

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

The Body Coach changing the health industry



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Editor's notes...



Brett Shohet, Editor

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

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

wonderful new year.

Thank you for all of your support and feedback.

This year has gone so quick, it seems a common theme that when I drop the magazines into local businesses, they find it hard to believe that a month had already passed since the last edition. It only feels like a few months ago we were starting our fourth and fifth areas of **VISION** and now we are in eight areas, with more to come next year.

It's a great time of year to be with the ones you love and 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, we reveal the candidates standing in the General Election, businesses are encouraged to decorate their shop windows and Charlotte Copeman finishes seventh at the European Youth Debating Competition.

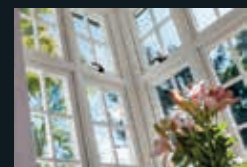
VISION is your magazine for your town. I hope you all enjoy the December 2019 edition of **VISION**Loughton.

Brett

Restore The Ambience, Preserve The Character, ...with all the charm of wood.

The new window system designed to replicate the 19th Century English Flush Sash Timber window.

It can be considered for use in Conservation Areas due to its authentic appearance and is also appealing to any homeowner who wants a top end luxury window. It can accommodate 28mm double or 44mm triple glazing with market leading thermal and acoustic performance. It is hand finished and made by craftsmen.



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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.



FASHION



FACING THE DAY

‘T is 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.



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FANCY fabulous FEET?

Your feet take you everywhere. They support your weight all day long yet often they are squished and squeezed into stylish but undeniably ill-fitting footwear.

It is high time we took more care of our tootsies.

Always dry your feet properly after bathing

How often do you jump out of the bath and fail to adequately dry your feet? Probably often, but it is extremely important that you do this otherwise you could develop a fungal infection such as athlete's foot.

TOP TIP: Always ensure you dry thoroughly between your toes.

Exfoliate and moisturise your feet daily

This may seem excessive, but it will only take a matter of minutes and can work wonders on the appearance and well-being of your feet. Make sure you apply the scrub when your feet are damp and focus on any areas of hard or cracked skin. Once exfoliation is complete, rinse and then apply a thick moisturiser.

TOP TIP: Wear socks overnight so that your moisturiser doesn't dry out.

Trim your nails regularly

Nails that grow too long are more prone to infections than ones that are well looked after. It is advised to use a nail clipper to trim your toenails and then use a nail file to remove any sharp edges.

TOP TIP: Cut your nails after a bath or shower as this is when they are at their softest.

Wear appropriate footwear

When choosing a pair of shoes, it can be tempting to let your heart rule your head, but that is not a good idea. Ill-fitting shoes can result in nasty afflictions such as ingrown toenails or bunions.

Instead, look for shoes that support your feet, feel comfortable and don't rub.

TOP TIP: If you want height, choose wedges over high heels.

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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?

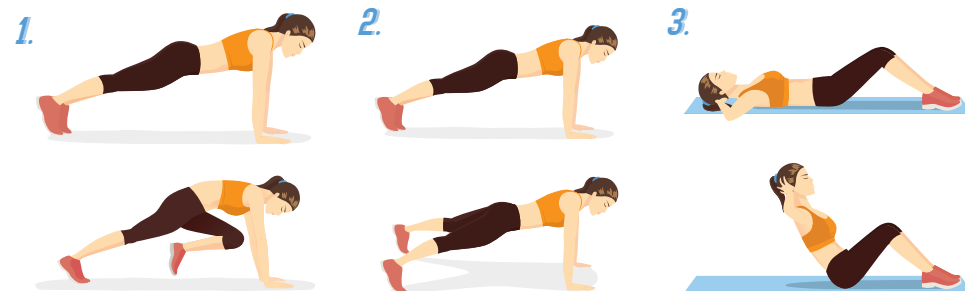
- > Burns more fat than with regular cardio
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- > You will lose weight, not muscle
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WHAT TYPES OF EXERCISES CAN I DO?

- 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.





Goodnight sweetheart

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).

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.

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hours per month



hours per year





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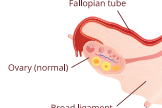
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POLYCYSTIC OVARIAN SYNDROME

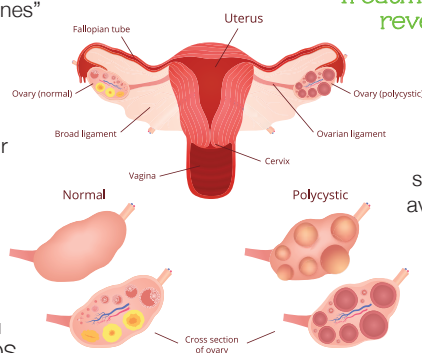
Polycystic ovarian syndrome (PCOS) is a common condition that affects how a woman's ovaries work.

It has three main features:

- > irregular periods** – your ovaries fail to release eggs (ovulation)
- > excess testosterone** – having high levels of “male hormones” in your body, which can result in acne and excess facial or body hair
- > polycystic ovaries** – your ovaries become enlarged and contain fluid-filled sacs that surround the eggs
- 
- The diagram illustrates the female reproductive system, including the Fallopian tube, Ovary (normal), Broad ligament, and Vagina. It compares a normal ovary, which is small and contains a few follicles, with a polycystic ovary, which is significantly larger and filled with many small, fluid-filled sacs (follicles). The polycystic ovary is labeled 'Normal' in the diagram, which is a likely typo for 'Polycystic'.

