

**GARDEN
TO-DO
LIST
2024**

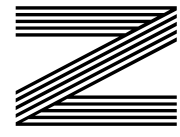
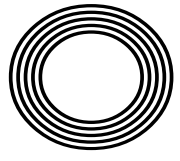
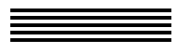
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SWEET EMBRACE
Dulux Colour of the Year 2024

TOP DESTINATIONS
for adrenaline junkies in the New Year

**MERLIN
GRIFFITHS**

Master mixologist and First Dates star opens new pub



FREE

Photo credit: Channel 4/Dave King

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Editor's notes...

DECEMBER 2023



Brett Shohet, Editor

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

We are rapidly approaching Christmas and, while the super organised among you might have already ticked off your shopping list, if you're anything like me, you'll still have a way to go!

While ordering online might be considered to be easier, supporting your local businesses comes with a whole host of benefits.

Not only will you be helping to keep your local high street alive, but you'll also be making a huge difference to the staff and owner. A purchase from you could make their week or even their month. Money spent with

local businesses will also circulate in your community, spreading the joy even further.

I hope you take advantage of the festive period to spend plenty of quality time with family and friends. While Christmas is a time for celebration, it can also be stressful for a variety of reasons, whether that's because of remembering lost loved ones or the financial burden. Please check in on those around you; simply reaching out can make all the difference.

Finally, I'd like to thank all those who have supported **VISION** this year. It's been a difficult time for businesses, so to have such a loyal and generous network behind us has helped us continue to thrive. I hope you have a very merry Christmas and a happy New Year.

Brett Shohet

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

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The harmonic voice of ALED JONES

From the almost impossibly angelic beginnings of teenaged Aled Jones MBE's first steps into the limelight, the Welshman has forged a career well beyond *Walking in the Air* and the limitations of chorister melodies.

Now 52, the presenter and actor has presence and popularity... and retains the ability to knock out a chorus or two!

Aled Jones was the 15 year old with the pitch-perfect voice whose icy vocal tones enchanted the public when Raymond Briggs' *The Snowman* was released back in 1982.

Walking in the Air was a track that became a festive anthem every bit as perfect and poignant as *White Christmas* or *Jingle Bells*, sitting as a symbol of childhood enchantment for an entire generation.

While others have confronted fame early, only for it to fade away, this was just the start for Jones. In adulthood, he gained acclaim hosting programmes such as *Songs of Praise*, where his likeable persona and warm, engaging demeanour endeared him to audiences.

In radio, Jones found a different but equally impactful avenue for his talents. As a presenter on Classic FM, he has brought the genre to a broader audience, with a tone that's knowledgeable yet approachable.

The star, who is married to Claire Fossett with whom he has two children, Emilia and Lucas, has also presented *Cash in the Attic*, *The One Show*, *Daybreak* and *Weekend* on terrestrial television.

Despite such a prolific and diverse array of work, Jones still strives to capture new audiences – as well as satisfying his loyal fans – and his latest musical endeavour is arguably his most innovative yet.

The Welsh singer recently released an album, *One Voice – Full Circle*, that transcends mere songs; indeed, it harmonises both his past and the present in that he duets with his younger soprano self.

The result is a hauntingly beautiful collection of tracks that showcases the evolution of an artist, proving beyond doubt that the singer has lost none of his talent along the way. From *Bright Eyes* to *Ave Maria* and *Scarborough Fair*, the mix of innovation and imagination is real.

"This project was like a journey through my own life – revisiting the voice that introduced me to the world, but with the perspective I have now," he explains. "It's a celebration of how far I've come and the enduring love I have for music."

Looking ahead, Jones, who appeared on *The Masked Singer* in 2022, is set to embark on a tour next year to promote the new project.

"Music is a very personal thing to a lot of people, and most of us listen to music by ourselves, and that is a lovely thing because it feeds our own interpretation and imagination in what we hear.

"Ultimately, though," he continues, "when the time comes to share songs and immerse ourselves in the collective celebration of music, we reach much further into our understanding, and from that can draw out very special memories.

"That's the thing that keeps me coming back!"

Photo credit: Ken Moray/TV/Shutterstock

THE ULTIMATE FESTIVE FLICKS

TAKING A LOOK AT THE TOP FIVE HIGHEST-GROSSING CHRISTMAS FILMS OF ALL TIME

Christmas movies have long been a staple of holiday cheer, embodying the spirit of warmth, family and festive joy. Many films have graced the silver screen, but a select few have transcended typical holiday fare to become phenomenal box office successes.

(All figures adjusted for inflation)

ONE: HOME ALONE (1990)

Box office takings: £1.1billion

Kevin McCallister, a mischievous and resourceful eight-year-old, is accidentally left behind by his family during Christmas vacation and turns his home into a fortress to fend off bumbling burglars.

This family comedy, starring Macaulay Culkin, blends slapstick humour and holiday warmth, becoming a perennial favourite and the highest-grossing Christmas film ever.

TWO: HOME ALONE 2: LOST IN NEW YORK (1992)

Box office takings: £915.95million

The sequel to the original hit follows Kevin as he mistakenly boards a flight to New York while his family heads to Florida. In the Big Apple, he again encounters his previous assailants and must outwit them in this hilarious, uplifting adventure.

THREE: DR SEUSS' HOW THE GRINCH STOLE CHRISTMAS (2000)

Box office takings: £587million

This live-action adaptation brings the whimsical world of Dr. Seuss to life. Jim Carrey's portrayal of the Grinch offers a perfect blend of comedy and emotion, exploring the true meaning of Christmas beyond the commercial frenzy.

FOUR: A CHRISTMAS CAROL (2009)

Box office takings: £552million

This animated rendition of Charles Dickens' timeless classic uses state-of-the-art motion capture technology. It narrates the tale of Ebenezer Scrooge's transformation from a miser to a kind-hearted man after being visited by three supernatural beings on Christmas Eve.

FIVE: THE GRINCH (2018)

Box office takings: £544million

Illumination's 2018 adaptation of Dr Seuss' classic tale reimagines the iconic green recluse with a heart two sizes too small. Voiced by Benedict Cumberbatch, the Grinch's journey from a Christmas-hating hermit to a holiday hero has charmed audiences worldwide.

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PROTECT your locks

NINE TOP TIPS TO WINTERPROOF YOUR HAIR THROUGH THIS COLD SEASON

Winter can challenge your haircare routine before you know it, with cold temperatures and harsh conditions transforming your silky tresses into a dry, tangled mess. But it doesn't have to be like that. Follow these tips to keep your hair looking healthy and vibrant all season long.

- 1. Wear a hat:** Cold weather can damage your hair, so when it's chilly, wear a hat with a soft lining.
- 2. Cut back on shampooing:** Daily shampooing removes natural oils, so aim to shampoo your hair no more than two or three times a week.
- 3. Dry your hair before going out:** Wet hair can freeze and break in cold weather, so always make sure your hair is dry before stepping outside.
- 4. Eat a balanced diet:** Foods rich in vitamin C (e.g. citrus and berries) and omega-3 fatty acids (e.g. salmon and walnuts) will help keep your hair healthy.
- 5. Limit heat styling:** Tools like curling tongs and

straighteners can dry out your hair. In winter, try embracing the natural look or, if you've got long hair, experiment with braids and buns. You might be pleasantly surprised by your styling skills!

