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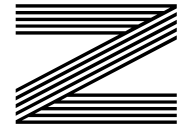
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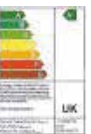
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Editor's notes...

DECEMBER 2021



Nik Allen, Editor

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

I will start by wishing you all a merry Christmas, and I pray it is a better one than last year.

Last December, we were told we could not visit our Friends and Family. Plans being cancelled at the last minute was a tough pill to swallow, especially after the challenges we faced in 2020. But hopefully this winter, we won't face any more lockdowns.

It's at this time of year that I always like to look back on the past 12 months, and for most of our clients, it's been a great recovery year.

We have all tried not to get too carried away, as 2020 taught us to be cautious. But as long as you have your health and the love of Friends and Family, I would say you have had a pretty good 2021.

In this month's edition, we feature Adele, who is making her musical comeback with her new album. We also report on the new emergency fraud hotline, 159, as well as marking 80 years since the Pearl Harbor attacks. Wishing you a wonderful end to the year and a fantastic 2022.

Nik Allen

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

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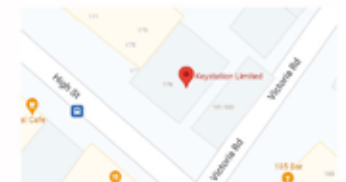
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GOOD COP, BAD COP

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 \$20billion 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.





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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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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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A GUIDE TO Tablescaping

TOP TIPS FOR DECORATING YOUR TABLE THIS CHRISTMAS



HOME & DIY

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, bleissintherestblog.com, sayyes.com



A timeless kitchen for a modern baker



Mr and Mrs D had invested in an old building in their perfect location and had a great vision for their ideal kitchen.

A keen baker, Mrs. D runs her own business providing a home baking range of 'Free From Mixes' to help people with some food intolerances bake delicious muffins and cookies without worry. She had helped out at some of Regal's "cookaholics events" run by Emma at the showroom so already knew about some of the different kitchen ranges on offer, she was pleased when she was introduced to senior designer John.

It became clear fairly early on that they couldn't stretch to an in-frame kitchen but were delighted when they saw a sample of a faux in-frame MDF door. This allowed some of their budget to be allocated to quality finishes and appliances such as the Neff flex-induction venting hob in conjunction with Neff 'Slide & Hide' creating the dream for a keen cook.

The white Corian contrasts beautifully against the indigo door and the antique mirror splashback (as well as keeping the wall brick) adds a timeless feel to the whole room. The wine cellar housed under the floor is a great addition that our customers will use for years to come.

Mrs. D said she is grateful that Regal were able to fulfil her dream and still be mindful of the budgetary restraints and also added: "From



design consultation to delivery and then after care, Regal have been amazing. Going above and beyond to help us realise our perfect kitchen, we really can't recommend them enough. And we are extremely happy with our new kitchen".

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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 copper pipe 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: cassielairny.com

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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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Precautionary measures in place following bird flu case

An isolated outbreak of avian influenza – also known as bird flu – has been confirmed at a premises in North Fambridge, Maldon.

This is the second outbreak of avian influenza in Essex in two weeks; however, there is no evidence to suggest that the two outbreaks are linked.

The response is being led by Essex County Council, Maldon District Council, Chelmsford City Council, Rochford District Council, and the Animal and Plant Health Agency. Health officials have visited the site and taken several actions, including testing and cleansing.

Avian influenza is a disease that mainly affects birds, but on rare occasions it can affect mammals, including humans. Consequently, several precautionary measures will be put in place. There have been no cases found in people in connection with this outbreak.

Officers will be visiting 965 houses and commercial properties within a 3km zone, detailing actions that

need to be undertaken and what to do in the event of a suspected case.

Residents are required to notify Essex County Council of any poultry on their premises and to avoid moving poultry in and out of the 3km zone.

The Food Standards Agency has said that, based on the current scientific evidence, avian influenza poses a low food safety risk for UK consumers. Properly cooked poultry products, including eggs, are safe to eat.

The risk to the general public's health is very low, but anyone who is concerned should call NHS 111 or speak to their GP.

Councillor John Spence, Essex County Council's cabinet member for health and adult social care, said: "It is important to reassure people that the risk of anyone becoming infected as a result of an outbreak like this is extremely low.

