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January 2019

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# Editor's notes...



Brett Shohet, Editor

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

We still hand deliver to over 7,000 homes and businesses in the local area EVERY month.

It truly is the best time of year, a fresh start and an opportunity to plan the year ahead.

It's a great time to reflect on 2018 and look at ways we can improve in 2019.

**VISION** hopes to do this by working even closer with our local businesses and community.

In this month's **VISION**, we cover Lewis Hamilton winning his fifth world championship.

We also celebrate 90 years of Disney which helped to make children's dreams come to life.

In Travel we tell you why you should start planning early to visit Lapland in 2019.

Our Food & Drink section looks at some healthy meal options to get off to a good start in the New Year and as always, we have some great ideas for the home and garden.

In local news, a boy fulfils his dream of meeting a West Ham player, a tree surgeon dies after falling while working and a teacher is jailed for sexually assaulting a pupil.

We welcome any of your stories for our local news pages, so if you have a story to share please send it to [hornchurch@visionmag.co.uk](mailto:hornchurch@visionmag.co.uk)

I hope you all enjoy the January 2019 edition of **VISION**Hornchurch.

*Brett*



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# NINE DECADES OF Disney

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

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

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

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

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

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

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

And even after Walt Disney's death – from lung

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

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

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

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



Photo credit: Disney/Kobal/REX/Shutterstock







# The Letter of the Law

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

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

## VR post box

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

## ER VII post box

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

## GR post box

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

## ER VIII post box

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

## GR VI post box

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

## ER II post box

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

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



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**T**he New Year is upon us and you most likely have your New Year's resolutions sussed out. Perhaps your resolution is to be more active and stick to a fitness routine, or you strive to be in a better financial situation by this time next year.

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

### HOLLA AT HARMONIOUS HAIR

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

### GET LIPPY

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

pink to create the illusion of naturally tinted lips.

### SPARKL-EYE

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

### NEW YEAR, NEW MAN - WITH BEARD

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

### SANS BEARD

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



# MALE LEGGINGS

*fashion trend or fashion disaster?*

**M**ale leggings or 'meggings', as they are also known, have been acceptable attire in the elite fashion circles for a few years now with Justin Bieber, Russell Brand and Lenny Kravitz all rocking this eye-catching trend.

But with many versions now hitting the high street, we look at whether the masses are ready for this daring look.

## Are male leggings for me?

It takes a certain type of man to pull off this metrosexual look, and an air of confidence goes a long way. If you regularly wear skinny jeans, then you are already primed for this trend. Don't think you need to have skinny legs though, meggings are perfect for showing off your gym-honed muscles.

## What are the benefits of meggings?

Leggings are super comfy and great for winter as they keep you warm. They are incredibly versatile

and can be dressed up or down depending on the occasion. Plus, there are so many different designs, colours and fabrics to choose from.

## And the downsides?

From what we can tell the only practical negative of the male legging is the lack of pockets. So, unless you are also planning to invest in a man-bag, you need to travel light when wearing this trend.

## How to wear them?

For an effortless daytime look, pair with a denim jacket and plimsols and let the leggings be the statement of your outfit. Or for evening chic, team with a blazer and a pair of biker boots.

## So, what's the verdict?

Although we were unsure at first, meggings are definitely here to stay so if you feel comfortable wearing them, then we say go for it. Who knows, you may be scouted as the next David Gandy.



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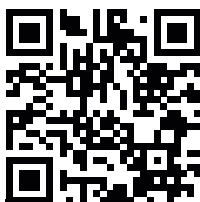
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FOOD & DRINK

## Breakfast of CHAMPIONS

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### THINGS ON TOAST

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

### EGG-CELLENT IDEAS

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

### OAT SENSATIONS

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

### PERFECT PARFAIT

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

### PANCAKES, PANCAKES AND MORE PANCAKES

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





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# Healthy VEGAN MEALS

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

## BUDDHA BOWL

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

## VEGAN CHILLI

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

## BANANA NICE CREAM

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

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# BOOST happy hormones

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

## 1. **Oxytocin** – The Love Hormone

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

## 2. **Endorphins** – The Euphoria Hormone

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

## 3. **Dopamine** – The Motivational Hormone

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

## 4. **Serotonin** – The Confidence Hormone

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



HEALTH & FITNESS





# FIGHTING FIT!

## THE FITNESS TRENDS SET TO GRIP THE NATION IN 2019

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

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

**HIGH-TECH TRAINING**  
Similarly, as smart fitness devices, such as Fitbits, Apple Watches and other wearables become more affordable, they will play a more integral part in our everyday health regime. Suddenly a near-distant future where most people can track their steps,

heart rate, calorie intake and cholesterol, doesn't seem implausible. These individual pieces of kit are also expected to assimilate better with gym equipment, helping you stay on track with your personal workout goals.

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

**HIIT IS STILL HOT**  
In this age of instant gratification, it should come as no surprise that High Intensity Interval Training (HIIT) is still the hot workout. And as our lives get busier, expect even zippier classes. Whether 30, 20 or even 10 minutes, there is no excuse for shirking in 2019.

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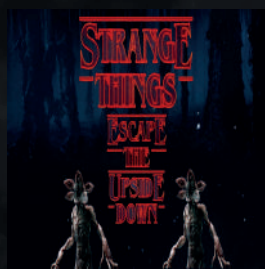
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KIDS