If you have any two of these three features, you may be diagnosed with PCOS. It's thought to be very common, affecting about one in every five women in the UK, but not everyone gets the symptoms such as weight gain, thinning hair and oily skin.

PCOS is also associated with an increased risk of developing other health problems, such as type 2 diabetes.



What causes PCOS?

The primary cause is having persistently high levels of insulin, the hormone that controls sugar levels in the body. This raised insulin leads to the increased levels of testosterone. While PCOS is associated with being overweight, it not caused by it.

Treatment for PCOS – can it be reversed?

If you have PCOS (whether or not you're overweight), reducing your insulin levels and avoiding spikes is key. This is where the ProLongevity service can help, because by avoiding sugar spikes you'll keep your insulin low and slow. This also explains why a standard treatment for PCOS is metformin, which we usually think of as being a treatment for type 2 diabetes. Just as all roads lead to Rome, metabolic syndrome lead to raised

so all aspects of metabolic syndrome lead to raised insulin.

Visit www.prolongevity.co.uk or contact Graham Phillips at ProLongevity: call 07768 275802 or email graham.phillips@manorpharmacygroup.co.uk

Things to consider for a
NEW YEAR BREAK
on a budget

Whether you fancy some winter sun or a romantic city break, booking a last-minute New Year break on a budget can be a challenge, to say the least.

But fear not – it can be done.

Certain areas of the globe are known for their New Year's Eve party extravaganzas – think New York, Las Vegas and Sydney – but if you don't want to be paying off your New Year break for the next 12 months, consider going to a less-popular destination such as Budapest or Prague.

Consider going en masse

If you have a large group of friends who enjoy going away together, look into the option of renting a house rather than staying in a hotel. For those who don't have their heart set on going abroad, there are some great deals to be had on shared

accommodation in the UK – you could even rent out a castle.

Take the risk of booking last minute

Most people like to have their New Year's Eve plans set in stone at least a few weeks before the big event, if not more, but one way of finding a super-cheap deal is to wait until the very last minute. Yes, this is risky, and you may not have a lot of choice in terms of your destination, but if you can't be spontaneous on New Year's, when can you be?

Compare prices

You may think it would be cheaper to book a budget package deal with flights, accommodation and transfers included, but that is not always the case. It is advisable to shop around to get the best deals.



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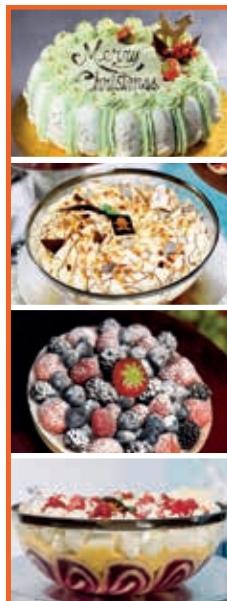


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THREE *extravagant edible* CHRISTMAS GIFTS

Who doesn't like something a little bit naughty at Christmas, whether that be your favourite festive tittle 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



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.



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Should you buy a SLOW COOKER?

Owning a slow cooker is now nearly as common as owning a toaster or a kettle, with many praising the virtues of this time-saving kitchen appliance.

And what better time to invest in a slow cooker than in winter when the nights are cold and your belly screams for foods that are warm and comforting, but is this cooking device right for you?

How does a slow cooker work?

A slow cooker works by cooking food for long periods of time at a low temperature. Heat is created in the base of the appliance and is then transferred up the sides of the cooker to slowly heat your food. Most slow cookers have the option of cooking at either a low or a high temperature, depending on how long you have to create your meal.

What are the benefits of a slow cooker?

- ✓ You are highly unlikely to burn your food.
- ✓ You can use cheaper cuts of meat.
- ✓ It frees up your oven or hob for other cooking.

- ✓ Minimal washing-up.
- ✓ It uses less energy than a standard oven.
- ✓ It is portable, convenient and saves time.

What are the downsides to using a slow cooker?

- ✗ Diluted flavours owing to condensation can lead to bland food.
- ✗ Not all recipes are suitable for slow cooking – such as meat that needs browning.
- ✗ Fresh spices and herbs can be overpowering in the slow cooker, so always use less than the recommended amount.
- ✗ It can be inflexible.
- ✗ No quick-fix meals.
- ✗ Tinned and even frozen veg does not work as well in a slow cooker – fresh produce is best.

Slow cookers are good for curries, soups, stews, casseroles, sauces and even mulled wine.

Best slow cooker brands: Crock-Pot Slow Cooker, Sage by Heston Blumenthal Fast Slow Pro Pressure/Slow Cooker, Russell Hobbs Chalkboard Slow Cooker 3.5L.





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

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? If so, your business awaits...



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How to clear festive debt

According to a national debt charity, nearly eight million people in the UK expect to fall behind in their finances in January after overspending on Christmas.

1. Don't bury your head in the sand

If you are serious about clearing your debt, you need to know exactly what you are dealing with.

2. Look at areas of spending you can cut back on
Whether that be your daily shop-bought coffee or cancelling your gym membership.

3. Switch providers

An ideal time to evaluate all direct debits and see if you can save money by switching providers.

4. Look for 0% balance transfer deals

If you have overspent on your credit cards, now is the time to switch to a 0% balance transfer deal.

5. Set a realistic budget

Once you have paid all your bills, set a budget for any disposable income and utilise the rest to pay off your debts.

6. Pay off your most expensive credit card first

There is no point paying equal amounts off all of your credit cards if one has a much higher interest rate than the rest.

