



2020
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FREE

SKY BROWN

*GB's youngest summer
Olympian in 50 years*

**QUIRKY
LEAP
YEAR
FACTS**

TEA FOR TWO

Try the Kombucha
craze at home

Making HISTORY

Dancing on Ice features UK's first same-sex couple

VISION SouthWoodford | Edition 10

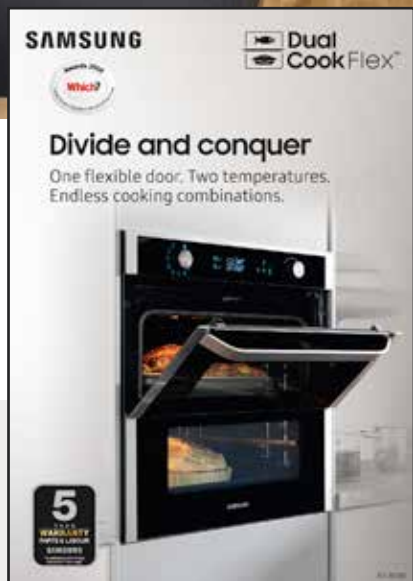
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February 2020

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Editor's notes...



Brett Shohet, Editor

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

So, how are the New Year's resolutions going? Mine is still pretty good. I'm eating so much more healthily. I have so much more energy

and sleep so much better.

Love is all around us this time of year, with Valentine's Day upon us. Yes, it's February already.

Be sure to show your loved one how much they mean to you. Why not visit your local shops to buy that bouquet of flowers, card and gift? Remember to keep your £ local.

Dancing on Ice contestant Ian Watkins, better known as H from Steps, and his professional partner Matt Evers are our cover stars this month. They made history recently after becoming the first same-sex couple in the UK to compete.

In local news, a woman has been honoured by the Prime Minister for saving street animals in Sri Lanka, detectives appeal for information after a police officer was injured in a collision and a new parish priest has been welcomed.

We welcome any of your stories for our local news pages. So if you have a story to share, please send it to woodford@visionmag.co.uk

VISION is your magazine for your town. I hope you all enjoy the February 2020 edition of **VISION** SouthWoodFord.

Brett



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SKY IS THE LIMIT

Sky Brown, at 11 years of age, has been picked for the GB Skateboarding team, making her the youngest summer Olympian in 50 years. We look at what she has achieved thus far, and what this sensational youngster might accomplish going forward.

Sky was born in Japan – Miyazaki to be exact, on the south-eastern coast – to a British father and a Japanese mother. The pre-teen prodigy still officially resides in south-east Asia but spends the majority of her time in the United States.

Global sports giant Nike made her its youngest-ever acquisition in February 2019, and she has appeared regularly in ad campaigns with iconic female athletes, including fellow Briton Dina Asher-Smith, American artistic gymnast Simone Biles and South African middle-distance runner Caster Semenya.

At the age of eight, Sky became the youngest female to compete in the Vans US Open Pro Series. Although failing to place in the medals, she did finish higher than a number of competitors 20 years her senior.

This year, Sky clinched gold at Simple Session, a senior women's competition in Estonia's capital of Tallinn, and on a park course specifically designed for male competitors typically twice her size. It is this increased success in competition, matched with a squeaky clean image and the potential of youth, that has elevated her into superstar territory, and she is expected to become a multimillionaire long before she is even able to buy an alcoholic drink.

Dancing is another of Sky's talents and she was the winning celebrity on the US reality TV show *Dancing with the Stars: Juniors* in 2018.

While experts agree Sky's natural talent for skateboarding is without question, it was feared she may not be ready to compete at Olympic level owing to a lack of speed or power from her slight frame.

However, the decision by the British Olympic Association to invite her to compete for them – a significant 'win' given Japan's interest in her and the fact that the 2020 event is being held in Tokyo – has cemented the old adage, 'if you're good enough, you're old enough'.

And yet some commentators have queried the extent to which someone so young is able to cope with the pressure not just of high-level competition, but also of the media glare that will surely confront such a young talent. In Sky's defence, she is a youngster who exudes confidence. She practises surfing, does karate, jujitsu, dancing and singing, thrives on activity and equips herself as a modern, fearless youngster too young to have experienced the pressures that often only begin to surface in the teenage years.

"I just go about things in the way that feels natural," she says. "I am enjoying myself too much to feel the pressure and I'm keen to keep pushing forward with these opportunities that I have."