# Let's create CRYSTALS

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

## Salt Crystals

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

### Ingredients:

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

### How to make:

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

## Sugar Crystals

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

### Ingredients:

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

### How to make:

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

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# JO HAMILTON'S Colour Hues

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

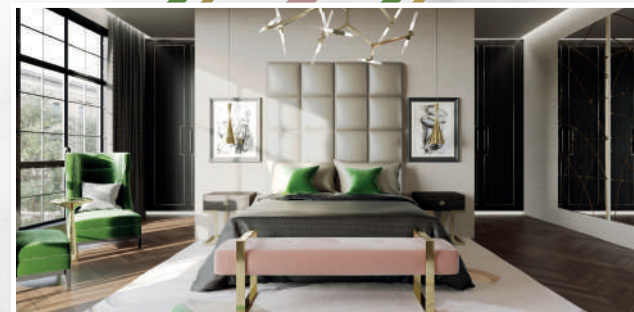
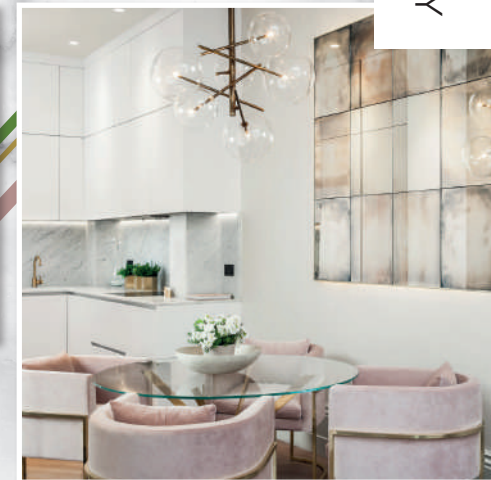
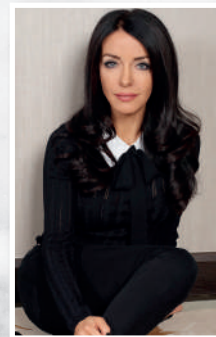
Through hard work, dogged determination and an eye for style, Hamilton has carved a niche for herself at the top table of home style. The 49-year-old mother of three is a natural – down-to-earth, innovative and keen to demystify the world of interior design, and always the first to encourage people to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

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

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

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

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



HOME & DIY



# VANISH THAT vino



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

## 1. ACT FAST

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

## 2. SOAK UP EXCESS

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

## 3. APPLY A STAIN REMOVER

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

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

## 4. BLOT, NOT RUB

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

## 5. LEAVE TO AIR DRY

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

## RED WINE STAIN MYTHS:

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

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

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

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HOME & DIY

## Behind the colour scenes

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

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

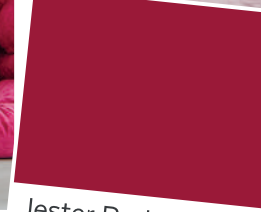
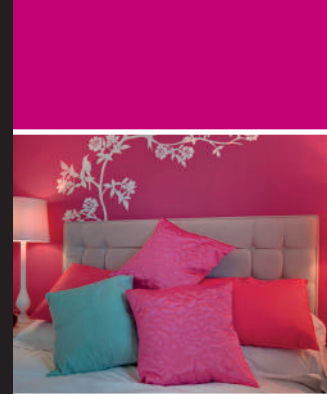
Remember in 2016 when phone covers, furnishings and nail varnishes were an explosion of glorious rose gold? Well that was precisely what the good folk at Pantone predicted when they made Rose Quartz (Pantone 13-1520) the colour of the year. And then, what about in 2017, when our wardrobes exploded in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

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

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

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

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



Pink Peacock

Jester Red

Mango Mojito



# LET'S GET PLASTERED

THE QUICK ROUTE TO MAINTAINING YOUR CRUMBLING WALLS

In a country that has wildly fluctuating weather, and with our passion for the preservation of history, something that we extend right down to the buildings we occupy, it's fair to say we ask a lot of the plaster in our walls. And anyone who has ever undertaken DIY in the form of bricks and mortar will be familiar with the sensation of crumbling plaster cascading down walls and onto the floor.

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

## POPPED PLASTER

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

## CRACKS

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

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

## HOLES

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



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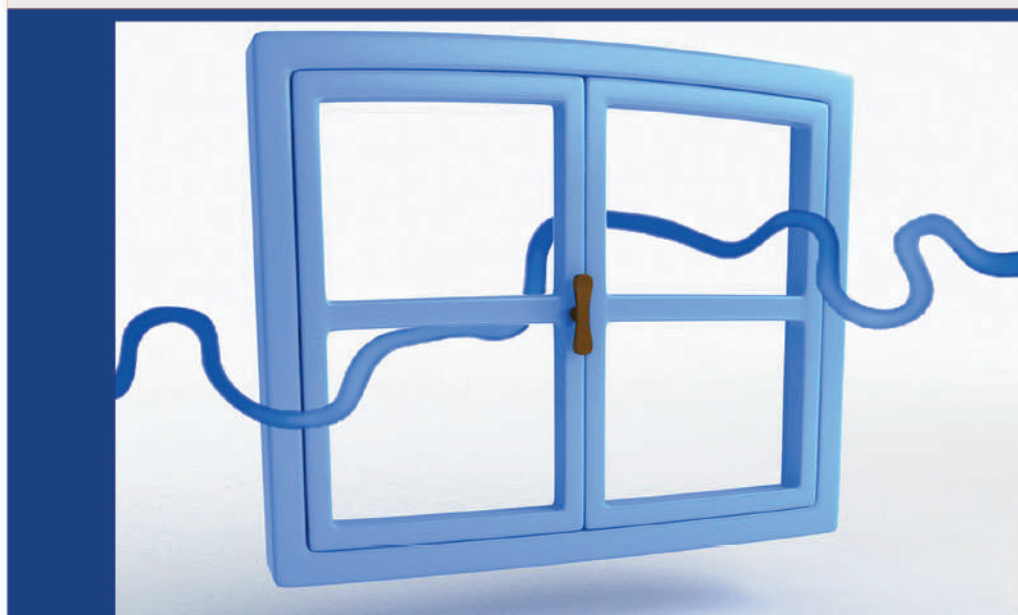
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## PRUNING SHEARS

So much to do with gardening involves keeping nature at bay, so getting a decent pair of pruning shears is essential, whether that's trimming back rose stems or dealing with an unruly bush.

## A SOIL KNIFE

Looking like something out of *A Nightmare on Elm Street*, a soil knife (or hori-hori) is a Japanese tool with a blade on one side and serrated edge on the other. It will cut through roots deep in the soil, so weeding and plant removal from deep in the ground is quick and easy.

## WEEDER

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

## RAKE

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

## SHOVEL AND TROWEL

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

## KNEELING PAD

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

## A HOSE

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# From Stevenage to Superstardom

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

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

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

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

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

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

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

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

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

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



Photo credit: cristiano barni/shutterstock.com

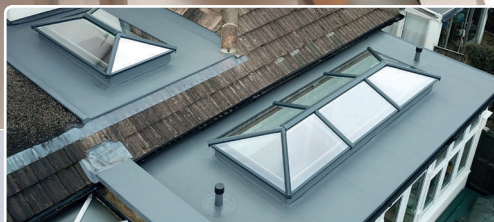


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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS

Photo credit: Met Police

## Teacher jailed for sexually assaulting pupil



A former teacher at a secondary school in Hornchurch has been jailed for nine months after admitting sexually touching a female student.