7. Pay more than the minimum amount

Paying back the minimum amount on your cards means you will likely only be paying off interest, not actual debt.

8. Sell any unwanted gifts or home stuff

January is the ideal time to have a good clear-out and sell any items you no longer want.

9. Consider a personal loan

It could make financial sense to take out a personal loan to consolidate your existing debt into one manageable monthly payment.

10. Ask for help

If you are struggling with debt, consider seeking the advice of a group such as Citizens Advice.





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KIDS

ARE WE THERE YET?

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.

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.

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.

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.

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

5. ELECTRONIC DEVICES

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





Berry nice INDEED

Warming those winter garden vistas with some bursts of festive colour

We all know the colours and the coldness of winter when it comes to gardening. Many of us regard it as a season reserved only for planning the dawning of spring, when luscious life can return to our outside spaces.

And yet, winter can be about much more than greens, browns and greys where gardens are concerned. Certainly in the use of berries, your outside space can quickly adopt all the sprigs and spray of summer. With that in mind, then, here are some plants that will help keep things colourful:

SORBUS

In white, pink, yellow, red, blue and quite the most stunning copper tones, the berries from this deciduous tree will bring breathless colour to even the darkest corner.

HOLLY

A festive favourite, holly combines a burning red berry with that intensely detailed, beautifully curated leaf, with a combination of greens that offsets its radiant bedfellow with a flourish of frosty finesse.

VIBURNUM TINUS

In its prime between the months of December and April, just when you think the golden pink buds of this characterful plant can't offer anything more, the ends burst open, offering a spray of white flowers. One of the first risers for spring's sumptuous season of colour, the Viburnum Tinus will soar in prominence just as the temperatures begin to do likewise.

CALICARPA

This shrub has purple, jewel-like berries that look as if they've come straight from a safe deposit box in Hatton Garden. An intensely rich shade, the plant goes into overdrive in autumn and winter, offering colour to even the gloomiest garden.

And if the beauty of the winter rebels isn't a pleasure enough to see, the range of birds they will attract to your garden will only serve to delight you further.



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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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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.



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



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.



GARDENING

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."

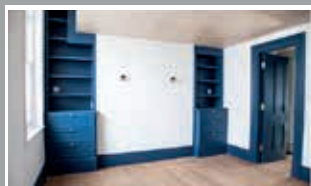
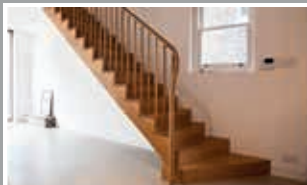
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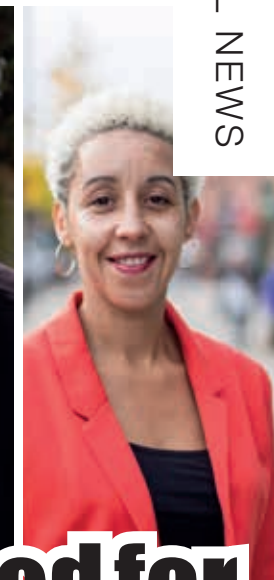
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LOCAL NEWS

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LOCAL NEWS



Runners announced for the General Election race

With less than a month until the nation goes to the polls, the candidates have been announced for the Epping Forest constituency in this month's General Election. We asked each candidate "Why should people in Loughton vote for you?"

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.

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.

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.

Vicky Ashworth Te Velde – Labour

Loughton 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 that no one is left behind in Loughton.



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LOCAL NEWS

Musician's meteoric rise continues with biggest gig yet

An up and coming musician from Loughton is getting ready to play the biggest gig of his career later this month at Camden Assembly in London.

Micky Niner, 21, started playing drums when he was 10 after seeing Arctic Monkeys on Jools Holland.

He explained: "I found I was watching their drummer Matt Helders the whole time and wanted to play drums like him. I discovered a love for music after years of being shown real music by my parents with bands like The Rolling Stones and The Smiths making a huge impression on me.

"I started getting drum lessons with a drummer called Hayley Cramer who helped me discover that music was what I wanted to do. After around two years of lessons, I started teaching myself guitar and after about eight years of that I could actually play it. I started off playing drums in a band but last year we decided to split. I decided to go solo and start playing

my own stuff."

Micky is set to take to the stage in North London on December 14.

He said: "It's one of my favourite venues to play in London which is why I chose it to be the last gig I play this year. Me and my band always put 110 per cent in to every show. If you can make it, I'd highly recommend coming down."

Micky is clearly setting his sights on a long-term career in music.

He revealed: "My main goal is to sell out Brixton Academy which is my favourite venue in London. I also want to appear on certain TV shows and tour with bands like Arctic Monkeys who have taught me so much over the years. Overall I just want to be happy with the music I'm putting out."

Micky's new single *Dance Little Liar* is out later this month.

Countdown to Christmas starts this month

People in Loughton are being invited to come and start their countdown to Christmas at an event organised by the town council later this month.

Countdown to Christmas is on Friday, December 6, from 3.30pm to 5.30pm and will include Santa, horse and carriage rides, funfair rides, live entertainment, festive crafts, food and games stalls.

All funds raised at the event will go to the Chigwell Riding Trust, town Mayor Stella Murphy's chosen charity for the year, and visitors will also get the chance to meet Tansy the pony (pictured).

There will be free parking in the Vere Road Car Park during the event.



Traders urged to add Christmas sparkle to their windows

Businesses across Loughton are being invited to decorate their shop windows in a Christmas themed design for automatic entry to the town council's Christmas competition.