"We will be visiting premises around the site."

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Giving Tree brings happiness to children

LOCAL NEWS MALDON



Photo credit: kidsout.org.uk

A family entertainment centre, based in Maldon, has teamed up with a charity to help children whose parents have had to flee their homes.

The Madison Heights Family Entertainment Centre has again teamed up with KidsOut, a charity that collects Christmas gifts for children who are living in women's refuge centres across the UK owing to domestic violence.

Madison Heights asked residents to help families have a magical Christmas via the Giving Tree project.

Residents were asked to pop into Madison Heights on Park Drive, from December 1 to 12, to select a gift tag from the Giving Tree. Each tag included a child's name, age and the gift they wished to receive for Christmas.

Residents then donated the desired gift to Madison Heights to distribute to children in need.

Sarah Pharoah, manager at KidsOut, said: "These brave mums have fled domestic abuse to seek sanctuary in refuge, often leaving with only the clothes on their backs – no money, toiletries or even basic items for their children.

"Each year, this affects approximately 20,000 children. Many of these children suffer horrific abuse, both mental and physical. They have not had the innocent childhood that we wish for our own children."

To find out more, visit www.madisonheights.co.uk

Residents urged to apply for eco-friendly homes scheme

People across the Maldon district are being encouraged to check if they are eligible to receive help with their homes under a new scheme.

Under the Green Homes Grant Local Authority Delivery scheme, delivered by energy efficiency firm, Warmworks, on behalf of Maldon District Council and with funding provided by the government, householders can apply to receive improvements to increase the comfort and warmth of their homes.

The scheme offers a wide range of insulation measures and renewable heating technologies, which are designed to support homes to reduce their impact on the environment, including air source, ground source and hybrid heat pumps.

Warmworks will arrange a survey of the homes of eligible householders to agree on the work that will be carried out.

Find out if you are eligible by completing the form at surveys.est.org.uk/s/GreenHomesGrantSchemeLAD

Four men jailed for aggravated burglary

A Maldon man, together with three others, was jailed for attempting to rob a cannabis factory in Forest Gate.

Dominic Fowls, 27 (pictured) of Southend Road, Maldon; Kris Tiller, 39, of Meadow Lane, Wickford; Edward Nadif, 33, of Victoria Dock Road, E16; and Daren Cohen, 33, of Vignoles Road, Romford, all pleaded guilty to aggravated burglary.

Nadif also admitted an offence of possession of an imitation firearm.

Last month, all four men were handed prison sentences at Snaresbrook Crown Court – Fowls six and a half years, Tiller seven years, Nadif nine years, and Cohen seven and a half years.

An investigation was launched after police were called to a residential address in Reginald Road, E7, in the early hours of January 14, 2020, following reports of a disturbance.

Officers attended and Nadif was arrested inside the address. A search of the area was carried out and Fowls, Cohen and Tiller were also detained.

All four had forced entry into the address and Nadif had threatened the sole occupant with an imitation firearm before they began stealing the cannabis plants. However, they were disrupted by officers who had quickly attended the scene.



Photo credit: Met Police

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LOCAL NEWS

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Photo credit: Google Maps, Burnham on Crouch Town Council via BBC



District council leader steps down following dispute

Wendy Stamp, the Independent councillor representing Burnham-on-Crouch North (pictured inset), has stepped down as leader of Maldon District Council (MDC) after police were dispatched to a council meeting.

A video surfaced that appeared to display an incident between a councillor and the spouse of the council leader at the meeting.

Heybridge Parish Council chairman, Richard Perry, shared a video on his social media that appears to show a confrontation between cllr Stamp's husband, Barry, and Heybridge West Independent councillor, Chrisy Morris.

Cllr Stamp's husband allegedly got into a heated argument with cllr Morris when Morris repeatedly interrupted a meeting last month.

In a statement, cllr Stamp says she is taking the

necessary measures to ensure that the abuse that MDC and its employees have been subjected to in recent weeks comes to an end.

With the backing of 25 Maldon councillors, a league of councillors released an open letter on November 15 to call for a stop to the "confrontational" behaviour witnessed at the meeting. This follows MDC's Enough is Enough campaign, in response to ongoing attacks on staff and key workers.

Following cllr Stamp's resignation, councillor Richard Siddall has been announced as the interim council leader for MDC.

