

OLIVIA
COLMAN
**TAKES TO
THE THRONE**

SLEEP EASY
Top tips for a restful sleep

THE HOLIDAYS ARE COMING
How Coca-Cola stole Christmas

JOE WICKS

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Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**EppingTheydon. I hope you all enjoyed the launch edition of **VISION** to your area. The response has been overwhelming.

It has been so nice to hear your feedback and wishes for the success of the publication in the area. Thank you.

I would like to take this opportunity to wish all our readers, clients and local businesses a merry Christmas and a wonderful new year.

This year has gone so quick. It seems a common theme that when I drop the magazines in to local businesses every month, they find it hard to believe that a month has already passed since the last edition.

I will be taking some time off over Christmas to recharge and spend some quality time with friends and family. It's a great time of year to be with the ones you love and maybe get them some special gifts to show them how much you care. Just remember to spend your money local. Let's look after our high streets.

In local news, a racing driver has been shortlisted for a national award and we speak to the General Election candidates for the Epping Forest constituency.

I hope you all enjoy the December 2019 edition of **VISION**EppingTheydon.

Brett

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Suited AND BOOTED



If you thought it was just modern-day society that's taken in by the strength of marketing, think again. Here's the story of how Christmas was stolen not by the Grinch, but by the soft drinks brand.

He's arguably the most iconic and most easily recognised person on the planet, but even Santa is a Coca-Cola marketing team's plaything, and the evidence is staring us right in the face. That's right – that trademark red-and-white suit that we have come to know, love and welcome into our homes on Christmas Eve is a brand team's creation that's straight out of the marketing textbook.

Before Coca-Cola sidled up to the most travelled man on the planet, Saint Nicholas could be seen in all manner of colours, clothes and designs. Pictures exist of him dressed in a tan-coloured suit; others show him wearing shades of light and dark blue; while in some pictures he comes across as a somewhat sinister elf-like character dressed in green as he dots from house to house.

It was only natural then that, as the power of the media grew in the lead-up to World War II, so too should a universal image of the great man emerge. And siding with the world's biggest-selling soda – and its red-and-white livery – well, it was a match made in heaven... or, at least, Lapland.

And that, boys and girls, is the story of how Santa's red-and-white suit was created by the guys at Coca-Cola.

Or is it...?

While the tale of Santa taking on the colours of the world's leading drinks brand is a water-cooler classic that has done the rounds for years, it is only actually half-true.

That famous fluffy livery was actually to be found on pictures of the great man going back into the nineteenth century. It was cartoonist Thomas Nast who truly popularised the use of red and white with his hugely successful sketch series in the 1870s. And some believe Coca-Cola wasn't even the first drinks brand to popularise the figure, with carbonated water producers White Rock using him in adverts from the early 1920s.

However, where Coca-Cola can take credit is in capitalising on the big guy's popularity. Consider White Rock had 90 per cent of the fizzy water market back in 1920s America, and with imitation being the greatest form of flattery and all that, logic follows that the brand Coca-Cola adopted its own version of Santa (holding a bottle).

With the help of illustrator Haddon Sundblom, it evolved the big man into an even stronger caricature of himself. This served to vanquish the various other images of Father Christmas who back then could still be found dressed in such variant colours, all the while subconsciously linking the drink to a figure representing kindness, generosity and happiness in the minds of youngsters (and a few adults).

Put it this way: try finding a festive Coca-Cola image that doesn't feature its brand ambassador, and you'll appreciate that while the American drinks giant may not have chosen the colours for Santa, it has certainly ensured he's staying dressed in his perfect red-and-white suit, and we'll all drink to that.



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THE CROWN

NEW SERIES, NEW DECADE, NEW CAST – THE RETURN OF *THE CROWN*

As new series of prime-time drama go, *The Crown* has been a long time in coming. It's been two years since Claire Foy stepped aside as Queen Elizabeth, and in the intervening passage of time we've had a real royal wedding (Harry and Meghan), royal births, the Windsors taking a national newspaper to court and all manner of rumours regarding the seedy and nefarious actions of some in lofty positions. If all this were to be wrapped into a 10-part Netflix drama we'd probably suggest it was too far-fetched.

As it is, we're about to be treated to something rather more palatable, surely, as Olivia Colman CBE steps into the role of HRH for the first time.

The 45-year-old's long-awaited debut reflects the true evolution of an actress. Beginning at the much-renowned Footlights Dramatic Club at Cambridge University, she shared the stage with the likes of David Mitchell, Richard Ayoade and Peter Serafinowicz, before excelling in *Rev*, *Broadchurch*, *The Night Manager* and *The Favourite*.

Her landing in such a major Netflix product feels perfectly timed, having just been awarded a CBE in the Queen's Birthday Honours for her services to drama.

The new series also welcomes Helena Bonham Carter (Princess Margaret), Ben Daniels (Lord Snowdon) and an entirely new cast, with a storyline that builds from the 1970s, broaching the Queen and Prince Philip's tumultuous relationship.

As for Colman CBE, her pursuit of creative endeavour is as premium fuelled now as at any time in the past.

"Working makes me happy and I do struggle to say no," she admits. "I've an inherent fear of being pigeon-holed, and I think as a result of that I reach out in as many different ways as I can."

The good news for fans of *The Crown* is that given the series are shot back to back, season four will be along very shortly. Set in the 1980s, it will deliver Margaret Thatcher (Gillian Anderson) and Emma Corrin (Princess Diana)... and no doubt a yuppie or two.

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TUMBLE DRYER

DON'TS

How did we ever exist without the humble tumble dryer? It's quick, efficient and, most importantly, not dependent on the unpredictable British weather. But it can cause chaos to your clothes if not used correctly.

1. Bras

The main job of a bra is to provide support, but by tumble drying this item you risk the elastic becoming stretched and out of shape.

2. Leather items

Leather, suede and faux leather should always be air-dried as heat can cause these materials to crack or become distorted.

3. Delicate fabrics

Silk, lace and sheer net items should never be tumble dried as the high temperature will set in wrinkles.

4. Gym wear

Activewear is made from man-made fibres which are designed to keep you cool and supported, but they will not keep their shape in the dryer.

