont Parish Council

Little Chalfont Community Centre – planning application



After much preparation, the planning application for the proposed new community centre in Little Chalfont has been submitted to Chiltern District Council.

Our picture shows an artist's impression of the proposed new centre.

The plans are available to view on the Chiltern District Council website and residents are asked to email or write to CDC with their comments on the application. It is hoped that a decision will be made in the spring.

Taxi concessionary scheme

The parish council has obtained Local Area Forum funding from Bucks County Council for a taxi concessionary scheme, now operational.

The scheme is aimed at residents over age 65 to provide transport to attend medical appointments. Two taxi firms in the village, Clover and Linfields, have agreed to take part with Linfields providing transport for wheelchair users.

Members of the scheme telephone the approved taxi company and make a booking, in the normal way, to take them to their medical appointment.

At the end of the journey, the member pays the driver the agreed fare and obtains a signed receipt. The member then takes this, along with a completed claim form, to the Little Chalfont post office for a 50 per cent rebate. Further information may be obtained from the parish office on clerk@littlechalfont-pc.gov.uk or 01494 766655.

Local Area Forum projects

The parish council has received Local Area Forum funding from Bucks County Council for a second MVAS (mobile vehicle activation sign).

The MVASs will be rotated around a number of key agreed village locations. The devices record the speed of each approaching vehicle and the data used to determine the number of drivers who exceed the speed limits.

Six jobs created as new Costa opens



A new Costa has opened recently in Chalfont St Peter. The store opened on January 10 and is located at 59 – 61 St Peters Court, High Street.

A total of six jobs have been created by the new opening. Residents believe that Costa will be a welcome addition to Chalfont St Peter.

Posting on Facebook, one resident said: "Can't wait. Love Costa."

Another commented: "I'm sure Costa will do well."

Costa has recently launched coconut milk and a new range of both sweet and savoury food products including a roasted chicken and chorizo rice hot box meal, a chicken and chipotle toastie, the paradise slice and the orange and polenta cake.

The Costa will be open from 7am – 7.30pm, Monday to Friday, 7am – 7pm on Saturday and 8am – 6pm on Sunday.

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How does your garden grow?

Green-fingered? Here are the gardening blogs you need to know about.

The Patient Gardener - patientgardener.wordpress.com

For those who have a long-running fascination with their garden, this blog is run by Helen Johnstone, a self-confessed 'plant obsessive'. Offering an insight into Helen's own horticultural paradise ('patience' cultivates an almost otherworldly garden, it seems), the blog documents the month-to-month progress of the plants, the festivals Helen attends, along with gorgeous snaps of nature and general gardening advice. A great all-rounder.

The Middle-sized Garden - themiddlesizedgarden.co.uk

Alexandra Campbell – creator of The Middle-sized Garden – is a novelist and journalist by trade, so it should come as no surprise that each post is beautifully written. Fortunately, none of the practical aspects of gardening are lost, as Alexandra does her best to solve the conundrum of 'the middle-sized garden' which requires 'more manure, plants and hands-on help' than a tiny courtyard garden. Informative, captivating and with an emphasis on money-saving tips and environmental conscientiousness, this blog is a joy to read.

The Compost Bin - the-compostbin.com

The 'Compostwoman' lives with her family in rural Herefordshire and has an enviable four acres of garden and woodland which is populated with veg plots, chickens and all manner of other wildlife. A thorough and informative blog, The Compost Bin covers everything from composting (obviously) and veg-growing to chicken-keeping, cooking, preserving and sustainable living.

Urban Veg Patch - urbanvegpatch.blogspot.co.uk

Ideal for anyone who lives in a built-up area and dreams of nurturing their own veg, albeit on a very small plot of land, Urban Veg Patch was founded by Caro Shives, who helped develop the gardens of the flats where she lives in North London, turning them from a barren wasteland into a self-sufficient space with mini orchard and children's plot. Truly inspirational.

BLOG



GARDENING



Thanks to a roast chicken dinner and a sparkling ring HARRY & MEGHAN GET ENGAGED



Sometime this month, Prince Harry will fly to California with his wife-to-be, Meghan Markle, for a very important meeting – to meet her dad, the reclusive Thomas Markle.

Although he has spoken to him on the phone, during which he asked for Meghan's hand, Harry has not yet met his prospective father-in-law.