Those opportunities are probably somewhat wider than she herself appreciates. Competitive events she can handle, and media commitments are, it seems, a doddle. Yet stepping up as a cultural icon across social media, whose movements and actions are going to be lapped up by an adorning fan base spread all around the world... Sky Brown is going to have a busy few years ahead.



“I AM ENJOYING MYSELF
TOO MUCH TO
FEEL THE PRESSURE”

29
FEBRUARY

LEAP OF FAITH

This year is a leap year, with 366 days instead of 365, the extra day falling on February 29.

The extra day is traditionally when women can turn the tables and propose marriage. It also means people born on February 29 can actually celebrate their birthday on the proper day.

Here are six facts about leap year:

1. The leap year's extra day is vital because a complete orbit around the sun takes slightly longer than 365 days – five hours, 48 minutes and 46 seconds longer, to be exact.

At one time, people observed a 355-day calendar with an extra 22-day month every two years. But in 45bc Julius Caesar ordered his astronomer, Sosigenes, to simplify things.

Sosigenes opted for the 365-day year with an extra day every four years to use up the extra hours. The extra day is added to February because it used to be the last month of the Roman calendar.

The system was then fine-tuned by Pope Gregory XIII. He coined the term leap year.

2. The tradition of women proposing on leap day is thought to date back to fifth-century Ireland when St Brigid complained to St Patrick that women had to wait too long for suitors to propose.

He then gave women a single day in a leap year to pop the question – the last day of the shortest month. Legend has it that Brigid dropped to a knee and proposed to Patrick that instant, but he refused, kissing her on the cheek and offering a silk gown to soften the blow.

3. Others believe the tradition originates from Scotland when Queen Margaret, then aged just five, declared in 1288 that a woman could propose to any man she liked on February 29.

She ruled that men who refused the proposal would need to pay a fine in the form of a kiss, a silk dress, a pair of gloves or one pound. To give suitors fair warning – and possibly a chance to escape – a woman was required to wear breeches or a scarlet petticoat on the day of the proposal.

4. In Denmark, a man refusing a woman's leap-day proposal must give her 12 pairs of gloves, while in Finland it's fabric for a skirt.

One in five engaged couples in Greece avoid getting married in a leap year because they believe it's bad luck.

In Italy, legend has it that women are erratic during a leap year, and several proverbs warn against planning important life events in a leap year. *Anno bisesto, anno funesto* means leap year, doom year.

5. Workers paid fixed annual or monthly salaries essentially work for free on February 29 because wages are not usually calculated to account for the extra day. And prisoners with one-year sentences must serve the extra day if the term crosses leap day.

6. People born on February 29 are called leaplings or leapers. The chance of being born on a leap day is one in 1,461. There are five million leaplings around the world.

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Here are just a few staple denim pieces that men and women should have in their wardrobes, safe in the knowledge that they will never go out of style...

THE DENIM JACKET

As practical as it is en vogue, the denim jacket will never fail you. Women, make a floral spring/summer dress edgier by teaming it with a light denim jacket. For a more casual aesthetic, go for distressed denim. For a rock chick vibe, stud detailing will be your best friend.

Men, relive the early noughties and brave the double denim like Justin Timberlake and Britney Spears at the 2001 AMAs. Alternatively, wear a dark-coloured denim jacket over a casual white shirt and chinos for a subtle nod to the trend.

SLIM AND SKINNY JEANS

Slim and skinny jeans aren't going anywhere.

Ladies, jeans and a blouse teamed with a chic

blazer and an oversized tote is a perfect smart/casual look that will take you from office to cocktail bar with ease. Mix things up by opting for white denim during the warmer months.

And gents, dark-coloured jeans with a shirt in a bold hue – the more daring, the better – complete with your favourite loafers, are great for standing out from the crowd. Team with a crisp white shirt and a sharp blazer for a smarter aesthetic.

BOYFRIEND JEANS

Slim fit jeans are in, but that doesn't mean their comfier and more voluminous cousins are out. Au contraire, boyfriend jeans are hotter than ever, and can be enjoyed by men and women alike. Sometimes, if you're lucky, the very same pair.

Girls, make like an off-duty supermodel and pair yours with simple tank tops, trainers and oversized sunglasses. Timberlands, flip-flops, wedges and even sky-scraping heels are all approved footwear choices.

WHAT IS AI BEAUTY?

IS AI BEAUTY THE FACE OF THE FUTURE?

AI, or artificial intelligence, is already an integral part of our daily lives, with many people utilising smart technologies such as Siri or chatbots; so, of course, the beauty industry is also getting in on the action.