It's hoped the competition will tempt more people to shop locally over the Christmas period.

There are four different entry classes this year: local/independents, multiple/chain stores, charity shops and the new class of restaurants, cafes and public houses. Each group winner will have the opportunity to nominate a charity to receive a £75 donation from Loughton Town Council, and will be awarded an engraved cup to keep for eleven months along with a

framed certificate.

Runners-up and highly-commended entries in each class will be awarded a laminated certificate.

Christmas-themed window displays will be judged on a range of criteria, including overall impression/visual impact, creativity/ideas, artistic merit, inventive use of materials and effort.

Window decorations must be completed for when the judging commences on December 1.

The judges this year are the town Mayor, Stella Murphy, accompanied by councillors Tessa Cochrane and Judy Jennings. The judging will be completed no later than December 7.

Charlotte excels in debating competition

Year 11 Roding Valley High School student Charlotte Copeman came seventh at the European Youth Debating Competition in Berlin following two days of tough competition from students across the continent.

Charlotte, the youngest competitor, was praised for her extraordinary poise as a speaker, despite it only being the second debate she has taken part in.

Charlotte secured her spot in the competition after making it through the UK's national final, joining three of the best speakers from each of the seven participating countries.

During the competition, speakers were required to debate topics such as the use of plastic, sustainability and the current economy, under the question: "Rethink, Reuse, Recycle: How would you shape a sustainable future with plastics and petrochemicals?"

Katie Collins, English teacher and associate assistant headteacher at Roding Valley High School, said: "It's fantastic to see Charlotte excel in something that is so important in today's society; having the ability to express your opinions and talk openly and eloquently about issues that affect everyone is a really important life-skill."



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James and Joel have a treat for music lovers

Independent record stores are few and far between, but Loughton now has its own independent record store which opened for business recently.

JJJ Vinyl, specializing in rare records, was set up by James Horwood and Joel De'ath, both with long illustrious careers in the music industry. They first met working in a bakery on Borders Lane, Loughton, 20 years ago.

They came up with the idea of running a record store after they started buying job-lots from the internet and filmed what they found for YouTube. James and Joel began to sell their finds online from Soundlab Studio,

where James has run a recording studio for over 10 years, and after accumulating over 2,000 records they decided to open their doors to the public.

Joel said he is delighted.

He added: "There's something special about vinyl. The fact that the music is literally etched into the groove makes it truly magical. And what an honour it is to sell these audio artefacts in the town I grew up in with one of my oldest friends."

JJJ Vinyl, at 22 Oakwood Hill Industrial Estate, is open on Thursday and Friday from noon to 10pm and on Saturday and Sunday from noon to 6pm.

Fantastic fundraiser is planning her next event

A woman from Loughton who has raised more than £15,000 in aid of the Epping and Harlow Breast Unit at Princess Alexandra Hospital is planning her latest fundraising event.

Jessica Heff decided she wanted to start raising money for the unit in 2015 after several of her friends who contracted the disease were successfully treated there.

She explained: "I just wanted to do something to help others and give something back because they are so grateful to have survived. I enjoy organising events so it's nice to put my creative energies into something for a good cause. My friends think it's fabulous."

The Mid-May Ball – Souled Out – is on Saturday, May 16, 2020 at The Taylor Suite, The Woolston Manor Golf Club, Abridge Road, Chigwell.

Jessica has already enlisted some notable help for next year's event including breast cancer survivor Angela Honky whose company Wish Upon a Style will be donating their service to style the upcoming Mid-May Ball.

Jessica revealed: "She was so thrilled when she said I was doing it, she's donating her services for free for the event."

For more information on the event or to book tickets, call 07932 695892.

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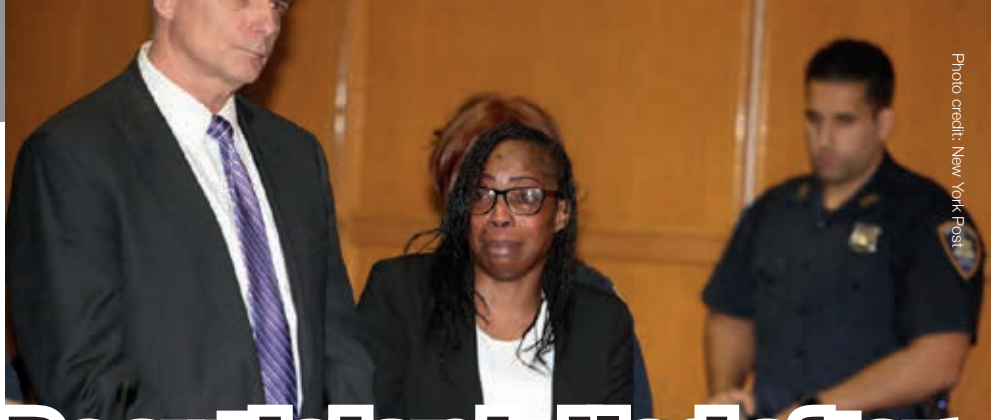


Photo credit: New York Post

Beautician jailed after botched buttock procedure

A beautician from Loughton who killed a woman in America after she carried out a botched buttock enhancement procedure has been jailed for a year in New York.

Kelly Mayhew was found lying on the floor of Donna Francis' basement in 2015 after Francis attempted to give her silicone gel injections she had purchased on eBay. The day after Mayhew's death, Francis flew back to London where she stayed for four years until she was extradited back to the US after a four-year

extradition battle.