It is likely the meeting will be somewhere in Los Angeles where Mr Markle's ex-wife and Meghan's mother Doria Ragland lives. Mr Markle, who now lives in Mexico, has already said he is looking forward to giving Meghan away at her wedding in May in St George's Chapel, Windsor Castle.

Harry has met Doria and they get on well together and he asked her the same question - "Can I marry your daughter with your blessing?"

The answer was an unconditional yes. The scene was set for the engagement in September last year when Harry and Meghan were photographed holding hands at the Invictus Games in Canada which was their first public outing.

Within a few short weeks, Harry, 33, and Meghan, 36, became officially engaged.

We learned that Harry had designed her engagement ring himself from a diamond from Botswana, where the couple shared an intimate holiday. It also incorporates diamonds belonging to his mum, Princess Diana.

Meghan also described the proposal at Nottingham Cottage on the grounds of Kensington Palace: "We were roasting chicken. It was just an amazing surprise. It was so sweet and natural and very romantic."

That the proposal dinner was roast chicken sent the internet into a frenzy, particularly in America where engagement chicken is apparently a thing.

The actress admitted she "barely" let her husband-to-be finish proposing before she said:

"Can I say yes now?"

Harry added: "She didn't even let me finish, she said can I say yes, can I say yes and then there were hugs and I had the ring in my finger and I was like 'can I - can I give you the ring'? She goes 'oh yes, the ring!'"

Their love affair started with a blind date and they really fell for each other under the stars in Botswana.

The couple disclosed how the Royal Family helped their relationship blossom, with the "incredible" Queen and "fantastically supportive" Duchess of Cambridge helping the American actress settle in.

All this is vastly different for the girl from Los Angeles who, like Harry, comes from a broken home and succeeded in her ambition to become an actress culminating in her starring role in the US legal drama *Suits*.

Her father is white and her mother African American, and her biracial background was reflected in *Suits*. She is also a divorcee, whose marriage to Hollywood produced Trevor Engelson collapsed after two years.

Harry said his mother would have been part of their "crazy journey" and would be as "thick as thieves" with Meghan.

They also shared their hopes for the coming years, from having a family in the near future to setting off around the Commonwealth to carve out their joint future as working royals.

"The fact that I fell in love with Meghan so incredibly quickly was confirmation to me that all the stars have aligned and everything was just perfect," said Prince Harry.

"This beautiful woman just tripped and fell into my life. We're a fantastic team, we know we are and over time we hope to have as much impact as possible."



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WINTER WARMERS



Hopefully the autumn harvest has given you an abundance of vegetables in all manner of golds, greens and purples, just perfect for the kind of nourishing suppers we crave as the cold nights draw in.

Beetroot...A nutritious powerhouse, the humble beet boasts exceptional nutritional value, both in the root and the leaves (which can be cooked the same way as spinach). Try juicing raw beetroot with apple and carrot for a blast of cold-preventing vitamins, or wrap in foil and roast to serve alongside the Sunday roast. Excess beets can also be home-pickled – much nicer than store-bought.



Leek...Leek and potato soup is an obvious home for this winter beast. But leeks, with their delicate sweetness, work surprisingly well when braised in a cheese sauce, baked in a gratin or encased in pastry alongside leftover roast chicken.



Sweet Potato...Some may be surprised to know that the sweet potato is actually not related to the potato. It is a root vegetable but is different in taste and texture. Sweet potatoes are extremely versatile and can be baked, mashed or fried for a sweet and nutritious accompaniment. It also counts as one of your five-a-day and is a good source of four essential nutrients.

Parsnip...Roast parsnips make a delightful winter side dish when roasted and caramelised with maple syrup. They can also be mashed or made into a satisfying soup with nutmeg and a swirl of apple sauce. Autumn in a bowl.



Cabbage...Thanks to the 'cabbage soup diet' fad, this wonderfully versatile veg has a bad rep for being bland, soggy and, well, gassy... but served properly, cabbage can be a joy. Cabbage mashed with potatoes becomes colcannon, and served with a poached egg makes a hearty, cold-morning breakfast. You can eat it raw when shredded in a winter coleslaw alongside apples and pecans, and the truly brave can ferment their own kimchi, which is very good for the gut and can help keep viruses at bay.



