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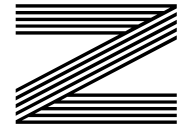
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Editor's notes...

DECEMBER 2021



Brett Shohet, Editor

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

First, I would like to take this opportunity to wish all our readers and our clients a merry Christmas and a successful New Year. Thank you for all of your support throughout 2021.

We are currently looking at creative ways to link up with local businesses. To that end, I have recently been exhibiting at some business shows in Essex and Hertfordshire as this is one of the ways that **VISION** lets people know who we are. It was so good to see old faces and connect with new people. I am hoping to do this even more and I am looking at joining some

Chamber of Commerce groups. All this to continue supporting our local businesses.

As soon as Halloween and Bonfire Night were over, the Christmas decorations went up. I'd like to remind readers how important it is to keep your pound local and shop with local businesses this Christmas. While the convenience of shopping online is tempting, just one purchase in a local shop could make their day and give them the boost they need to keep going.

We are hoping to launch new **VISION** magazines next year to bring our style of news and targeted advertising to new audiences. 2022 promises to be a bigger and better year than any.

Brett Shohet

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

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CONTRIBUTORS | Tabatha Fabray, Christina Pantelly

At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

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GOOD COP, BAD COP

WHAT DID WE LEARN FROM THE UN CLIMATE CHANGE CONFERENCE?

For a gathering of global minds, each driven and committed to making huge strides forward in the preservation of the Earth and everything that exists on it, there was no shortage of conflict surrounding the United Nations Climate Change Conference in Glasgow, which was held in the first two weeks of November.

A 26th Conference of Parties (hence the COP26 title that most people referenced the event by), the event invited world leaders to commit to enhanced ambitions in terms of mitigating climate change. They arrived in their droves – more than 25,000 delegates from 200 different countries, including 120 heads of state. That meant there was an immediate pointing to the hypocrisy of a convention configured to help the planet, yet whose carbon footprint was one of the largest in history.

Regardless, included in the number of high-profile attendees were US President Joe Biden, German Chancellor Angela Merkel, French President Emmanuel Macron, Canadian Prime Minister Justin Trudeau, and English broadcaster and natural historian Sir David Attenborough.

Those not in attendance courted similar headlines – China's leader Xi Jinping decided not to participate and instead delivered a written address to the conference, while Russian President Vladimir Putin cited COVID-19 concerns as his reason for staying in Moscow.

Air travel aside, the summit was the cleanest in history, with 70 per cent of electricity being supplied from low-carbon nuclear power from plants in Torness and Hunterston B, while the rest mostly came from wind power. All that energy led to some impressive take-outs from COP26:



DECARBONISATION. There was the ubiquitous acceptance that decarbonisation is the way forward, and on that front a variety of targets were accepted and signed up to across the board.



1.5°C, NOT 2°C. Recognition of 1.5°C (the temperature at which we must limit global warming) as opposed to 2°C is now a revised and real climate pact target adopted by those at COP26. Scientists believe this altered figure is a far safer limit for potential global temperature increases.



THE ONE-YEAR RATCHET. Previously, a five-year ratchet system was in place, where countries were conditioned to effect positive change across a multilateral system. This has now been transformed into a yearly ratchet. The accelerated pace from making annual adjustments is thought to be a much more realistic way of succeeding in halving global emissions by the year 2030.



NATURAL RESOURCES. As a final take-out from COP26, significant attention has been placed on the preservation of natural resources, including \$20 billion in commitments of public and private money for forest protection.

While critics will say these initiatives are tarnished by some of the climb-downs from the conference – including scaled-back ambitions on the phasing out of coal, and various conditions around China's role in climate change not being enforced owing to its leader's non-attendance – there are clear targets and promises in place that offer renewed hope for the planet.

Yet words will only go so far – as swathes of protesters noted as they marched through the streets of Glasgow and across hundreds of other cities around the world: now is the time for action.





STOP, HANG UP AND

CALL 159

Fraudsters stole £4million a day in the UK in the first half of 2021, with the banking trade body, UK Finance, describing the level of fraud as a national security threat.

What is the 159 service?

A new emergency hotline has been launched in the UK to stop people becoming victims of fraud. Run by an industry body called Stop Scams UK, this service is supported by the Financial Conduct Authority and Ofcom.

When a potential victim dials 159, they will be automatically connected to their bank's fraud prevention service. Initially, this project is being run for a year, with the intention for it to eventually become a universal service.

When to call 159

- > Someone contacts you saying they are from your bank
- > You receive a call asking you to transfer money or make a payment
- > You receive a call about a financial matter and it appears suspicious.

The 159 number will never call you, and only a fraudster will object to you using this service.

Is the 159 number free?

Calls to 159 are charged at the national rate and are usually part of the included minutes in most phone tariffs. You can call 159 from your phone if your contract is with BT, including EE and PlusNet; Gamma; O2, including Giffgaff; Talk Talk; Three; Virgin Media; and Sky.

Which banks are taking part?

High street banks that are currently taking part in this service include Barclays, Lloyds (including Halifax and Bank of Scotland), NatWest (including Royal Bank of Scotland and Ulster Bank), Santander, and Starling Bank. TSB plans to implement the number from January 2022.

Nationwide isn't participating in the pilot 159 scheme. However, it does have its own Scam Checker Service which allows you to check a payment you are worried about with a member of its trained fraud team, either in branch or by phone on 0800 030 4057.

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THE LATEST BEAUTY TREND...

Slugging



BEAUTY

Beauty trends emerge so quickly these days, it's hard to keep up. And if you're not on social media, you're likely to miss out on a lot of crazes that are taking the world by storm. One of the latest being... slugging. The last time 'slug' was used in relation to beauty, it was to describe some badly styled eyebrows. Today, it seems that slugging could be the answer to your skincare prayers. So what exactly is slugging and should you be doing it?

SLUGGING EXPLAINED: Slugging is the process of coating your face in a petroleum-based product. It's a Korean skincare trend that's now found a global following, and it's easy to try at home.

SHOULD YOU GIVE SLUGGING A TRY? Slugging is designed to tackle dry skin and is often recommended by dermatologists to treat eczema. You may be familiar with the process already if you've coated your feet in a petroleum-based product to soften them. The same kind of technique can be used to hydrate your face.

IS SLUGGING FOR EVERYONE? If you suffer from dry or sensitive skin, it could be just what you need to soothe irritation. However, for those with oily or acne-prone skin, it could increase the chances of breakouts as it seals the oil within the skin. Using a moisturiser designed for your skin type, such as an oil-free product, could be a better way to boost your hydration.

HOW TO DO SLUGGING RIGHT: Slugging is very easy to do, and could form a part of your nightly skincare routine.

1. Ensure skin is thoroughly cleansed.
2. Apply a hydrating serum or moisturiser to form a smooth base.
3. Apply a thin layer of petroleum-based product to your face. Keep the layer very light – less is more here.
4. Consider protecting your pillows at night – use a towel as a barrier between your skin and the pillow, or choose pillowcases that are easily washable.
5. Wake up in the morning with plumped, hydrated skin and carry out your daytime skin routine as normal.

Who knew that something like slugging could lead to something so beautiful? Give slugging a try and see if this trend can boost your skin.



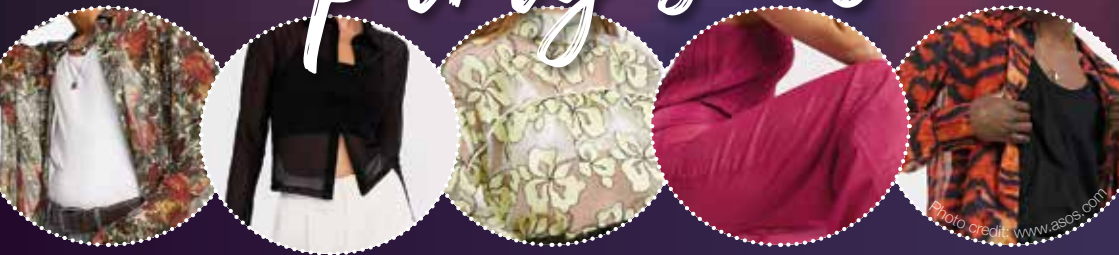


FASHION



HOW TO WEAR

Sheer THIS party season



Both alluring and sexy, sheer tops have always been a fashion staple, especially during the Christmas party season.

However, there is no denying that it takes guts to rock this style.

WEAR A CAMISOLE UNDERNEATH

If you don't dare to bare and you can't think of anything worse than having your bra or chest on show, why not wear a cami or vest top underneath? Enabling you to wear sheer with confidence, this look can be worn to the office and then rocked all night long.

COMBINE WITH HIGH-WAISTED GARMENTS

For those who are worried about flashing their midriff, high-waisted trousers or a high-waisted skirt offer the perfect solution. Complete this sleek and sophisticated look with a simple crop top or bralette.

THINK ABOUT YOUR CHOSEN COLOURS

While it seems to be an unwritten rule that the undergarment you choose to wear under a sheer top should be the same colour, why not mix it up a bit? Whether you wear black under a sheer white top or you embrace colour blocking and clash bright colours such as blue and red, it's 'go bold or go home' this party season.