Andrew Charles Embling, from Brentwood, was sentenced at Snaresbrook Crown Court recently after pleading guilty to one count of sexual touching of a female on October 22.

The offence took place on January 10, 2017 at a secondary school in Hornchurch. The victim was 15 years old at the time of the offence.

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

Embling was suspended with immediate effect and

the police and local authority were informed.

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

As part of his sentence, he was issued with a five-year Sexual Harm Prevention Order and placed on the Sex Offenders Register for 10 years.

Investigating officer PC Clare Henson, from the Met's Child Abuse and Sexual Offences Command, said: "Embling abused the trust this student put in him and saw his opportunity to use his position to betray the victim by sexually touching her.

"The young victim has shown great courage and maturity in coming forward and disclosing what happened and giving evidence against Embling in court.

"I would also like to praise the school for their response to this incident, their assistance during the investigation and the ongoing support they have provided to the students at the school."





# Six-year-old fulfils dream of meeting West Ham captain

A Hornchurch boy was granted his wish to meet West Ham captain Mark Noble recently.

With the help of Partyman's Magic Makers, a charity aiming to make magic for children that need it the most, Lucas White met the footballer recently.

Lucas suffers with Duchenne Muscular Dystrophy, a life-limiting muscle condition.

Lucas' mum Katy said: "Lucas is a typical six-year-old little boy who enjoys all the things any other boy does, including football. But because of Duchenne he is not as physically strong as his peers.

"The risk of falls, fractures and breaks must be minimised as his muscles would not be able to recover. So, sadly, Lucas is unable to join a football team."

Mark invited Lucas to watch West Ham play, visit the captain's lounge and meet some of the players.

He was even allowed to have a kick around and was

given the official match ball and some other goodies.

Katy continued: "Imagine his absolute delight in being invited to watch them at home to Manchester City. Then, to top it all, being invited as a VIP guest to the Captain's Lounge of Mark Noble, his hero.

"He was amazing, chatting to Lucas, having a pitch-side kick about, sitting on the manager's chair in the squad dug-out and introducing him to other players. He even autographed his shirt and gave him a match ball. He truly went above and beyond in giving our son a day he'll remember forever.

"Lucas was treated like a star by Mark and like a hero by his friends at school. This is what little boys' dreams are made of and on that day Lucas' came true."

To follow Lucas' journey and to support him, follow MuscleUp for Lucas on Facebook.

# Experienced tree surgeon dies in tragic accident

Police have confirmed that the death of a tree surgeon is being treated as non-suspicious after a 20ft fall led to his death.

John Hilden, 38, fell while pruning the last of 11 trees at a property in Hornchurch on December 8.

John, who was an experienced tree surgeon who ran his own business, JL Tree Services, died at the scene despite being seen to immediately by a doctor at the property where he was working.

The tree surgeon's mother, Tina O'Connor described her son as a "brilliant" man.

She said: "He was handsome and loved by all. He was a very loving father, he lived for his children.

"Nobody would ever say a bad word against him and he would never, ever say anything about anybody.

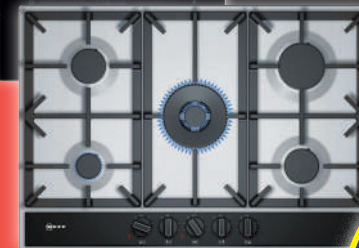
"He loved his work. The business was handed down from my father and he brought it up. He just worked, he just loved tree surgery."

A Metropolitan Police spokeswoman said the death was being treated as unexplained and not suspicious. The Health and Safety Executive has been made aware, she added.

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## Pub picks up prizes at Havering Night Life Awards

The Fatling, in Hornchurch, won big at the Havering Night Life Awards.

The pub on High Street was named winner of Best Customer Care and Best Live Act Venue awards and Best Bar None accreditation.

The best of the borough's night time venues were out in full force to pick up their awards recently.

A total of 2,500 people voted for their favourite restaurants, bars and night time entertainment venues and the final winners were revealed.

The nominations were narrowed down to the top three, but the venues had to show that as well as being the popular public choice, they also matched criteria set by the council, police and other partners. They had to demonstrate how they ensured their venues are safe and responsible as well as being a great place for a night out.

The awards are run in conjunction with Best Bar None – an accreditation scheme of national awards supported by the Home Office and the drinks industry, which is aimed primarily at promoting responsible management and operation of alcohol licensed premises.

Councillor Viddy Persaud, cabinet member for public protection and safety, said: "It was an excellent evening. Havering has one the best and most vibrant night time economies in London and the awards show how the venues being awarded not only provide the best in their category, but also how seriously they are taking their customers safety and wellbeing to heart."

"The steps they are taking are not only helping to raise the profile of the borough but also helping to keep the borough safe and one of the best places to visit in London."

## Prospects workshop gives students a careers boost

Business students at Havering Sixth Form College in Hornchurch took part in employability skills sessions when advisors from the UK's biggest careers service, Prospects, visited recently.

Robert Tatton, the lead advisor for Prospects in Romford, ran sessions for the students to give them advice on applying for jobs and to help get them ready for work.

The students, who are all studying the Level 2 Business BTEC course, were given support in strengthening their CVs and they were able to practise writing a covering letter for a job application.

In separate workshops they completed a skills audit, an online application for a customer service assistant

role in a retail store, and also had a preparing for your interview session.

Mock interviews were held the following week where students were able to put into practise the skills they had learned.

Business tutors Koren Leaves, Deniz Halil and Sumaya Musa-Bein helped organise the day and gave the students feedback in one-to-one drop-in sessions in order to boost their confidence when attending a real job interview.

One student said: "The workshops have made me realise how important your CV and a covering letter is when applying for a job and the interviews were good practise to get us ready for the real thing."



## Hairdressing salon among award winners



A hairdressing salon in Hornchurch was awarded Best Colour Salon recently.