WHAT IS AI?

To put it simply, AI is a computer system that imitates intellectual human behaviours; basically, you provide your personal information and then the computer uses an algorithm to provide you with the service, product or solution that you need.

Sometimes, it can predict your needs before you even know about them yourself.

HOW IS AI BEING USED IN THE BEAUTY INDUSTRY?

1. A BESPOKE SHOPPING EXPERIENCE

The beauty industry is completely over-saturated with products, which can make the buying process difficult. However, by completing a simple questionnaire before you shop, AI can provide you with a tailored number of products that suit your individual beauty needs. A certain make-up brand even has a custom-made foundation machine that promises to find your exact match.

2. A PERSONALISED BEAUTY ROUTINE

If you have ever worried that you are applying your foundation wrongly or that you are missing parts of your face when applying creams, then AI can help you. There are now beauty tools available that use AI to let you know how to improve your make-up and skincare routine, such as a facial cleansing brush that uses skin sensors to analyse your skin.

3. MORE RELEVANT PRODUCTS

If you sometimes feel that the beauty industry is just churning out more and more products to make money, then AI could signal the end of this. AI can utilise customer data to help strategically create products that are actually in demand, rather than marketers just guessing what we want.



Hair today GONE TOMORROW

HOW TO SLOW HAIR LOSS WITHOUT OVERLY EXPENSIVE TREATMENTS

Men beware, there is an enemy in our midst and, for many of us, its presence is already being felt. It resides not on the dark web, nor in damp alleyways – instead, it lives in the follicles of your hair... at least, that's if you've got any of the damn stuff left.

Since the dawn of time, hair loss in men has been an inevitable by-product of getting older. Hair leaves the scalp and instead migrates downwards to emerge out of ears and nostrils. Yet with follicle technology having never been better, and putting to one side the cheats' method of a full-on hair transplant, consider the following inexpensive treatments that, while not solving hair loss, can certainly slow it:

Shampoos

Shampooing can be harsh on hair follicles, yet using a specialised formula (such as Davines' energizing shampoo) can stimulate the scalp, while hirs shampoo's DHT-reducing product reduces the rate at which hair falls out. Consider as well protein- and caffeine-heavy products for the shower.

Diet

A diet rich in oils, proteins and nutrients will send positive elements to the places your body needs them most. Consider too that smoking and alcohol consumption restricts the blood vessels, thereby reducing blood flow and circulation to the follicles.

Vitamin D

The *Journal of Dermatology* reported that people with alopecia are usually deficient in vitamin D, leading to the theory that the vitamin can help hair reset its growth phase.

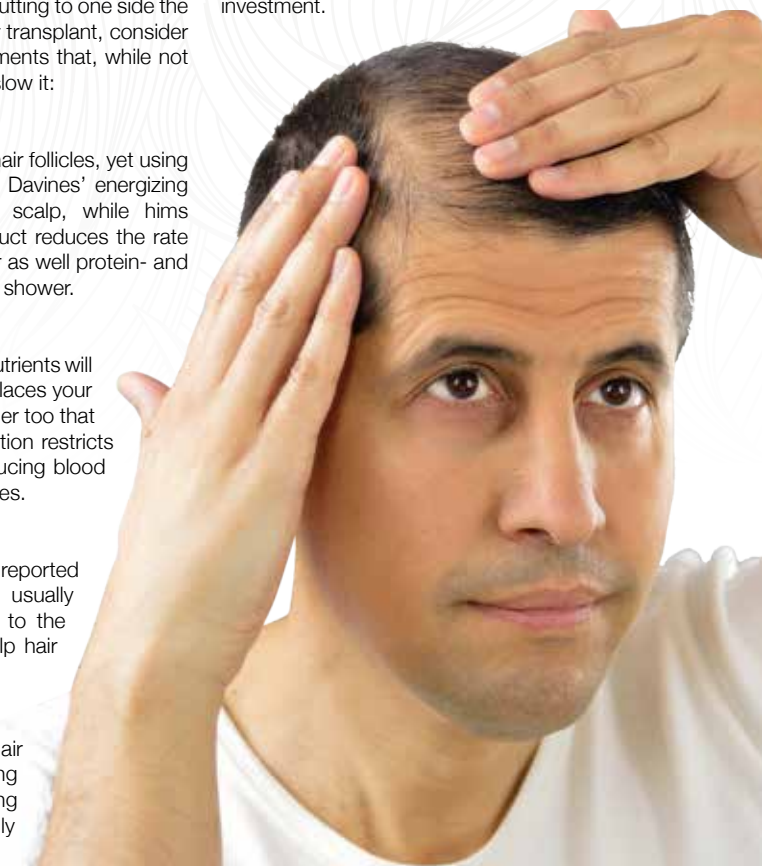
Stress

Stress is a known cause of hair loss, so cutting stress, boosting exercise and even practising meditation can improve not only

your hair retention but physical well-being in other parts of the body too.