USE EMBELLISHMENTS

Embellishments create visual interest which can trick the eye and give the illusion of more coverage. They are particularly useful for sheer trousers that can leave you feeling exposed. Don't be afraid to experiment with sequins, glitter and embroidery.

EMBRACE SHEER PRINTS

This clever trick makes a sheer top appear less see-through; the busier the print, the better. Plus, animal prints are bang on trend for autumn/winter 2021.



Big savings on the last 3 sculptures left!

The perfect Christmas gift for the person who has everything

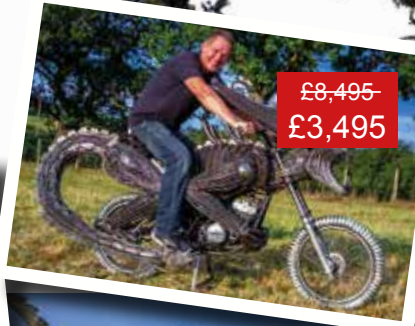
These incredible, one-of-a-kind movie themed sculptures are hand crafted from recycled motor parts. Both Predator and Alien are 3m tall.

Super cool for the garden or games room they can be displayed indoors or outdoors.

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INDIGESTION *be gone!*



SEVEN NATURAL WAYS TO BEAT INDIGESTION OVER THE CHRISTMAS PERIOD



While the festive season is the perfect time to overindulge, you may soon regret that extra mince pie or glass of champagne when indigestion comes knocking at your door.

PEPPERMINT TEA

Known for relieving stomach problems, peppermint tea is a great natural remedy for indigestion as it has an antispasmodic effect on the body. However, if your indigestion is caused by acid reflux, avoid this treatment as it can worsen your symptoms.

GINGER

A commonly used natural remedy for morning sickness, ginger in the form of tea, ginger ale or a boiled sweet can help to soothe indigestion. Alternatively, boil 1-2 pieces of ginger root in 4 cups of water and flavour with honey or lemon before drinking.

APPLE CIDER VINEGAR

Indigestion is sometimes triggered by not enough stomach acid, which is why apple cider vinegar is such an effective cure for this common ailment. Add 1-2 tsp of raw, unpasteurised apple cider

vinegar to a cup of water and drink for instant relief.

FENNEL SEED

Another antispasmodic herb, fennel seed can help to combat indigestion and to soothe other stomach ailments such as cramping, nausea and bloating. Drink fennel tea after a heavy meal or chew on a few fennel seeds.

BAKING SODA

Baking soda can quickly help to neutralise stomach acid, which in turn will relieve indigestion and gas after eating. To make this remedy, add ½ tsp baking soda to 4oz of warm water and drink.

LEMON WATER

Lemon water has an alkaline effect on the stomach, which can improve digestion. Simply mix 1tbsp of lemon juice in a cup of hot or warm water and drink a few minutes before eating.

WARM BATH OR HOT WATER BOTTLE

Heat can help to relax tense muscles and ease the symptoms of indigestion. Either take a warm bath or apply a hot water bottle to your stomach.



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DO YOU HAVE A HEALTHY

vagal tone?

Would you consider yourself a resilient person? Someone who can control their emotions? If not, it could be because your vagus nerve is not being stimulated sufficiently.

WHAT IS YOUR VAGUS NERVE?

The vagus nerve is one of the cranial nerves that connects your brain with your body. Without it, your body would not be able to carry out basic tasks such as digesting your food or speaking. Often referred to as the body's superpower, the vagus nerve is used to counteract your fight/flight system.

WHY IS YOUR VAGUS NERVE SO IMPORTANT TO YOUR OVERALL WELLBEING?

The vagus nerve is complex as it provides sensory, motor, special sensory and parasympathetic (the calming part of the nervous system) feedback to the brain.

In terms of the impact of the vagus nerve on your wellbeing, it can be used to:

1. Prevent and reduce inflammation.
2. Slow down your heart rate in times of stress.
3. Regulate the connection between your gut and your brain.
4. Strengthen your memory.
5. Keep you calm in stressful situations.

Furthermore, by stimulating the vagus nerve, you can help to treat obesity, heart disease, mood disorders, migraines, tinnitus, poor circulation and leaky gut.

WHAT CAN DYSFUNCTION OF THE VAGUS NERVE CAUSE?

If you do not have a healthy vagal tone, you are more susceptible to the following health issues:

Gastrointestinal diseases | Fainting | Anxiety and other mood disorders | Chronic inflammation | Seizures | B12 deficiency | Obesity

HOW TO SUPPORT AND STIMULATE VAGUS NERVE FUNCTION

- > Take probiotics and prebiotics to encourage healthy gut bacteria
- > Practise deep-breathing exercises to stimulate the vagus nerve
- > Gargle, sing or chant to stimulate the vagus nerve
- > Undergo craniosacral therapy, which helps to rewire the nervous system
 - > Practise mindfulness and meditation
 - > Splash cold water on your face or place ice cubes against your skin.



HEALTH & FITNESS



GET FIT WITH

a hop jump and skip

You probably thought your skipping days were behind you, along with pigtails and hopscotch, but maybe it's time to revisit your childhood hobby.

If you're looking for a simple cardio exercise that can boost your fitness and help you lose weight, then skipping could be for you. Loved by boxers and fitness fans alike, it's an essential move to amp up your workout routine.

WHAT ARE THE BENEFITS OF SKIPPING?

Skipping is fast-paced, high intensity and, best of all, cheap. It's also a good way of burning calories. In fact, an hour of skipping could burn as many as 1,600 calories. You can use skipping to warm up before your main workout, but doing some skipping drills can be an amazing form of cardio that will have you sweating in no time.

Skipping helps improve your strength and co-ordination, and it can help tone multiple areas of your body, including your arms, legs and core.

One of the great things about skipping is that it can be done anywhere, whether you're at home, in the park or even on holiday, as the ropes are affordable and portable. You can also mimic the action of skipping if you don't have a rope – this is often done as active recovery between sets in a workout, helping to keep your heart rate up.

If you live in an apartment or have a small space,

then give cordless skipping a try. Cordless skipping ropes are weighted and feature cool technology that will make you feel like you are skipping without the need for a rope.

ARE THERE ANY DOWNSIDES?

While skipping has a lot of benefits, there are some downsides too. For people with an injury, skipping could aggravate things, putting pressure on joints and muscles. If you have problems with your knees or feet, you should probably avoid skipping and find other forms of cardio instead.

YOUR RECOMMENDED SKIPPING ROUTINE

There are all kinds of skipping routines you can follow to help you enjoy a great workout. Beginners will want to aim for five minutes of skipping, while more-experienced skippers can skip for up to an hour. Start with a classic skip, building up to more difficult moves such as a crossover skip.

Mix up your skipping with other cardio moves such as jumping jacks, mountain climbers and burpees. Create your own HIIT (high-intensity interval training) workout with 40-seconds on/20-seconds off intervals to burn calories and get pumped.

Could skipping be the secret weapon in your fitness routine? Why not grab a rope and give it a try?



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LOVE YOUR LEFTOVERS:

Christmas pudding



While no Christmas dinner would be complete without it, if there is one thing that you are guaranteed to have leftover after the big day, it's Christmas pudding.

Christmas Pudding Ice Cream – serves 10

You will need:

4 large egg yolks | 100g caster sugar | 175g leftover Christmas pudding | 2-3 tbs brandy | 300ml double cream

How to make:

1. Whisk the yolks and sugar until pale and thick.
2. Stir in the pudding.
3. Pour in the brandy and mix.
4. In a separate bowl, whip the cream until it holds

soft peaks.

5. Fold the cream into the mixture.

6. Pour into a freezer-proof container, cover and freeze until set.

Mini Christmas Pudding Cheesecakes – makes 12

You will need:

300g ginger nut biscuits | 100g unsalted melted butter | 250g soft cheese | 300ml extra thick double cream | 50g icing sugar | Zest of 2 clementines | 150g leftover Christmas pudding | 12-hole muffin tray

How to make:

1. Line the tray with paper cases.
2. Crush the biscuits and stir in the melted butter.
3. Pour into the cases and press down. Chill in fridge.
4. Whisk the soft cheese and fold in the cream.
5. Sift in the sugar and add the zest of the clementines.
6. Combine the mixture with the leftover Christmas pudding and then spoon over the biscuit bases.
7. Top with fruit and chill for at least 2 hours.
8. Remove from the fridge half an hour before serving and remove the paper cases.

Christmas Pudding Souffle – serves 4

You will need:

1 tbs golden caster sugar, plus extra for coating | 4 egg whites | 150ml custard | 85g Christmas pudding | Caramel sauce to serve

How to make:

1. Heat oven to 180°C/160°C fan/gas mark 4.
2. Grease 4 x 150ml ramekins.
3. Coat each one with sugar.
4. Whisk the egg whites until stiff peaks form.
5. Add the sugar and whisk again.
6. In a bowl, mix the custard and pudding.
7. Stir in ¼ egg whites and gently fold in the rest.
8. Pour into the ramekins.
9. Bake for 12-15 minutes until risen and golden.
10. Top with caramel sauce.