Francis had pleaded guilty to criminally negligent homicide for the death and given the maximum sentence allowed in the extradition agreement.

Queens Supreme Court judge Kenneth Holder told Francis she was "getting away with murder".

He added: "What [the family] is not getting, in my opinion, is justice. If you have a conscience, this is going to haunt you much longer than the one-year sentence you're going to serve."

Firefighters battle to contain developing fire

Fire crews from Essex and London dealt with a major blaze at an industrial unit in Loughton recently.

Firefighters from Epping, Waltham Abbey, Harlow and Wickford were joined by colleagues from the London Fire Brigade in tackling the blaze at Lenthall Road at 6pm on November 12.

When they arrived, they found a timber framed building completely alight and battled to stop the fire from spreading.

After they had been battling to contain the fire for two hours, group manager Dave Barnard gave an update on the situation.

He said: "Crews from Essex County Fire and Rescue Service and London Fire Brigade have worked incredibly well together to prevent the spreading of the fire and have now confined it to the area it started in.

"Now the fire has been surrounded, we'll work to fully extinguish it and then stay at the scene for some time to turn over hotspots and ensure the scene is cool and safe."

There are no reported casualties.

At 9.30pm, the incident commander reported that the fire had been extinguished.

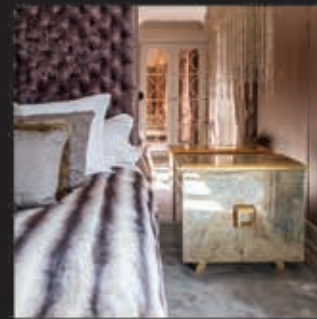
Firefighters will carry out an investigation into the cause of the fire.



Photo credit: James Wilce



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Photo credit: Everything Epping Forest

LOCAL NEWS

Town remembers those who made the ultimate sacrifice

A sombre and moving Remembrance Service was held on Sunday, November 10, 2019 at the war memorial on Kings Green, Loughton.

Hundreds of local residents joined the annual parade, leaving the Royal British Legion Headquarters (Loughton Branch) at Church Hill.

The procession included representatives from The Royal British Legion, Churches Together in

Loughton, the Air Cadets, Scouts, Guides, Brownies and Rainbows together with ex-servicemen and councillors.

Town Mayor, councillor Stella Murphy led the tributes on Kings Green for the service and the two minutes silence marking the anniversary of the day in 1918 when the guns finally stopped at the end of the First World War.

Karate club grown from strength to strength

A karate club in Loughton celebrated its fifth anniversary recently.

Jason Walton, 49, set up Loughton Wado-Kai Karate Club in October 2014 at Roding Valley High School and since then it has grown from strength to strength.

Jason was in the England Karate Squad from 2012 until 2015 and on two occasions he competed at the European Wado-Kai Karate Championships.

He is also a qualified European and UK Karate referee and judge and last month attended the 47th European Wado-Kai Cup in Monor, Hungary with the England Wado Kai Karate team, making it the fifth tournament he has officiated at.

He said: "Having made the transition from being a former England competitor to becoming a European judge, you get to see the other side of a competition. Being a judge is far more intense as your concentration and reflexes have to be immediate so you can flag for points and fouls as you see them happen."

The club, which celebrated its fifth anniversary, is



"perfect" says Jason.

Jason added: "This style is perfect for a child's introduction into karate and is great for children of all ages from six plus. The children's classes promote respect and discipline, confidence, self-defence, co-ordination and exercise."

For more information, contact Jason Walton on 07971 672 542 or go to www.loughtonwadokai.co.uk



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Police appeal after newsagent robbed



Police are appealing for **VISION**Loughton readers' help after a newsagent in the town was robbed at knifepoint last month.

A man went into Martin's Newsagents in Pyrls Lane at around 6.40am on Tuesday, November 5, and threatened a member of staff with a knife, before taking a three-figure sum of cash and making off.

The suspect has been described as white, slim, in his early 20s and around 5ft 8ins tall. He was wearing a blue coat, a light-coloured scarf and carrying a blue bag at the time of the incident.

Police said "If you saw anything, have any CCTV or dash cam footage or have any other information please call us on 101 quoting the crime reference number 42/176075/19 or Crimestoppers anonymously on 0800 555 111."

Commuters to be hit by reduction in train service

Commuters to London from Debden Station will notice a reduction in morning and evening peak services.

TfL are carrying out the work as part of the £380million investment by TfL to the Central Line Improvement Programme. The benefits of this include the replacement of old motors on the trains meaning fewer broken down trains and a more reliable service.

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 from Debden Station in the peak hour will go down to nine trains per hour.

Yong entrepreneurs put business skills to test

Students from schools in Loughton are among those taking part in a fundraising initiative for a children's hospice.

Students from Debden Park and Roding Valley High School are being given £50 and will then have 14 weeks to turn that money into £1,500 or more for Haven House Children's Hospice by creating a start-up events business and putting on a range of fundraising activities in their school.

The money comes from property developers Galliard Homes, who are sponsoring the project and will provide mentors while the project is up and running.

Ginny Donnelly, Haven House community fundraiser, said the challenge is hoping to raise around £9,000 for the hospice that cares for seriously ill children and their families.

She said: "This is the second time we are running this project and students have already demonstrated their enthusiasm by hosting cake sales and Halloween-themed tuck shops. The project is a great opportunity for the young people to work with mentors from Galliard Homes and to learn a variety of business and entrepreneurial skills as well as the benefits of teamwork.