- 6. Tame the frizz:** Use a laundry dryer sheet to smooth pesky static flyaways.
- 7. Use nourishing products:** Winter is the time to indulge in good-quality moisturising conditioners, hair masks and oils.
- 8. Avoid bleach:** Many hair dyes, particularly blonde shades, can seriously dry out your hair. So think about going natural for the winter – or choose a darker shade.
- 9. Stay hydrated:** Drinking plenty of water will keep your hair hydrated, making it shinier and less prone to breakage.

Winter doesn't have to mean bad hair days. With these straightforward tips, you can keep your hair healthy and glowing all season, whatever the weather.



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TORN tights

Tights are a winter staple, keeping your legs warm and protected from the elements.

However, they are arguably one of the most frustrating garments to keep in good condition.

HOW TO PREVENT RIPPED TIGHTS

Clip and file your toenails

To prevent holes or rips in the toe section of your tights, make sure that you keep your toenails clipped and filed. Also, consider buying tights with reinforced toes.

Remove any snags

If you notice any thread sticking out from snagged areas on your tights, then these need to be removed as they can easily turn into holes. While wearing your tights, simply pinch the area around the loose thread and use scissors to cut it off as close to the base as possible.

Wash your tights in a mesh bag

Always put your tights in a mesh bag before placing them in the washing machine. Alternatively, handwash your tights and then allow them to air dry. Never wash tights with underwired bras as they can easily become snagged.

Put them on gently

Before putting on tights, remove any jewellery such as rings or bracelets. Then sit down and, holding your tights at the waist, gently gather each leg with your thumbs until you are at the toe of your tights. Next, gently slide your feet in, one at a time, and pull your tights up, keeping your thumbs inside to avoid snagging.

HOW TO STOP A RIP/RUN FROM GETTING WORSE

Nail polish

One of the most popular ways to stop a run from getting any bigger is by applying nail polish. Clear nail polish is best as it won't show as much, but any colour will work.

Hairspray

Hairspray works by temporarily stiffening the fibres of your tights and is a great method if you are in a rush as it dries almost instantly.



FASHION





A gentle form of massage that is remove toxins from your body and circulation and blood flow, lymphatic drainage massage is becoming increasingly popular among people looking to reverse the effects of a poor lifestyle.

WHAT IS LYMPHATIC DRAINAGE MASSAGE USED FOR?

Lymphatic drainage massage is used to relieve painful swelling in the arms and legs that is caused by lymphoedema. This type of massage is often used to relieve lymphoedema after breast cancer surgery, but it can be beneficial for other conditions, including: Rheumatoid arthritis | Fibromyalgia | Chronic venous insufficiency | Lipoedema | Deep vein thrombosis

More recently, lymphatic drainage massage has become popular as a cellulite-busting treatment owing to its ability to boost the stimulation of lymph circulation. It can also be used to improve digestion, aid sleep, and support faster muscle recovery after exercise.

HOW DO YOU PERFORM LYMPHATIC DRAINAGE MASSAGE?

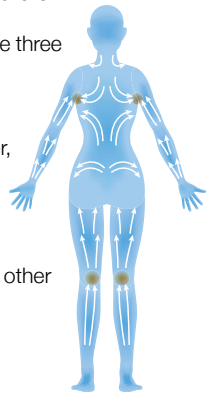
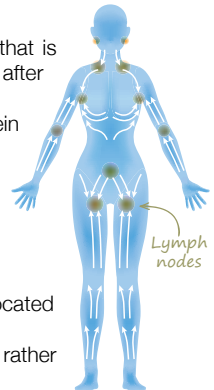
- 1. Use a light touch: Be careful not to press too hard as the lymphatic vessels are located right under the skin.
2. Stretch the skin: Unlike most other types of massage, you should stretch the skin rather than move along it.
3. Massage with the normal lymph flow: To stimulate natural flow, make sure you are massaging towards your trunk and heart.
4. Go slow: As you massage the lymph vessels, make sure you do so slowly. Ideally, take three seconds to perform each stretch.

WHERE ON THE BODY CAN YOU DO LYMPHATIC DRAINAGE MASSAGE?

Most commonly, this type of massage is carried out on the legs or the arms. However, it can be performed all over the body, including on the neck, shoulders, chest and stomach area.

ARE THERE ANY ASSOCIATED RISKS?

In most cases, lymphatic drainage massage is a safe treatment for lymphoedema and other health concerns. However, you should not undergo this treatment if you have: A heart condition | Blood clots | Kidney failure | An infection
If you are pregnant, speak to your doctor before undergoing this treatment.



Radfield Home Care advertisement featuring a testimonial from Sara, a list of services (Wellbeing, Personal care, Dementia care, Companionship, Household tasks, Outings & activities, Medication support, Assistive technology), and contact information (0208 154 1753, chingford@radfieldhomecare.co.uk).

epr services Ltd advertisement for Home Support & Domiciliary Care, listing types of care (Domiciliary care services, Live-in-care, Special areas), a testimonial, and contact information (0208 088 0934, www.eprservices.co.uk).



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help you to lose weight!

WHAT IS YERBA MATE?

Yerba mate is a type of herbal tea
that originates from South America
and is made by steeping dried leaves from the yerba
mate plant in hot water. It can be served hot or cold
and, like black and green tea, it contains caffeine
which can help you to feel more alert and focused.
Yerba mate has a very distinctive taste that can be
strong, bitter and slightly vegetal. In terms of aroma,
it has been described as having a eucalyptus smell.

HOW MUCH CAFFEINE IS IN YERBA MATE?

Depending on how you brew it, the average cup
of yerba mate contains 70mg of caffeine. In
comparison, the average cup of coffee contains
120mg of caffeine and a cup of green tea contains
around 25mg.

WHAT ARE THE HEALTH BENEFITS?

There are so many associated benefits of drinking
yerba mate, including:

- > Improved mental focus
- > Enhanced physical performance
- > Protection against infections
- > Weight loss and reduced belly fat

- > Reduced risk of heart disease
- > Lowered blood sugar levels

ARE THERE ANY SIDE EFFECTS?

If you are sensitive to caffeine, you may
experience some side effects such as an
upset stomach, trouble sleeping, feeling
nervous or restless or a faster heartbeat
if you consume too much yerba mate.
However, studies show that
most people can safely drink up
to 1.5 litres of yerba mate a day.

HOW TO PREPARE YERBA MATE

1. Add one or two yerba mate
teabags to a mug – these can be
bought online and at most health
food shops.
2. Moisten the teabags with cool water.
3. Fill the mug with hot water.
4. Steep for five minutes and then
remove the teabags.
5. Flavour to taste with honey,
sugar or sweetener.
6. You can also add mint,
ginger or orange peel if
desired.



V DANGEROUS LIATSONS

TRAVEL

For many, the thrill of going on holiday is enough. For a proportion of others, though, it's only half the attraction, and venturing away from home to push levels of bravery and bravado is much more the ticket. With that in mind, then, here are four all-adventure destinations for dynamic daredevils to tick off their bucket list.

ONE: Patagonia. Split between Argentina and Chile, Patagonia is a huge area that surrounds the Andes mountain range, showcasing everything from National Parks to glaciers, hikes, caves and volcanoes.