FOOD & DRINK

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CRYSTAL Bowls

From botanical flavours to 'bleeding' veggie burgers, here's a look at what we might be eating in 2018.

Plant-based everything – Vegan food has been gaining in popularity for a while now, but things are about to go one step further as veggie burgers 'bleed' beetroot juice and expertly-sliced tomatoes mimic tuna in sushi. Also, much like nose-to-tail eating, we will be using every part of the veg with stems being used in salads, while melon rinds are pickled to be eaten. Vegan desserts are expected to get a makeover too, becoming creamier and even more indistinguishable from the real thing.

Japanese dude food – Much like 'dirty burgers' became the hot thing in American cuisine, miso and sashimi are no longer the cool kids in Asian dining, as Japan's heartier, more calorific fare like yakitori skewered chicken or deep-fried tofu in broth – dishes often served in the country's late-night izakaya bars – become de rigueur.

Botanical delights – Food is going floral as restaurants and producers alike take inspiration from the garden. Think rose-flavoured lemonade, lavender-infused chocolate and everything elderflower.

Indian street food – A natural evolution from the food van trend that has populated markets and urban spaces these last few years, Indian street food is set to make its way into our supermarkets and, by proxy, our homes. So ditch that boring old korma and get your chops around scallops in pickled ginger, or a fat Puri stuffed with veg and drizzled in chutney.

Super powders – It's well-known that the goal of every vegan diet is getting enough protein, which is why plant-based protein powders are becoming ubiquitous. The humble latte is also getting a healthy revamp as turmeric, masala chai, matcha and cacao find their way into more hot beverages.





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VIT-A-MONTH

Your month-by-month guide to what vitamins to take every month of this year

January

Without vitamin D, the body can't absorb calcium or stimulate certain immune responses that protect us from colds and infections, so make sure to get a daily dose.

February

Beat those winter blues, help creaky cold bones and boost your brain with Omega 3.

March

Spring into spring with an iron supplement which will boost your energy levels by ensuring all your organs and cells are getting plenty of oxygen.

April

Along with producing collagen and helping to repair tissue, vitamin C is an antihistamine, perfect for those who suffer from hay fever.

May

If you want to get in shape for summer, take some vitamin K which helps carry calcium through the body to strengthen bones and prevent fractures.

June

Give your skin a boost with vitamin E. This antioxidant infuses the epidermis with moisture and soothes itchy, flaky skin while guarding hair and nails against free radical damage.

July

Wear that swimsuit with confidence by taking a digestive enzyme to beat belly bloat.

August

All that sunshine takes a toll on your skin, so help it heal with folic acid.

September

Get your body and brain in gear with a dose of magnesium, which helps fight depression and boost exercise performance.

October

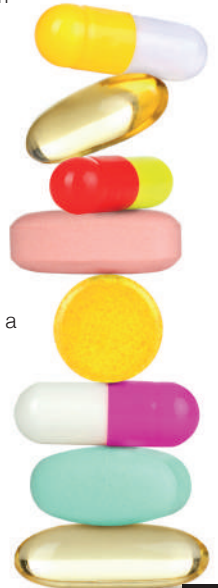
Calcium is an essential mineral which will help support your bones over the colder months, while protecting your teeth from all those Halloween treats.

November

B Complex comprises a whole host of vitamins that get you in tip-top condition for this busy time of year. Whether giving you energy to attend all those festive soirees, reducing stress about end-of-year deadlines or balancing hormones, this is a powerhouse.

December

Vitamin A will put the twinkle back in your eyes, give winter skin a warm glow and strengthen bones, so you can breeze through the festive period.



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BEAUTY

PAIN REACTION

The scary reality of hair dye allergies and how you can prevent one happening to you

If you've ever sauntered into a salon expecting to get your hair dyed, only to leave a few minutes later with a blotch of the dye behind your ear and an untouched mane, don't be frustrated. The fact is, your stylist could be saving your life. Salons are obliged to perform skin patch tests, where a small dab of dye is applied to the skin for 48 hours to test for any allergies, as in the event of a client having a reaction they will not only be culpable, but it could in extreme cases prove fatal.