Photo credit: thefoodpocketguide.com, waitrose.com, greatbritishchefs.com



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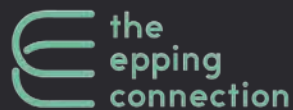
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Eggnog

Although not as fashionable as it once was, eggnog is still synonymous with the festive season. Easy to make and with a real boozy kick, help us keep this Christmas tradition alive by giving these eggnog recipes a try.

Eggnog cocktails to try...

BAILEYS EGGNOG

What you need:

200ml eggnog | 35ml Baileys | 1 cinnamon stick | 1 sprinkle of nutmeg

How to make:

Mix the eggnog and Baileys, pour over ice, add a cinnamon stick and sprinkle with nutmeg.

SPICED EGGNOG

What you need:

45ml vanilla vodka | 30ml amaretto | 55ml eggnog | Ground nutmeg and cinnamon stick to garnish

How to make:

Add the ingredients to a cocktail shaker filled with ice, shake for 20 seconds and strain into a martini glass. Garnish with a cinnamon stick and nutmeg.

HOMEMADE EGGNOG: SERVES 4-6

What you need:

50g caster sugar | 4 egg yolks | 1 tsp vanilla essence | 400g can condensed milk | 100ml brandy

How to make:

1. Add the sugar to a saucepan with 75ml water.
2. Simmer until the sugar has dissolved and leave to cool.
3. Beat the egg yolks until smooth and add the vanilla essence.
4. Mix in the milk, brandy and cooled sugar syrup.
5. Pour into a jug and chill in the fridge for 2 hours.

ALCOHOL-FREE EGGNOG: SERVES 4-6

What you need:

50g caster sugar | 1 vanilla pod – seeds removed | 4 egg yolks | 100ml double cream | 500ml whole milk

How to make:

1. Add the sugar to a saucepan with 75ml water.
2. Simmer until the sugar has dissolved and leave to cool.
3. Add the eggs, cooled sugar syrup and vanilla seeds to a bowl and whisk until pale.
4. Add the cream and milk and beat until combined.
5. Fill a large jug with ice and strain the eggnog mixture into it.
6. Stir and serve in tumblers.



UNUSUAL VEG OF THE MONTH:

Purple sprouts

FOOD & DRINK

With Christmas just around the corner, we thought this month's unusual veg should be a festive one. Although Brussels sprouts aren't to everyone's taste, they are a Christmas dinner staple, and the vibrant colour of the purple variety promises to add the wow factor to your table.

WHAT ARE THE HEALTH BENEFITS?

While green and purple sprouts share a similar nutrient profile, with each containing healthy servings of vitamins A, B6, C and K, owing to their purple pigmentation, purple sprouts contain more anthocyanins. This means that these colourful sprouts deliver even more antioxidants.

HOW TO COOK

You can choose to steam, stir-fry, braise, boil or sauté purple sprouts. To keep their vibrant colour, add a splash of vinegar when cooking them.

These seasonal vegetables pair well with many different ingredients:

- > Oven-roasted with pancetta or smoked bacon
- > Steamed and served with game meats
- > Tossed with apples and pecans, drizzled with maple syrup and baked
- > Smashed, covered with parmesan cheese and olive oil, and roasted.

HOW TO STORE

When buying this vegetable, look for sprouts with firm heads and tightly wrapped leaves. Avoid ones that are wilted or discoloured. Store your sprouts in the fridge and they will stay fresh for one to two weeks.

DIFFERENT TYPES

There are two varieties of purple sprouts: Rubine and Falstaff. The former is the most popular type of purple sprout and is most likely what you will come across at your local farmers' market. The latter is a more recent cultivar and easier to grow.

WHAT DO THEY TASTE LIKE?

If you are wondering if these varieties of sprouts only differ in appearance from their green counterparts, you will be pleased to hear purple sprouts have a slightly sweeter and less pungent taste.



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OH CHRISTMAS TREE

Get ready to break the status quo this festive season and reimagine the traditional Christmas tree. Whether you are short on space, hate the hassle of a real tree or you just want to break the mould, check out the below Christmas tree alternatives that promise to deliver the wow factor.

Minimalist metal: If you love minimalism and you don't have a lot of space in your living room, then this is the perfect Christmas tree alternative for your home. Choose to buy one online that comes complete with baubles, or make your own using some copper pipes.

Christmas crates: A budget-friendly option, you don't need to have any DIY skills to stack a selection of wooden crates into the shape of a Christmas tree. Fill each crate with your favourite Christmas décor items, such as mini wreaths, candles and stockings, and you are good to go.

Teepee tree: For households that can't have a real tree owing to pets or small children, this is a great alternative. Simply erect a child-safe teepee and decorate with Christmas ornaments and decorations. This idea has the added benefit of doubling up as a play area.

Light-up ladder: If you don't mind a tree that looks a bit rustic and you don't want to have to spend a penny, this DIY ladder tree is a cool idea. Simply use an old stepladder to create a tree shape and then hang baubles, fairy lights and whatever else takes your fancy.

Christmas card tree: Do you save all your Christmas cards from the year before? Or perhaps you always seem to get more than you know what to do with? Put these cards to good use and stick them on the wall in the shape of a Christmas tree. Hey presto – an instant contemporary tree.

Photo credit: Pinterest



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HOME & DIY

6 USES FOR Toothpaste

Toothpaste is not only good for cleaning your teeth but it can also be used to refresh and revitalise items in your home, as well as to remove stubborn stains.

1. WHITEN YOUR TRAINERS

If your trusty trainers are looking more grimy than glowing, some spare toothpaste is exactly what you need. Simply apply a small amount of non-gel toothpaste to the rubber parts of your trainers and scrub using an old toothbrush. Then wipe clean with a wet cloth.

2. CLEAN YOUR IRON

There is nothing worse than ironing clean clothes with a dirty iron. Fortunately, you can quickly remove any gunky build-up on the bottom of your iron with toothpaste. Just unplug your iron, leave to cool and then scrub the bottom with toothpaste on a cloth and wipe clean.

3. REMOVE CRAYON FROM WALLS

Kids love to draw on the walls, but most parents are not so keen on this creative activity. However, all you need to remove waxy crayon stains is a scrubbing brush and a little toothpaste. Plus, because toothpaste is non-toxic, you can even get your little ones to help you.

4. RESCUE DVDS

If you still love to watch DVDs but many of your much-loved discs have become scratched, toothpaste can save the day. Simply dab a tiny amount of paste onto the scratch and then rub all over the disk in circular motions with a soft towel. Wipe away any excess.

5. PREVENT FOG

From foggy bathroom mirrors to foggy headlights, toothpaste is great at preventing fog from clinging to glass or plastic. Just rub a non-gel toothpaste onto the area and then wipe off with a damp cloth.

6. ELIMINATE TEA AND COFFEE STAINS

Apply a dab of toothpaste to any stubborn tea and coffee stains and then wash as usual. Hey presto! No more stains.





PERFECT *planning*

Are you always forgetting family commitments? Let us introduce you to the DIY family planner that promises to transform your life from chaotic to calm in a matter of minutes.

All you need is a few supplies and a door – this could be in a kitchen cupboard or even the whole side of a door.

WHAT YOU NEED:

Chalkboard paint | A paintbrush | Sandpaper | Old guttering and gutter clips (for shelf) | Old copper pipe and pipe clips (for rail) | Handsaw | Electric drill or screwdriver | Hot glue gun | Spray paint – colour of your choice | A bulldog clip | Paper roll

HOW TO MAKE:

Step 1: Prepare the space – If using a cupboard door, remove it from its frame using a screwdriver or electric drill.

Step 2: Sand the wood – Sand the door down before you paint it as this will ensure a smoother surface. Wipe down with a wet cloth to remove any dust.

Step 3: Paint the door – Apply 2-3 coats of chalkboard paint, making sure you leave the door to dry in between each coat.

Step 4: Create a shelf – Measure the width of the door and subtract a few centimetres from each side. Cut the guttering to this size and sand down any rough edges.

Step 5: Spray paint the shelf – Spray paint your guttering in your preferred colour. Apply fine coats gradually to avoid drips.

Step 6: Attach the shelf to the bottom of the door – Screw the gutter clips to your chosen position on the door and place the guttering inside the clips.

Step 7: Make a hanging rail – Cut the copper piping to the same width as your shelf. Screw the pipe clips to the door at least 30cm above the gutter shelf and attach your rail. Add your paper roll.

Step 8: Add a bulldog clip – Attach a bulldog clip to the door using a hot glue gun. This will hold the end of your paper roll in place.

Step 9: Draw your planner – Use a whiteboard pen to draw a grid at the top of the door and then add each week's activities/appointments with chalk.



Photo credit: cassielair.com



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MAD *about* the HOUSE

Update your home with inspiration from the multi-award-winning blogger, Kate Watson-Smyth

If you're going to look to anyone for interiors advice, who better than leading property, interiors and design journalist Kate Watson-Smyth?

Kate enjoyed a long career as a journalist, including writing for *The Independent* and the *Financial Times*, before developing her blog, *Mad About the House*.

She has also written a series of *Mad About the House* books, which are your must-have guides to styling your home.

Kate's own home, which is often featured on her blog, is the result of renovating two former rental flats. It is the perfect reflection of Kate's effortless, timeless and elegant style.