The Vanilla Room, in High Street, won the award at the Essex Salon Awards 2018 beating some of the most well-known and respected salons in the county.

The Essex Salon Awards filled Orsett Hall with stylists, barbers and industry professionals.

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

Posting on their website following their win, salon owner Kerry Larcher said: "Our clients are incredibly varied and we love that each day gives us the opportunity to create a wide range of colour.

"It's wonderful for our team's L'Oreal Professionnel work to be recognised by the Essex Salon Awards.

"The Vanilla Room is placing Essex hairdressing excellence firmly on the map."

## Fostering agency hailed as outstanding

A Hornchurch fostering agency has received a glowing Ofsted report and been handed an Outstanding rating.

Nexus Fostering in Ripon House, Station Lane received its full report recently following the inspection in October.

The fostering agency puts its success down to hard work and dedication.

Director of the agency, Grace Wyatt, said: "We are so proud of these comments. They reflect the hard work and commitment of all our staff and foster carers."

The report looks at three areas of the agency's work; overall experiences and progress of children and young people under its care, how well children and young people are helped and protected, and the effectiveness of leaders and managers.

## Concern as toys taken from children's graves

A mother from Hornchurch has expressed her concern after toys were taken from her son's grave.

Kristal Huth, 41, was left shocked after several items were taken from her son's grave including an item that was a gift from his grandmother-in-law.

Mitchell Huth, seven, died in 2012 after a battle with neuroblastoma — a rare form of cancer.

Mitchell's toys weren't the only items taken as other children had their toys stolen, causing further upset to Kristal as it was first thought a child may have picked the toys up innocently.

Kristal visits his grave at least once a week but when she went on the first weekend in December, she noticed some items had gone missing.

The mum of three was certain that the toys had been taken by other children who had been visiting the graveyard with their parents. However, other parents have since come forward to say their children's toys have also been taken.

Kristal said: "I have been contacted by other parents who have also had their children's toys stolen. This makes me think it wasn't a child taking them in innocence but rather it was targeted.

"The other parents have had much bigger items taken so it couldn't have been a passing child.

"I should be able to put toys in his resting place and know the items are safe. I won't stop doing as I planned, why should I?

"I just wish that whoever had them could return them, they aren't expensive, but they have a lot of sentimental value."

Kristal, who has raised hundreds of thousands of pounds through her charity Mitchell's Miracles, set up in legacy of her son, said that the cemetery isn't to blame.

She added: "There are signs up in the children's bit, and they can't possibly keep an eye out for everything that goes on."



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# JULIA LOPEZ MP



Hornchurch and Upminster



LOCAL NEWS



I sit down to write this column two weeks before Christmas, so I fear anything I write about politics risks looking out of date by the time **VISION** goes to print.

One of the crucial tasks for me and my parliamentary team has been to ensure that political developments do not crowd out progress on constituents issues.

The safety of our streets is one such issue, and policing has been at the top of our priority list in our dealings with government. The Met receives funding from both the Home Office and the mayoral precept (a levy comes out of our council tax). My role as local MP, therefore, is to push for police to have the right powers, the right Home Office funding and additional

tax raising powers for the Mayor should he want to use them.

I have had successive meetings over the past month or so with the Police Minister, Home Secretary and finally the Prime Minister herself to raise policing at the very highest level. Since those meetings the Home Secretary has announced that funding available to Police and Crime Commissioners will be increased by up to £813million. When combined with extra money for counter-terrorism policing and investment in serious and organised crime, total police funding for 2019/20 will be able to increase by just under £1billion should Police and Crime Commissioners (of which the Mayor is one) choose to use their precept powers fully.

Early in the New Year, I shall be attending the Serious Violence Summit following meetings I have held with local police, councillors and council officers about tackling street crime. Now that the Mayor has further powers to raise money for policing, my team and I will request more resources from him. We are excited that we will be aided in that task by a new member of our team from Hornchurch who will be based in our constituency office in Upminster.

## [www.julialopez.co.uk](http://www.julialopez.co.uk)

## Town to keep moving over winter months

Hornchurch will be kept moving over the winter as Havering Council has got its gritters ready to roll.

The council has salting lorries on stand-by for snow and ice and a snow plough ready to clear the roads.

The street cleansing team will also do their best to keep pavements and bridges as clear as possible.

Priority will be given to bus routes and major roads. A dedicated gritter will also be sent out to ensure all access routes to schools are kept open.

Once these roads are clear, the team will look at side roads so that rubbish collections can still take place.

Councillor Osman Dervish, cabinet member for environment, said: "We have teams on stand-by 24 hours a day to make sure we keep the borough moving in the cold weather.

"Our staff have the tools and commitment to respond quickly to weather warnings to make sure our residents can get on with their lives safely and with as little disruption as possible."

You can find out about the council's winter maintenance programme by visiting [www.havering.gov.uk/gritting](http://www.havering.gov.uk/gritting)




*News from*

## Councillor Paul Middleton

*for Hornchurch Residents' Association*

I hope Christmas was full of fun and joy for you. We look forward to a New Year with new opportunities (have you thought about how you can help keep Havering special?).

### Havering Street Watch

You may have seen some people walking around (in pairs) wearing a yellow hi-vis jacket with the words Street Watch printed on the back. These people are helping the police by monitoring, recording information on issues and events and being visible to help deter crime.

The Street Watch team are very keen to attract new members. This is a voluntary group. The members receive training from the police, they are insured and given some tools to do their work.

There are no specific requirements as to how much or how little you do. There are a few rules to follow (like going out in pairs, registering that you are out and reporting issues you find to the police).

You will get the support of the police and your help

will be gratefully received.

If you are interested in volunteering or would just like to find out more, please contact Sally Miller on 079343 72674 or email [swhavering@btinternet.com](mailto:swhavering@btinternet.com)

### Potholes and repairs

It is the season for potholes and issues with lighting etc. If you see anything that needs to be repaired, please contact the council and report it. It is far better that they receive the same report five times rather than an issue getting worse. The council's main phone number is 01708 434343 or you can report issues online. Google 'Havering Council report a pothole' and follow the link to raise an issue.

### Your councillors are here to help

I work with the Hornchurch Residents' Association, we are independent councillors and team members. If you have an issue that you have been unable to resolve, or you need advice please contact one of us. We do not have a magic wand, but we can often help.