Most hair dye reactions are caused by one particular chemical: para-phenylenediamine (PPD). While PPD is present in 99 per cent of all hair dyes, it is thought that around five per cent of the population are allergic to it, with symptoms including scalp burning, eye swelling, face blistering and, in rare cases, anaphylaxis, where your immune system feels under attack, releasing a flood of chemicals which can cause you to go into shock – a reaction which can lead to death.

Though such an extreme reaction is unlikely, it is somewhat worrying how blasé we have become about applying such substances to our bodies. After all, how many times have you purchased a home hair dye kit from a chemist and forgone the recommended skin test? Furthermore, how many school children are having their hair coloured despite the fact that hair dye manufacturers say they are not intended for anyone under the age of 16?

The good news is that having an allergy to PPD doesn't mean you can never dye your hair again, as manufacturers strive to create more colourings that don't contain the compound – meaning you can be the most natural version of your unnatural self. The perfect compromise.



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Rent-a-Rail

If you're the kind of gal (or guy) who never has anything to wear on a Saturday night (despite having an absolutely heaving wardrobe) then the future of fashion retail is looking very bright for you, as brands seriously consider renting over buying as a viable business model. Much like Netflix for clothes, the sartorial shopper could walk into their favourite high street store and rent the hottest handbag, dress or pair of party heels right off the rail – all for a flat, monthly subscription fee.

Sound too good to be true? Well, a similar system already exists Stateside and is proving to be a big hit. Online company Rent the Runway, based in New York, offers unlimited rental (albeit four pieces at a time) from thousands of highly-coveted items – brands include See by Chloé, Kate Spade and Diane von Furstenberg – for \$159 a month, which includes delivery, insurance and dry cleaning.

You may wonder why someone would want to drop around £4 a day on clothes they

don't even get to keep. Well, this is arguably a service aimed at the fashionista: someone who has disposable income, is expected to dress well for work or has an active social life, and has a penchant for designer brands. A quick perusal of the Rent the Runway website suggests many of the items on offer retail at far more than the monthly fee.

Another argument in favour of renting over buying is that it is better for the environment as so much so-called 'fast fashion' ends up in landfill sites. There is also the convenience of having what is essentially a never-ending revolving wardrobe without the need to find space for it. So, if you've ever found yourself lusting after Alicia Silverstone's virtual wardrobe in *Nineties* cult classic *Clueless*, the reality may be here sooner than you think.

But if you can't afford the Rent the Runway price tag, we may have the solution for you. Celebrities and models are also helping to make wearing designer more affordable for the everyday individual. A sustainable fashion initiative has been devised where celebs make their pre-loved clothes available to 'shwop' online.

The 'Shwop Shop' was launched by Oxfam and M&S and has gone from strength to strength. The public can now own big brands at a bargain price thanks to celebs such as Melvin Odoom, Millie Mackintosh and Tulisa. Since 2008, the Shwopping partnership has collected over 20 million items worth an estimated £16million for Oxfam's work.

No matter the price tag, the fashion world is transforming to make designer affordable for everyone.





SCREEN ICONS

FIVE HOT WINTER TRENDS AND THE FABULOUS FILM STARS WHO INSPIRED THEM

TREND: Dazzle

Set your party dress to 'sparkle' this winter as fashion goes full-on glitz with chainmail minis, crystal mesh and everything sequins. But despite its shimmering façade, there is a minimalist touch to this trend, making it effortlessly modern.

ICON: Daryl Hannah in *Blade Runner*

The original futuristic babe, no one can pull off a sparkling mini quite like Ms Hannah, but that doesn't mean you shouldn't try.

TREND: Silk shirts

An improbable trend, silk shirts have a reputation for erring on the side of garish, but not the tailored, stylish delights that graced the catwalks this season.

ICON: Al Pacino in *Scarface*

Glamorous, bold and outrageously bling, Miami in the Eighties was a lavish playground, and you better believe that the boss of it all, Tony Montana, wasn't going to let the side down.

TREND: Seventies

If you've got any tweed, corduroy or brown suede languishing in the back of your wardrobe, pull it out because that Seventies look is bang on trend.

ICON: Ryan O'Neal and Ali MacGraw in *Love Story*

Get your fashion love story on and try a little Seventies synchronicity with your sweetheart. Casual, cool and rocking every shade of brown, O'Neal and MacGraw were the original college hipsters.