Combining staggering natural beauty with all the risk and reward of different landscapes and a very different culture, going off-piste in Patagonia could just be the most daredevil thing you can do.

TWO: Iceland. A country of extremes, Iceland is as beautiful as it is challenging, and many adventurers cannot resist the urge to hike and climb around glaciers, waterfalls, geysers and volcanoes.

While dealing with the ice or diving deep into the Silfra fissure is a thrill a minute, it's also rewarding to hire a car and venture off on the Iceland Ring Road (also known as Route 1) – an 800-mile highway that circles the country.

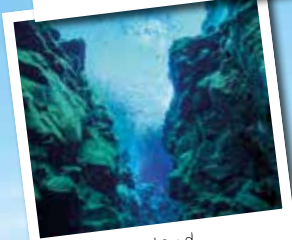
THREE: The Dolomites. We associate Italy with relaxing, restorative experiences around great food and passionate people, yet the Dolomites – and a vast array of climbing, mountain-biking and hiking options – will take you off the beaten track, inviting you to test your mettle against some punishing terrain.

The rewards for adventure seekers are stunning views and crisp-clean air.

FOUR: South Africa. We know Cape Town as a beautiful, cultural city, but it also has a reputation as an adventure junkie hotspot, with surfing, abseiling (off Table Mountain, no less), diving with great white sharks and a prevalence of gyrocopter aircraft flights that can be taken as a way of enjoying the area's stunning coastline.



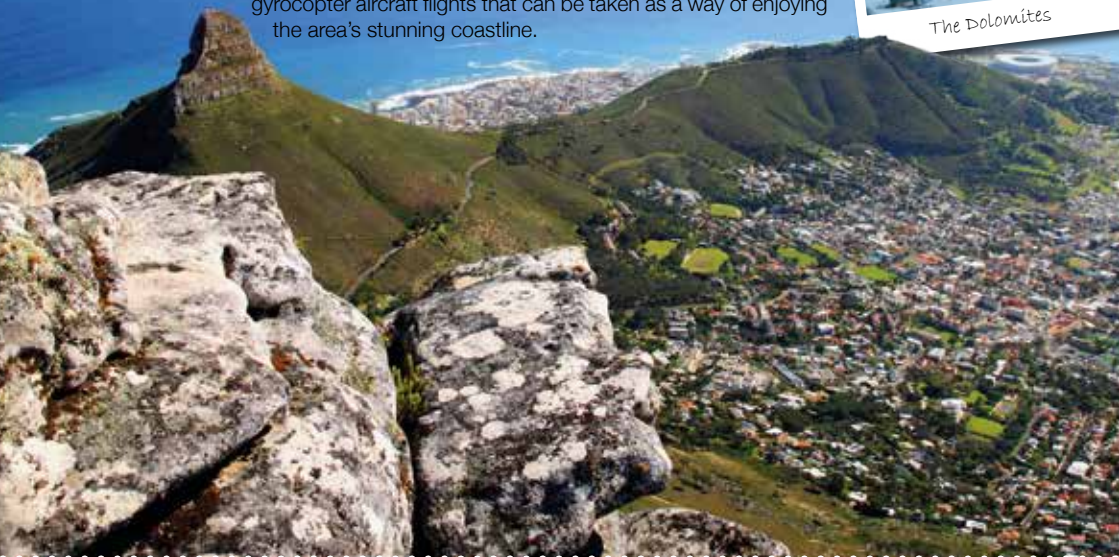
Patagonia



Iceland



The Dolomites



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MINCE PIE

Mania

In the 13th century, Crusaders returned to Britain from the Middle East with a novel pie idea: minced meat, dried fruits, spices and wine. By Victorian times, the meat had vanished, and the modern mince pie emerged. To create your own version of these timeless treats, follow the recipe below. Remember, as well as the ingredients, you'll need a standard 12-hole muffin tin and two round pastry cutters – one measuring 9cm in diameter for the pie bases and one measuring 7.5cm for the lids.

MINCEMEAT

YOU WILL NEED: 225g mixed dried fruits (raisins, currants and sultanas) | 110g Bramley apple (peeled, cored and finely chopped) | 110g shredded vegetable suet | 150g demerara sugar | Zest and juice of 1 orange and 1 lemon | ½ tsp ground cinnamon | ¼ tsp ground nutmeg | ¼ tsp ground cloves | 2 tbsp brandy or rum (optional)

1. Mix dried fruit, apple, suet, sugar and citrus zest in a bowl.
2. Add citrus juice, spices and alcohol (if using) and mix well.
3. Cover and let it sit in a cool place for a day or two to enhance the flavours.

PASTRY

YOU WILL NEED: 175g plain flour | 85g unsalted butter, cold and diced | 2-3 tbsp cold water | A pinch of salt | A little extra flour for rolling

1. Combine the flour and salt in a large bowl.
2. Rub in the butter until the mixture looks like fine breadcrumbs.
3. Gradually add the water, mixing until the dough forms.

ASSEMBLING AND BAKING

1. Preheat your oven to 190°C/180°C fan/ gas mark 5.
2. Roll the pastry out until it is about 3mm thick.
3. Using the cutters, cut out 12 bases and 12 lids.
4. Press the bases into the muffin tin and fill almost to the top with mincemeat – no need to grease the tin as the pastry's high fat content will stop it from sticking.
5. Brush the top edges of the pastry bases with a bit of cold water, cover with the lids and press the edges to seal.
6. Bake for 20-25 minutes until golden.



FOOD & DRINK

A CULINARY JOURNEY BEYOND BOUNDARIES AT TANISHQ

Nestled in the heart of the prestigious Toot Hill neighbourhood in Ongar, Essex, Tanishq stands out as a beacon of modern Indian fine dining excellence. From the moment you step through its doors, the restaurant offers an experience that transcends the ordinary, inviting you on a culinary journey like no other.

CULINARY DELIGHTS ★★★★★

Tanishq boasts a Michelin Star Experienced Chef, whose culinary expertise is evident in every dish served. The menu is a masterpiece of flavours, a fusion of traditional Indian recipes with a modern twist. Each dish is a work of art, meticulously crafted to tantalize your taste buds and challenge your palate. The chef's commitment to using fresh, high-quality ingredients is apparent in every bite.

EXPLORATION OF FLAVOURS ★★★★★

What sets Tanishq apart is its bold commitment to exploring new Flavours. The menu is a testament to the chef's creativity, showcasing a range of dishes that bid farewell to the ordinary and embrace the extraordinary. From innovative appetizers to sumptuous main courses and delightful desserts, each element is carefully designed to surprise and delight diners.

PARTY PERFECTION ★★★★★

Tanishq is not just a restaurant; it's a venue for celebration. With the ability to cater for parties and group bookings, this culinary gem is the perfect choice for those special occasions. Whether you're hosting an intimate gathering or a grand celebration, Tanishq's impeccable service and exquisite cuisine ensure an unforgettable experience for you and your guests.

STUNNING AND CLASSY DECOR ★★★★★

The ambiance at Tanishq is a harmonious blend of modern elegance and traditional charm. The

TANISHQ
RESTAURANT & BAR

stunning and classy decor creates an inviting atmosphere, setting the stage for an exceptional dining experience. The attention to detail in the interior design reflects the restaurant's dedication to providing a feast for the senses, not just through taste but also through sight and ambiance.