5. Athletic shoes

Shoes that are made from leather, canvas or the latest high-tech performance fabrics should not be tumble dried as the heat can

cause the soles to fall off.

6. Knitted jumpers/cardigans

Tumble drying knitwear can cause the items to lose their shape by causing the fabric to shrink or stretch.

7. Fur items

Real fur can crack in the dryer, whereas faux fur can melt or become tangled.

8. Swimwear

Costumes, bikinis and swim shorts should be washed or rinsed after each use, but avoid tumble drying as this can ruin the fabric.

9. Ugg boots

Although super cosy, Ugg boots are not the best footwear to get caught in the rain in, and when they do get wet it can be tempting to throw them in the dryer. Don't. Sheepskin will shrink in the heat.

10. Tights/stockings

Even a few minutes in the tumble dryer can cause irreversible damage to hosiery: think tangles, knots and even runs.



FACING THE DAY

'Tis the season of late-night shopping and dazzling festive soirees, but every night staying up late looking fabulous is followed by a gruelling early morning where you look and feel tired. Fortunately, there is plenty you can do (or NOT do) in order to appear as fresh as a winter morning.

THE DOS

✓ DO take your daily vitamins. Sleep is the best way to replenish body and mind, but on nights when you know you're not going to get enough shut-eye, slathering on a moisturiser rich in potent vitamin C can be the next best thing.

✓ DO use a shade lighter. It might seem counterintuitive to highlight your shadows, but using a concealer one tone lighter on your under-eye area is actually a great way to brighten your eyes, giving the impression of vitality.

✓ DO be generous with mascara. Want to look bright eyed and bushy tailed? Then open up those peepers with lashings of mascara.

THE DON'TS

✗ DON'T overdo it. Tempting though it might be to cover up your evening antics with make-up, you might find yourself looking even more fatigued. Youthful skin glows, so stick to products that are light and illuminating, rather than heavy, powdery ones that are prone to settling in skin creases.

✗ DON'T skip your cleansing routine. Washing your face may be the last thing you want to do on a dark, cold morning, but the only way to rejuvenate a dull complexion is to remove the dead cells. Use products that are gentle but powerful to effectively brighten the skin.

✗ DON'T load up on caffeine. Coffee might make you feel better in the short term, but too much is going to frazzle your mind and dry out your skin. Instead, drink plenty of water.



HIIT PILATES



Want to look and feel 20 years younger?
HIIT Pilates could be the workout for you.

WHAT IS HIIT PILATES?

HIIT stands for High Intensity Interval Training, which involves short periods of intense anaerobic exercises with very short amount of rest periods. You can expect lots of leg-dominant exercises such as jumping lunges, squat jumps and burpees. HIIT Pilates, on the other hand, focuses on core strength, which is so important in standard Pilates, as well as getting your heart rate up.

CAN ANYONE TRY IT?

Yes, unlike with standard HIIT, this combination workout puts less pressure on your joints and instead focuses on ensuring you engage all of your muscles, resulting in a more effective but less strenuous workout. That being said, it is still a full body training session that will challenge your body.

WHAT ARE THE BENEFITS?

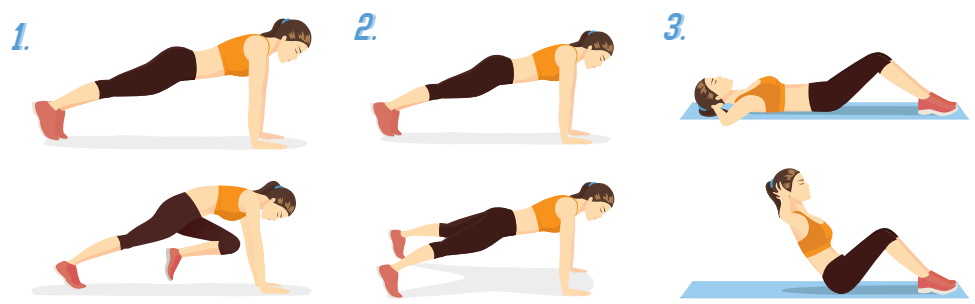
- > Burns more fat than with regular cardio
- > Faster results
- > Strengthens your core muscles

- > Keeps your heart healthy
- > You will lose weight, not muscle
- > You will feel stronger, leaner and more flexible
- > Suitable for all ages and fitness levels

WHAT TYPES OF EXERCISES CAN I DO?

- 1. Mountain Climbers:** Start in the plank position, pull one knee in towards your hands, then extend back to the plank. Repeat with the other knee.
- 2. Plank Jacks:** Start in the plank position, holding your abs tight. Jump your feet outwards into a 'V' position and immediately back to your starting position.
- 3. Triple Crunchers:** Lie down with your feet flat and your knees bent. Support your head with your hands, elbows out wide, and then lift your shoulders off the floor in three gradual movements until you are sitting upright. Keep your abs tight.

Carry out all of the above for one minute, rest for one minute and repeat twice more.



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Goodnight sweetheart

Moving away from screens earlier, therefore, seems the best way to maximise the efficiency of sleep, but remember as well the need to moderate room temperature, dim lighting and remove excess noise within or around your bedroom.

Sure enough, most of us can reel off a good number of the benefits of sleep – sharpness, mood enhancement, lowering of blood pressure, better immunity, improved memory, stress reduction and even maintaining of body weight – so it's not as if we don't know it's good for us.

Doctors recommend a trial week of "regular as clockwork" bedtimes, with long rests and the adoption of healthy habits. They then invite people to see if they feel improved in all those physical and psychological aspects. If the answer is yes, it goes to show why getting your head down may be the best thing you can do, not just for your health and well-being, but for your sanity too.

Getting adequate shut-eye is more important than any vitamin, mineral, food or workout, so why are we so blasé about sleep?

Eat sensibly, rehydrate, breathe in clean air – we take all these for granted as being good for our health. And yet the thing that, on average, will occupy one-third of our lives – sleep – is messed about with, interrupted and at times completely abandoned.

There is nothing more natural than sleep, and an interrupted pattern of rest can be linked to immune system weakness, body cell deterioration, depression and anxiety, not to mention an inability to concentrate.