Prescribed formulas

From over-the-counter formulas (the most common in the UK being Regaine) to platelet-rich plasma (PRP) treatment, which injects centrifuged blood back into the scalp at around £1,000 a go, speaking to a health professional about regrowth for follicles that are dormant, not dead, could be a worthwhile investment.



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HOW LIVING LONGER MAY BE AS SIMPLE AS EXERCISING FOR 30 MINUTES PER DAY

We all know the secret to long life is health, well-being and happiness, and scientists believe that as well as human interaction and diet, our inclination to exercise can have a direct bearing on our mental and physical welfare.

New research from Copenhagen suggests the key to extending our lives beyond the average – 79 for a man and 83 for a woman – could be the simple action of exercising for 30 minutes each day. Not only that, but the results were actually better than for those who had worked out for 60 minutes.

Here are six key benefits that are only a run, walk, cycle, swim, game or gym session away:

ONE – The heart. Exercise helps to ward off the threat of stroke, cardiovascular disease and complications borne out of diabetes.

TWO – Weight loss. We know the value of keeping mobile, active, and preventing the build-up of fat, and a 30-minute workout each day will achieve that.

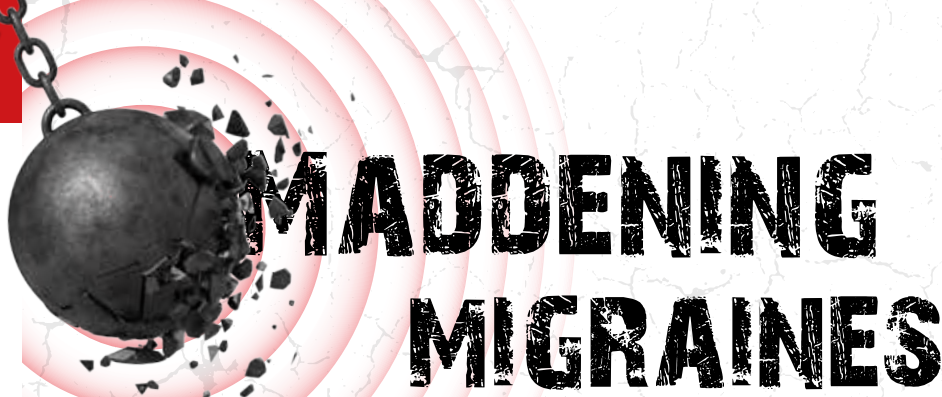
THREE – Stress. Getting sweaty is the perfect way to blow a breeze through worry, anxiety and the mental tension that shortens lives.

FOUR – Energy. It sounds strange, but rather than sending us to sleep, exercise will boost alertness by delivering oxygen, nutrients and activation chemicals around the body.

FIVE – Self-confidence. 'Exercise is sanity', as the saying goes. In building confidence and offering a dynamic sense of achievement, that half-hour investment can take you to a whole new level of belief.

SIX – Clarity. Exercise transports us to a place where our minds can flush away the stresses of everyday life, where we can step back and see problems in a whole new light, all the while working on new ways to tackle them.





MADDENING MIGRAINES

Anyone who experiences migraines will know only too well the tell-tale signs, including nausea, vomiting, an increased sensitivity to light and sound, and, of course, the unbearable throbbing pain on the side of your head.

WHAT CAUSES MIGRAINES?

Around 1 in 5 women and 1 in every 15 men experience migraines. The exact cause of this debilitating affliction is still unknown, although some experts believe that it could be the result of a temporary change in the chemicals, blood vessels and nerves in the brain. Migraines can also be hereditary, as well as be brought on by stress, tiredness and/or specific foods and drinks.

HOW CAN YOU PREVENT MIGRAINES?

Although there is no sure fire way to prevent a migraine from happening, there are ways that you can lower your risk of experiencing one, namely avoiding the triggers that are causing your migraines, whether that be stress or a particular food. It is also advised to lead a healthy lifestyle with

adequate sleep, exercise and ensuring that you stay hydrated. Alcohol and caffeine should be avoided.