Fuel your own home décor inspiration with Kate's expert interior eye. Let's break down her philosophy:

“Your home should tell your story. It should make your heart sing when you open the front door”

Your home is unique to you. So instead of following all the interior trends, help your home tell your story. When you walk in through the door, what you see should make you feel happy and comforted; it's your place to relax, after all. Incorporate your favourite colours to reflect your personality, and get creative with your artwork.

“Something old, something new, something black, something gold”

Decorating a room involves a lot of different elements. By mixing up some vintage or second-hand pieces with new elements, you'll create a style that's all your own.

Black is the perfect accent shade for any room, so don't be afraid to bring in black detailing, hardware and accessories. Meanwhile, a little gold can provide a touch of glamour, making a room look more expensive and stylish. It's a look that Kate calls 'urban glamour'.

“And always some natural wood”

Natural wood is beautiful and timeless, and it can really bring your home together. Whether you have natural wooden floors or some wooden furniture pieces, adding a little natural wood to your home will create that picture-perfect space.

Check out www.madaboutthehouse.com for more interior style tips and advice.

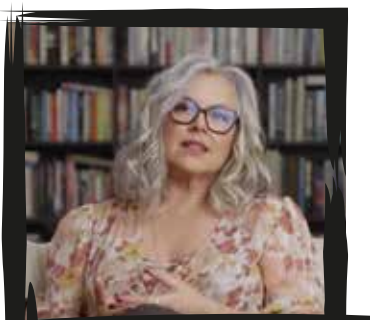


Photo credit: www.madaboutthehouse.com

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A GUIDE TO Tablescaping

TOP TIPS FOR DECORATING YOUR TABLE THIS CHRISTMAS

Instagram is awash with decadently decorated tables and, quite frankly, it's giving us a serious case of the green-eyed monster.

From choosing your colour palette to considering your centrepiece, check out our guide to tablescaping below, complete with our top festive-inspired suggestions.

CHOOSE YOUR COLOUR PALETTE

The first and arguably most crucial step of tablescaping is choosing a colour palette. This will form the foundation of your table and enable you to bring your chosen theme together. As a general rule, two colours is preferable, and you should avoid any colour clashes.

Christmas colours: Red and green, red and gold, or silver and gold.

PICK THE ESSENTIALS

When setting your table, you must not forget all the essential items such as a tablecloth, plates and glassware. While white plates will always look classic, they are not suited to every table theme. Consider black plates for an ultra-modern look, or

floral plates for a vintage vibe.

Christmas essentials: Gold-trimmed plates, a moss table runner and festive napkin rings.

CONSIDER YOUR CENTREPIECE

Every showstopping table needs a centrepiece which will act as the focal point of the entire design. Depending on the time of year, flowers are a great choice, as are an assortment of different sized candles.

Christmas centrepieces: Pine cones and candles of various heights, mini potted Christmas trees, or a snow-filled glass vase complete with silver baubles.

REMEMBER THE SMALL TOUCHES

To create an unforgettable table, you need to add all the little details such as name cards, matching placemats and decorative ornaments. Remember that these all need to match your theme and colour scheme, or your setting may appear overcomplicated and chaotic.

Christmas decorative details: Pine wood card holders, stocking silverware holders, or sprigs of holly and mistletoe.

Photo credit: Brian Woodcock via countryliving.com, seamstoraadelaide.com, blissistherestblog.com, sayyes.com





ADELE

returns

Adele is one of the most successful female artists in history, and the universal acclaim behind *30*, her new album and the first in six years, reinforces beyond doubt the fact that in a changing, fragile, often artificial music industry, raw talent will always find a path to the top.

Perhaps what makes Adele, the Tottenham-born singer/songwriter, a cultural icon in the modern music world is an admission of her own frailties.

From relationships to confidence, through philanthropy and inclusion, the star's honesty in terms of how she positions herself is admirable. Yet there is always something real to back up the message – from the music to the five stunning *Vogue* magazine covers (three in the US, two in the UK, and the first person to achieve both at the same time), which continue to document the star's visual transformation.

From the moment the first melancholic and soulful opening lines of Adele's *Chasing Pavements* reached the world's airwaves, it was abundantly clear that the British songstress would go on to achieve big things, even if the eventual scale of her success was impossible to predict. The first single released from her 2008 debut album, *19* – named after the age at which she composed it – *Chasing Pavements* announced the beginning of a career that, some 13 years on, has seen Adele become an instantly recognisable name, face and voice across the globe.

“The first thing is to be happy with myself. to appreciate yourself – only then can you try to change things”

19 earned the star – born Adele Laurie Blue Adkins – the first of 15 Grammy Awards. More importantly, the album marked a point in time from which came the star's ever-growing list of popular records. Each is named in the same manner – *19*, *21*, *25* and *30* marking her musical milestones – and as well as the ever-increasing plaudits heaped upon their creator, each can be seen as a distinct point in Adele's journey to the elite of the musical world, littered as it was along the way with all of life's struggles.

“Every album is a phase in my life,” she says. “Each comes with a different reputation and pressure and baggage, and that can make things tough.”

Romantic relationships have often affected Adele's more melancholic musical musings, and her new album has its fair share of these. Debut single *Easy on Me* went to number one across the world, and reflected mistakes made both in childhood and adulthood; while tracks *Cry Your Heart Out*, *To Be Loved* and *Love is a Game* offer similar themes. But the singer insists she now has the ability to focus on herself, rather than dwelling on mistakes.

“I have a greater resilience to myself nowadays,” she says.

“That's just something that comes with age. In the past, I'd sit in darkness and feel sorry for myself. I loved the drama of it all.”

Now 33, things have certainly changed for Adele. The birth of her son, Angelo, in 2012 has been stated as a real turning point in her ability and willingness to call the shots; certainly the failing of her marriage to Angelo's father, Simon Konecki, doesn't seem to perplex her.

She adds: “The first thing is to be happy with myself – only then can you try to change things.”

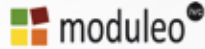
“My career's not my life; it's my hobby, but I'm glad I have it.”

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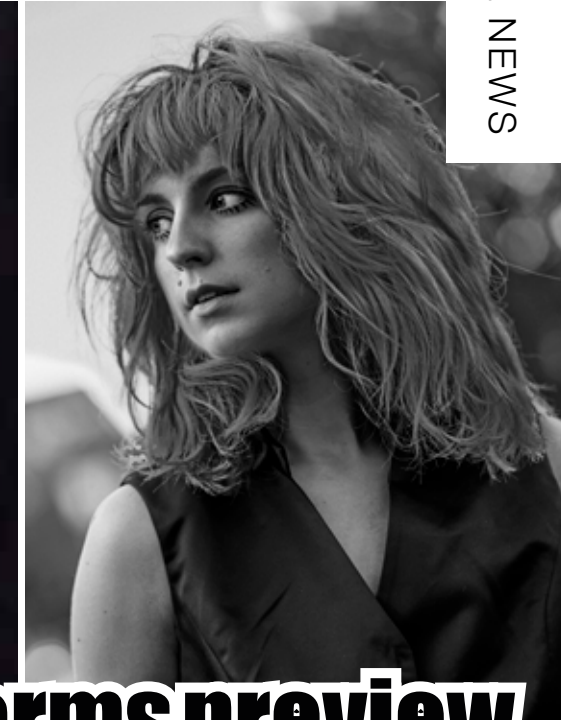
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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Singer performs preview gig ahead of new album release

An up-and-coming Loughton singer is looking forward to an exciting future after signing with a record company.

Georgia Crandon, 25, from Loughton, gave the crowd a sneak peek of her new music at a gig at the Essex Arms, Brentwood, after signing with Static Wax Records.

Georgia and her band, The Vintage Youth, break through conventional genre barriers by fusing jazz with reggae, ska, ragtime and pop.

Georgia said: "Loughton has been my home all my life, and the Essex Arms in Brentwood is one of my favourite venues to play at all time. It's where I met a lot of my current fanbase, who I adore – I call them the

Essex Massive. I owe a lot to them."

Speaking about her new album, Georgia added: "We are expecting to be able to release the album in the first half of 2022, but that will depend on vinyl production times.

"Working with producer, Darren Bazzoni, on the album has been fantastic. He understands exactly what I'm trying to create and helps me achieve it. We make a great team.

"The album will have a retro feel with an edge and a take on current day life. I can't wait for everyone to hear what we've been working on."

To find out more about the band, please visit www.georgiaandthevintageyouth.com



Football clubs' new partnership encourages girls

Leyton Orient FC Women have teamed up with Buckhurst Hill Girls (BHG) FC to give a boost to female football in the area.

To celebrate the new partnership, a group of BHG players provided a guard of honour for Leyton Orient FC Women at The Breyer Group Stadium at a recent match.

The girls stayed to cheer on Orient to another three points in a closely contested 1-0 win against AFC Stoke Newington.

Olivia Worsfold, Leyton Orient's female development officer, said: "This partnership allows us to reach even

more girls from the surrounding areas.

"Buckhurst Hill are a fantastic club and I am so pleased to have them as our very first sister club."

James Bradley, from Buckhurst Hill Football Club, said: "We're excited about the tie-up with Orient Women.