Yet the answer isn't simply to go to bed earlier – you'll need to consider what's around you. Numerous studies have shown that smartphones and device usage is on the increase, and it's the "blue light" emissions from these that can delay the release of sleep-inducing melatonin, as well as resetting the body's internal clock (circadian rhythm).

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THE Perfect Turkey

The turkey is the centrepiece of most traditional family Christmas dinners. Ensuring that it is cooked to perfection is one of the most important, not to mention stressful, tasks that you can undertake this holiday season.

Should you soak it overnight? Should you baste it? To wrap or not to wrap? These truly are the questions.

Soaking your turkey overnight
There is no set-in-stone way to prepare your turkey, but some swear by brining your bird overnight. This involves soaking your turkey in a salt-and-water solution to keep it moist. You can also add herbs and spices such as peppercorns, juniper berries and bay leaves.

Get your timings right
You need to weigh your bird so that you can ensure that you roast it for the correct length of time. Once you know how much your turkey weighs, follow these below cooking times to ensure cooked yet moist meat.

Heat your oven to 180 degrees Celsius or 350 degrees Fahrenheit.

- > 4-5kg – cook for 2 ½ hours
- > 5-6kg – cook for 2 ½ to 3 hours
- > 6-7kg – cook for 3 to 3 ½ hours

Then add half an hour for each additional kg.

Rest your turkey
You should rest your turkey for between 1 ½ and 2 hours. It is also advisable to take your turkey out of the fridge before roasting for a minimum of half an hour to prevent shrinkage.

Basting and covering
If you place your turkey on a bed of vegetables, then there is no need to baste it; plus, you will have the added benefit of a delicious gravy. To ensure a crisp skin but to not dry out the meat, it is advised to cover your turkey loosely with foil for the first hour.



THREE *extravagant edible* CHRISTMAS GIFTS

Who doesn't like something a little bit naughty at Christmas, whether that be your favourite festive tippie or a boozy chocolate liqueur? And what could be better than receiving one of your preferred indulgences as a gift?
So, why not create a personalised edible treat for a loved one this festive season?

CLEMENTINE CHRISTMAS GIN

You will need:
One bottle of London Dry Gin • 4-5 clementines • 200g caster sugar • 1 piece of fresh ginger • 2 star anise

How to make:
Slice the fruit into segments (skins attached) • Add to a sterilised jar with the other ingredients • Seal and shake • Leave in a cool spot for two weeks • Shake occasionally to infuse the flavours further • After two weeks, strain your liqueur • Pour into an attractive bottle and finish with a ribbon



CRANBERRY & CHILLI JAM

You will need:
2 red onions • 4 cloves of garlic • 3-4 fresh red chillies • 500g cranberries • 150g sugar • 40ml red wine vinegar

How to make:
Peel and finely chop the onions and garlic • Deseed and slice the chillies • Sweat the above in a large pan for 10 minutes • Add cranberries, vinegar, sugar and 50ml water • Simmer for 20 minutes • Mash the mixture slightly and cook for a further 15 minutes • Season to taste • Add to sterilised jars



CHRISTMAS BOOZY TRUFFLES

You will need:
300g quality dark chocolate pieces • 300ml double cream • 50g unsalted butter • Your preferred liqueur – Grand Marnier, coconut rum, whiskey • Your chosen coating

How to make:
Gently heat cream and butter in a saucepan • Remove from heat and add chocolate • Stir until you have a smooth mixture • Add your chosen liqueur • Chill for a minimum of four hours • Shape your truffles using a melon baller and place on greaseproof paper • Immediately coat your truffles • Store in the fridge in an airtight container



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DAVID LINLEY AND INTERIOR DESIGN'S MISSING LINK



HOME & DIY

Talk about interior design, architecture, design and craftsmanship, and so much of what you hear revolves around the intentions, desires and whims of the designers themselves. It's almost as if they are going to be the ones living in the spaces they curate.

Clearly, in most cases they're not, and that's where the Linley stable of designers and architects takes a different approach towards creating artistic excellence.

At the heart of Linley is the intention to style a client's own vision before anything else. Sure, the Belgravia-based experts, who have been a major player in working with upmarket clients for more than 30 years, can extol the virtues of custom-made and tailored cabinets, furniture and kitchen spaces, but unless it has client direction, a project won't begin.

When bespoke designs are brought forward, Linley designs favour a few simple rules: items are sleek and sharp, utilising



whites, greys, blacks and browns, with references to art deco, 1970s elegance with polished tones. They are happy to juxtapose styles and periods to create rooms with distinction and flair, but the celebration of eras is without brazen, shouty, disturbing colours. In short, subtlety is key.

Small item collections are often in glassware or polished wood (such as boxes, desk items and picture frames), with a fascination for intensity, detail and perfect lines.

A Linley home is one to be viewed from many angles, with interiors that are to be stroked, brushed and admired; although the attention to detail demanded of everything, from intricate objects to sweeping units that glide into the distance, come with price tags to match, so beware.



Photo credit: blog.davidlinley.com



THE suite-est THING

BATHE IN THE SUCCESS OF RESTORING YOUR FAVOURITE TUB

We live in an era where throwaway culture permeates almost everything we do, and yet where bathroom suites are concerned – and baths, in particular – there is shimmering style and majestic magnificence in being tempted into a traditional tub.

That's why more and more people are now choosing to restore their tubs rather than remove and replace. Not only may this see you preserving a bathroom mainstay that is, most likely, a level up from today's cheap, lightweight fibreglass versions, but you'll save the back-breaking work of lugging the things up and down stairs too.

HERE ARE EIGHT STEPS TO GET YOUR BATH BACK ON ITS FEET:

- Sand down bumps, rust or affected areas.
- Reglaze your bath. DIY kits spell out the process, and while the fumes can be potent, you will quickly see old caulk, grime and scratches vanish.