HOW CAN YOU RELIEVE THE SYMPTOMS OF A MIGRAINE?

Sadly, there is no miracle cure, but there are some medicines that you can take to help alleviate your symptoms, such as painkillers like paracetamol or ibuprofen, anti-emetics and/or triptans. Triptans are a specific type of medicine that are designed to reverse the changes in your brain that actively cause migraines and are normally prescribed to people who suffer from severe migraines.

Other tips that may help you feel better include:

- Using a cold pack
- Dimming the lights or sitting in a dark room
- Using a heat pad
- Practising some relaxation techniques
- Trying not to chew
- Drinking some ginger tea
- Giving yourself a scalp massage



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TEA FOR TWO? Why not try Kombucha?

Fermented foods and drinks have been experiencing a surge in popularity in recent years, with many people singing the praise of this refreshing, if not slightly sour, tea that is known for being rich in antioxidants and probiotics.

How to make Kombucha at home (1L)

You will need;

- 1L water (dechlorinated) | 1 teabag (black tea is considered to be the best but other tea can be used) | 50-100g sugar (cane sugar is advised) | 1 small scoby (these can be bought online) | 100ml starter liquid (this will come with the scoby)

How to make;

- Boil 250ml water | Add the teabag and sugar, stirring until dissolved | Brew for 10 minutes | Remove teabag | Add the rest of the cold water | Add the scoby and starter liquid | Ensure you leave a minimum of a 5cm gap at the top of your liquid to allow for fermentation | Cover the jar with a cloth and fasten with an elastic band | Leave to ferment for 6-9 days at room temperature | It's then ready for the 'secondary fermentation'

process | Remove the scoby and add additional flavour if desired | Store in an airtight bottle with at least a 3cm gap at the top | Leave at room temperature for between 5-14 days

What flavours can I add to my Kombucha?

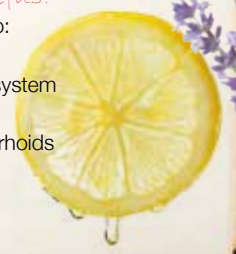
This is completely dependent on your taste preferences, but some of the recommended flavour ideas include;

- Berries or citrus fruits
- Dried fruits such as goji berries, figs or dates
- Frozen fruit
- Herbs such as lavender, mint or lemon balm
- Mild spices like turmeric, allspice or cardamom

What are the health benefits?

Kombucha has the ability to:

- Improve your digestion
- Strengthen your immune system
- Reduce blood pressure
- Alleviate gout and haemorrhoids
- Improve liver function
- Fight cancer



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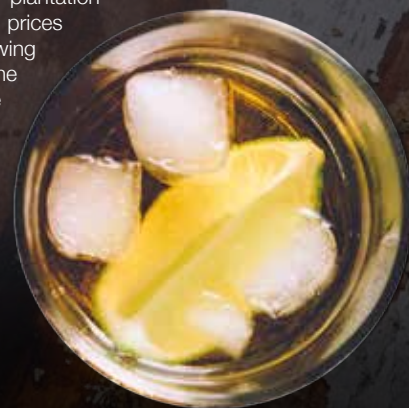
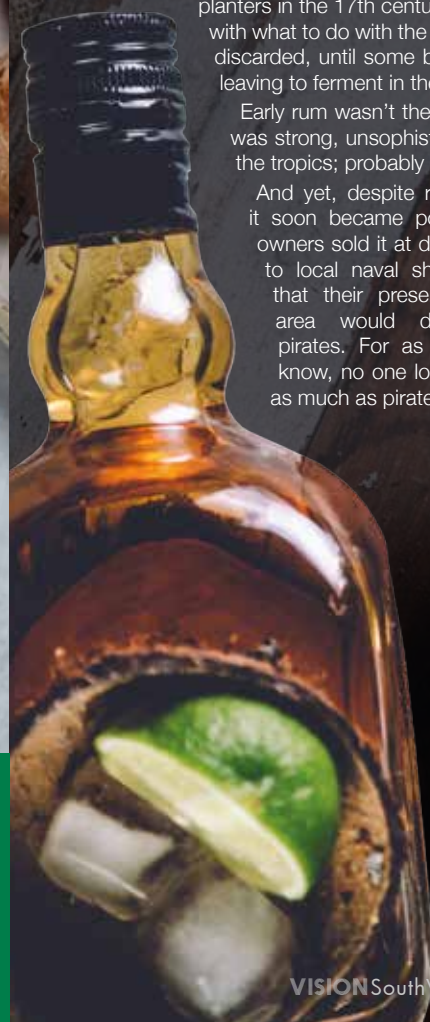
How this spirit went from being the preferred bounty of pirates to a premium tipple...