Cllr Siddall said: "The letter supports the need for zero tolerance towards hate crime, backing the Enough is Enough campaign launched by the council.

"The abuse and harassment of staff and elected members of this authority has got to stop."

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Two organisations given grants worth over £40k

Two organisations, including one in Burnham-on-Crouch, will receive grants from the Culture Recovery Fund.

The Rio Cinema in Burnham-on-Crouch will receive £42,284 and the Combined Military Services Museum in Maldon will receive £43,084.

The cinema and museum are just two of the 925 cultural organisations across England that will benefit from awards totalling £107million in the latest round of Culture Recovery Fund grants.

The Fund was set up to support organisations following the COVID-19 pandemic. A total of £1.2billion has already been distributed to around 5,000 organisations and sites across the country.

Jason Hulott, trustee at the Combined Military Services Museum, said: "We were very pleased to have received a grant from the latest Recovery Fund. The funding will help us repair and service the lift to return the museum to full accessibility."

"It has also helped with staff costs as while the museum has been closed, we have retained staff to keep the museum in a position to open."

John Whittingdale, MP for Maldon, said: "Both the Rio and the museum are important local cultural assets that are valued by local residents and by visitors to the district. I hope that this funding will help to ensure they have a secure future."

Residents remember lost loved ones in appeal

A hospice invited the people of Burnham-on-Crouch to remember lost loved ones by donating to its Light Up a Life appeal this Christmas.

Farleigh Hospice invited people to remember those they have lost by donating and sharing memories, messages and pictures on its Light Up a Life memory page.

A special service also took place on Thursday, December 2, at 7.30pm at St Mary's Church in Burnham-on-Crouch.

Donations to the appeal will help the hospice to provide care and support for those affected by a life-limiting illness or bereavement.

Karen Matthams was referred to Farleigh in January 2020 with a diagnosis of incurable secondary breast cancer, which then spread to other parts of her body.

Speaking about the support she receives from the



hospice, Karen said: "Finding out your time is limited is very frightening; for you, and also for those close to you."

"Farleigh was there for me; they just took control, which was what I needed. Farleigh's support felt like having a comfort blanket wrapped around me."

To donate visit www.farleighhospice.org/donate/light-up-a-life-2021



TRAVEL

Wine o'clock DESTINATIONS

Photo credits: vinepair.com, chapaldown.com, three-choirs-vineyards.co.uk

Do you love travelling and also consider yourself a wine connoisseur? Or perhaps you just love quaffing vino? Either way, there are so many exciting destinations for wine lovers, both abroad and in the UK.

Languedoc-Roussillon, France: A stunningly scenic wine region, within Languedoc-Roussillon is the Corbières AOC, a famous appellation that boasts five established wine routes featuring dozens of first-rate wineries. Perfect for red wine lovers, as 85 per cent of all wine produced here is red.

Tenerife, Spain: While Tenerife might not seem like a great destination for wine drinkers, Spain is currently undergoing something of a winemaking renaissance, with this popular island making some of the most compelling bottles around. Head to the northeast of the island, close to the city of San Cristóbal de La Laguna, and hit its well-established wine route.

Campania, Italy: If you want to experience the welcoming culture of South Italy, then a Campania wine tour should be your first port of call. Campania is home to the famous Taurasi red wine, as well as fine white wines including Greco di Tufo and Fiano. Plus, you can sample the mouth-watering mozzarella from the water buffalo of the region.

Ashford, Kent: If you are looking for a wine destination a little closer to home, then head to the Chapel Down Winery near the town of Tenderden. It is open for tours and visits throughout the year, and you can find out more about the grapes that make the best Sauvignon Blanc in the country.

Newent, Gloucestershire: Visit the Three Choirs Vineyards in Newent and listen to taste-tling tales from one of the oldest winemakers from the 1970s UK wine movement. Enjoy a grape-to-glass experience, a tour of the vineyard, fine dining with tapas, and an exclusive tasting of its award-winning wine collection.