TREND: Female tailoring

Suits are back, but not in the exaggerated shoulder pads of the Eighties kind of way. Instead, think loose silhouettes, slimline blazers and elegantly pressed slacks.

ICON: Faye Dunaway in *Bonnie and Clyde*

In this 1967 classic, Dunaway plays infamous real-life gangster Bonnie Parker. Possibly the most stylish bank robber ever, the American starlet rocks some serious tailoring, fabulous blouses and a chic beret, all the while toting a shotgun. Girl power.



Don't Know What You Want for 2018?



What resolutions are you carrying over from 2017 that repeatedly get pushed to one side? What excuses do you make that let you ignore your wants or the change you need to be your ultimate you?

We all know how miserable January can be. The season of abundance is over, back to work, everyone is skint or miserable. This allows us to lament over those lost wants for the New Year.

How do people conquer their goals? They plan, consistently work towards their goal, know what motivates them, take action and hold themselves accountable. Resulting in living the life they want.

Easier said than done?

REFLECT

Daily reflection of your goal(s) and the action you need to take will empower you to achieve. Keeping a record of your thoughts, achievements, steps, etc. will act as a constant reminder and shift your mindset to make sure you don't make excuses.

AWARENESS

Pay attention to your inner narrative. Part of your brain tells you to stay in your comfort zone which is why it feels easier. If you do break out, it's empowering. It's so easy to make excuses, but if you grab yourself an accountability partner, tell them what you need to do and by when, the excuses become much harder to make.

ACCOMPLISH

Your motto/goal should motivate you to achieve but set yourself a reward too. Acknowledge yourself for what you have achieved along the way, it doesn't have to be tangible, it may be that you are feeling more confident, you are eating more healthily... the list is endless.

BEFORE YOU KNOW IT, YOU'VE BECOME YOUR BEST SELF

Counteract the dullness of January, get fired up for 2018 and take action to fulfil your potential and carve out your ultimate you. Bulldoze through that list of wants, needs, changes...

Author, Kim Cutler, Storm McQueen Coaching.

TOP FIVE TIPS TO MAKE YOUR 2018 A WIN

PLAN

By planning you allow your brain more space to action. Write, draw, or mind map your wants, goals for 2018. Prioritise them and reflect daily. Separate work or life goals. Acknowledge your values, are they aligned with your current situation? Look at your interests, skills, hates... Are you using those to your advantage?

ACTION

Create your own motto/goal for six-months' time, encompassing your wants and ideal result. Break down your monthly steps that will make you reach your goal. Set five actions to reach that month's step.



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SWAP & Save

Think you can't survive without your daily café-bought latte? What may seem like a few quid a day actually adds up, and this innocent treat could be stopping you from buying something you really covet in the long run. Here's how and why you should consider cutting back...

Coffee has never been so popular. From ubiquitous green mermaids on the High Street, to artisan Antipodean beaneries in the hipster parts of town, everyone is (literally) full of beans. But at around £3 a cup, coffee is not just powering up your day, its powering the economy, and what may seem like a small amount is actually a hefty wodge of your wage over time.

STOP SLURPING, START SAVING...

Here's what cutting back on the beans could afford you:

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European weekend break

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Nice pot for a 'rainy day'

(based on £2.80 average for medium latte)

Whilst there are many variables on how much you might actually save, the bottom line here is value for money and if your daily dose of the black stuff is worth the half-hour of pleasure you get from it. Buying coffee every single day is a habit. To slow down that addiction, try telling yourself that a bought coffee is a treat item.

For some, life without coffee may be too much, so here are some tips for recreating that coffee shop buzz:

☞ Invest in a good coffee machine at home – pods are good, fresh beans are better

☞ Put your home brew in a posh portable cup for on-the-go sipping

☞ Buy a one-cup dripper or AeroPress for quality coffee at work

Recreate sweet treats by buying big bottles of your favourite syrups and creamers.



SPORTING CALENDAR

Football fanatic, or just a total tennis-head? Don't miss an ace, goal or hole in one with this handy guide to what's what in the sporting world of 2018...



FEB

4th: Super Bowl LII, Bank Stadium

The 52nd Super Bowl will take place in Minneapolis. The New England Patriots are the current defending champions, and Justin Timberlake will be returning to the stage for the coveted half-time show slot – 14 years after his appearance with Janet Jackson featured an unfortunate wardrobe malfunction.