## School awarded for promoting healthy transport

A school in Hornchurch has been awarded for its work championing active and safe travel on the journey to school.

As part of Transport for London (TfL's) STARS (Sustainable Travel: Active, Responsible, Safe) schools programme, the winners received awards for being the highest performing London primary and secondary schools in reducing car use, increasing walking and cycling and using public transport.

All STARS schools ran initiatives that have led to an average of eight per cent reduction in car use on school journeys.

The Champion School has delivered a year-long three-part campaign aiming to increase the numbers of those cycling to school.

Certificates from the Mayor of London Sadiq Khan were presented to the top performing schools at the annual event at City Hall.

Gareth Powell, TfL's managing director of surface transport, said: "TfL's STARS accreditation scheme inspires young Londoners to think differently about



Photo credit: Transport for London

travel and its impact on their health, wellbeing and the environment.

"This year, we have awarded gold status to 686 schools, more than ever before.

"We are delighted that so many schools across London are part of the programme and we're determined to double that number, enabling more London children to enjoy the benefits of leading active lives."

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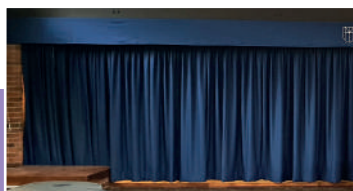
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# AFC HORNCHURCH



LOCAL NEWS



## Hornchurch's cup run continues

With no win in their last six league games, AFC Hornchurch were looking to hit the ground running in December and try to improve their recent run of form.

On December 1, Hornchurch were away to Whitehawk and didn't get off to the best start, as they went into the break 1-0 down. With chances at both ends, Hornchurch weren't out of it just yet. With 72 minutes on the clock, a strong run down the wing from Sean Marks saw his cross being converted by Jay Porter. With time running out, both sides gave it their all in the bad weather conditions but the game ended 1-1.

The Urchins were able to put their league worries to one side when they continued their impressive cup form with a midweek win on December 4. The home fans saw their side beat Great Wakering Rovers 3-0. Rovers finished the half 2-0 down with only 10 men on the

pitch after a player saw red. A dominant second half saw another Rovers player being sent off and a 77th minute strike from Purcell sealed the win. That result moved the side into the quarter finals of the Essex Senior Cup.

With three games in one week, Hornchurch fans saw another league draw at home to Kingstonian on Saturday, December 8. The side extended their unbeaten run to four games in all competitions following a hard-fought draw against the play-off contenders. Two goals in the final 10 minutes gave Hornchurch the lead but the side couldn't hold on as Kingstonian grabbed an equaliser two minutes from time.

As **VISION** Hornchurch went to press, AFC Hornchurch suffered a disappointing loss at home to Potters Bar Town.

In the New Year, Hornchurch are playing both Dorking Wanderers and Brentwood Town at home in a busy January.



[www.afchornchurch.com](http://www.afchornchurch.com)



# COUNCILLOR DILIP PATEL



Mayor of Havering



The Mayor of Havering councillor Dilip Patel has been busy in his role as the first citizen of the borough.

In the past month he has taken part in dozens of engagements across Havering.

He has attended the numerous Christmas lights switch-on events across the borough, including the Romford Market lights Christmas event which was attended by thousands of residents all getting into the festive spirit.

It was once again a pleasure to attend the Hornchurch Christmas Cracker event in Hornchurch town centre and also the Collier Row lights turn-on.

The committee has also been busy planning Havering's entry in the London New Year's Day parade.

The theme of this year's parade is London Welcomes the World and Havering's entry is centre to do just that.

The centrepiece will be a 30ft long model plane, Havering Airways, which will represent the millions of people who fly to London each year as tourists and immigrants.

Designed by students at Havering College, the float will be adorned with signs that say 'Welcome' in different languages from around the world.

The performance aspect of the entry is being coordinated by local performing arts groups, including StoreRoom Youth theatre and KA arts. They have created an energetic routine to songs including Be Our Guest, Come Fly With Me and Consider Yourself At Home.

Featuring over 100 amateur members of community of all ages – children with their parents, Havering's entry is sure to showcase the talent of our borough and the spirit of the occasion.

The mayor has a number of exciting fundraising events planned throughout the coming months.

He will hold a special variety show at the Queen's Theatre Hornchurch on Wednesday, February 13. The event will display the best of Havering talent and will feature a number of local acts including the Romford Drum and Trumpet Corps, The Studio ballet group, Bollywood dancers, a comedian and more.

Tickets are priced at £15 and are on sale now from the Queens Theatre box office with all money raised going to the Mayor's appeal. Visit [www.queens-theatre.co.uk](http://www.queens-theatre.co.uk)

The Mayor will host an event in the Houses of Parliament and also a special Easter bunny run. More to follow.



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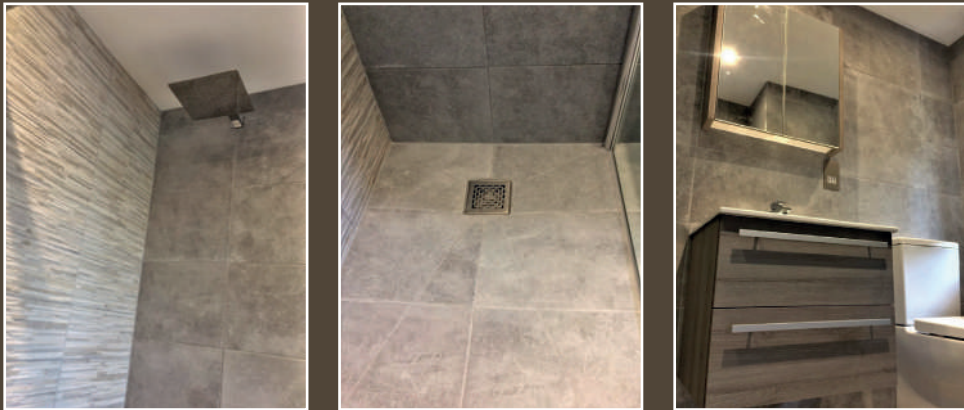
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# Bath Out Wetroom In

A stylish new wetroom and a very happy customer!