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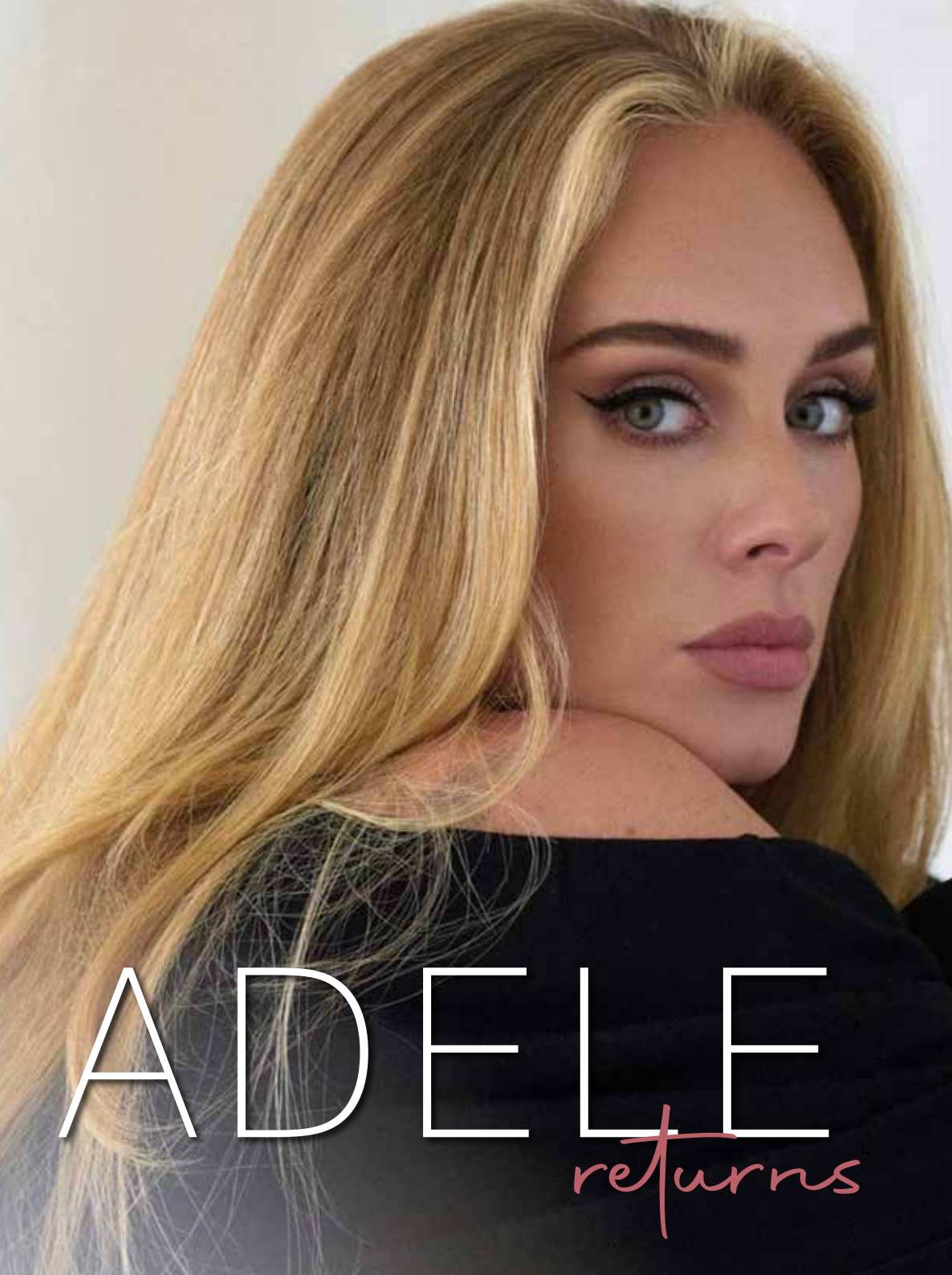
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ADELE

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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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, wallrose.com, greateririshchefs.com



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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.



HISTORY

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.




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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.





How to avoid
NAP FACE



A recent survey has revealed that half of the population feel more tired than before the COVID-19 pandemic. This has led to an increase in naps and, in turn, an increase in the dreaded nap face.

WHAT IS NAP FACE?

Although sleep is known for its ability to improve the appearance of your skin, napping the wrong way can result in sagging, puffiness, wrinkles and outbreaks.

- The most common effects of nap face include:
- > Sleep spots from friction against rough materials
 - > Sagging cheeks from side-sleeping
 - > UV damage from naps in the sun
 - > Deep lines around your nose and mouth from squashing your face.