CONCLUSION

In the world of fine dining, Tanishq shines brightly as a beacon of culinary excellence. With a Michelin Star Experienced Chef at the helm, an adventurous exploration of flavours, and an ambiance that exudes sophistication, this restaurant is a must-visit for anyone seeking a dining experience that goes beyond the ordinary. Tanishq has truly redefined modern Indian fine dining in Essex, leaving patrons with memories of exquisite flavours and a desire to return for more.

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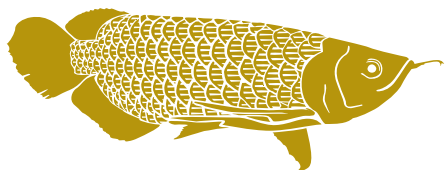
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Photo credit: duluxdecoratorcentre.co.uk, AkzoNobel

Dulux Colour of the Year 2024 Sweet Embrace



HOME & DIY



This is one of the most greatly anticipated announcements in the world of interior design: Dulux Colour of the Year 2024 has been revealed as Sweet Embrace.

What colour is Sweet Embrace?

Sweet Embrace is a delicate pale pink that is both soft and comforting. A metamer colour, meaning it changes tone with the light, in the early morning it appears crisper before turning into a more blush pink as the day goes on. Referred to as a 'modern neutral', Sweet Embrace can help to unite the different elements in a room and create an uplifting atmosphere.

Why was Sweet Embrace chosen?

This colour was chosen by the experts at Dulux as a shade that represents the global mood and a universal need for clarity and joy. Marianne Shillingford, colour expert and creative director at Dulux, said: "While being a beautiful stand-alone colour, it's a hue that matches perfectly with so many other shades, so that decorators can use it as

a backdrop to build a totally individual space upon."

Ways to use Sweet Embrace in your home

1 Paint your window frames
As a metamer colour, Sweet Embrace is a perfect colour choice for painting your window frames, enabling you to capture its light-changing qualities throughout the day.

2 Colour-drench a room
Colour-drenching involves drenching a whole room in one shade to create a sense of calm cohesion. This means painting all the surfaces rather than just the walls, and it can make a room appear more spacious and contemporary.

3 Update your woodwork
This versatile shade is ideal for use as an alternative to white to update the woodwork in a room, such as the skirting boards and door frames.

4 Embrace the ombre paint technique
Ombre is making a big comeback in 2024 and, as a neutral colour, Sweet Embrace has the ability to seamlessly blend into other soft shades to create a stunning sunset effect.

INTERIOR DESIGN PROFILE

MADDUX CREATIVE



Sophisticated, playful, beautiful. That's how Maddux Creative describes its decorative style. Full of life and colour, each space it creates is unique, with designs that have won acclaim all over the world.

If you love bold colours, patterns and textures, then Maddux Creative will serve as the perfect inspiration to bring your interior aspirations to life.

THE STORY BEHIND MADDUX CREATIVE

Maddux Creative is run by Scott Maddux, originally from Tennessee, and Jo Le Gleud from the UK. They met on a dancefloor in the 1990s, and brought their shared creative experience together in 2011 when they founded their Peckham-based studio.

The pair describe their work as "an alchemy of design: an intricate tapestry of form and texture. A celebration of colour." Throughout their designs it's clear that these elements are central, using the features of the room to create spaces that are striking and unique. They take inspiration from a range of influences, which keeps things wonderfully refreshing.

RECREATING MADDUX CREATIVE'S STYLE

What's great about Maddux Creative's aesthetic is that there are no set rules, allowing you to recreate

their style in your own home. Some tips to give you a dash of inspiration include:

- Be brave with colours and textures. Mixing and matching styles can add a quirky touch that keeps spaces fun and unique, so choose the pieces that you're drawn to and which reflect your personal style. Popular colour combinations include pinks and greens, blues and yellows, and reds with greys or gold.
- Tonal looks can make a striking impression. Choose a solid base colour such as blue or green and add lighter/darker accents in the same shade – using furniture and accessories in different shades to create a multilayered look.
- Plants and flowers add life and can make your space feel more lived-in – an affordable way to transform your decor.
- Floral patterns add a classic touch that still feels modern in the right setting. From patterned lampshades to tapestries and cushions, you can use florals or stripes to add some individual touches that will bring the different styles in your space together.

Wonderfully unique and making colour popular again, Maddux Creative provides the perfect inspiration to go bold and have fun with your interior design.

Photo credit: madduxcreative.com



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Midas Touch

ADDING A TOUCH OF GOLDEN GLAMOUR TO YOUR HOME THE AFFORDABLE WAY

Looking to add a touch of contemporary sparkle and charm to your Christmas decor? You're in for a treat! In this DIY project, we'll show you how to transform plain glass vases, jars and votives into dazzling gold masterpieces. The best part? You don't need any special skills, though a steady hand is useful! And it's an ideal project to do with older children.

Get ready

YOU WILL NEED:

Gold foil sheets | Gold foil adhesive | Adhesive brush
| A large brush (like a powder brush) for removing excess gold foil | Small glasses or votives (make sure they're clean and dry – washing-up liquid and a piece of dry kitchen towel should do the trick).

All these items are available online or in most arts and crafts shops.

Apply the adhesive

Carefully apply the gold foil adhesive to the areas on your glasses where you want the gold foil to stick. The adhesive will need some time to become tacky.

The time can vary with different makes, so follow the instructions on the packaging carefully.

Apply the foil

Once the adhesive is tacky, apply the foil directly from the paper it comes on. Press the sheet onto the glass where you've applied the adhesive. Then, carefully remove the paper backing, leaving the gold foil attached to the glass. If necessary, use your fingers to smooth it out.

Brush away excess and leave to dry

Using the large brush, remove any excess gold foil and let your decorated objects dry for a few hours. For extra protection, you can seal them with a suitable clear sealant or varnish specially made for glass and delicate surfaces – following the manufacturer's instructions.

Once complete, fill your glass items with a candle, fairy lights, flowers, winter twigs or pine cones. Sit back, admire your creations, or consider giving them as gifts to help spread the festive feeling.



HOME & DIY

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Whiffy WASHING



HOME & DIY

Do you sometimes forget to take your washing out of the machine and it all starts to smell a bit musty? Or perhaps your washing machine is past its best and prone to bad odours? Either way, if you want your laundry to smell amazing, try these top tips and tricks.

Allow it to sit for 10 minutes and then wash in your washing machine on its usual cycle.

MAKE YOUR OWN DRYER SHEETS

Dryer sheets have a number of uses, such as to soften, eliminate static and remove bad odours, and you can easily make your own. All you need is a small piece of cotton fabric from an old t-shirt or sheet and 5-10 drops of an essential oil such as lavender or eucalyptus. Place in your dryer for the last 10 minutes and your clothes will smell amazing.

USE SCENTED DETERGENTS OR FABRIC SOFTENER

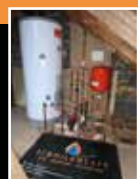
One of the simplest ways to make your washing smell good is to use a scented washing powder or fabric softener. However, it is worth noting that these can leave residue in your machine, which can cause mildew over time.