When Christopher Columbus introduced the Americas to sugar cane, he couldn't have possibly realised his actions would one day lead to the creation of one of the finest drinks around: rum.

Like many revelations, the discovery of rum was a happy accident, which occurred when sugar planters in the 17th century grew frustrated at the waste product of sugar: molasses. At a loss with what to do with the thick, syrupy liquid, any molasses they couldn't give away was simply discarded, until some bright spark discovered that by mixing the molasses with water and leaving to ferment in the sun, they created a spirit – rum!

Early rum wasn't the smooth and delectable beverage we quaff these days, of course. It was strong, unsophisticated and a great cure-all for the many ills that befell those living in the tropics; probably why it was nicknamed rumbullion or kill-devil.

And yet, despite rum's more acerbic qualities, it soon became popular as plantation owners sold it at discounted prices to local naval ships, knowing that their presence in the area would discourage pirates. For as we well know, no one loves rum as much as pirates...



The glorious golden spirit continued to garner popularity, to the extent that the British Navy couldn't go without it, and in the 1730s they adopted a daily ration of half a pint of 160 proof rum, which remained (though to a diminished strength) until 1969.

These days, rum is a billion-pound industry, and there are many wonderful brands that you can happily sip neat with just an ice cube or two. So next time you're relaxing with a finger of the finest, remember to raise a toast to the sugar planters who finally figured out why you should never EVER throw molasses away. Cheers, me hearties.



Whether you want to save time in the kitchen, don't always have the necessary cooking appliances to create your favourite dishes or simply love a good hack, these four unusual tips will ensure you never look at cooking in the same way again.

Use dental floss to cut

Sometimes, cutting with a knife can be tricky, especially if the food you are attempting to chop up is either very soft or prone to crumbling. Dental floss is a great tool for cutting foods such as a cake or a very mature cheddar, providing more precision and less mess than a knife.

Use cling film pouches to poach eggs

Eggs are an easy and filling snack or meal; however, poaching the perfect egg can be a challenge. Avoid your eggs disintegrating by lining a cup with cling film, spraying with olive oil and cracking in an egg. Then tie it closed, drop it into simmering water and cook as normal.

Place an ice cube in your burgers

Do you often worry about serving dry burgers at your BBQs? A simple trick is to press a small ice cube into the middle of your burger patty before cooking, sealing the beef around it and then grilling or frying as usual. The result? A moist and juicy burger that no one will suspect has had an ice cube in it.

Cook chicken in glass jar

If you do not have a grill pan but have a craving for tender chicken kebabs, this hack is for you. Simply place your kebabs (on a wooden skewer) in a glass jar, cover with tin foil and cook in the oven until the chicken juices run clear.



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SEARCH

THE MISTAKES PEOPLE MAKE WHEN BOOKING FLIGHTS

Holiday fever... whether it's packing your case at home, arriving at the airport or stepping out onto foreign soil at the other end, vacation vivaciousness hits all of us at some point, and nothing else in the world matters.

And yet, what if you could wind back a few months to when you booked that flight and mend that badly timed departure you booked, or erase the hassles and inconveniences of connections, or just save a big wedge of cash? Here are five things you need to consider when booking flights:

CHEAP = CHEERFUL?

Sometimes the cheapest fare will actually end up costing you more. A number of airlines offer a basic ticket with no luggage, no seat reservation and no frills. You may subsequently discover you're paying extra to check baggage in, or are adding cost at check-in to sit next to a loved one.

FORTNIGHT FORETHOUGHT

Airfares start increasing sharply in the two weeks leading up to departure, and typically the best time

to book is around a month before. Buy flights too early or too late and airlines will be charging either uncompetitively or, worse still, at a premium.

WEEKEND WOE

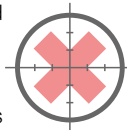
Don't book flights at weekends when everyone else is online. The best new deals hit sites early in the week, and prices generally hold up better during the daytime than in the evening.

DAYTIME DALLIANCES

It may be convenient to have a bit of breakfast then saunter to the airport, but the best-priced flights are those very early in the morning. Getting a 5am plane out will also mean more time at your chosen destination, even if you do spend the rest of the day yawning.