Mrs Williams of Chelmsford had a tired pink traditional bathroom which she wanted replaced with a modern wetroom which would be easy to use and clean. The only other stipulation from the customer was that the room should incorporate shades of grey and be contemporary in its style.

There were several major issues that needed to be addressed primarily that by replacing the bath with a wetroom the drainage needed to be lowered and rerouted through a block and beam concrete floor. This involved some digging in the adjoining garage allowing us to tap into the properties drainage system.

Once the drainage work was completed pipework was run for all facilities including a shower valve outside of the shower area so the customer could turn on the shower without having to be under it (no early morning shock of cold water!).

The room was then plastered and waterproofed as required and new spotlights fitted.

We chose to use the same tile on the walls and floors which under the lighting highlighted the different shades in the design. A contrasting lighter tile was chosen for the feature wall and proved to be particularly effective.

A striking wall mounted vanity basin unit with its wide surfaces proved the practicality the customer wished with the matching mirror cabinet proving ample storage.

The latest matt antrachite coloured towel radiator compliments the rooms design.

A comfort height toilet with a small cistern kept with the sleek styling of the room but at the same time future proofed the bathroom for the customer.

The customer was absolutely delighted with her new bathroom and a month later during a follow up call confessed that she's still smiling to herself every time she goes into her beautiful new wetroom!

Project Cost: £10,000.00

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A parade of four shops – all front glass professionally cleaned for a year on a monthly basis as a goodwill gesture to the new tenants.

Waste left in a back garden in Elm Park – five skip loads, arranged a group of friends to help, saved client £1,200.

Helped a family during a recent burst pipe – paid for two nights in a hotel.

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Is it really necessary for you to have your business based directly on the high street? Could you consider going mobile and bringing your services directly to your clients? Or even working from home? Alternatively, if you are a good tenant, try negotiating with your existing landlord for better lease terms.

#### **2. NEGOTIATE YOUR SUPPLY COSTS**

It can be easy to become complacent with your suppliers, especially if you have built up a solid and friendly relationship with them. But you must remember that business is business and failing to ask for discounts could be the difference between you staying afloat or going under. You should always check competitor rates regularly and feed back your findings to your current supplier to negotiate a better deal.

#### **3. BARTER FOR GOODS AND SERVICES**

This may seem like a concept taken from the

caveman years but bartering for services is actually a win-win situation for both parties involved. If you have a particular skill, why not offer this to another local business in return for one of their services? This can also help you build good relationships with them.

#### **4. ANALYSE ADVERTISING SPEND**

It is vital to regularly analyse how effective your current advertising is. SMEs can often benefit from local media as it is a trusted medium that yields quick results. Having a strong social media presence is also essential in this day and age and free if you are willing to create and update your accounts yourself.



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

#### CASPERING

Aptly named after the loveable ghost Casper, caspering is a friendly alternative to ghosting (where you completely ignore someone you have previously been corresponding with). Instead you make your feelings clear and let them down gently.

Example of caspering: "I have really enjoyed getting to know you, but I don't think we are compatible."

#### BREACRUMBING

The act of sending out suggestive but non-committal messages to someone you like online; just like you are leaving a trail of breadcrumbs.

Example of breadcrumbing: "I'm not sure if meeting up is a good idea right now. I did dream about you last night though."

#### PEACOCKING

As the name suggests, peacocking is when you

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

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

#### FREECLIMBING

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

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

#### SNEATING

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

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





# PUZZLES & TRIVIA

PUZZLES

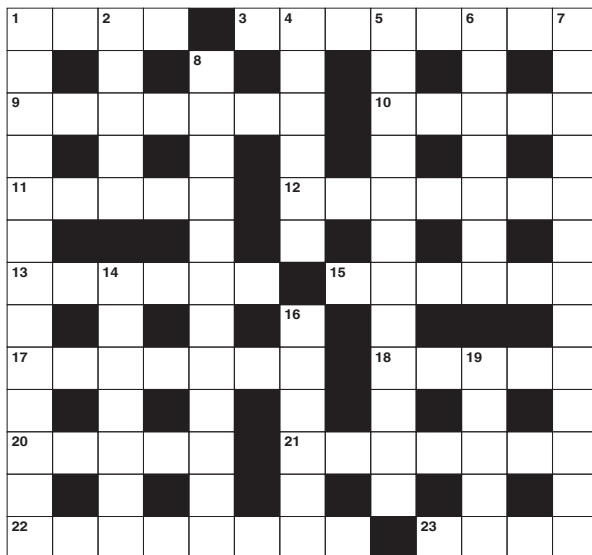
Answers can be found on the Contents Page 4

## ACROSS

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

## DOWN

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



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

## DID YOU KNOW?

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

## SUDOKU

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

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We've all been excited by the fanciful notion of getting in the car to embark on some kind of hedonistic adventure, albeit with the idea of returning a day or so later refreshed and revived from the freedom of the open road.

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

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

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

### HEADING SOUTH:

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

### HEADING NORTH:

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

### HEADING WEST:

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

### HEADING EAST:

But several petrol stops – and a straight face at passport control – will be required if you're to make it all the way to Khasan. You'll have driven through Belgium, the Netherlands, Germany and Poland, taken in Belarus and the Russian capital itself, Moscow, clocking up 7,573 miles whilst undoubtedly losing the will to live, but will have achieved the furthest driveable route from our fair isle.