TACKLE MUSTY SMELLS

If you have left laundry in your washing machine for too long, it may start to smell a little musty. Fortunately, you can easily rectify this by filling your machine with the hottest water your clothes will tolerate and adding one cup of vinegar. Leave to soak for 10 minutes and then wash as usual but with the addition of one cup of baking soda. Voilà no more musty smells!

PRE-TREAT SMELLY STAINS

If an item of clothing has a bad odour owing to a smelly stain, then simply mix one tablespoon of baking soda with a little bit of water to form a paste and then apply directly to the offending spot.



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CARE *for your* SPARE

Having a spare room is a luxury. If you're lucky enough to have one, but it needs some TLC, see our tips below for how you can revive it before your next guests arrive.

A COMFY BED: Sleep for a night on your existing spare room bed to check if it's okay for your guests. If it isn't, but you can't afford a replacement, get a new mattress or mattress topper.

SOMEWHERE TO WRITE: Every guest room needs a work surface of some kind to use as a dressing table or desk. If space is tight, think about a drop-down version or even a thigh-level wide shelf.

THE PERFECT CHAIR: A big armchair is a lovely idea if you've got the space. If you haven't, choose a compact version and add some inviting cushions.

HANG IT UP: Hanging space is more useful than a chest of drawers. If there's no space for a wardrobe, get some coat hooks or a clothes rail. A rail with a shelf is ideal.

SOFT, WARM LIGHTING: A good bedside lamp is essential. A slim, unobtrusive floor lamp is also a great addition.

MIRROR, MIRROR, ON THE WALL: A good-sized mirror, preferably full-length, is a fundamental element for a spare room.

SAVVY SUITCASE STORAGE: Your guests will want somewhere to easily access their bags. Foldable luggage racks are great and can be hidden away when not in use.

FINAL TOUCHES: A rubbish bin is always practical for any guest room – but choose something pretty. And don't forget a carafe of water. Add seasonal decorations such as fairy lights at Christmas; Easter eggs for spring; low-maintenance green plants like snake plants, succulents and orchids in summer; and pumpkins for Halloween.



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FIRST DATES BARMAN MERLIN GRIFFITHS HAS A RENEWED TASTE FOR LIFE

It's perhaps slightly crass to state that many a romantic liaison has been made comfortable with the aid of an alcoholic loosener, but the evidence is there in pubs, bars and restaurants the length and breadth of the country, every day of every week.

One dining space in particular – that of the *First Dates* restaurant – has used the expertise of a master mixologist to great effect. This responsibility fell to Merlin Griffiths, who this year celebrated a decade on our screens.

"The time has flown by in a haze of romantic resplendence," jokes the 48 year old. "I've seen thousands of people pass through, and it's a thrill to witness a happy ending."

And many there have been – a recent study found that three per cent of first dates ended in marriage, with the Channel 4 show boasting numerous weddings and even the patter of tiny footsteps.

As the trusty barman charged with easing the nerves of hopeful romantics, Griffiths – who has a wife, Lucile, and young child – knows his role is significant; though as a pub owner himself, he is used to the responsibility bestowed on a good host.

"It's an underrated occupation, I think. It's a job that requires you to be present, engaging, interesting, knowledgeable on a wide range of subjects and, on occasion, firm with how punters are behaving! There are also extreme antisocial hours and it's a physical job where you're always on your feet, but I love it."

Griffiths' sense of perseverance was put to the test in 2021 when the *First Dates* barman was diagnosed with bowel cancer. He underwent surgery and recently celebrated the milestone of a year 'all clear'.

"It has been a tough road, but one I am now emerging from. While there have been some very sombre moments in there, what the experience has done is to reinforce in me a desire to appreciate everything around me, to fight, and to achieve."

Treatment has meant Griffiths has been unable to engage in one of his favourite hobbies. A keen cyclist, he previously completed the John O'Groats to Land's End cycle ride in nine days. Many years ago, before his big break, he was a cycle courier in London.

"I love cycling, but if there's one job I'd rather not have back, it's that one," he laughs. "It was a great way to stay fit, but you were taking your life in your hands on a daily basis."

"Dealing with a rowdy pub customer or a feuding couple of *First Dates* seems tame in comparison!"

Griffiths' taste for innovation was played out at Royal Ascot last year when, in conjunction with Harrogate Spring Water, he launched the first no-alcohol bar.

He's also set his ambitious sights on opening a new pub, The Dog & Gun in Walton, which is expected to open soon.

He says: "It seems to be a time when opportunities are coming along, and for the first time in a couple of years I can fully commit to them."

"I am lucky that I work in an industry that will always be here. We are social creatures – certainly in this country! – and there's nothing better than watching people converse and interact."

'Essex has always been a part of who I am'



Photo credit: BBC Jack Barnes/Kieron McCarron

While Adam Woodyatt owes much to his long-standing role as Ian Beale in the BBC soap opera *EastEnders*, we reveal why the actor likes to heap equal praise on the influences of his childhood, and in particular, his time spent in Essex.

Adam Woodyatt was born in Walthamstow in 1968. Although the Victoria Line suburb had renounced its ties with Essex three years previously, the outgoing schoolboy would soak up the influences of Chingford and South Woodford in his early life.

Perhaps it is an appreciation for that simple 1970s suburban upbringing – Woodyatt attended Forest School in Epping Forest, before the family relocated to Wales – that permeated so perfectly into his authentic portrayal of the rugged, pessimistic businessman Ian Beale.

“Essex has always been a part of who I am,” he begins. “It’s in my blood and has significantly shaped my approach to life and acting. I love its honesty!”

The actor, who is half Welsh, frequently travelled to London for castings as an aspiring young actor, and was working as a butcher when the call to join *EastEnders* came. Since 1985, his portrayal of Beale has captivated viewers, and his return to Albert Square this year excited fans.

“Ian is hapless in many ways, though ultimately always trying to do the right thing, and I think there’s a fair amount of that in me too,” says the actor, who recently volunteered to work in a fish and chip shop in Southend-on-Sea to pass the time.

Beyond the confines of Albert Square (and serving up cod), Woodyatt’s versatile talent has illuminated stage and television screen alike. And recently, his stint away from full-time acting has offered the star the chance to tour his native Essex... in a camper van, no less!

He said: “Feeling free, getting on the road, and hunting out all those childhood places of old, has been a magical ride for me, and one I want to continue taking.”

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Originally a modest structure, perhaps built for a Saxon nobleman, Greensted Church has evolved through the centuries. It bears the marks of various architectural styles and religious practices that have influenced its design over time.

The church's walls, crafted from vertically set split oak trunks in a 'stave construction', are particularly

noteworthy. This method is complemented by the 19th-century brick chancel and Victorian restorations, together presenting a harmonious blend of various historical periods.

Greensted Church's connection to St Edmund, the martyred king of East Anglia, further elevates its historical importance. As the site where his body reputedly rested in 1013 en route to burial, the church has long been a focal point for pilgrimage and reflection.

More than a religious site, Greensted Church stands as a cultural beacon, embodying the continuity of faith and community. It serves as a serene witness to the evolving landscape and societal changes surrounding it.

Venturing into this sacred space, visitors are transported beyond the confines of the present. Each step within its walls is a journey through time, connecting the present to a past that remains vibrantly alive. Greensted Church is not just an architectural marvel; it's a living narrative of faith's resilience and the understated elegance of history.