"We've grown to around 100 girls training with us now, and Orient's players and staff will provide such a positive influence towards their potential and what they could go on to achieve."

For more details, please visit www.bhfc.co.uk/girls-teams

Light up a Life to celebrate loved ones' memory

Residents gathered to Light up a Life on Loughton High Road as part of a special event.

Loughton Town Council, in partnership with St Clare Hospice, invited residents to come together with their friends and family on Saturday, November 27 to remember and celebrate the life of someone close to them and to dedicate a symbolic light in their memory.

Residents gathered in the foyer of the Loughton Methodist Church in High Road from 4.30pm, ready

for the torch-lit procession and the short walk to Kings Green.

Everyone was invited to join the event, which has become a key moment in the festive season for many local people and included the switching on of the Christmas lights on the large tree by the war memorial.

This Light up a Life event gave people the opportunity to reflect and share fond memories of loved ones at this poignant time of year.

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School pays tribute to former student

LOCAL NEWS



Photo credit: MET Police

A former Roding Valley High School student who was fatally stabbed has been hailed as a talented footballer and someone who “approached school life with great humour and positivity”.

Kamran Khalid, 18, who also attended Staples Road School in Loughton, was stabbed in Ilford on October 28. Police were called to Harrow Road, Ilford, at 3.54am following reports of a fight.

Kamran was treated at the scene, but was pronounced dead a short time later.

Ashraf Binabdulaziz, 24, and Abubakar Binabdulaziz, 18, both of Eton Road, Ilford, have been charged with Kamran’s murder.

A third person, aged 15, who cannot be named for legal reasons, has also been charged with Kamran’s murder.

Roding Valley High School headteacher, Sharon Jenner, said: “Our thoughts are with Kamran’s family and friends at this sad time. As a mark of respect, the school has opened a book of condolence for teachers and students who knew him.

“Kamran was also a former Staples Road School student and will be remembered fondly as someone who approached school life with great humour and positivity, often entertaining his classmates and teachers with funny stories.

“He was also a talented footballer who represented the school team with pride and whose turn of speed and tricky feet were often the difference between winning and losing.”

Met officer found not guilty of rape charge

A Metropolitan Police officer has been found not guilty of rape at the conclusion of his trial.

James Geoghegan, 27, of Aylesbury,

Buckinghamshire, had been accused of raping a woman in her flat in Loughton in December 2018.

He was acquitted after less than a day of deliberation by the jury, who gave a unanimous verdict at Chelmsford Crown Court on November 10, 2021.

Mr Geoghegan denied the charge and claimed that the intercourse at the woman’s home was consensual.

MP discusses eco issues with Green Champions’ Network

Dame Eleanor Laing, MP for Epping Forest, recently met with members of the Loughton Green Champions’ Network.

The group was involved with the Make COP26 Count programme in the run-up to the UK hosting the COP26 Conference in Glasgow, and met with Dame Eleanor MP to discuss environmental issues.

A group spokesperson said: “We talked about our eco church awards, how we manage our buildings in a green way, working towards being Fairtrade, providing recycling points for the community, and saved food.

“We wanted to discuss with Dame Eleanor MP two important issues where we need her help at government level, beyond our influence as individuals or within our local churches.”

The spokesperson added: “Ahead of the Paris Agreement, signed at COP21 in December 2015, developed countries committed to mobilise \$100billion a year from 2020 to support developing countries to cut their carbon emissions and support their resilience response.

“Our concern is that the UK is only meeting 71 per cent of its fair share of this \$100billion.

“This year, the UK also cut its overseas aid budget from 0.7 per cent of GDP to 0.5 per cent of GDP. The result is a reduction in UK aid of around £3.6billion, which will have a significant impact on recipients who may have been anticipating this aid.”



News from

THE ROTARY CLUB

of Loughton, Buckhurst Hill & Chigwell



LOCAL NEWS

3food4u was honoured and privileged to lay wreaths on Remembrance Sunday to remember our fallen heroes at memorials in Loughton, Ongar, Chigwell, North Weald, Epping and Waltham Abbey.

Volunteer Jackie Bonnick, after being asked to lay a wreath at the North Weald War Memorial, said: “It is something that is dear to me and to my family. We lost a number of people, as did the community, and I’m so proud to be laying a wreath in their memory. Thank you for the opportunity.”

Our tireless volunteers work around the clock to collect and sort tonnes of food and clothing every week, stopping most of it from going into landfill and saving hundreds of tonnes of CO₂ going into the atmosphere. It’s a huge logistical operation.

We take the health and wellbeing of our volunteers very seriously at 3food4u. We have free monthly gong baths (sound meditation), as well as fitness classes and NHS health checks by Provide.

Last week, we held life-saving first aid, CPR and

defibrillator training for our volunteers, delivered by Danny Hyde from Emergency First Aid Ltd.

Our 3Food4u Hubs continue as normal over the festive period.

- > Monday: Waltham Abbey 11.30am-1pm
- > Tuesday: Loughton 11.30am-1pm
- > Wednesday: Chigwell Row 5pm-6.30pm
- > Thursday: Ongar 1pm-2.30pm
- > Friday: Waltham Abbey 11.30am-1pm



Council comes first at awards



Loughton Town Council (LTC) received several accolades at this year’s Essex Playing Fields Association awards evening.

LTC received a gold certificate in Class 1 (for playing fields serving communities of more than 2,500 residents) for Roding Valley Recreation Ground, and in Class 3 (for children’s playgrounds) for Westall Road playground. Most notably, Traps Hill playground was the outright winner of the children’s playground category and was judged to be the best out of 120 competition entrants.

Attending the awards were councillor David Wixley, chairman of the Recreation Committee, and Paul Hoy, services manager. They said they were “delighted” to

receive the awards.

The Essex Playing Fields Association, formed in 1924, provides assistance and advice not only to parish and town councils, but also to independent sports clubs. The association works to protect playing fields and sports facilities, particularly against the threat of development.

It also encourages those responsible to ensure that facilities are maintained to a high standard and to promote the upgrading of facilities to reflect inclusivity.

A spokesperson for LTC said: “As the association nears its centenary year, it is hoped that those parish and town councils and independent sports clubs in Essex that are not yet members will join.”



Arsonist jailed for throwing lit match inside pub

A Loughton man who purposely set fire to a pub in Buckhurst Hill has been sentenced.

Spiros Schultz (pictured inset), of Eleven Acre Rise, Loughton, was sentenced to five years and four months in prison at Chelmsford Crown Court on October 28.

He had previously been charged at Colchester Magistrates' Court on March 8 and admitted arson being reckless as to whether life is endangered and breach of a restraining order.

The incident took place at The Three Colts pub in Princes Road, Buckhurst Hill, at around 4.50pm on February 6.

Police received a call from a member of the public who said he had witnessed a man acting suspiciously near a smashed windowpane.

The witness later told officers that he had seen

Schultz strike a match and put it through the smashed window, and a fire started inside the pub immediately. He then saw a black fuel cannister on the floor where Schultz had been standing.

Meanwhile, inside the pub, a woman living in the flat above reported hearing a bang before the fire alarms went off. When she opened her front door, she was met with a smoke, which got thicker as she made her way downstairs. She managed to escape unharmed.

Investigating officer Detective Constable Kelly Gould said: "Schultz paid no regard for the safety or welfare of anyone in the flat above it and his actions could have had tragic consequences.

"I want to praise the actions of the member of the public who witnessed what happened. Their quick thinking may well have saved the life of the woman in the flat."

Litter pickers looking for volunteers to join them

The first meeting of a new litter-picking initiative took place recently at Loughton Library after numerous delays owing to COVID-19.

The initiative was launched by Loughton Town Council (LTC) last year in the hope of helping to create a litter-free town.

LTC thanked the considerable number of residents who attended and have volunteered to become

Loughton Wombles.

Following a short briefing, litter pickers and hi-vis jackets and gloves were handed out to the attendees.

LTC is encouraging residents to volunteer to become a part of Loughton Wombles to unite and take up litter picking.

If you'd like to join in and help, contact Debbie on 020 8508 4200 or email contact@loughton-tc.gov.uk

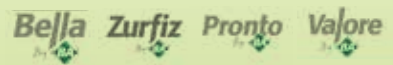
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LOCAL NEWS



New boxing academy 'thrilled' to sign up 300 members

A new boxing school in Loughton has celebrated a successful first six months in business after gaining more than 300 members.

Dennis & Dyer Boxing Academy opened its doors on Barrington Green, Loughton, in April and has become one of residents' go-to fitness establishments.

Marc Dennis and Liam Dyer, co-founders and leading boxing trainers at the academy, have recruited teachers to offer more than 35 weekly classes for men, women and children of all levels.

Marc said: "It's a great achievement and we are thrilled to have captured so many members of the local community who believe in what we are doing and come to the gym week in and week out."

The boxing academy reached a milestone when it became affiliated with England Boxing, the governing body for boxing.

The academy now also provides training for aspiring professionals, and some of its amateur boxers have since competed at elite level.

Marc Dennis said: "It was one of the key things we wanted to be able to bring to the community: a club that is affiliated with the best governing boxing association in the UK. It's time to make champions over the next two years."