HOW TO PREVENT AND REVERSE NAP FACE

If you think napping has had a detrimental effect on your skin, don't worry; it's not too late to turn back the clock and prevent further damage.

Swap your pillow cases

Certain fabrics grip the skin rather than allowing it to

slide across it. This can cause facial creases, lines and imprints. Prevent this by switching to a silk or satin pillowcase.

Sleep on your back

Sleeping face down or on your side causes the skin to fold and crease, which will become permanent over time. Instead, use an anti-wrinkle pillow that is designed to ensure you sleep on your back.

Wear a sleep mask

Sleep masks can help to keep your skin in place while you sleep, so even if there is some pressure, the skin will not fold on itself. Again, a silk mask is best as this will not tug on your skin.

Use a derma roller

Minimise facial creases caused by nap face by performing microneedling at home with a derma roller, such as the Sdara Skincare Derma Roller.

Try chemical peels

If you are struggling to change your sleeping habits, a chemical peel can act as a buffer to ward off wrinkles and improve the appearance of your skin.

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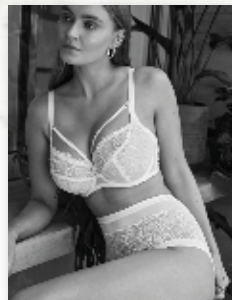
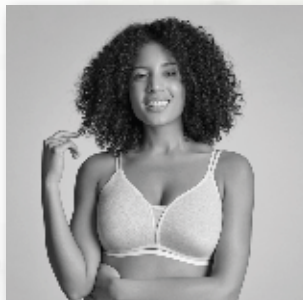
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HEALTH & FITNESS



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.



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.



Finding quality care, made simple

Anyone who has arranged care at home for a loved one will know just how stressful and time-consuming the process can be.

With so many care companies to choose from, it's difficult to know which ones are available to help, of a high standard and can meet your needs. carecompare.net is an online platform designed to take the stress out of this process. Supported by Oxford University Innovation, the NHS Clinical Entrepreneur Programme and Innovate UK, this free-to-use site is now live across Essex.

Individuals enter information about the care they are looking for onto the site, whether this be help with everyday activities such as dressing, bathing or preparing meals, night-time care or 24/7 live-in care. This

is sent out securely and anonymously to a range of care companies who review the information and, if they can help, reply back with an 'offer' of care. The user can then choose between these offers based on the company profile, availability, price and quality rating and connect with their preferred company.

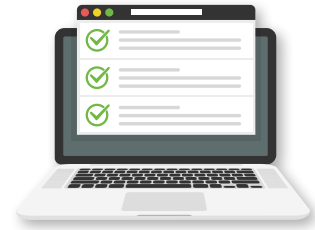
As one recent user in Essex said, "having the opportunity to reach out to multiple companies at the same time made searching for care so much easier"

If you are paying for care and need help finding a care company, please visit www.carecompare.net and take a look. There is also a range of useful information on the site for those searching for care.

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www.carecompare.net

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.



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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.