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Saturday, December 9,
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Photo credit: Bedford House Community Association

Join Anne Daniels, Alice Spain and Susie Spain for a relaxing Christmas wreath workshop. Guests will take home a Christmas wreath and a table decoration.

Please bring any items you would like to use to make your decorations personal, like tinsel or small baubles. Sprigs, pinecones and the metal circular base will be provided at the workshop.

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St Mary's Church, 201 High Road,
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Saturday, December 9, 7pm

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ESSEX RETRO FOOTBALL SHOW

The Loughton Club, 8 Station Road,
Loughton, IG10 4NX
Sunday, December 10, 10.30am – 2pm

The Essex Retro Football Show returns for a Christmas special featuring stall-holders showing off football memorabilia and panini giveaways. Expect to see stickers, programmes, books, shirts, and much more.

Admission is free. For more information, please visit www.facebook.com/EssexRetroFootballShow

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Loughton Royal British Legion, 118 Church Hill,
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Sunday, December 17, 12pm

Join Michael Leavy Jr following a sold-out show in October for an afternoon of Sunday soul. Featuring guest host Dean Ferris, guests will enjoy a full Christmas dinner with all the trimmings before an unforgettable vocal performance.

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Wednesday, December 20, to Friday, December 22, 10am – 3pm

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The Loughton Club, 8 Station Road,
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Sunday, December 31, 9pm

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Photo credit: Strongbox

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TECHNOLOGY

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MARIO: The Italian plumber from the titular Nintendo franchise is the Japanese company's flagship character, and actually got his name from the resemblance to the Nintendo Washington warehouse landlord.

The Mario franchise has sold more than 776 million copies worldwide.

SONIC THE HEDGEHOG: It's been more than 30 years since Sega's official mascot came to our screens. The hedgehog character first appeared in his own standalone game on the Mega Drive – later called the Genesis – in 1991.

However, the blue anthropomorphic hedgehog actually made a cameo appearance slightly earlier that year on the arcade driving game *Rad Mobile*, Sega's first 32-bit release.

LARA CROFT: The *Tomb Raider* franchise arrived on the scene in 1996 with Lara Croft, the ultimate feminist hero, about to alter perceptions further in an already fervent era of girl power.

The archaeologist travelled the world in search of ancient artefacts, and did so with such dynamism that she spawned a string of successful movies, played by Angelina Jolie in 2001 and 2003, then reprised by Alicia Vikander in 2018.

DONKEY KONG: Nintendo game director Shigeru Miyamoto, whom we can thank for the creation of the Mario character, also created *Donkey Kong*. With 80 million copies of the game sold since its release in 1981, it also has seven Guinness World Records to its name, including First Use of Visual Storytelling in a Video Game.

Donkey Kong was developed in a bid to beat another arcade classic, *Pac-Man*. Mario features in the original version as 'Jumpman'.

PAC-MAN: Upon its release in Japan in 1980, *Pac-Man* wasn't the hugely successful videogame it has since become. A slow-burner that has become synonymous with arcade machines, alongside Galaxian and Space Invaders, the cute characters weren't an instant hit with users, but are now seen as iconic. The eponymous character tries to eat all of the dots and evade the ghosts in a maze.

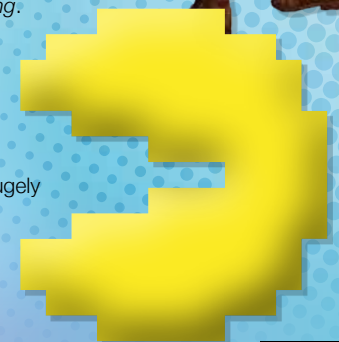


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If you're after a tempting but simple festive cookie to make this Christmas, look no further than these cute melting snowmen biscuits. They taste delicious and are a great way to involve kids in the kitchen – but be prepared to get sticky! The below recipe makes 10 biscuits.

YOU WILL NEED:

For the biscuits: 100g butter | 100g caster sugar | ½ tsp vanilla extract | ½ a beaten egg (about 2 tbsp) | 200g plain flour (and a bit extra)

For decorating: 10 standard white marshmallows (not the mini ones) | 100g icing sugar | A tube of black writing icing | Some ready-to-roll orange fondant icing | Chocolate beans

HOW TO MAKE THE BISCUITS:

- Heat the oven to 200°C/180°C fan/gas mark 6 and line a baking tray with parchment paper.
- In a large bowl, beat the butter and sugar together till smooth using a wooden spoon. Then beat in the vanilla extract, egg and finally the flour to make a dough. Chill in the fridge for 15 minutes.
- On a floured surface, roll out the dough with a rolling pin to roughly 5mm in thickness.
- Using a 9cm biscuit cutter or the rim of a 9cm glass, cut out 10 shapes.
- Bake for 8-10 minutes till golden, then cool.

HOW TO DECORATE:

- Put the icing sugar in a bowl. Add cold water, a teaspoon at a time, till the icing is just runny.
- Spread the icing on the biscuits and pop a marshmallow near the edge of each one.
- Use the black icing pen to draw the arms and eyes.
- Use the orange fondant to create a carrot nose.
- Then add the chocolate beans for the snowmen's buttons.



Photo credit: recipesfromapantry.com



DRAIN ME!

Is your garden flailing rather than flourishing? If yes, this could be because you have not implemented a good drainage system. Essential for preventing waterlogged soil, erosion and unhealthy plant growth, here's how to improve the drainage in your garden.



SPIKE YOUR LAWN

If the soil in your lawn becomes compacted, then this can cause winter waterlogging. To prevent this from happening, spike or aerate the soil so that rainwater can flow down into the ground more easily. This can be carried out with either a garden fork or a lawn aerator tool.



GROW MORE PLANTS

One of the simplest ways to improve the drainage in your garden is by growing more plants. For best results, plant vegetation that is compatible with your soil type. For example, some hydrangea species are great for regulating wet soils, while clay soil benefits from species such as geranium.



BUILD RAISED BEDS

Raised beds that are made from either bricks or timber provide a great solution to poor garden drainage and offer a much better environment than the boggy earth below. Make sure you fill them with lots of quality, free-draining topsoil to help your plants thrive.



CREATE YOUR OWN COMPOST

Soil that has high organic matter content is better for drainage as it allows excess water to easily drain through it. By creating your own compost, you can have unlimited access to organic matter that is perfectly suited to your garden and its soil.



INCORPORATE SLOPING SURFACES

Surface water is a problem in many gardens but can be easily managed with the use of sloping surfaces. For example, you could combine steps and raised beds, create depth with tiered planters, or arrange large slabs of rocks to help direct water.

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January

- ☐ Plan and prepare for the year ahead.
- ☐ Take stock of inventory (seeds, pots, etc) and assess your garden layout.
- ☐ Put out water and seeds for the birds.

February

- ☐ Start sowing seeds indoors, such as tomatoes, peppers and aubergines.
- ☐ Add compost or organic matter to your garden soil.

March

- ☐ Sow cool-season crops such as lettuce, spinach, carrots and beetroots directly in your garden.
- ☐ Protect tender plants from late frosts.
- ☐ Clean and tidy your greenhouse.

April

- ☐ Transplant seedlings that require a longer growing season, such as tomatoes, peppers and herbs.
- ☐ Plant perennial flowers and pot-grown fruits, such as strawberries.
- ☐ Turn over the soil in your garden to loosen compaction.