APR

5th-8th: The Masters, Augusta

Last year's champ, Sergio Garcia, is expected to feature, along with England's most recent victor, Danny Willett, and four-time winner Tiger Woods.

14th: Grand National, Aintree

The Grand National will hit Aintree in early April in a thunder of hooves and a menagerie of fascinating hats. Last year, 14/1 outsider One For Arthur grabbed the title – and a good chunk of the £1million pot that makes this race the most lucrative in the sport.



JUN

14th-July 15th: FIFA World Cup, Russia

Yes, England are through and will be hoping for a strong start to manager Gareth Southgate's international competitive debut. But the Three Lions will need to be at the very top of their game if 2018 is finally going to be the year that football comes home, with Spain and France looking strong and holders Germany hoping to emulate Pele's Brazil with consecutive wins.



JUL

2nd-15th: Wimbledon, London

Reigning champion Roger Federer will be aiming to add to his record of eight victories at the All England Tennis Club, while newly-knighted Andy Murray will be hoping to give the home fans something to cheer about. In the women's matches, new mother Serena Williams may well return – looking to continue her almost superhuman domination of the sport.

7th-29th: Tour de France

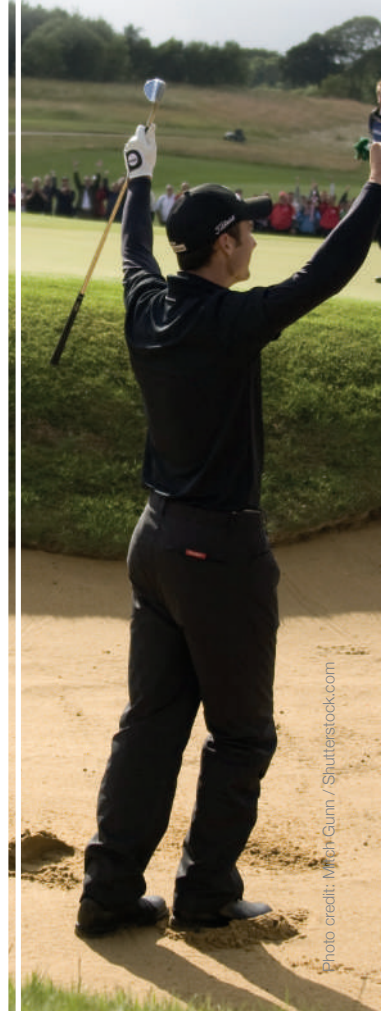
Brit Chris Froome will be hoping to keep hold of cycling's coveted Yellow Jersey this year – but there'll be stiff competition in the 21-stage race which, at 3,329km, will be the shortest route of the 21st century.



SEP

28th-30th: Ryder Cup, Le Golf National

The biggest names in transatlantic golf will be heading to France this year for the chance to get their hands on those famous green jackets. The United States are the current defending champion, but last won in Europe in 1993.



SPORT

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Speed

Demons

The Land Speed Record is one of the oldest accolades – but how much do you know about the brave drivers who sought to go faster than anyone before them? Andy Green, the current record holder, speaks to **VISION**...

In 1898, French engineer Eugène Brillié and his business partner Gustave Gobron founded a car company which created the Gobron-Brillié. Six years later, Louis Rigolly became famous for being the first man to go beyond the speed of 100mph – 103.56mph to be exact – at Chatillon-sur-Seine in France. Rigolly must have considered his automotive accomplishment to be insurmountable; the Frenchman was the first of many daring drivers to put their lives at risk in the pursuit of speed.

During the next decade, Rigolly's record was smashed seven times. From Henry Segrave attaining 200mph with the Sunbeam 1000HP in 1927, to renowned speed junkie Sir Malcolm Campbell's famous 300mph run with the Blue Bird in 1935. In 1965, another impossible dream was made real when Craig Breedlove took to the Bonneville Salt Flats in American Spirit and went at the speed of sound in a land vehicle for the very first time.

In 1997, Andy Green teamed up with his predecessor Richard Noble (Thrust 2, 650.88mph). The resulting vehicle, Thrust SSC, was the first to exceed the speed of sound on land. Now, 20 years after this momentous motoring marvel, Green and Noble are back with Bloodhound SSC. Their goal? 1,000mph.