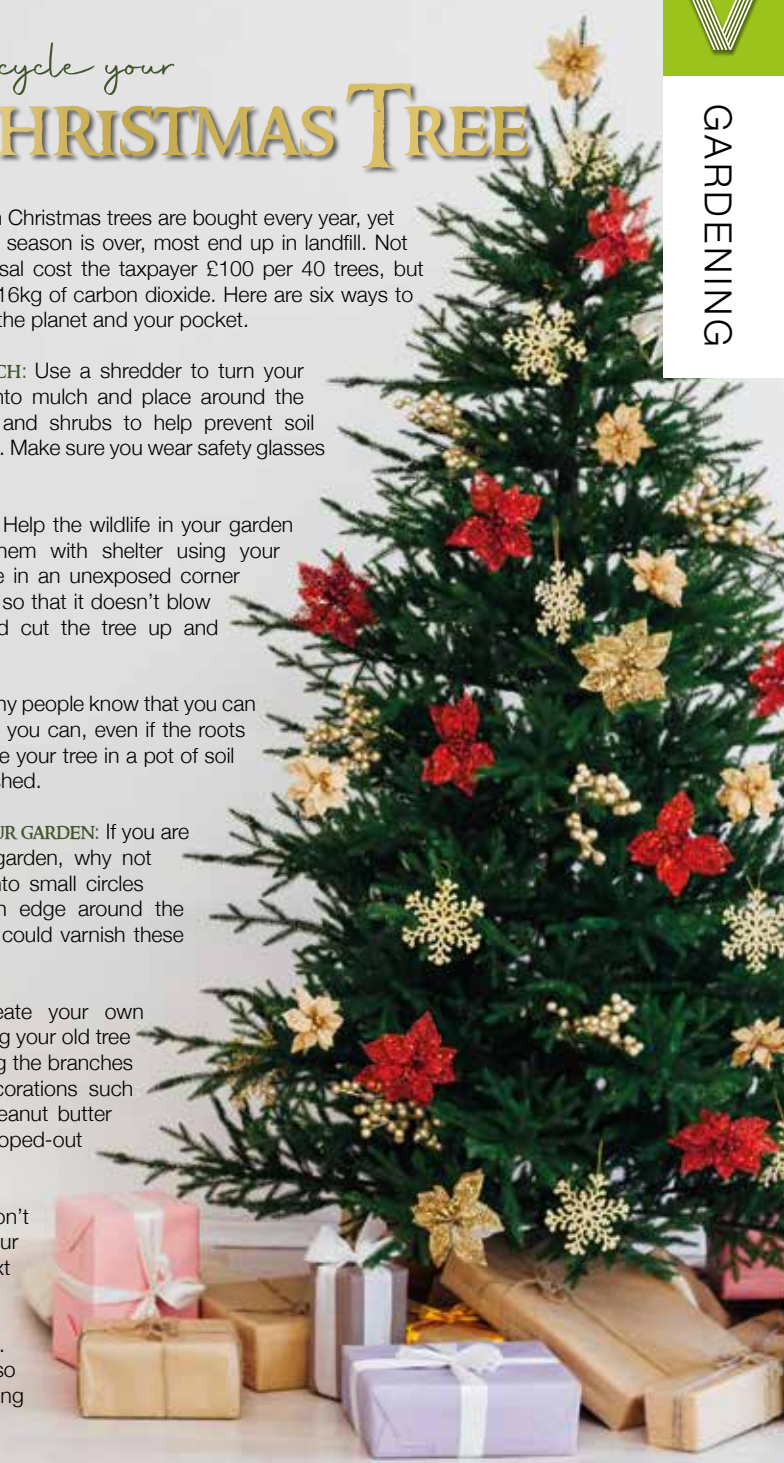
USE AS AN ANIMAL HABITAT: Help the wildlife in your garden over winter by providing them with shelter using your Christmas tree. Simply place in an unexposed corner of your garden and secure it so that it doesn't blow over. Alternatively, you could cut the tree up and create a hotel for insects.

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.

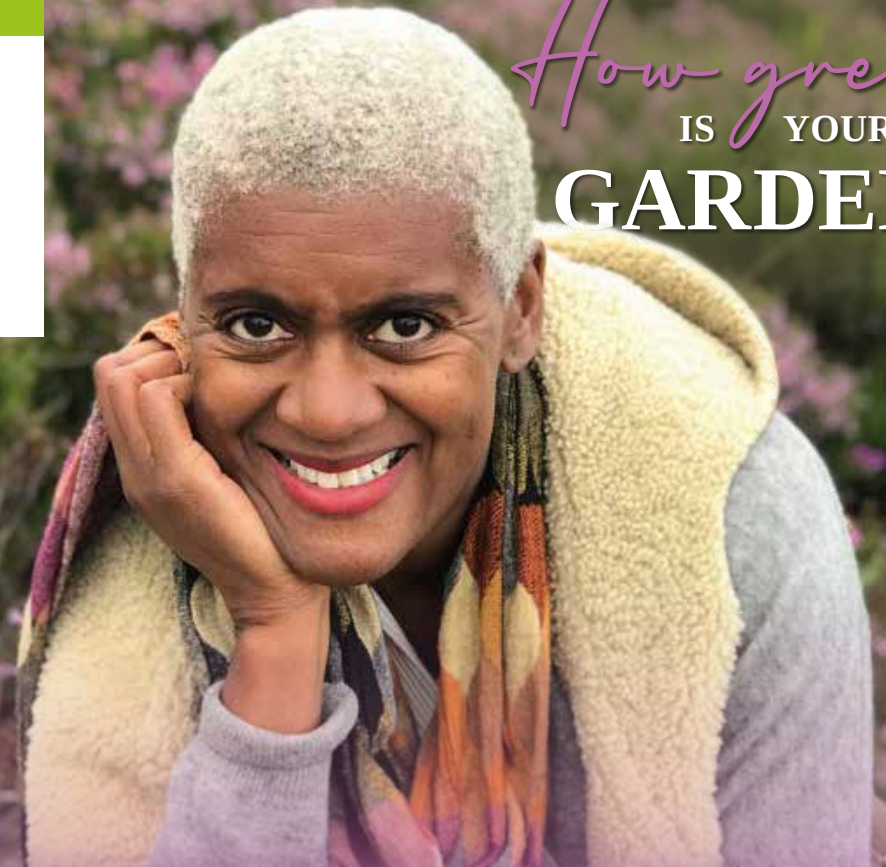
DONATE YOUR TREE: If you don't want to do anything with your old tree yourself, the next best thing is to donate it to your local garden centre, who will use it for chippings. Some local councils also offer Christmas tree recycling schemes.