May

- ☐ Regularly water your garden and apply mulch around your plants to conserve water and stop weeds.
- ☐ Use bedding plants to fill your garden with colour.

June

- ☐ Monitor your garden for weeds and remove them.
- ☐ Regularly fertilise your plants with organic fertiliser.
- ☐ Water and mow your lawn frequently.

July

- ☐ Water your plants deeply and less frequently.
- ☐ Monitor plants for aphids and spider mites.
- ☐ De-head bedding plants.

August

- ☐ Harvest your summer crops, preserving excess produce through canning, freezing or drying.
- ☐ Start planning your autumn garden by removing spent plants and amending the soil.

September

- ☐ Directly sow seeds of salad greens, rocket and Swiss chard.
- ☐ Harvest mature summer crops.

October

- ☐ Prepare your garden for winter by harvesting the remaining autumn crops, removing any debris and dead plants and adding compost or organic matter to replenish nutrients.
- ☐ Trim and shape your hedges.

November

- ☐ Clear up fallen leaves, especially from lawns, ponds and beds.
- ☐ Plant tulip bulbs for a spring display next year.
- ☐ Wrap young plants and trees to protect them from frost.

December

- ☐ Reflect on your year's gardening journey and plan for the year ahead.
- ☐ Order seeds and supplies for the year to ensure you have everything you need.

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These days most homeowners suffer from a lack of storage space. So many precious items that need to be kept - but where to store it all? That's where Home Counties Loft Ladders come in.

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watchwords are Quality, Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesmen, so our customers are assured of the best job.

Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and value in that we offer our services at a price people can afford.

Our business relies on referrals and we get a huge amount of our calls from people who have been referred to us by our existing customers

- that simply wouldn't happen if we didn't adhere to our overriding principles.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for

every installation we carry out!

So, if you want to make use of your loft space, call Jamie free on 0808 301 9551 and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft!



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Take your garden from **NEGLECTED**



GARDENING

TO **PERFECTED**

When life gets busy, our gardens are often near the bottom of the list when it comes to dishing out some TLC. Yet no matter how badly your outdoor space may have been neglected, it won't take much to bring it back to its former glory.

RESEARCH YOUR REVIVAL

Decide on what you want to include in your garden – perhaps an eye-catching water feature, a rustic path, a flamboyant array of flowerbeds, or a children's play area. The first step is to write and sketch your flora and fauna phoenix from the flames.

SUN SORCERY

When planning areas, consider at what times of the day you'll be using the garden most, and where the sun rises and sets. Maximising light and warmth will increase your enjoyment of your outdoor space.

CROP, DON'T CHOP

Trees and bushes in an overgrown garden can make it seem as though nature has reclaimed the space, yet once you start trimming back these dominant growers, you'll find a garden that has space, light and a feeling of openness.

GRASS IS GREAT

Don't be afraid of employing a large grass area – it is practical and beautiful, and even the roughest of overgrown expanses can be brought back to life with some lawn seed and a dedicated period of watering.

Also consider sowing wildflowers around the sides of the grass area for a magnificent mini meadow.

PERFECT PATHS

Garden paths are not just practical; they look great too, and will help to guide the eye better than anything you can plant.

Breathing new life into a garden path by jetwashing, adding a layer of stones or even tiling will rejuvenate your garden. And if it lies directly next to grass, use an edging tool for an even sharper look.

BE BOLD

Finally, be brave. There are few things in a garden that won't grow back, so you can afford to be bold when making changes or cutting things back.



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Saturday 30th December 2023

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HOW TO MAKE A DIY PET

CHRISTMAS CRACKER

Do you like to involve your pet in the excitement of Christmas Day? If yes, then you are going to love making them their very own Christmas cracker complete with edible treats and festive toys.

WHAT YOU WILL NEED:

A toilet paper roll or kitchen towel roll | Tissue paper, wrapping paper or newspaper | String or ribbon | A selection of edible treats and small toys

HOW TO MAKE:

- > Take an empty toilet or kitchen towel roll, depending on how big your pet is and how many treats you want to include. For medium-sized and large dogs, a kitchen towel roll is best as you can fit more in.
- > Stuff your chosen treats/toys into the toilet or kitchen roll. Don't worry about overstuffing!
- > Cut your tissue paper, wrapping paper or newspaper so that you have enough to wrap your roll, leaving 5cm of paper at each end.
- > Twist off the ends and loosely secure with string or ribbon.
- > You could also make a personalised name tag using a small piece of card and a felt tip pen or by writing directly onto the paper.

NB: Do not stick on any embellishments such as bells or plastic decorations as these are potential choking hazards. Make sure you remove the tissue/wrapping paper once they have got to the treats so that they do not try to eat it. Always monitor your pet when they are opening their Christmas cracker, and do not include a "bang" element as this may scare them.

What to put in your DIY pet Christmas cracker

- > Edible treats such as chew sticks, meaty bites and biscuits
- > Small festive toys such as a felt bauble with catnip or a candy cane plush
- > A small paper hat or festive bow and a pet-themed joke.





youbet!

MEET ONE OF THE UK'S WEALTHIEST BUSINESSWOMEN

The online betting industry has radically changed not just our lifestyle habits, but the way we view competitive sport too.

From an era where betting was only ever the domain of somewhat scruffy men in high street bookmakers, often with the smell of beer and cigarettes lingering in the air, to a modern reworking where the option of placing money on a sporting event can be done from the comfort of one's armchair.

The online betting market is always a topic of much debate and conjecture. Whether or not you believe there is a moral issue at play, the success of those who pioneered the industry is undisputed. When Denise

Coates – who was awarded a CBE in 2012 for her services to community and business – registered the bet365 domain name in the year 2000, neither she nor co-founder John, her brother, could have foreseen the incredible changes to the industry that were to follow.

In fairness, Denise did have some previous knowledge of the industry – her father, Peter Coates, known for his chairmanship of Stoke City Football Club, had run a successful bookmaker firm, Provincial Racing, which she joined after graduating from university with a first-class degree in ergonomics.

Using a £15million loan secured against the company's betting shop estate, bet365 was one of the first to try out the untested online market, at a time when the internet was awash with uncertainty and suspicion over online transactions.

Wind forward 20 years, and bet365 is one of the leading players in the market with annual revenues of more than £2billion, thanks to more than £36billion in betting transactions each year.

Coates rewards herself tidily – her wage in 2020 was said to be £421million, which is higher than all FTSE 100 Index CEOs combined.

It is an amount that reflects perhaps not her workload, but certainly the game-changing element brought about by one of the UK's most powerful female entrepreneurs.




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YOUR WINTER CHECKLIST TO ENSURE YOU'RE PREPARED FOR THE ROAD AHEAD

If your car broke down or you got stuck in a really bad traffic situation during the winter months, would you be able to keep yourself and your family warm and safe until help arrived or you were able to be on your way again?