*Now then, who's driving back?*



Photo credit: Stefan Bräuer/Shutterstock.com

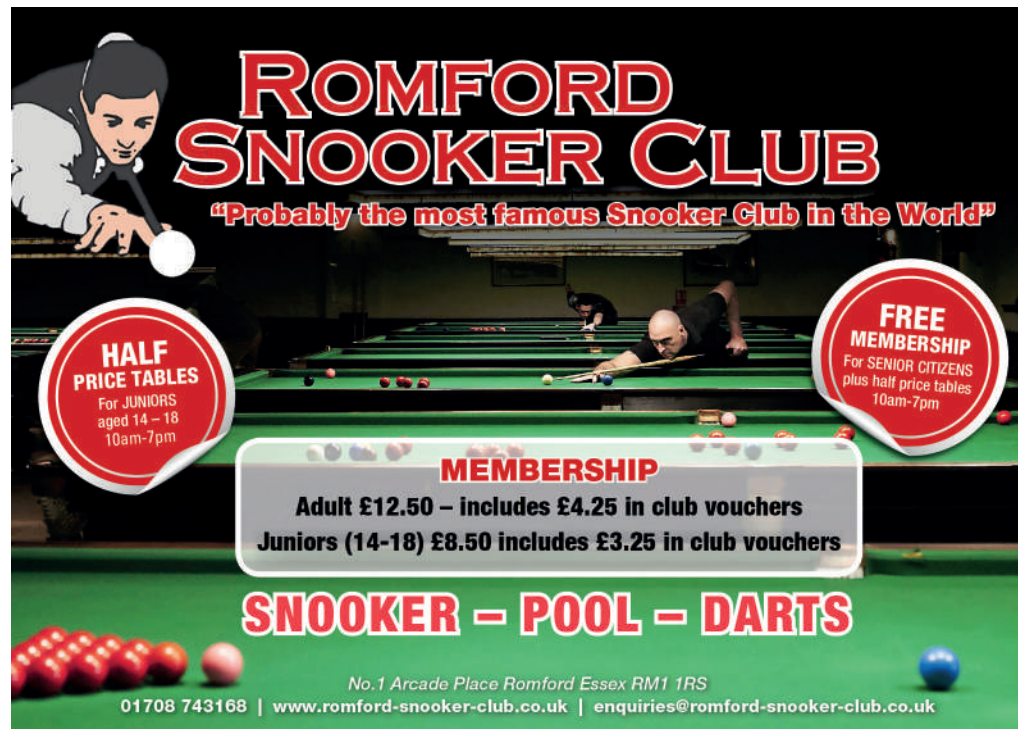


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TRAVEL

Lapland  
2019

## PLAN THE ULTIMATE SANTA EXPERIENCE

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

### Choose your destination

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

### All-inclusive or independent booking?

Depending on your budget and list of requirements,

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

### Determine your wish list

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

### Decide on dates

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

Photo credit: Roman  
Babin/Shutterstock.com

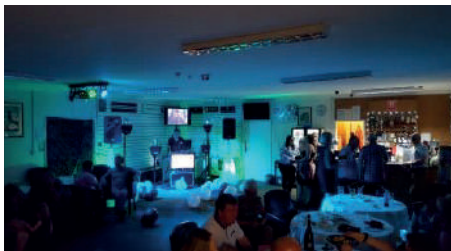




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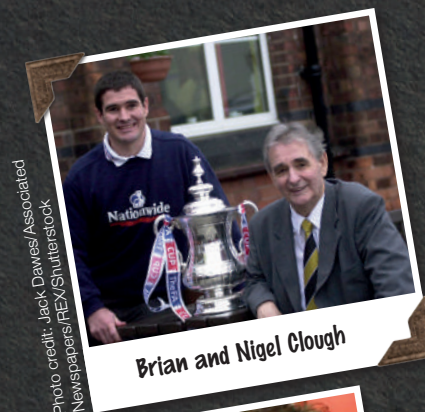


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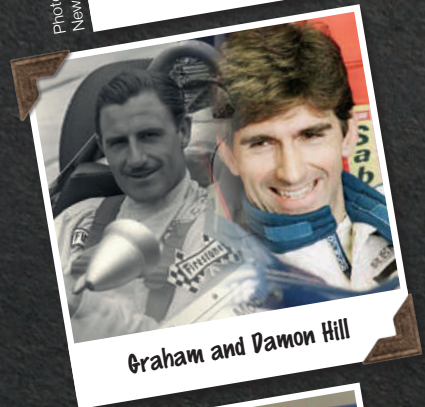
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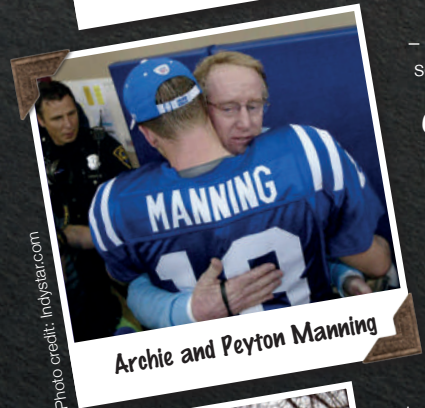
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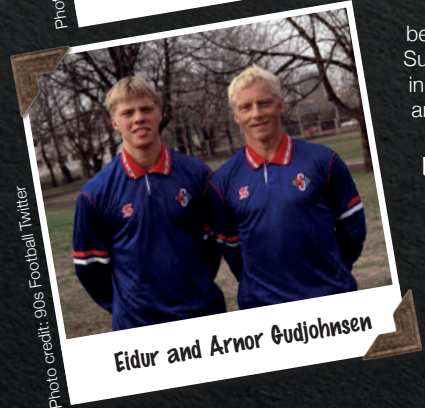
Brian and Nigel Clough



Graham and Damon Hill



Archie and Peyton Manning



Eidur and Arnor Gudjohnsen

# LIKE Father LIKE SON

## THE WORLD'S GREATEST FATHER/SON SPORTING DOUBLE ACTS

### BRIAN AND NIGEL CLOUGH

While Brian was one of a kind in guiding Nottingham Forest to two-time European greatness, his son was emerging as someone who, on the pitch, could do everything his father could off it. It's no coincidence that Forest's last major top-division stint had the dad in the dugout and his son – an England international – on the pitch, before both went their separate ways and Forest's fortunes slumped.

### GRAHAM AND DAMON HILL

It was bittersweet for British F1 racer Damon Hill upon clinching his first and only world title – with Williams in 1996 – that his father Graham wasn't there to see it. His dad was killed while piloting a light aircraft in bad weather in 1975, when Damon was just 15. Graham had clinched two world titles, in 1962 and 1968.

### ARCHIE AND PEYTON MANNING

While Archie singlehandedly drove forward a poor New Orleans Saints NFL team across a playing career of 13 years before retiring in the early 1980s, his son Peyton made it to two Superbowls and is regarded by many as the greatest quarterback in the sport's history – a modern-day icon with Indianapolis Colts and Denver Broncos.

### EIDUR AND ARNOR GUDJOHNSEN

What links these two Icelandic footballing legends is arguably their longevity. Arnor, who played for Anderlecht against Spurs in the 1984 UEFA Cup Final, continued club football beyond his 40th birthday, while Eidur, a hero at Chelsea who scored Champions League success with Barcelona, finally hung up his boots in 2016, aged 38.