The founders of the boxing academy hope to have a nationally recognised academy where people of all ages can train and keep fit.

Police appeal for witnesses following robbery

Essex Police are investigating following a robbery in Loughton.

It was reported that three people approached a man on The Broadway at around 12.25pm on Monday, November 8, and assaulted him.

The group stole the victim's rucksack before fleeing the area in a vehicle. Officers located the vehicle at around 3.40pm, but the occupants failed to stop.

The occupants later decamped in Powell Road,

Buckhurst Hill, and while officers searched the area, they were unable to locate them.

If you have any information about the incident, you can submit a report online at www.essex.police.uk or use the live chat button to speak to an online operator between 7am and 11pm.

Please quote incident 451 of 8 November. You can also call on 101 or contact Crimestoppers anonymously on 0800 555 111.

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BEFORE



AFTER

Ways to recycle your REAL CHRISTMAS TREE

An estimated eight million Christmas trees are bought every year, yet sadly, once the festive season is over, most end up in landfill. Not only does their disposal cost the taxpayer £100 per 40 trees, but each tree generates around 16kg of carbon dioxide. Here are six ways to recycle your tree – better for the planet and your pocket.

TURN YOUR TREE INTO MULCH: Use a shredder to turn your Christmas tree's branches into mulch and place around the base of your garden trees and shrubs to help prevent soil erosion and treat compaction. Make sure you wear safety glasses and gloves.

USE AS AN ANIMAL HABITAT: Help the wildlife in your garden over winter by providing them with shelter using your Christmas tree. Simply place in an unexposed corner of your garden and secure it so that it doesn't blow over. Alternatively, you could cut the tree up and create a hotel for insects.

REPLANT YOUR TREE: Not many people know that you can replant a Christmas tree, but you can, even if the roots have been chopped off. Place your tree in a pot of soil and leave to become established.

CREATE EDGING AROUND YOUR GARDEN: If you are looking to landscape your garden, why not cut the trunk of your tree into small circles and use them to create an edge around the perimeter? Alternatively, you could varnish these circles and use as coasters.

MAKE A BIRD FEEDER: Create your own superior bird feeder by placing your old tree in a heavy pot and decorating the branches with bird-friendly, edible decorations such as pine cones covered in peanut butter and bird seed, or half a scooped-out orange filled with nuts.

DONATE YOUR TREE: If you don't want to do anything with your old tree yourself, the next best thing is to donate it to your local garden centre, who will use it for chippings. Some local councils also offer Christmas tree recycling schemes.

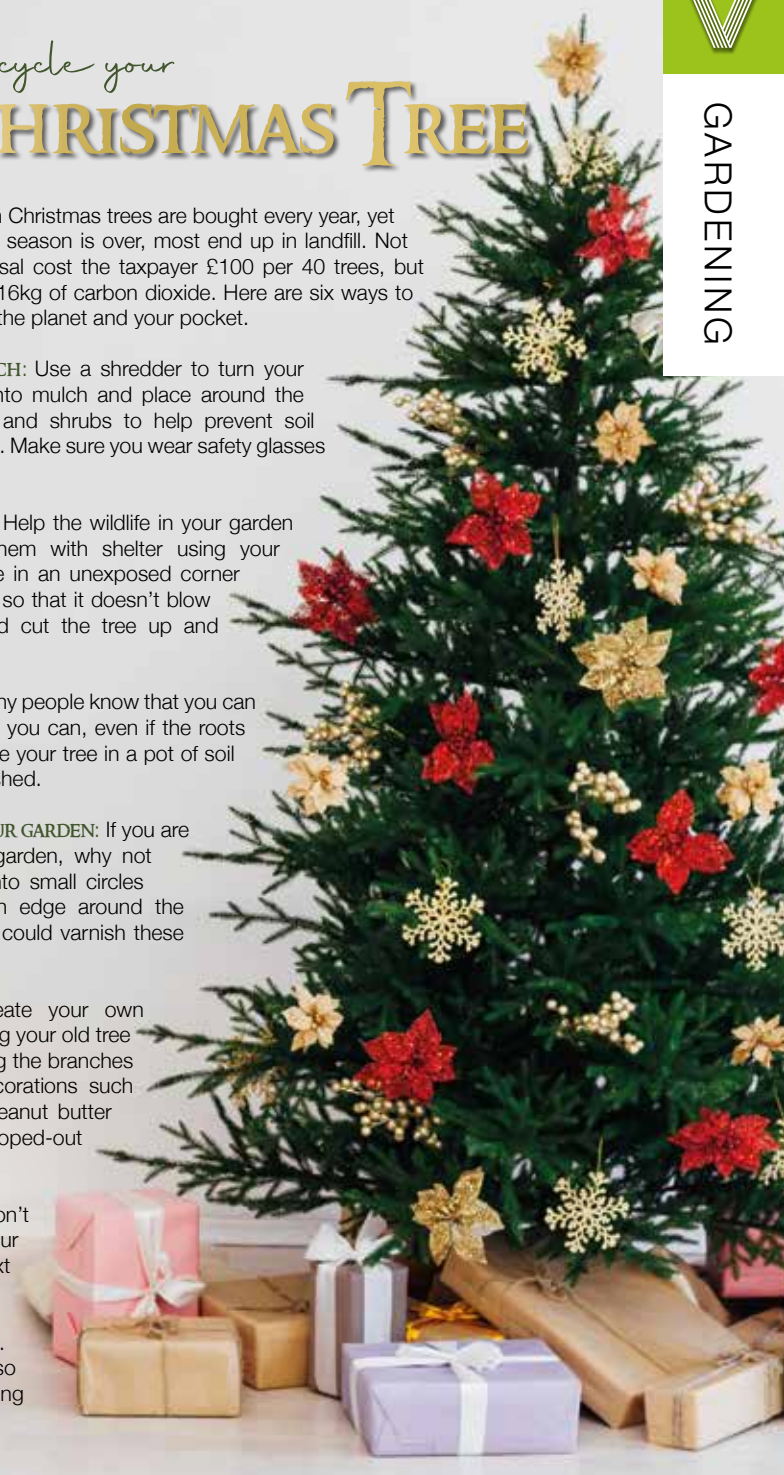
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How green IS YOUR GARDEN?



Presenter Arit Anderson and a celebration of open spaces

Arit Anderson is the garden designer, writer and presenter who takes the resplendent, relaxed vibes of our outdoor spaces and wraps them in an extra layer of green-fingered greatness.

Perhaps it's her soft voice, her welcoming tone, or just the fact that the 55-year-old flora and fauna fanatic has such a deep and delightful knowledge of the subject in hand. Whatever it is, Arit is one of a modern breed of horticulturalists taking a holistic view of our open spaces.

"For me, it's as much about enveloping yourself in the space around you, as it is focusing on individual flowers or plants or species," she says.

"The outdoors is a celebration in its totality – I think, in many ways, we are all a level on from the real precision prettiness of gardening that we used to have in the 1980s. We're a bit more rugged and

rustic now, and I love that."

That rustic element certainly helped as far as reshaping, restyling and breathing new life into people's gardens went on the hit BBC show *Garden Rescue*. With a simple premise to reinvent a homeowner's outdoor space, Arit and her trusty team worked craft and creativity in abundance.

While fans were disappointed to hear of Arit hanging up her secateurs on the series, the spare time gained does reinforce her focus on *Gardeners' World*. The presenter is also set to co-host the Hampton Court Palace Garden Festival next year.

She added: "Our gardens have been one of the things that have felt ever-present through the mire of lockdown, but being out, talking about them and sharing everything that's so exhilarating about the outdoors is the most special thing, and it's a pleasure to be doing that again."

Photo credit: Arit Anderson via transnomyde.com



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DogTV is a television channel that has been specifically created for dogs and their owners. It can be particularly useful for dogs that suffer with separation anxiety and stress. Its programmes are divided into three categories that are designed to meet a dog's typical daily cycle and to enrich their environment.

1. **Relaxation:** Soothing music, sounds and visuals will help keep your dog calm and reduce their stress levels.
2. **Stimulation:** Stimulating scenes with and without other animals, animation sequences and moving objects to encourage playfulness even when your dog is home alone.
3. **Exposure:** Special sounds and visuals to help habituate your dog and make them feel more comfortable in their environment.

DO DOGS REALLY WATCH TV?

Yes, they do! There are thousands of videos on YouTube featuring dogs watching and responding to TV programmes, with most paying attention when they see other dogs, animals or moving objects. Some dogs will respond best to visuals, while others will lie down and relax when they hear calming music.

HOW DO I SUBSCRIBE TO DOGTV?

You can select what type of subscription package you would prefer via the www.dogtv.com website. Choose an annual subscription for £59.99 or a monthly subscription for £6.99, both of which include a free seven-day trial. There is no contract and you can cancel at any time. Alternatively, you can sign up through the DogTV app on Roku, Apple TV, Amazon Fire TV or iOS/Android devices.

DOES DOGTV HAVE PROGRAMMES FOR OWNERS?

Yes, it does! There are hundreds of fun, educational and entertaining programmes for dog owners, including *The Dog Chef*, *Road Dogs*, *Paws For Love* and *Meet The Breed*.