- Give your bath a new lick of paint – for an acrylic or porcelain tub, select an EP-acrylic paint with a glossy finish; for iron bath tubs, use a latex primer then at least two coats of latex paint.
- Use a paint sprayer on the bath itself to achieve a smooth, streak-free finish inside and out.
- Apply a new coat of porcelain using a professional tradesman.
- Opt for new colours – your bath doesn't have to be white (nor that horrible lime green), so be ambitious, outlandish and brave in your new creation.
- Replace taps... a new, elegant set of taps on a bath – much like replacing kitchen unit handles – can create instant uplift.
- And finally, don't stop at the bath... because if the tiling around your tub looks like something out of a horror movie, you still won't want to take a dip. So clean, scrub, regrout and caulk your tiles to offer the cleanest finish possible.



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diy Christmas Gifts

What could be better than giving someone you love a handmade gift? Not only does it show that you have put a lot of thought and effort into it, but it can also save you money – and who knows, you might even enjoy it!

Festive Bath Bombs... you will need:

300g bicarbonate of soda | 100g citric acid | Food colouring
Essential oils – orange, cinnamon and peppermint all work well
A misting bottle | Bath bomb moulds | A muffin tin for storage

how to make

- Mix the bicarbonate of soda and citric acid together.
- Add 2–3 drops of essential oil.
- Gradually add the food colouring.
- Add water, stirring as you go – be careful not to add too much.
- Your bomb is ready when the mixture holds together in your hand.
- Add the mixture to the moulds, one half at a time, then press together.
- Carefully remove your bombs and store in tin.

Merry Mugs... you will need:

Plain white mugs | Oil-based Sharpie pens in festive colours
Alphabet letter stickers

how to make

- Create a phrase using your stickers on your mug – this could be someone's name or something festive such as "Joy" or "Happy Xmas".
- Draw polka dot shapes around the stickers in your chosen colours, then leave to dry. Be sure to cover around all the edges and in between the letters.
- Remove stickers and bake the mug in an oven at 220 degrees Celsius for 30 minutes – put in a cold oven and then turn temperature up.

Alternatively you can create any design or pattern you like, even write a message on the mug. You can also decorate with acrylic paints, nail polish and glitter.

Christmas Coasters... you will need:

4 x 4.25" square ceramic tiles | 4 old Christmas cards | Minwax Polycrylic
Mod Podge | Hot glue | Felt

how to make

- Cut each card into a 4x4 square.
- Spread Mod Podge onto each tile and apply a card to each one.
- Use a credit card to smooth out the card, then leave to dry for 2–4 hours.
- Coat each coaster with Minwax Polycrylic, then leave to dry.
- Stick a 4x4 square of felt to the bottom of each tile to protect surfaces.



HOME & DIY

Photo credit: www.prima.co.uk, www.lifefamilyfun.com



OWN A HOOVER AND A RUBBISH BAG? You've already qualified as an urban minimalist

Talk of urban minimalist design brings about notions of wealthy Docklands apartments littered with little more than a table candle, a coffee cup and a laptop.

And yet the achieving of a clean, clear, space-driven home isn't out of reach, yuppie living or not. Ultimately, where urban minimalist design succeeds, it's in the understanding that you are defined not by your possessions, by your furniture.

Wind back a decade or so and minimalism would have sat much more on the side of brutalism, with polished concrete floors, conflicting wood and terracotta, and sleeping arrangements that appeared more akin to a night in the cells.

These days the rules are relaxed, and urban minimalism dives further into the human need for comfort, warmth, colour and texture, without the clutter, chaos and disharmony of possessions

ruining streamlined furniture, geometric design and perfectly judged angles.

In terms of colours, the warmth of wood is a key asset. Patterned against white walls, urban minimalism allows a return to the perfect white offset, while hard floors, matched rugs and boxed rooms allow styles to merge without them spilling out into corridors or hallways.

The secret to the look is to be regimented in your approach to everyday clutter. Storage space is not a secret or an embarrassment to those wanting to pull off this look, but clearly, practical solutions need to be sought in order to maintain what is a devoted approach towards cleanliness.

Nail the ability to hide away the knick-knacks of life, and urban minimalism enables homemakers to celebrate the ultimate pleasure derived from space and shape.

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JOE WICKS

THE MAN FROM THE STICKS

*The man who built fitness fanaticism
from rural Surrey*

Joe Wicks is the marvellously built man-mountain whose drive towards health and well-being has inspired a nation of fitness fans, all keen to supplement their daily sweat by investing in sensible, supplementing food solutions.

In an era where we're being bombarded with influencers, energisers and "body-makers", the 34-year-old has carved for himself an attractive niche that relies on plain talking, sensible planning, ambitious targets and a small amount of humility thrown in along the way. For evidence of that, take his approach to running.

"We all know how important proper cardio is and running is arguably the best way of really getting your whole body primed to increase strength and fitness... but it doesn't mean you have to enjoy it.

"I regard myself as fit – I eat well, exercise a lot and I'm strong – but when I did the London Marathon I quickly learned the difference between power and endurance, and while I was quick enough over the first half of the course, it was a really painful and slow experience by the end... and that's okay, because we're all growing and learning together."

Wicks, whose popularity comes out of being one of the original Instagram fitness kings, has recently been throwing that (muscle-bound) frame behind breaking his own world record for the number of people he could get attending a single 30-minute High Intensity Interval Training (HIIT) class.

Having previously gathered 3,804 people in Hyde Park, Wicks ventured to Dubai to try to go one better, as well as embracing the health ambitions of the world's fastest-growing economies. During his time there, the fitness guru – who is a best-selling

author having made millions from his *Lean in 15* and *30 Minute Meals* books, among others – also conducted a workout session at a Dubai school, with 450 kids involved, and got his running shoes back on for a half-marathon challenge.

"For me it's always been about mixing up ideas and getting fitness going in different environments," he says. "When getting in shape falls into the same old routine, that's when it becomes dull, and that's what I want to steer people away from, because it's a killer for motivation."

Wicks, who recently created a series of YouTube videos offering "seven days of sweat" to encourage people to get fit and motivated before Christmas, got married over the summer to Rosie, and in the new year will welcome his second child into the world (baby Indie was born in September 2018).

And that world record attempt? Well, although huge numbers attended the Skydive Dubai field at Dubai Marina, the team fell agonisingly short of their target. Typically, Wicks sought out the positives from the experience.