GARDENING



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 thansonyade.com

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TECHNOLOGY



ARTIFICIAL EYES, BIONIC VISION AND OCULAR PROSTHETICS THAT ARE REVOLUTIONISING HOW WE SEE THE WORLD

For people who suffer trauma or serious eye disease, the reality of losing an eye or significant sight can be a harrowing one. In the past, the solution of replacement with a glass eye was the only way of restoring some level of aesthetic appearance.

In 2021, those aesthetics have moved forward significantly. The prosthetic implants involved in eye surgery are at the very peak of artificial eye technology, with a completely natural look and the ability for the patient to resume normal activities, such as driving, swimming and other forms of exercise. They can also apply make-up and mascara to the area without damaging the prosthetic.

Of course, the next level of eye technology is the bionic eye. When science can replace so many other parts of the body, are we really so far away from replacing artificial eyes with fully working machines that restore sight, or even offer it to people who,

from birth, have never been able to see?

Scientists in America are currently working on the bionic eye, although the technology is still in its infancy. It uses a retinal implant to mimic the function of the retina. When connected to a video camera, it converts images into electrical impulses. These, in turn, stimulate existing retinal cells which carry the signal back to the brain for processing.

At present, the bionic eye would produce sight as basic shapes and depth, and in black and white. It would be possible to read a book, though with only 60 electrodes – a fully working eye has a million – the quality of vision is limited.

The good news is this is only the start. Just as the technology behind cochlear implants accelerated quickly to give sound to those who thought their hearing was lost forever, so too may there be a light at the end of the tunnel for those who yearn to be able to see.



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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BRITAIN'S GREATEST SPORTING MOMENTS...

HEAVYWEIGHT CHAMPION

of the world: Frank Bruno

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.