FLY PAST

Don't just settle on a departure from your nearest airport. An extra hour in the car may save you hundreds of pounds by going to a different departure location.



Choosing your PET NAMES

THE MOST POPULAR AND MOST PUZZLING PET NAMES IN 2020

While the pet market has never been more buoyant in the UK, it seems neither has our ability to label our loved ones with popular and puzzling names in equal measure.

We looked at some of the quaint and curious titles given to four of our favourite fluffy ones.

DOGS

The most popular dog names all revolve around the traditional, happy-go-lucky and cute echoes of having a pet in the home. That means Bella, Charlie, Luna, Lucy, Max and Bailey feature high up on lists, with the likes of Cooper, Daisy, Sadie and Molly also ranking as popular.

For unusual names, consider Shakespeare, Soup, Bug, Hawtry and, of course, plain old Dave.

And if you want to sound clever when beckoning your pooch over in the park, what about Mary Poppins?

CATS

As far as felines go, Oliver, Bella, Simba, Chloe, Luna, Max, Lucy, Lily, Nala and Sophie all rank highly.

For the more unusual tags, try Tucker, Lulu or Winston. And again, for the clever clogs (or should that be claws), try Kitty-Purry, Harry Pawtter, or even Mr Meowgi. Ouch.

HAMSTERS

Low maintenance and incredibly tame, hamsters are loveable pets good for all ages. And while you might be happy to give them one of the UK's most popular names, in the form of Bob, Chewy, Comet, Fudge, Hamlet, Paws, Rocky or Stitch, could you really bring yourself to go for such leftfield options as Keyboard, Vanilla, Kujo or Rags? No... thought not.

RABBITS

Finally rabbits, and if you believe Thumper, Cinnamon, Snowball or Oreo are a bit overdone, perhaps consider Bunilla Ice, Rabbit Downey Jr or Like Skyhopper.



BANISH BEDTIME BLUES

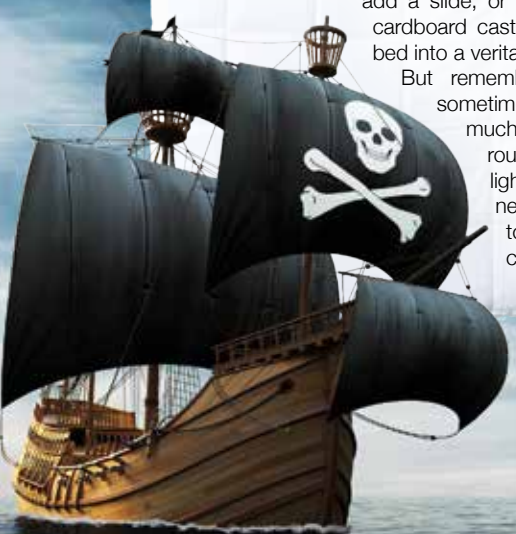
If your little one's bedtime routine has become a living nightmare, consider sprucing up their bed so they'll never want to get out of it

Every parent knows the perils of bedtime. The repeated calls to get pyjamas on, the never-ending stories, followed by the midnight excursions into your room which usually result in no one getting a decent night's kip. The trouble is, kids never want the fun to end, which is why turning their regular bed into a themed one could be a great way to make bedtime the final exciting event to end every day.

Deciding on your design and theme is really down to space, money and your little one's personal taste. And really, there is no need to spend a fortune when children have such vibrant imaginations. One of the cheapest and most obvious alterations is to attach wheels and a toy steering wheel to a basic wooden frame. Add a lick of red paint and you've got a racing car bed – licence not required! You can also erect a tent over the bed – because what child wouldn't want to pretend they were camping every night? Or perhaps a sail to transform it into a pirate ship?

If your little one is lucky enough to have a midsleeper (higher than a regular bed with the space underneath usually housing storage or a desk) you can afford to get really creative. You could add a slide, or even build a playhouse or cardboard castle, converting a boring old bed into a veritable playground.

But remember that, with kids, you sometimes don't need to do very much to bring magic to a dull routine. Just adding some fairy lights, glow stars or some cool new bedding can be enough to get them leaping under the covers, every single night.



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5 uses for a PAPER BAG

If you think that paper bags can only be used for bringing your shopping home from the supermarket, then think again. These environmentally friendly carriers are ideal for a number of household tasks and DIY projects.