"Failure is all part of building towards success in the future," he said. "I actually embrace those times when things don't go my way, because it makes me even more determined to find the right answer in future, and whether that's not managing to bench press as much as I'd like, or not hitting a treadmill PB or simply giving in to a treat occasionally, moving forward is always about failing in the past, so we get up the next day and go for it all over again."

Photo credit: Ken McKay/ITV/Shutterstock

LOCAL NEWS

from your neighbourhood



Racing driver Ayrton is shortlisted for a national award

A racing driver from Epping has been shortlisted for a prestigious national award.

Ayrton Simmons was runner up in British Formula 4 in 2018 and completed his first full BRDC Formula 3 season this year, finishing third overall with three wins. This included 10 podiums, three pole positions, four fastest and one circuit record.

After initially being selected in a group of 27 young drivers for the prestigious BRDC-Aston Martin-Autosport young driver of the year award for 2019, Simmons was subsequently selected for the last 10 in August and then as one of the final four finalists in September. All finalists will receive a Tag Heuer watch for this achievement.

The award-scoring process includes fitness and race simulator assessments at Red Bull Racing and timed test sessions in a Formula 2 car, LMP3 (Le Mans type) car and an Aston Martin GT car. The winner will be announced at the Autosport awards

dinner on December 8, where he or she will receive a prize of £200,000 of race budget and the opportunity to test a Red Bull Formula 1 car in 2020.

The nomination caps off a successful year for Simmons who actually won more races than the eventual champion, French Swiss driver Clement Novalak. Simmons will be up against F3 rival Jonathon Hoggard, Enaam Hamed and W Formula's Jamie Chadwick for the award.

Simmons said he can't wait for the final.

He commented: "I am absolutely delighted. Things like this make all the hard work and dedication worthwhile and are a real honour."

"I was recognised as a BRDC rising Star earlier in the year and all these honours simply boost your confidence. As a young driver I have given up so much from the age of five when I first started karting. I am very lucky to be a frontrunner in British motorsport."

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Runners announced for the General Election race

We asked the General Election candidates for the Epping Forest constituency: "Why should people in Epping vote for you?"

that no one is left behind in Epping.

Jon Whitehouse – Liberal Democrat

I was brought up in Epping. We live in a fantastic place but for many people things aren't working as they should. I will use my vote in Parliament to stop the Brexit mess, tackle climate change, improve local public services and be a strong voice for Epping Forest.

Steven Neville – Green Party

I was born locally and know the area well. I will be an independent voice in Parliament sticking up for residents. Voting Green will be a vote for a people's vote on Brexit and to keep the climate crisis at the top of the agenda.

Thomas Hall (Young People's Party) and Jon Newham (Social Democratic Party) are also standing.

Dame Eleanor Laing – Conservative

"A vote for Eleanor is a vote for the things we all care about, such as more money for the NHS, more police officers on our streets and more resources for every school. So let's back Boris, get Brexit done and grasp the opportunities that lie ahead."

Promoted by Jane Bagshaw on behalf of Eleanor Laing, both of 4 Meadow Road, Loughton, IG10 4HX.

Vicky Ashworth Te Velde - Labour

Epping has a great high street, but shops are closing and big chains are moving in. The town is dynamic and diverse, but our community is divided and inequality is growing. I will stand up for our whole community and be the voice for the young and not so young, to ensure

Trevor wants your help to make waves in radio



A business owner from Epping is looking to build an international online radio station. Equal Ability Radio will be focusing on content and features dedicated to a mainly disabled audience and is the idea of Trevor Krueger, who is on the lookout for presenters. The station is already broadcasting to over 140 countries but Trevor, who owns Little Sew N Sews on Epping High Street, is appealing for volunteers to help to grow the station. He told **VISION**EppingTheydon: "I had been inspired by the morning presenter, who was very good. I discovered he was both autistic and completely blind, yet he used the same studio as me and all he had to help him was a speaking clock. "I was inspired by this and realised there was a cause to promote. Disability does not mean inability; they display equal ability. My idea was born and has been growing ever since." Trevor's now keen to hear from other volunteers to help develop the station. He said: "If you'd like to get involved, take part or help out in some way, please contact me via the website, www.bigearradio.com"




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LOCAL NEWS

from your neighbourhood



City Corporation vows to protect forest



Photo credit: City of London Corporation

Commercial fungi pickers in Epping Forest are being warned that they are damaging the ancient woodland's ecology and could be fined or prosecuted.

The City of London Corporation protects and manages the site, which is home to a wide range of fungi species, some of which are of national importance.

The City Corporation says large-scale commercial foragers are stripping the forest of wild mushrooms and selling them to restaurants and markets, depriving insects and animals of a valuable food source, damaging the woodland's biodiversity and threatening rare species.

Fungi plays a vital role in sustaining Epping Forest's wildlife habitats and is a major reason it is designated as a 'Site of Special Scientific Interest' and a 'Special Area of Conservation'. They are protected under Epping Forest Byelaws.

Removing large amounts of fungi can harm the forest's ancient trees, as particular types of fungus help to protect their roots.

18 people have been prosecuted since 2014. Most recently, commercial foragers were caught with a haul weighing 49kg and will now face legal action.

Graeme Doshi-Smith, chairman of the City of London Corporation's Epping Forest and Commons Committee, said: "We welcome the millions of people who come to enjoy this protected site. But I urge our visitors to leave the fungi how they find them – untouched. Our job is to protect this ancient woodland for everyone to enjoy. Hoovering up fungi on such a large scale is ecologically damaging and is simply unsustainable."

Christmas shoppers to benefit from free parking

Christmas shoppers in Epping Forest can take advantage of free parking in council owned car parks across the district on weekends throughout

December.

From now until Sunday, December 29, residents and visitors will be able to use any of the EFDC-run car parks free of charge at weekends while they do their Christmas shopping or enjoy the many eateries across the district.

Car parking team manager, Peter Charman said: "Free parking on weekends in the run up to Christmas has become a tradition in Epping Forest District. Given the pressures on high streets everywhere, we aim to make life just a little bit easier for our residents and visitors."

Young sporting stars success

Students at Epping St John's School are celebrating some sporting success.

Year 10 student Shona Vincent secured a bronze medal in the recent National British Championships in the 100m competition.