"It's important that young people understand more about the valuable work the hospice does in their local community. These are our supporters and volunteers of the future."

The challenge will climax with an 'Awards Evening' in March 2020 when each school will showcase their achievements to a panel of judges. Winners will then be selected for a number of awards including; Most Money Raised, Most Innovative Idea, Best Presentation, Mentor's Award and The 'Galliard Homes Award'.

Group HR director Victoria Anthony said: "Galliard Homes are delighted to be sponsoring the Haven House Schools Enterprise Project once again. The first project was extremely successful, and we are excited to be working with another fantastic group of students."





News from **THE ROTARY CLUB** of Loughton, Buckhurst Hill & Chigwell

A very warm welcome to our newest member Anit Mehta. Anit has been a 'friend' of our club for many years supporting our activities and events, we are very pleased he has decided to join us as a full member.

Last month we supported mock interviews with Year 11 students at King Harold Academy in Waltham Abbey. Amazing group of students, well prepared, confident and organised.

Our next free monthly Memory Cafe in Loughton is Friday, December 13, for people with memory issues and their cares. It's an activity session with singing, a quiz, bingo and games with free refreshments. We hold it every second Friday of the month 10am to 12pm at The Loughton Club, 8 Station Road, Loughton, IG10 4NX.

Please contact Pesh if you would like to get involved with Rotary in any capacity email pesh@londonresidential.co.uk or call 07973 166940.



Quick-thinking firefighters save house

Fire crews from Loughton saved a house from serious damage last month after an electrical fault caused a fire in the garage.

Crews were called to the house in Nevil Way just before 11am on November 10 and on arrival reported that the garage was 100 per cent alight and the fire was quickly spreading to the adjoining house and neighbour's garage.

Watch manager Ryan Fernandes at Loughton Fire Station praised firefighters' efforts.

He commented: "Crews did a great job in quickly bringing the fire under control and stopping it spreading further.

"It is thanks to the high level of firefighting skill and the great team work between Essex County Fire and Rescue Service and London Fire Brigade that the house did not suffer more serious fire damage."

Crews extinguished the fire by 11.30am and then spent time dampening the area down and ensuring the area was safe.

The garage has suffered from fire damage and the house has suffered from some smoke damage.



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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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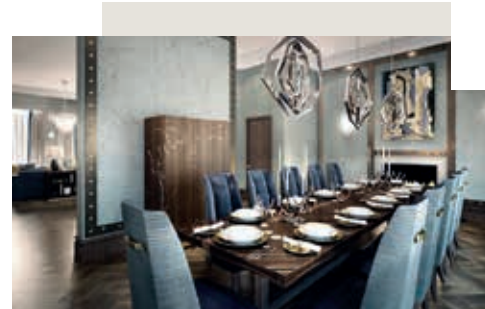
HOME & DIY

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



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diy Christmas Gifts

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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.



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



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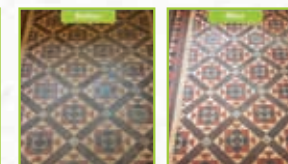
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PUZZLES & TRIVIA



PUZZLES

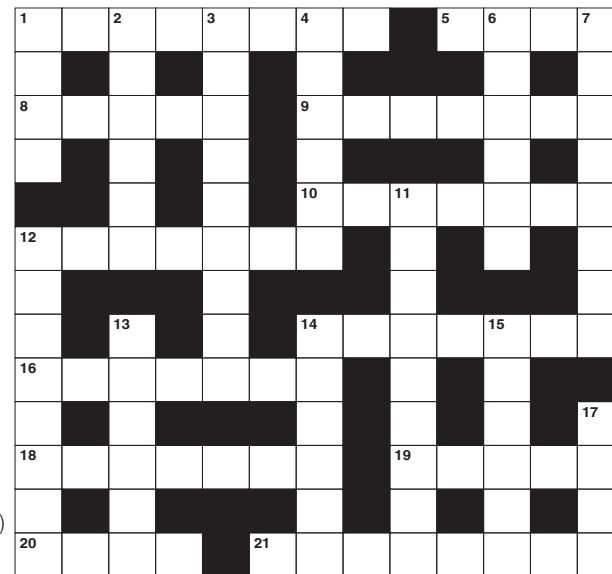
Answers can be found on the Contents Page 4

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 (6)
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

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LIFE AND TIMES OF *Mr Kipling*

“Through one of the marvels of modern science, I am enabled, this Christmas Day, to speak to all my peoples throughout the Empire.

“I take it as a good omen that wireless should have reached its present perfection at a time when the Empire has been linked in closer union. For it offers us immense possibilities to make that union closer still.”

These 62 words were spoken by King George V in 1932 in the first ever Christmas broadcast to the nation on the radio.

Historians see it as one of the great speeches of the twentieth century and it is catalogued in the British Library. The majestic words, which were widely acclaimed, were written by one of the greatest British authors, Rudyard Kipling.

He was born in Bombay, India, on December 30, 1865. In 1870, Kipling was sent to England to stay with a foster family in Southsea and then went to boarding school in Devon.

In 1882, he returned to India and worked as a journalist, writing poetry and fiction in his spare time. Books such as *Plain Tales from the Hills* (1888) gained success in England, and in 1889 Kipling went to live in London.

In 1892, Kipling married Caroline Balestier, and the couple moved to Vermont, USA, where

they had their two daughters. In 1894 Kipling wrote his most famous book, *The Jungle Book*. In 1896, a quarrel with his wife's family prompted Kipling to move back to England and he settled with his own family in Sussex. His son John was born in 1897.