What to keep in your car during winter:

- ✓ A torch and batteries – do not think that you can rely on the torchlight on your smartphone
- ✓ Warm clothes such as a coat, hat and gloves, and blankets
- ✓ Ice scraper and de-icer to keep your front and rear windscreen clear
- ✓ In-car phone charger
- ✓ High-visibility clothing
- ✓ Jump leads or jump-start cables
- ✓ An empty fuel can
- ✓ Food and drink, including a hot drink in a flask
- ✓ Shovel in case of a snowstorm or blizzard
- ✓ Two warning triangles
- ✓ A pair of sunglasses to minimise glare from the winter sun

POWDERY checklist

Before each journey during the colder and darker months of the year, it can be a good idea to go through the POWDERY checklist.

P is for petrol (or diesel). Do you have enough petrol/diesel? Do you know where you can fill up?

O is for oil. Check your oil levels before you leave.

W is for water. Check both your radiator and your screen washer.

D is for damage. Check your wipers and lights for signs of wear and tear. Make sure your windscreen and windows are free from snow and ice.

E is for electrics. Check that your lights, indicators and controls are working as they should.

R is for rubber tyres. Make sure that your tyres are well inflated and free from damage.

Y is for you. Are you fit to drive? Have you slept well? Are you taking any medication that could affect your ability to drive safely?





Newton's pple Tree

WOOLSTHORPE MANOR ... THE BIRTHPLACE OF BRIGHT IDEAS

Sir Isaac Newton, one of history's greatest scientists, was born on January 4, 1643 (Christmas Day 1642 Old Style) in Woolsthorpe Manor, an old farmhouse near Grantham in Lincolnshire.

Newton lived at the manor until he left to attend the University of Cambridge in 1661. When the Great Plague of London erupted in 1665, Newton returned home. And it was here that he embarked on some incredible work, developing new ideas about light, optics, calculus, motion and gravity.

AN APPLE A DAY

The most famous story about Newton and Woolsthorpe involves an apple. The story goes that when Newton saw an apple drop from a tree in the orchard, he started to think about the forces that make objects fall. This led him to develop his Law of Universal Gravitation. The law explains why things fall to the ground. And it explains why objects in the universe move towards each other.

The law is usually written as:
$$\mathbf{F} = \mathbf{G} \frac{(m^1 \times m^2)}{r^2}$$

F – force, or the pull between two objects

G – gravitational constant, which is a special number used to figure out the strength of gravity

m – mass, or the size of the two objects

r – the distance between the centres of the two objects

DYNAMIC DISCOVERIES

As well as his work on gravity, Newton developed three laws of motion that helped us understand how things move and interact with each other, and laid the groundwork for much of modern physics and engineering.

WHAT CAN I SEE AT WOOLSTHORPE?

You can see the tree that inspired Newton's work, although it's probably a more recent tree that regrew from its original roots.

You can also visit the manor itself, including a recreation of Newton's workroom. In addition, there's a hands-on science centre.

For more information, visit www.nationaltrust.org.uk/visit/nottinghamshire-lincolnshire/woolsthorpe-manor or call the National Trust on 01476 860338.



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SPORT

The classic 2004 box office comedy film *Dodgeball* involved what most people thought was a new sport, yet its roots actually go right the way back to the turn of the 20th century.

And yet, there is now a new take on the idea that has emerged in recent years. Utilising foam-tipped arrows that are fired from low-poundage bows, competitors created something of a hybrid between dodgeball and archery – dodgebow.

The sport was invented by three friends from Montreal, Canada. The trio had played combat archery and wanted to develop the idea further. Subsequently, the company Dodgebow was created. The sport sees two teams of up to 12 members battle for 45 minutes in a weapon-laden arena filled with inflatables which can be used as obstacles or objects to hide behind.

The aim is for the teams to gather weapons from the centre of the arena, position themselves strategically, and then eliminate each of the

opposing team's players by shooting them. A player can bring back an eliminated teammate by catching an arrow.

Dodgebow, also known as archery tag, is a rapidly growing sport and is already played in more than 30 countries around the world.

There are also extensions to the game, including Bullseye (all opposing team targets can be hit instead of striking out players), No Loyalty (a 'Blue on Blue' hit means the receiving player must change teams), and Capture the Flag (one of three opposing team flags must be taken back to your own base).

Using safe equipment means dodgebow is fun and exciting to play, with emphasis on both working as a team and individual brilliance.



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ACROSS: 1. RADIATOR, 5. OSLO, 9. FACET, 10. CULPRIT, 11. INHOSPITABLE, 13. ANYHOW, 14. ASKING, 17. SIGNIFICANCE, 20. GYMNAST, 21. EXULT, 22. SNAG, 23. ANATHEMA
DOWN: 1. RIFT, 2. DECEIT, 3. ASTROLOGICAL, 4. OCCUPY, 6. SHRUB, 7. OUTWEIGH, 8. OLD TESTAMENT, 12. PASSAGES, 15. INCLUDE, 16. LISTEN, 18. GAMMA, 19. ETNA



PUZZLES & TRIVIA

PUZZLES

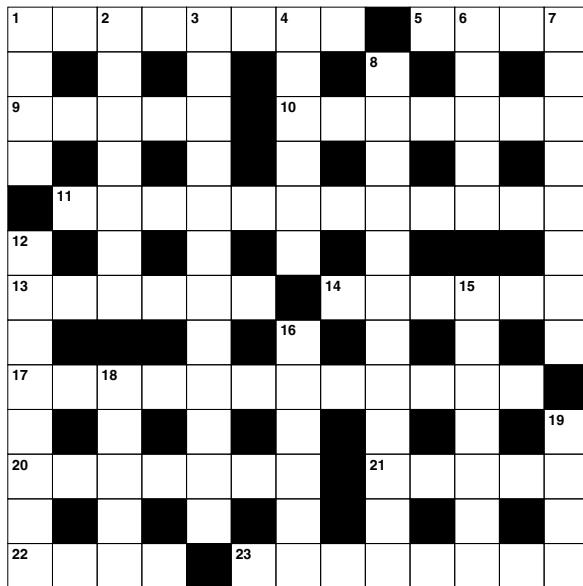
Answers: see end of The VISION Listings

ACROSS

1. Object that gives out heat (8)
5. Capital of Norway (4)
9. One side of a gem (5)
10. Guilty person (7)
11. Unfriendly (12)
13. In a careless manner (6)
14. Requesting (6)
17. Importance (12)
20. Flexible athlete (7)
21. Show triumphant joy (5)
22. Obstacle (4)
23. Formal curse by a pope (8)

DOWN

1. Crack (4)
2. Propriety and modesty (7)
3. Relating to horoscopes (12)
4. Hold a position or job (6)
6. Small woody plant (5)
7. Be heavier than (8)
8. First part of the Bible (3,9)
12. Corridors (8)
15. Have as a part (7)
16. Heed (6)



18. Third Greek letter (5)
19. Volcano in Sicily (4)

DID YOU KNOW?

- Reindeer hooves are specifically adapted for their environment. The cloven shape spreads their weight more evenly, helping them to walk across snow and soft ground, while their sharp edges provide traction in icy conditions.
- Some types of reindeer do actually have red noses as a result of densely packed blood vessels, which help to regulate their body temperature.
- In spring, reindeer sometimes form super-herds of 50,000 to 500,000.
- Reindeer fur is hollow, helping to trap air and providing insulation to stay warm. This also makes them excellent swimmers.
- Reindeer migrate an average of 12 to 34 miles per day, travelling as much as 3,100 miles each year in their search for food.

SUDOKU

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

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