The athlete, who trains with Woodford Green AC and Essex Ladies, competed in the under 15 and under 17 categories at the event in Bedford.

She joined the club three years ago after her running speed was spotted during an after-school club at primary school.

The 15-year-old said: "I hope to compete for England or Team GB one day. My coach has said that if I keep going the way I am, I will be able to get there."

Last month, Shona also picked up a silver medal in the 100m in the Southern Championships.

Terri Olejnik (pictured below) plays for Billericay Town FC and the Arsenal FC player development programme. The Year 10 student joined Billericay Town from Tottenham Hotspur FC last season and was picked up by Arsenal recently.

Terri, who has played football for just four years, now has ambitions of taking her talent overseas.

She said: "I would really like to continue my football career with a Regional Talent Club – an enhanced coaching centre – here or to go to America with a soccer scholarship."



Photo credit: Sterling Images/Shutterstock

Commuters to be hit by reduction in train service

Commuters to London from Theydon Bois Station who will be hit by a reduction in morning and evening peak services are demanding that disruptive works are scrapped.

Transport for London (TfL) are carrying out the work as part of the £380million investment to the Central Line Improvement Programme. The benefits of this include the replacement of old motors on the trains, which bosses will say will lead to fewer broken down trains and a more reliable service.

Furious commuters are demanding that TfL scrap their programme, which is due to start next month.

Holly Whitbread is a district councillor and started a petition which has been signed by nearly 10,000 people.

She added: "This will have a hugely negative effect on the already stretched tube service running at these stations which are in Epping Forest District. Usage of these stations is set to continue to grow in the coming years with new developments planned in the local area. At peak times thousands already use this service. This decision taken by TfL is unacceptable. We are calling for a review of this decision."

Accessibility is also being improved onboard the trains including more space for wheelchair users, as well as improved audio and visual passenger information. CCTV will also be added onboard.

Commuters are being warned that the work means 11 trains an hour, which currently run at peak hours, will go down to nine trains.

Village estate agent celebrates anniversary



An estate agent in Theydon Bois celebrated its second anniversary in the village recently.

Butler & Stagg have been at Forest Drive since 2017 and marked the occasion with a networking and charity fundraising event at Theydon Bois Golf Club last month.

Neil Leahy, director of land and new homes, said: "It's gone really well. The move is one of the best decisions we've ever made and the market has been very good."

Neil said past and current clients were invited to the evening along with those interested in subjects on how the market has changed in terms of legislation, stamp duty and lettings.

Neil said: "We wanted to discuss topics while rolling it in as celebratory get-together."

On the evening, a raffle was also held for Haven House, Butler & Stagg's chosen charity.

Although there is plenty of choice out there, Neil said he believes Butler & Stagg offers an unparalleled service.

He said: "We like to think that our marketing and brand are stronger. We spend a lot of money on marketing budget so customers will want to go to the agent with the widest target audience. We also have two offices in London and are able to tap into their databases so we can attract buyers with larger budgets."

Young fighter focused on getting to the top

A young boxer from Theydon Bois said he wants to fight professionally after he won a fight at the England Boxing National Development Championships final.

Louie Ward, 15, who goes to Epping St John School, is a member of Repton Boxing Club in

Bethnal Green, and started boxing four years ago.

Louie won his fight by a unanimous decision.

He said: "I was calm and collected and I felt I could have gone another two rounds if I had needed to. It was quite close and he was a strong opponent. I've done all the running, the sprints up hills, so to win means everything."

Of his future in the sport having won the national title, he said: "I have sparred with people who have won the title before, but I have never boxed in the nationals until now. I felt calm and ready and was looking forward to it."

Boxing looks set to play a big part in Louie's future.

He revealed: "I would love to get another national title and then move into the European competitions. I want to make a career out of this by keeping on doing what I'm doing."

"I am focusing on boxing as well as my schoolwork. I go to all the extra aspirations sessions put on by the school and then go straight to boxing or out running. I make sure my schoolwork always comes first; you will never see me on the streets."

Village businessman among Essex's wealthiest people

Theydon businessman David Sullivan has been named at number 25 in this year's Essex Power 100 list, an annual list of the 100 most powerful and influential people either residing in Essex or from Essex.

According to The Sunday Times Rich List 2019, Sullivan is worth £1.15billion.

The West Ham co-owner owned the *Daily Sport* and *Sunday Sport* from 1986 to 2007, which he sold for £40million. He is the joint-chairman and largest single shareholder of Premier League football team West Ham United and was previously joint-chairman of Birmingham City FC.

Home Secretary Priti Patel tops the list while Dame Eleanor Laing enters at number 12.

The full list can be viewed at www.essexpower100.co.uk



Photo credit: West Ham United FC



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PLANT OF THE MONTH:

Sarcococca

confusa

Sarcococca confusa, also known as Christmas box, is an evergreen shrub that bears small white flowers. Somewhat surprisingly, given its heavenly honey-scented blooms, it is one of the least popular evergreens available, but don't let that stop you from choosing this obliging plant for your garden.

Where to grow Sarcococca confusa

Sarcococca confusa is a hardy plant that is very easy to grow. It prefers a relatively shady spot but can still thrive in full sun as long as the soil is kept damp.

Due to its sweet fragrance, it is advised to grow this plant close to your house where you can enjoy the full force of its aroma in flower borders, flower beds or containers.

How to plant Sarcococca confusa

You can plant this tough shrub at most times of the year, except when the ground is frozen solid, waterlogged or extremely dry, but if you want to perk up your garden this winter, then this is the plant for you.

Simply plant the shrub in moist, well-drained soil, water well and apply a granular general feed around the plant. It will also benefit from a layer of garden compost or bark chippings around the roots.

How to care for Sarcococca confusa

In early spring, lightly trim or prune back the shoots of your shrub and then apply another layer of compost around the base of the plant. In its first year, water regularly.

What other plants complement Sarcococca confusa?

As this shrub is lush and green all year round, with flowers between December and March, it is suited to plants that only peak at certain times of the year such as deciduous plants. It also complements taller shrubs such as hydrangeas.