"We've solved problems that no one has even addressed before because nobody has tried to build a car doing 1,000mph at ground level," Green says. "To put into perspective, the world's fastest jet fighters max out at about 900mph at ground level in thick air. They go twice as fast up in thin air at 50,000ft, but we're aiming to build a car that is faster than any jet fighter. The task is that ambitious."

Green is looking to become the first man in history to break his own land speed record. "In the Bloodhound, I'm accelerating at 2G and slowing down at 3G, that's 60mph per second," the 55-year-old explains. "So it's equivalent to driving at 60mph and completely stopping in one second; that's how quickly the car will slow down."

Bloodhound SSC is operational, but Green is already looking to the next generation of speed demons.



BLOODHOUND SSC

SPEED COMPARISONS OF THE FASTEST THINGS IN THE WORLD

| | | |
|----------------------|---------------------|---|
| 28 _{mph} | RAIN BOLT | The maximum speed USAIN BOLT reached when he set his 100m record of 9.58 seconds in 2009 |
| 48 _{mph} | SIR CHRIS HOY | 11 time world champion SIR CHRIS HOY can reach speeds of over 48mph using pedal power alone! |
| 317 _{mph} | SPIRIT of AUSTRALIA | KEN WARBY built his jet-powered boat in his back yard in Sydney. His record has stood since 1978! |
| 763 _{mph} | THRUST SSC | In 1997 ANDY GREEN became the first and only person to drive a car faster than the speed of sound! |
| 833 _{mph} | FELIX BAUMGARTNER | FELIX BAUMGARTNER had to jump from a height of 38,969 metres to reach these very high speeds! |
| 988 _{mph} | RED BARON | The low altitude record is held by DARRYL GREENAMYER in his F104 - which he built out of scrap parts! |
| 1050 _{mph} | BLOODHOUND | At peak speed BLOODHOUND SSC will be faster than a bullet from a .357 Magnum! |
| 4510 _{mph} | NASA X-15 | The rocket powered X-15 flew so high that two flights counted as space flights! |
| 24790 _{mph} | SATURN V | SATURN V 160 times more powerful than BLOODHOUND SSC - generating 21.6 million Thrust HP at launch! |

Notice how most of the really fast things achieve their speeds very high up where there is little or no air resistance (drag). The lower you get, the more dense the air becomes. At top speed Bloodhound could experience almost 20 tonnes of drag!

PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

ACROSS

1. Canines (4)
3. Where one finds Glasgow (8)
9. Swindles (7)
10. Uniform jacket (5)
11. Herb; regret (3)
12. Discover (5)
13. Decay (5)
15. A Fish Called ___ : film (5)
17. Tree of the birch family (5)
18. 22nd Greek letter (3)
19. Maladroit (5)
20. Tropical disease (7)
21. Channels of the nose (8)
22. Run away (4)

DOWN

1. Removal of trees from an area (13)
2. Diving waterbird (5)
4. Building for gambling (6)
5. Casual chatter (6-6)
6. Plants that live a year or less (7)
7. Remove dangerous substances from (13)
8. Creator of film scripts (12)
14. Restores honour (7)
16. Standard; usual (6)
18. Servant in a royal household (5)

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| 21 | | | | | | | | | | | 22 | |

DID YOU KNOW

- ▶ August had the highest percentage of births
- ▶ November is the only month used to represent a letter in the phonetic alphabet.
- ▶ Months that start on a Sunday will always have a Friday 13th
- ▶ Rio de Janeiro translates to river of January.
- ▶ In the original Roman calendar, October was the eighth month, hence 'octo' meaning eight
- ▶ Even though October has 31 days, it is the longest month of the year due to the clocks going back one hour

SUDOKU

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| | | 5 | | | | 1 | 9 | |
| | 3 | | | 8 | | | | |
| 6 | | 4 | | | 5 | | | |

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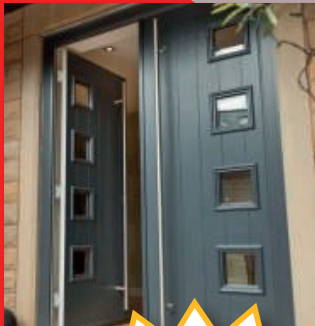
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