Other books followed, including *Kim* (1901) and *Puck of Pook's Hill* (1906). *The Just So Stories* (1902) were originally written for his daughter Josephine, who died of pneumonia aged six.

In 1902, Kipling bought a seventeenth-century house called Bateman's in East Sussex where he lived for the rest of his life. He travelled a lot, including repeated trips to South Africa in winter.

In 1915, his son, John, went missing in action while serving with the Irish Guards in the Battle of Loos during First World War. Kipling had difficulty accepting his son's death – having played a major role in getting the chronically short-sighted John accepted for military service – and subsequently wrote an account of his regiment, *The Irish Guards in the Great War*. He also joined the Imperial War Graves Commission and selected the biblical phrase inscribed on many British war memorials: *Their Name Liveth For Evermore*.

Despite his personal friendship with King George, Kipling declined most of the many honours that were offered to him, including a knighthood, the Poet Laureateship and the Order of Merit, but in 1907 he accepted the Nobel Prize for Literature.

Kipling died on 18 January 1936 and is buried at Westminster Abbey.



Malabar Point, Bombay, 1865

The Kiplings' first daughter Josephine, 1895

Embossed cover of the first edition of *The Jungle Book*

2nd Lt John Kipling

FESTIVE FOOD

no-nos for your pets

Christmas is a time to overindulge as a family, and for animal lovers, that extends to their pets.

Now you may think you are being kind in giving your pet their very own Christmas dinner, but there are certain festive foods that they should not be eating.

Snacks & Sweet Treats

✗ MINCE PIES

These pastry-encrusted traditional Christmas treats include raisins, currants and sultanas, all of which can be fatal to dogs.

✗ NUTS

Certain nuts can be toxic to animals, so it is best to avoid giving any varieties to your pets just in case they have a bad reaction.

✗ CHOCOLATE

Chocolate can be deadly to your pets so it should be kept out of reach at all times. Don't forget about tree chocolates.

The Main Event

✗ TURKEY SKIN & BONES

Although a few slices of turkey meat will not harm your pet, the skin of the bird is too

fatty for their digestive system and the bones can pose a choking hazard.

✗ PIGS IN BLANKETS

So delicious, and your dog would probably think so too, but these Christmas dinner accompaniments are simply too fatty and salty for your pet.

✗ STUFFING & GRAVY

Although not toxic to pets, both of these are high in salt and fat as well as containing several herbs and spices that may irritate your pet's stomach.

Puddings

✗ CHRISTMAS PUDDING AND CHRISTMAS CAKE

Just like mince pies, these both contain raisins, sultanas and currants that can be fatal to your pets.

✗ ICE CREAM AND CREAM

Cats and dogs both find it difficult to break down lactose which is found in both of the above tasty desserts; therefore, it is advised not to give them any. Even lactose-free ice cream can be problematic.

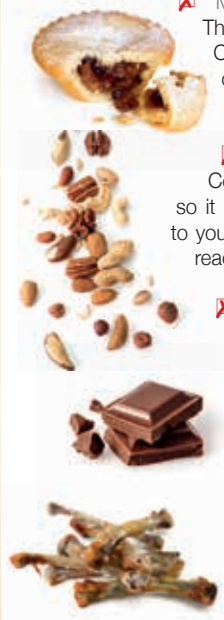




Photo credit: Lutsenko, Oleksandr / Shutterstock.com

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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For businesses, we can advise not only on the most appropriate vehicle for your needs but working alongside your accountant, if required, we can recommend the correct type of funding. For example, if you want to be able to claim your full annual investment allowance a lease purchase would be the correct finance type. If you have a limited company and you are considering a car for yourself, we can advise you on the tax costs to help you decide on whether to finance a car through a business or not and whether an alternative fuel vehicle is the right choice. For your commercial vehicle requirements, we can supply and finance anything up to 3.5 tonnes and we can also arrange for specific bespoke modifications such as racking, water tanks, drop-sides, etc.... to be added as required.

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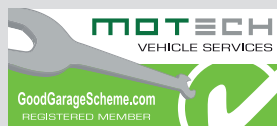