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WINTER GROWERS



GARDENING



THE VEGETABLES YOU SHOULD LOOK TO GROW OVER THE WINTER SEASON

The notion of the winter vegetable is one we all stand by. Rough, rustic, wholesome and happy, they are the meal mainstays of a season in which we want to be inside, wrapped up warm, with the products of our labour in front of us.

But what about the vegetables you want to plant now for picking at the start of next year and when spring rolls around? Here is a selection that will last through those cold winter months:

plot, offering volume, flavour and spiciness right up until the soil freezes solid.

CHARD

Although some of these leaved plants can wilt in the harsh conditions, others will stand the test of winter while providing a December harvest to boot, offering your kitchen great flavour and your garden intense colour.



WINTER SALADS

Rows of lambs lettuce, land cress and mustard will need some protection from the elements, but once in the ground are resilient and happy to be picked across the colder months, where they'll regrow and keep the supply to your lunch table constant.



ONIONS

Hardy, tough and tasty, onions (and shallots) are easy to plant, brilliantly versatile and incredibly resourceful in the soil. Onions have a very long growing season and require slightly longer in the ground, so planting now will mean they won't be ready until next summer.



SPINACH

Typically planted at the start of autumn, the time is almost done for spinach going into the ground, but any late additions will see a solid reward of leaves throughout the cold months and right the way through to next summer.



CARROTS

We associate carrots with sugary, summer flavours, but planted in November and with a bit of protection, the Adelaide carrot flourishes across the colder months for an early-spring treat.



LEEKs

The simple leek is a must on a winter





HOW TO OCCUPY YOUR KIDS ON THOSE LONG CAR JOURNEYS OVER CHRISTMAS

What is the most dreaded phrase that children typically say on long car journeys? Yes, you guessed it, it's "Are we nearly there yet?"

This innocuous-sounding question is often uttered within minutes of leaving the house and turns even the most patient parent into a bad-tempered tyrant.

Check out our free car games and eliminate boredom for good.

1. TRAVEL BINGO

Think of 5 or 10 things to find that can be seen from your car window. Create a bingo card with these items listed and then simply let your kids find them and cross off throughout your journey.

2. I'M GOING ON A PICNIC

This is a great memory game for children aged 5 upwards and can have as many players as you like. The first player says "I'm going on a picnic and I'm bringing...", followed by something that begins

with A. The second player repeats what the first player said and then adds something beginning with B, and so on.

3. 20 QUESTIONS

An oldie but a goodie, this guessing game can be enjoyed by children of all ages. Player one thinks of a person, place or object. Then the remaining players take turns to ask questions which must be answered with only yes or no. After each answer the questioner may have a guess.

4. WHO CAN STAY QUIETEST THE LONGEST?

If you really can't take any more of your children complaining and bickering, this is the game to turn to. Engage their competitiveness and enjoy five or hopefully more minutes of blissful silence.

5. ELECTRONIC DEVICES

If all else fails, you know you can always turn to the iPads and smartphones for a quick boredom fixer.



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Normanhurst School, North Chingford - Girls and Boys 2½ to 16

DATE FOR YOUR DIARY

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There will also be a 13+ Entrance Exam at both sites on Wednesday 11 March.

Please contact the schools to register for either exam.

Option for girls to sit 11+ paper at either site and be considered for both schools
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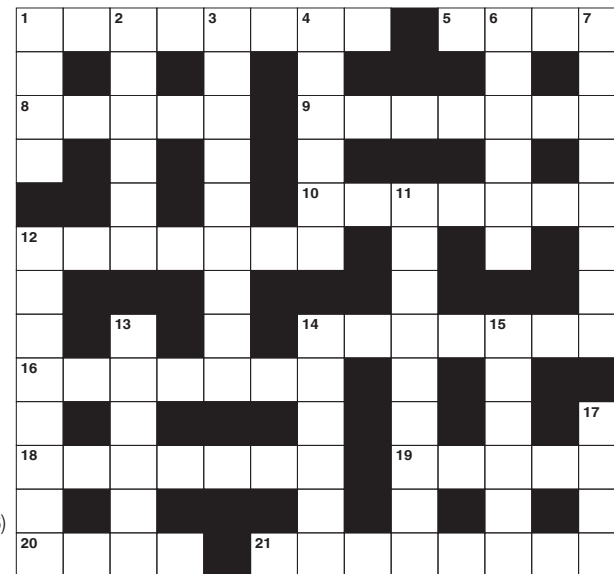
PUZZLES & TRIVIA

ACROSS

1. Very small African parrot (8)
5. Mire (anag) (4)
8. Criminal (5)
9. Beyonce ____: singer (7)
10. Strongly influencing later developments (7)
12. Enhance a photo (7)
14. Degree of eminence (7)
16. Boring (7)
18. Set up (7)
19. Gemstones (5)
20. Opposite of won (4)
21. Small falcons (8)

DOWN

1. Hoist (4)
2. Closely woven fabric (6)
3. Using both eyes (9)
4. Having a jaunty appearance (6)
6. Alyssa ____: US actress (6)
7. Determined (8)
11. Clumsy (9)
12. Fitting (8)
13. Love affairs (6)
14. Smear or blur (6)



15. Action of making use of something (6)
17. Poses a question (4)

DID YOU KNOW?

- Mastercard was known as Interbank from 1966 to 1969 and Master Charge from 1969 to 1979
- Porsche also makes tractors
- The first product to have a bar code included was a packet of Wrigley's gum
- Nokia was named after Nokianvirta, the Finnish river, where the business first began as a paper mill in the 1800s
- There are 22 stars in the Paramount logo, although the original has 24
- Hilton was the first international hotel chain
- The values on the Monopoly board game have been the same since 1935
- Cheerios cereal was originally called Cheerioats

SUDOKU

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



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From NETWORK to NETWORTH

The concept of network marketing may be nothing new, but the rewards of time and financial freedom have never been greater... providing you do your homework first.

Those of us of a certain age will remember the Avon lady coming round and selling her beauty wares on weekday nights. For this journalist at least, it was a first initiation into network selling (not that anyone had thought of such a snazzy name for it back in the 1980s).

With the advent of the internet and a surge in the number of people registered as self-employed in the UK, the concept of embarking on a business model that promotes person-to-person selling, often with home as an office, is an appealing one.