Now, a third Gudjohnsen – also Arnor – is on the starting blocks, having signed for Swansea City.





# PUNCH DRUNK

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

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

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

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

## LEWIS V HOLYFIELD, 1999

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

## DE LA HOYA V TRINIDAD, 1999

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

## JONES JR V SI-HUN, 1988

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

## PACQUIAO V BRADLEY, 2012

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



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WHAT'S ON

# WHAT'S ON

*in your area*

## Hornchurch Jazz Club

**Hornchurch Conservative Club, 25 North Street, Hornchurch, RM11 1RS**

**January 6**

Bob Dwyer's Bix & Pieces. Bob Dwyer playing trombone leads his popular band with Max Emmons trumpet and blues harmonica, and Bernie Holden reeds.

The band plays mainly in the style of the legendary Bix Beiderbecke. Listen out for John Bayne's bass saxophone.

Members £9, guests £10. Call Laurie on 07913 558616 for more details.

## Bell Ringing at St Andrew's Church

**St Andrew's Church, 222 High Street, Hornchurch RM12 6QP**

**Every Tuesday, 7.30pm - 9pm**

Bell ringing provides good mental and physical exercise as well as the opportunity to become part of a team.

New members welcome to join an active group of church bell ringers. Any age from 12 to 70, male or female, no particular skills or qualifications are necessary.

Learn to ring church bells initially on a one-to-one basis and then join a friendly team to ring for weddings, Sunday services and special occasions. It normally takes from six to 12 months to learn to ring and become part of the band.

For more information, visit [www.hornchurchbells.co.uk](http://www.hornchurchbells.co.uk)

## The College Players present: Sleeping Beauty

**Hornchurch Methodist Church, 19 High Street, Hornchurch, RM11 1TP**

**January 12, 3pm**



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

By Lindsay Hollingsworth and Nick Wilkes.

## Almost the Havering Show: Music Evening

**Fairkytes Arts Centre, 51-53 Billet Lane, Hornchurch, RM11 1AX**

**January 18, 6.30pm**



The line-up features young singers Izzy Bindon and Molly Lavender Rose, the 50s and 60s inspired rock and roll band Rumblekatz, rising indie band No Off Switch (who were 2017 winners of Fairkytes Live's Last Band Standing competition), exciting alt-rock group Forest in Autumn and melodic adult rock band The Everglows (also former Last Band Standing winners).

## Music For A Winter's Night: Gary Ryan

**Fairkytes Arts Centre, 51-53 Billet Lane, Hornchurch, RM11 1AX**

**January 25, 7.30pm**

Gary Ryan is one of the world's leading exponents of classical guitar. Gary was awarded a Fellowship of the Royal College of Music in May 2013 in recognition of his outstanding achievements in international music.

## Havering College Dance Festival

**Havering College of Further & Higher Education (Ardleigh Green Campus), 42 Ardleigh Green Road, Hornchurch, RM11 2LL**  
**January 28 and 29, 7.30pm - 9.30pm**

Havering College's Horizons Dance Company are launching their first ever dance festival, which will be taking place in The Space.

Tickets cost £5 each and there is a maximum of four tickets per order. If successful, the festival will become an annual event.

If you require any further information, please email [JBrown@havering-college.ac.uk](mailto:JBrown@havering-college.ac.uk)

# MAJOR GLASS AND GLAZING

As a family company, Major Glass and Glazing specialises in all aspects of glass and glazing, both residential and commercial, and prides itself on its ability to deliver quality installations

## Our specialist glazing services include:

- Upvc, Aluminum and Timber Windows & Doors
- Conservatories, Orangeries and Roof Lanterns
- Bi-fold Doors
- Double Glazing Repairs
- Fascia & Soffits
- Architectural Glazing
- Table Tops
- Mirrors
- ...and more

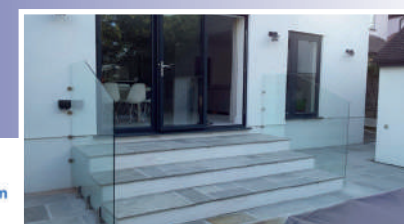
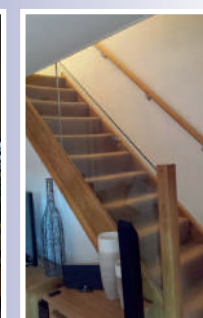
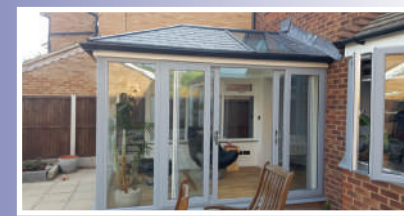


We are based in Hornchurch, Essex, and are dedicated to providing a cost effective service with unrivalled customer satisfaction.

**01708 578056**

**[www.majorglass.co.uk](http://www.majorglass.co.uk)**

**[info@majorglass.co.uk](mailto:info@majorglass.co.uk)**

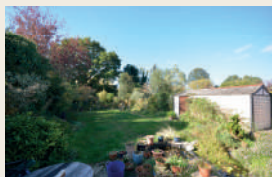






## WINGLETYE LANE, BORDERS OF EMERSON PARK £650,000

Extremely popular location. Walking distance to local shopping facilities & schooling is this fully refurbished semi detached bungalow. Reception Hall, open plan kitchen/dining/living area 26' x 15'8" < 10'11", three bedrooms and three en suites. GCH via radiators/underfloor heating & double glazing. Off-road parking for several vehicles, rear garden around 138' in depth incorporating detached summerhouse. No onward chain. Viewing absolutely essential. EPC D.



## HAYNES ROAD, ARDLEIGH GREEN £725,000

Superbly located within this sought after turning being within walking distance of Gidea Park Station, Ardleigh Green School & local shopping facilities is this detached chalet bungalow. Reception hall, lounge, dining room, kitchen, two g/f bedrooms & g/f shower room/WC. First Floor bedroom and family bathroom/WC. Driveway providing off-road parking, detached garage, rear garden approximately 125' in depth backing onto Haynes Park. Viewing essential. EPC E.