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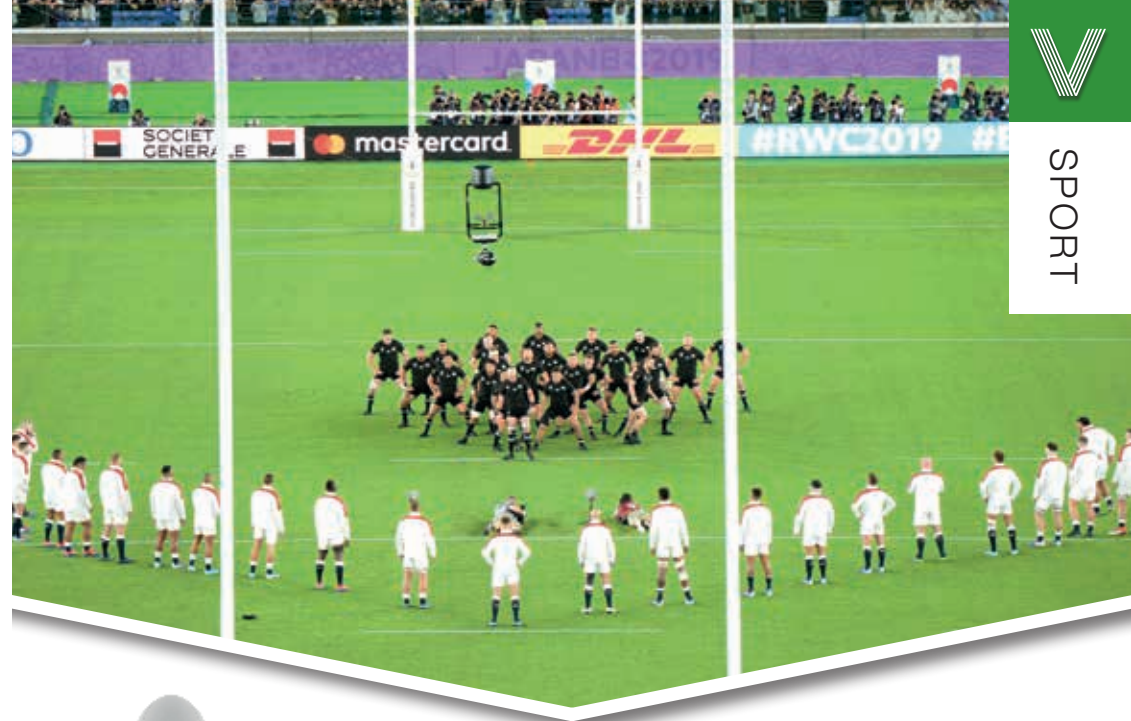
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SPORT



The FINAL HURDLE

England's 2019 World Cup might have ended with defeat to a familiar foe, but in the land of the setting sun there was at least a sporting silver lining on show.

You would suppose that any team capable of beating the Wallabies and the All Blacks in a Rugby World Cup should go on to clinch the Webb Ellis Cup with something to spare, but England's failure to drag themselves over the final hurdle in Yokohama was as much down to South Africa's dogged spirit as it was the Red Rose running out of steam.

Some 16 years on from England's only World Cup win, Eddie Jones's side looked set to exorcise demons of pitifully poor recent tournaments, especially after scoring in excess of 35 points in each of their pool matches.

Then, beating South Hemisphere giants Australia and New Zealand respectively in the quarter- and semi-finals, they set up a huge final clash with the

Springboks.

However, England's final was over almost as soon as it began, with prop and vital scrum component Kyle Sinckler accidentally caught by the elbow of his own team-mate Maro Itoje after just two minutes.

It left them susceptible in the scrum, and South Africa won five penalties on their way to a 32-12 victory, with a somewhat deceptively large margin of victory opening up in the closing stages as England went for broke. Their opponents were as decisive as England were wasteful, and the experience will go down as a case of what might have been.

And yet, what we should gain from this is the confidence to compete with the very best. The Six Nations begins in less than three months' time and, with Wales, Ireland and France all in periods of transition, it would be a brave person to bet against the World Cup experience making England even more likely to land silverware in the spring.

Photo credit: Aflo/Shutterstock

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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WHAT'S ON

in your area

Countdown to Christmas

The Broadway, Debden, IG10 3SP
December 6, 3.30pm – 5.30pm

The event includes Christmas carols from local school choirs, Christmas craft and food stalls, musical entertainment and the children's favourite, a ride on Santa's Horse and Carriage (kindly provided by T Cribb & Sons).

The Lighting of the Foresters Tree & Santa's Grotto

The Foresters Arms, 15 Baldwins Hill, Loughton, IG10 1SF

December 7, 3pm – 9pm

A festive day, which is fun for all the family.

Santa's Grotto will be open at 3pm for the little ones to tell Santa their Christmas wishes.

There will be live music and the lighting of the Christmas tree.

Debden 5k Santa Run

Geraldine's Hair Fashions, The Broadway, Loughton, IG10 3ST

December 8, 12pm – 3pm

Get into the festive spirit by joining the annual Debden 5k Santa Run.

Organised by St Clare supporter, Geraldine Wilson, this popular yuletide event promises to be a Ho, Ho, whole lot of fun.

Starting outside Geraldine's Hair Fashions on The Broadway in Debden, hundreds of people of all ages take part in the 5k seasonal event. Arrive at 12pm for a 12.30pm start.

Entry is £12 for adults (including a Santa suit) and £5 for children. Enter as a team of six for £60.

For more information or to register, visit stclarehospice.org.uk/event/debdensantarun



Christmas at CRATE

CRATE, Oakwood Hill Industrial Estate, Loughton, IG10 3TZ

December 14, 11am – 3pm



Christmas stalls, street food, prosecco bar, festive beverages, elves workshop, Father Christmas, raffle, Anna and Elsie and Christmas performances.

For more information, follow @CrateLoughton on Facebook or Instagram.

Winter Wonderland

St Mary's Church, 201 High Road, Loughton, IG10 1BB

December 14, 7.30pm – 10.30pm

The Roding Players Orchestra is delighted to perform their Christmas concert, featuring Leverton Primary School choir.

Free refreshments will be served during the interval.

Tickets are £8 for adults, £7 for concessions and free for under 11s (includes refreshments).

Tickets are available from Susan Austin by calling 07845 929132.

No tickets are available on the door.

Mind, Body and Spirit Fair

The Loughton Club, 8 Station Road, Loughton, IG10 4NX

December 22, 11am – 4pm

Pampering treats, free workshops, healings, 1-2-1 psychic readings and retail stalls selling a variety of products, from crystals to healing jewellery.

Admission is £2.50 for adults and free for children, payable on the door.

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

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