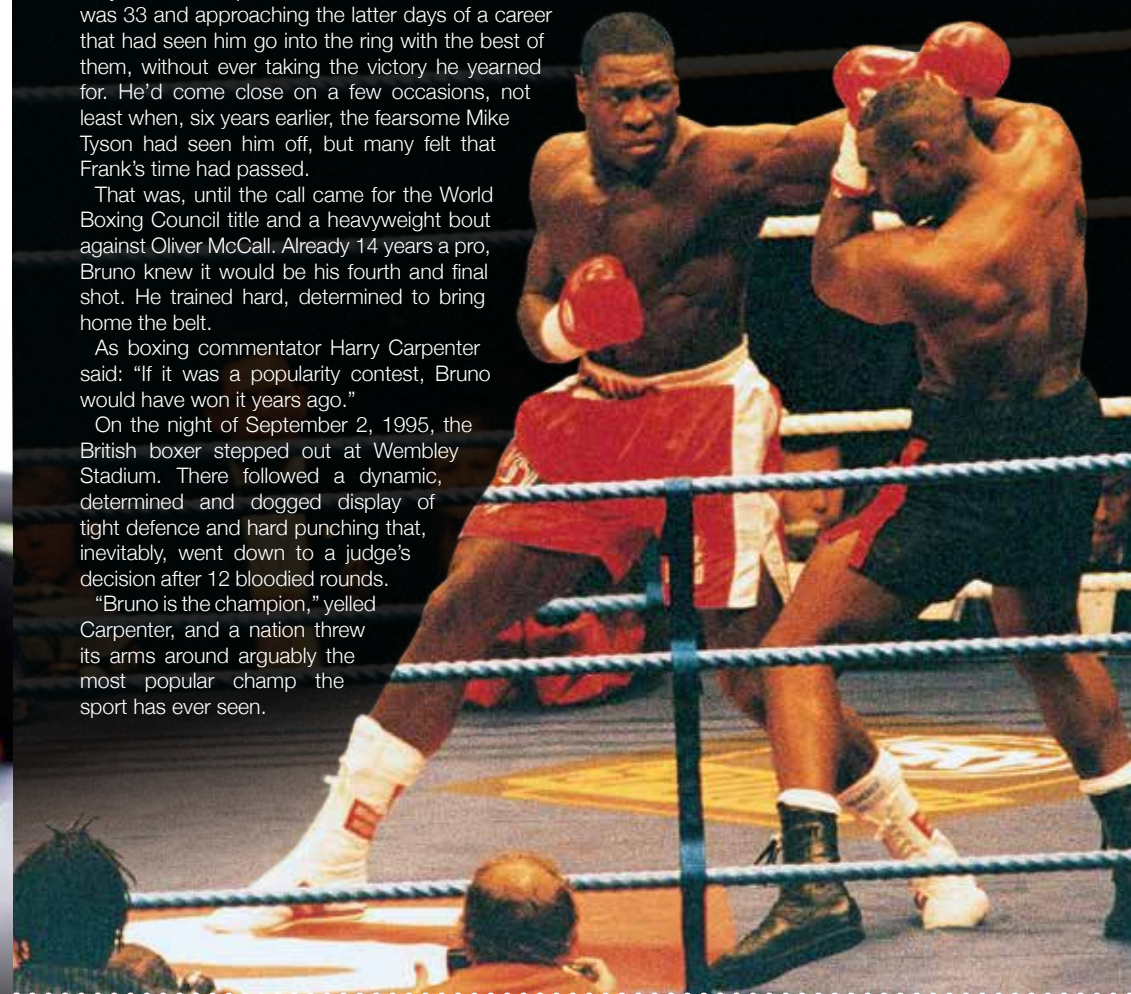
By the time September 1995 came around, Bruno was 33 and approaching the latter days of a career that had seen him go into the ring with the best of them, without ever taking the victory he yearned for. He'd come close on a few occasions, not least when, six years earlier, the fearsome Mike Tyson had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



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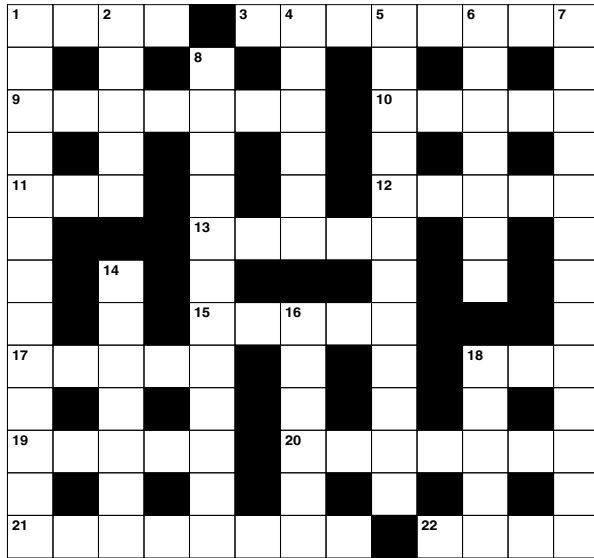
Answers: see end of The VISION Listings

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
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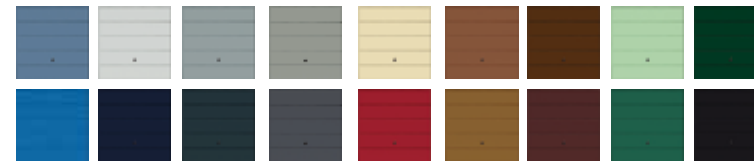
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