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HISTORY

PEARL HARBOR *remembered*

LOOKING BACK TO THE BATTLE AT PEARL HARBOR, 80 YEARS AGO IN DECEMBER

Pearl City in 2021 is a pleasant enough place. It is clean, sunny, and remains very proud of its reputation as both an early site for Benjamin Franklin's railway network and a jazz hotbed in late 19th-century Hawaii.

Yet such a peaceful reputation is at odds with events in its harbour, when it came under the attack of one of the most vicious airborne onslaughts in military history.

The Japanese attack on Pearl Harbor was actually a pre-emptive move designed to limit the US army's ability to defend other areas, which were earmarked in phase two for later that day. Essentially, by ripping apart the US Pacific Fleet, it would be unable to stem the tide of attacks on British, Dutch and US territories in southeast Asia.

The Japanese began the assault on December 7, 1941. They rained down bombs on hangars and aircraft around the island, while launching torpedoes at US airships in Pearl Harbor.

Four battleships were hit immediately, with the USS *Arizona* sinking after a bomb hit its explosives stores. A total of 1,177 crew members perished.

The Japanese retreated, though as US troops began to survey the damage and regroup, a second barrage was on its way. Around 90 minutes later, 170 aircraft entered the area, again firing a devastating

array of artillery on the harbour.

By the end of the second wave, 18 US warships had been sunk or damaged, while almost 200 aircraft were destroyed.

The total number of casualties was 2,403 – all American servicemen or women.

While the attack on Pearl Harbor was monstrous and clinical, crucially the Pacific Fleet's aircraft carriers were not in the area at the time. The fact that these survived became pivotal in the Pacific War that followed, as the US made major moves in restoring balance. Eventually, they helped to tip the scales back towards the Allies and, ultimately, victory, four years later.



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KIDS

Tasty titbits for Rudolph

If your children love to leave a treat for Santa's reindeer, why not have a go at making your own this Christmas? A fun, festive activity for all ages, the below wildlife-friendly snacks can be created with just a few simple store cupboard staples and some wild bird seed.

REINDEER FOOD MIX: YOU WILL NEED:

- > A handful of wild bird seed – may include sunflower hearts, yellow millet, kibbled peanuts and black sunflower seeds
- > A few rolled oats
- > A sprinkle of dried fruit such as cranberries, raisins, sultanas and currants
- > Small amount of grated cheese
- > Some dried insects (optional)
- > A small pinch of chilli powder – this will stop the squirrels from eating the mix before Rudolph arrives

HOW TO MAKE:

- > Simply mix all of the above ingredients together and then sprinkle all over your garden or leave in a small bowl by the front door before you go to bed.

REINDEER COOKIES: YOU WILL NEED:

- > 250g lard, suet or vegetable shortening
- > 500g wild bird seed mix
- > A handful of dried cranberries
- > Christmas-shaped cookie cutters

HOW TO MAKE:

- > Melt the lard or suet in a saucepan over a low heat – do not boil. Make sure to supervise children to avoid injury
- > Stir in the wild bird seeds, making sure the mixture sticks together
- > Leave to one side for 10 minutes to start to set
- > While still soft, spoon the mixture into a baking tray
- > Spread evenly, at least 2cm deep
- > Place in the fridge to cool for 30 minutes
- > Remove mix from the tray and place on greaseproof paper
- > Use your cookie cutters to cut out your shapes
- > Leave them to chill in the fridge overnight
- > Place them on your bird table or hang in a tree.

What NOT to put out for Rudolph

- > Anything with sparkles/sequins or that contains plastic
- > Cake sprinkles or edible glitter.





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BRUCE KING

on public speaking with confidence



In his latest column, sales mentor and personal growth coach, Bruce King, discusses how to speak and present – in any setting and situation – with confidence.

I started public speaking more than 25 years ago at the insistence of the BBC, who had just published my first book and wanted me to travel around the country promoting it.

I was terrified – so much so that I hired a speaking coach to help me learn how to present with confidence.

Here are three tips, which were the most valuable she gave me:

First of all – be prepared and practise. The larger the audience you're speaking to and the more important your presentation, the more you need to prepare. There was never a truer expression than 'practice makes perfect'.

Secondly, to overcome nerves, she told me to imagine all the audience were sitting on toilets with trousers rolled down or skirts pulled up. That worked a treat.

I did it every time I first walked on stage. I paused, saw a sea of people sitting on their toilets with their trousers down and their skirts up, and it put such a big smile on my face that the audience warmed to me immediately.

Of course, they didn't know what I was smiling at.

The third thing she taught me was not to get intimidated by people you are presenting to with impressive job titles. They are just people like you and me. And they also go to the toilet.

Big businesses are nothing more than the sum total of many individuals, all working under the same umbrella. They have the same or similar concerns as you and me.

If you can help them in any way whatsoever, they will truly appreciate you.

More information:

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit bruceking.co.uk



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AROUND THE WORLD ON NEW YEAR'S EVE

Have you ever wondered how people celebrate New Year's Eve around the globe? From the funny, to the fabulous, to the ever-so-slightly frightening, discover our six favourite worldwide NYE traditions below.

SMASHING PLATES IN DENMARK

If you were celebrating the start of a new year in this Scandinavian country, you would pop over to your neighbours' house and smash a plate on their doorstep. Not an act of vandalism, but a ritual to bring good luck for the next 12 months.

EATING LENTILS IN BRAZIL

Lentils are a store cupboard essential for most UK households, but for the people of Brazil, lentils represent money. To mark the start of a new year, Brazilians tuck into a bowl of lentils in an act that is said to bring good fortune for the year ahead.

DRESSING UP AS BEARS IN ROMANIA

According to Romanian folklore, bears are special and are able to protect and heal people. Therefore, on NYE, you will see people dressed up as this wild animal to chase away evil spirits.

RINGING BELLS IN JAPAN

In both Japan and North Korea, you can expect it to get a little noisy when the clock strikes 12 as it is tradition for people to visit their local temple and contribute to a whopping 108 rings to see in the new year.

THROWING FURNITURE OUT THE WINDOW IN SOUTH AFRICA

In Johannesburg, people like to start the new year without any unwanted items in their home. But rather than take them carefully down the stairs, they throw them out of the window. Well, that's one way to spring clean.

WALKING WITH AN EMPTY SUITCASE IN SOUTH AMERICA

Believed to deliver a year full of adventures, in some South American countries, you can expect to see people walking around with an empty suitcase on New Year's Eve.



PHONE FINE

DRIVERS FACE NEW MOBILE PHONE FINES FROM 2022

New laws are set to come into force from next year to crack down on mobile phone usage while behind the wheel, with 81 per cent of people supporting the tightening of driving rules in the UK.

HOW MANY ACCIDENTS ARE CAUSED BY DRIVERS USING MOBILE PHONES?

According to the Department for Transport, 17 people were killed on the road last year in crashes that involved drivers being distracted by their mobile phones. A further 114 were seriously injured and 385 were slightly injured. More than one in six of those killed or seriously injured were either pedestrians or cyclists.

HOW IS THE LAW CHANGING?

Under current UK laws, drivers are banned from making a phone call or texting using a handheld device, unless there is an emergency. However, from 2022, drivers will also not be allowed to take photos or videos, scroll through music playlists, or play games on their phones when driving. This includes

- FROM 2022, DRIVERS ARE NOT ALLOWED TO...
- ✗ Make a phone call/text
 - ✗ Take photos/videos
 - ✗ Scroll through music playlists
 - ✗ Play games

when stationary in motorway jams and at traffic lights.

WHAT WILL HAPPEN IF YOU ARE CAUGHT BREAKING THESE NEW LAWS?

Anyone caught using their handheld device while driving will face a £200 fixed penalty notice and six points on their licence.

ARE THERE ANY EXCEPTIONS TO MOBILE PHONE USAGE WHILE DRIVING?

Drivers can still use devices such as sat navs and mobile phones using satellite navigation, but these must be secured in a cradle. They can also make contactless payments using their mobile phones when stationary.

WHEN DO THESE LAWS COME INTO EFFECT?

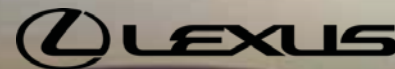
These new laws will start to be implemented from next year, with the government planning to revise the Highway Code to clearly explain the new measures to drivers. More information on the new changes to road mobile phone usage can be found at www.gov.uk

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HEAVYWEIGHT CHAMPION

of the world: Frank Bruno



SPORT

FRANK BRUNO CELEBRATED HIS 60TH BIRTHDAY IN NOVEMBER, SO WE'RE LOOKING BACK TO 1995 AND THE BIGGEST FIGHT OF HIS CAREER

In many ways, Frank Bruno seemed too much of a gentle giant to ever be a serious contender for Heavyweight Champion of the World. Certainly, that was the way the experienced fighter was portrayed in the press – he was the pantomime king with a big laugh and a kind heart.