From a consumer perspective, the concept works best and gleans the most trust from a single-tier network – in other words, being sold to by one person, be that sponges and make-up, food, computer equipment or anything else. It's the most basic form of selling, with one person selling

products to another having acquired stock from a supplier, even if that includes an initial set-up fee.

Where network marketing's reputation becomes sullied is when multiple tiers come into effect, and where the premise is to recruit other salespeople further down the chain. While in some instances this may be legitimate, the set-up of this begins to lean towards a pyramid scheme, where exploitation of those lower down the chain is compounded by the risk that the structure will collapse completely.

If you've been attracted by network marketing, here are a few things to tick off before pursuing:

- ✓ Is the company reputable?
 - ✓ Are you responsible for selling tangible products rather than recruiting others to sell for you?
 - ✓ Are you enthusiastic about the products?
 - ✓ Is there a clear and quick path towards you making money, with little or no investment?
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Fuelling THE THEORY

IS PREMIUM FUEL REALLY WORTH THE EXTRA INVESTMENT?

We've all seen those suffixes at the petrol station – "Super", "V-Power", "Premium", "Nitro+", or "Ultimate" – luring you to the more expensive pump as you prepare to dole out anything up to £100 to fill up your tank.

For some of us, whether it's petrol or diesel, simply filling up is enough of a financial chore, without wanting to contemplate voluntarily spending more on jazzed-up fuel. For others, premium denotes performance and longevity, but does the added investment pay back? In the long term, the answer is, surprisingly... yes; but don't bother if you're driving a Nissan Micra.

In short, if you own a high-spec vehicle, then filling up from the premium pump could be a sound move. The fuel's higher-octane rating means it works better with engines of a higher compression, so that leads to increased performance and more-efficient maintenance of your system.

The downside is cost – on average, performance fuel will cost you around 10p per litre more. Spin that out over the course of a year's motoring and you've added on a fair whack to your road bills, but on the plus side your car will be running more efficiently, and for longer. There's also the prevention of "engine knock" to consider – that's where unburned fuel pre-ignites in a vehicle's engine, damaging interior components.

But all this largely only applies to premium vehicles, where higher-octane motors mean higher-octane fuel. For what you might describe as "everyday cars", go for the cheaper option. Your little run-around will have a standard octane rating of 95, meaning that the electronics are configured so that the vehicle will run in a satisfactory way on the regular fuel.

Put another way, there's a good chance upgrading your fuel will make little noticeable difference... except to your wallet.

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RACING LINE

LEWIS HAMILTON WINS SIXTH WORLD TITLE TO CLOSE IN ON MICHAEL SCHUMACHER'S RECORD

He may have lost "the battle" in failing to fight off a late rally by his Mercedes-Benz team-mate Valtteri Bottas, but Lewis Hamilton won the war by finishing second to secure his sixth world Formula One championship title in Texas at the start of November.

The Stevenage-born driver needed to be within seven places of the Finn to clinch the drivers' title, and even though he started fifth on the grid, Hamilton came within four laps of sealing the championship win with a race victory.

But in the end, Bottas' DRS overtake was irrelevant, such was the Briton's advantage on the season leaderboard. This latest crown took him past Juan Manuel Fangio's five titles and within one of Schumacher's tally.

The 2019 renewal of the championship has had it all – dull and one-sided races, intriguing battles and unexpected results. Hamilton, by his own admission, won the "boring races", often leading from the first corner to the chequered flag.

Germany's Hockenheim circuit saw his only uncharacteristic mistake, as he exited with 11 laps remaining in treacherous track conditions. At the time he

commented that it was his "worst day at the office".

Winning more than half of the 19 races is one big reason why Hamilton has topped the table for the third straight season, not to mention the fifth time in six years, and yet there are still two immediate records in the racer's sights.

He currently equals his own highest seasonal points total of 408, so any scoring finish in either of the last two races will see him surpass that. In addition, his 10 GP wins this season leave him just one short of his previous best.

The sign of a true champ is one who keeps on winning despite his success, and Hamilton this season has once again embodied that unrelenting spirit.

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Pilates is an exercise method that conditions both your body and mind, boosting mental wellbeing and enabling you to move more efficiently.

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Han offers pregnancy pilates at 7pm every Tuesday, as well as the mixed ability classes at 8pm. Contact Han to book your place via email at pilateswithhan@gmail.com or call her on 07799 691195.

Sacred Sound Inspirations

Epping Hall, 2 Saint Johns Road, Epping,
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December 11, 7.45pm

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Participants lie on a mat and are bathed in the powerful and transformative sounds of the gong.

Bring a blanket to cover you and a pillow or cushion. Relax, retune and rejuvenate.

Tickets for this event are £16 per person. Numbers are restricted; therefore, it is essential to book tickets and pay in advance of the day.

To find out more or to book, visit Sacred Sound Inspirations Yuletide Gong Bath Epping at www.EventBrite.com

Pop Connect Meeting

Miller and Carter Epping Forest, Wake Arms Roundabout, Epping Road, Epping, CM16 5HW
December 18, 11am – 1pm

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Membership is just £180 plus VAT and operates a business type lock out system. Therefore, the first member of a business type taking membership decides if someone wishing to join or visit is a clash.

Members' attendance fee is £20 plus VAT and Non-Member Visitor Guests £25 plus VAT. Tea and coffee are served on arrival and a buffet style lunch is included.

See how Pop Connect can help support and grow your business. It's a fresh new and vibrant way to build your business through networking.

To book your place, email Katherine Phillips at katherine@popconnect.net

Sleeping Beauty

North Weald Village Hall, 40 High Road,
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December 20, 7pm

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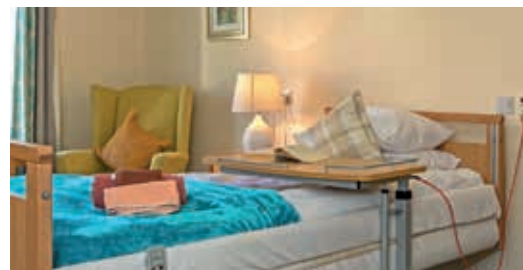
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