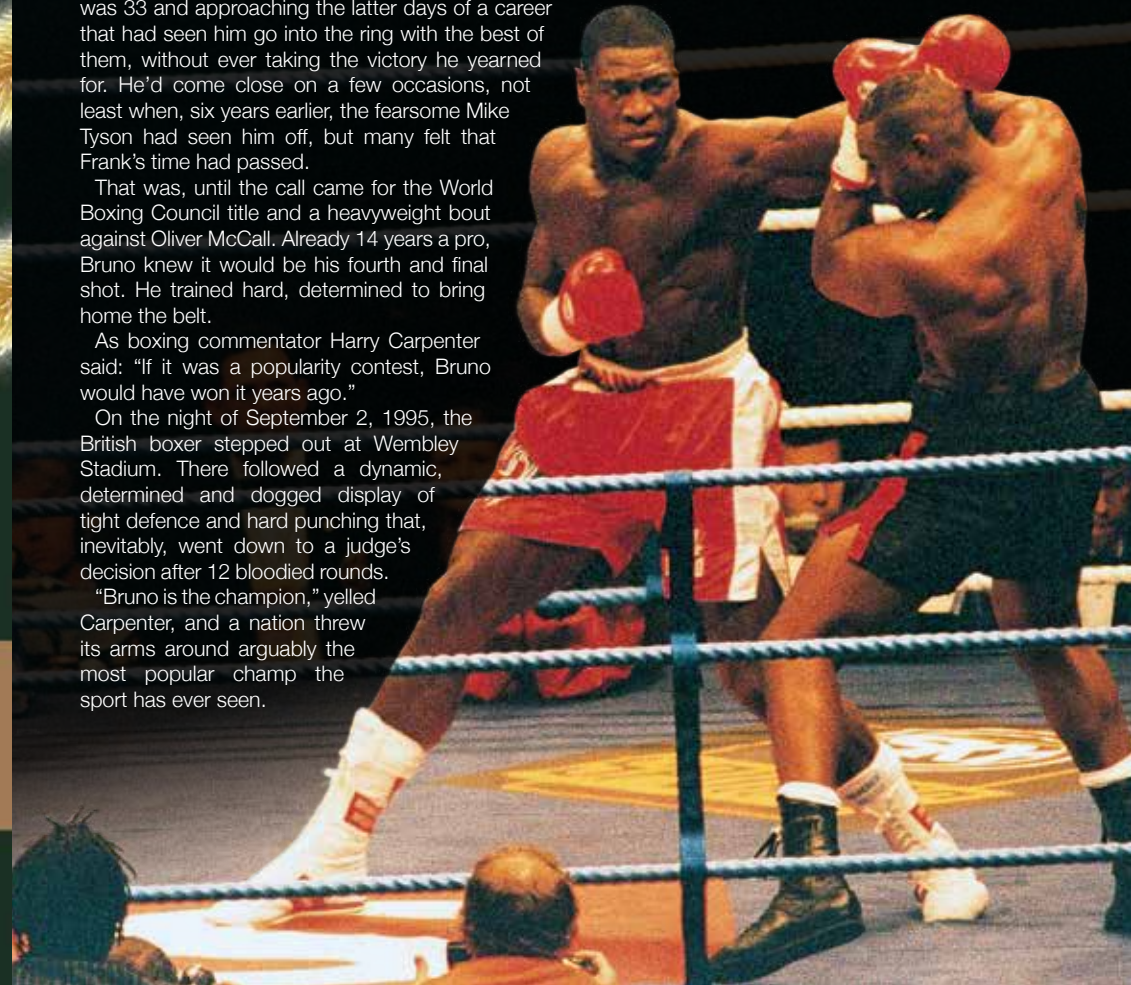
By the time September 1995 came around, Bruno was 33 and approaching the latter days of a career that had seen him go into the ring with the best of them, without ever taking the victory he yearned for. He'd come close on a few occasions, not least when, six years earlier, the fearsome Mike Tyson had seen him off, but many felt that Frank's time had passed.

That was, until the call came for the World Boxing Council title and a heavyweight bout against Oliver McCall. Already 14 years a pro, Bruno knew it would be his fourth and final shot. He trained hard, determined to bring home the belt.

As boxing commentator Harry Carpenter said: "If it was a popularity contest, Bruno would have won it years ago."

On the night of September 2, 1995, the British boxer stepped out at Wembley Stadium. There followed a dynamic, determined and dogged display of tight defence and hard punching that, inevitably, went down to a judge's decision after 12 bloodied rounds.

"Bruno is the champion," yelled Carpenter, and a nation threw its arms around arguably the most popular champ the sport has ever seen.





SPORT



Photo credit: Tom Oldham/Shutterstock

Nicola Adams: HEAR HER ROAR

In her riveting new documentary, *Lioness: The Nicola Adams Story*, it's revealed that the boxing champion was both a fighter and a survivor long before she ever stepped foot in the ring.

The 2012 Summer Olympics were remarkable in so many ways for the UK, as host city London became the global epicentre for sporting greatness. Medals were won, young athletes were discovered and legends were forged in the eternal flames of the Olympic torch. But of all the many moments of glory, 29-year-old Leeds native, Nicola Adams, becoming the first female boxer ever to win a gold medal is surely one of the most memorable.

Since her triumphant debut as an Olympian almost a decade ago, the charismatic firebrand has cemented her status as a national treasure. After winning a second gold at the Rio 2016 games, Adams turned professional, where she held the World Boxing Organisation female flyweight title two years in a row and retired undefeated.

Then, in 2020, the LGBT icon made history once

more by starring on the 18th series of *Strictly Come Dancing* as part of the show's first same-sex couple, alongside professional Katya Jones. Sadly, Adams's dancing dreams were cut short when she tested positive for COVID-19.

Yet despite her acclaim, very little has been known about Adams's journey before that momentous day in 2012, until now...

Named after Nicola's nickname in the ring, 'Lioness', the Amazon Prime Video documentary – which is available to watch now – not only features exclusive early footage of her career, but also paints a tragic portrait of her childhood, including a violent father and her mother's struggle as a single parent.

It becomes evident that the boxing ring was a refuge for the young athlete, and though she may have faced many challenges since – misogyny, racism and homophobia all feature in her quest for greatness – it was there in that Leeds boxing club where Nicola Adams found her true self, and several years on, became an inspiration to others.



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ACROSS: 1. ITCH, 3. GATHERED, 9. RATIONS, 10. MOTES, 11. PAP, 12. LEAVE, 13. LADLE, 15. OVALS, 17. SCARP, 18. SIC, 19. BISON, 20. EASE OFF, 21. EXTERIOR, 22. FEEL DOWN: 1. IRREPRESSIBLE, 2. CUT UP, 4. ABSURD, 5. HOMELESSNESS, 6. RETRACT, 7. DISRESPECTFUL, 8. BOTTLE OPENER, 14. HEADSET, 16. ALBEDO, 18. STOVE



PUZZLES & TRIVIA

PUZZLES

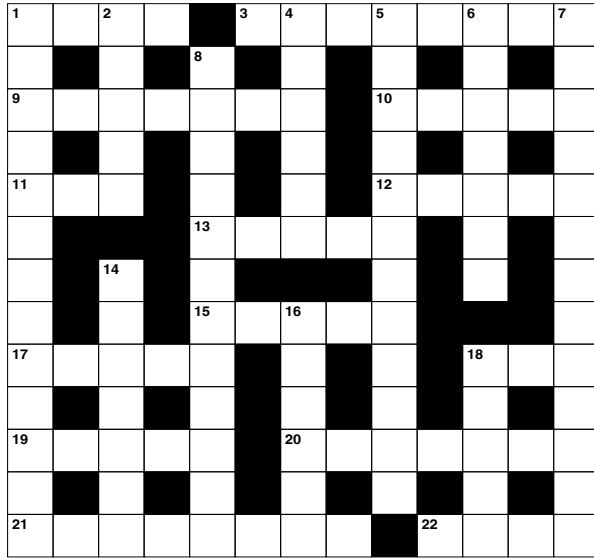
Answers: see end of The VISION Listings

ACROSS

- Skin irritation (4)
- Assembled (8)
- Allocations (7)
- Small dust particles (5)
- Drivel; nonsense (3)
- Exit (5)
- Long-handled spoon (5)
- Ellipses (5)
- Steep slope (5)
- Intentionally so written (3)
- Buffalo (5)
- Become less intense (4,3)
- On the outer side (8)
- Examine by touch (4)

DOWN

- Not capable of being restrained (13)
- Destroy (3,2)
- Utterly senseless (6)
- Vagrancy (12)
- Take back (7)
- Rude and discourteous (13)
- Metal device for removing tops (6,6)



- Receiver (7)
- Ratio of reflected to incident light (6)
- Heating apparatus (5)

DID YOU KNOW?

- ▶ An adult male lion's roar can be heard up to five miles away
- ▶ Elephants often use their trunks as 'snorkels' when swimming to help them breathe when they're underwater
- ▶ Female turkeys can occasionally develop their eggs into embryos without the need for sperm. This is a form of reproduction called parthenogenesis
- ▶ Owing to the position of horses' eyes, they can see almost 360 degrees. Their only blind spots are directly in front and behind their body
- ▶ Leopards' tails are so long so they can act as counterbalances when running, jumping or climbing trees
- ▶ Honey badgers have been listed in Guinness World Records as the most fearless animal on the planet.

SUDOKU

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

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