MAKE DIY WOVEN BASKETS

You can never have enough storage solutions in your home, and these DIY baskets are ideal for smaller items such as keys or sewing materials. Simply cut your paper bag into long strips and then, starting with the base, start weaving. Finish with a handle if desired.

CLEAN YOUR WINDOWS

If you have ever experienced problems in getting your windows to shine rather than streak, then a paper bag could be your saviour. Merely tear up your bag, scrunch it together and get scrubbing. You can also apply a light spray of white vinegar for increased sparkle.

WRAP PRESENTS

With the sudden surge in nature-inspired design and décor, why not jump on the bandwagon and create some sustainable wrapping paper? Just cut up your paper bag, lay it out flat and then wrap up your item. Add some simple twine and a sprig of your favourite herb to create a unique and gorgeous gift.

CREATE DIY LANTERNS

Whether you want to create an inviting atmosphere for your next party or just love to experiment with crafts and candles, this is the ideal project for you. Simply use silhouette stamps to create your chosen design and then pop an LED candle into your bag. Do not use a real lit tea light or candle for safety reasons as the bag is flammable.

IN THE KITCHEN TWO WAYS

1. Ripen fruit. Place your fruit in a paper bag, seal and leave at room temperature for a few days. The result? Perfectly sweet and juicy fruit.
2. Make popcorn. Simply pour ¼ cup of uncooked popcorn kernels into a plain paper bag, seal and cook in the microwave for 2½ minutes or until the popping stops.

Photo credit: denise carbonell/Flickr/CC BY 2.0, One Good Thing by Jillee, www.notonthehighstreet.com, www.amazon.co.uk, www.allrecipes.com



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HOME & DIY

Tranquil Dawn

Dulux Colour of the Year



Interior designers and homeowners across the country have been waiting with bated breath to discover what shade Dulux has named as its Colour of the Year for 2020.

And it couldn't be more different from last year's strong Spiced Honey shade.

Why has Dulux chosen Tranquil Dawn as this year's Colour of the Year?

This cool-tone shade of green, which is extremely versatile, was picked to offer an antidote to an "increasingly disconnected" modern society.

What exactly does this mean?

Put simply, Dulux believes that modern technologies have left us feeling chaotic and lost, unable to identify with what makes us human. Therefore, this calming and natural shade is supposed to remind us of our real selves and the natural world around us.

How can you use Tranquil Dawn in your home?

What makes this colour different from other shades of green is its ability to subtly shift its tone depending on what other shades it is used with, allowing you to create many different vibes in your home.

Design a luxurious living room

Combine Tranquil Dawn with a soft, sandy shade to create a living room that is warm, inviting and promotes positive social interactions.

Create a calming bedroom

Jumping on the two-tone trend, paint the top half of your bedroom walls in Tranquil Dawn and the bottom in a soothing shade of bluey-grey. Not only will these make your bedroom appear more spacious, they will also bring the focus on to the bed, which should be the main feature in a room designed for restoration.

Update your woodwork

If you don't fancy steering away from your preferred wall colours, why not paint your woodwork in Tranquil Dawn? This versatile shade has been matched with 36 other colours by Dulux so there are literally thousands of combinations you could go with.





REWIND DESIGN

Introducing the Laura Hodges Studio

At first glance, Laura Hodges' style sensibilities appear to originate directly from the New York mode of interior design. Consider Tribeca and Greenwich Village and you'll be close to referencing her take on a look that embraces antique excellence with clean lines, draws in comfort and durability, and closes out with more than a hint of feng shui.

And yet, not only does this visionary now operate out of Washington, but her inspirations are also more Vivienne Westwood than Val Kilmer, given that she hails from the earthy, warehouse-driven, post-industrial blueprint afforded by 1980s Manchester.

In addition, the designer has travelled to more than 30 different countries in pursuit of a mood modus operandi that has her talked about as one of the true emerging names, in a marketplace for ideas that twists and turns at every new room,

corridor or window display.

"My mother was British, my father Jamaican and my grandmother Norwegian, and with a passion for absorbing ideas from the places I have visited, you could say I have a wide realm of influences all crashing and colliding together," Laura says.

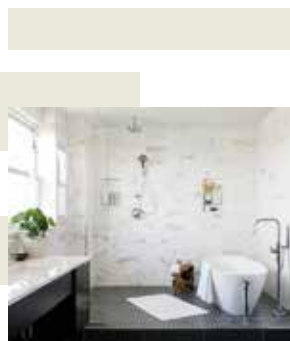
In a material sense, that produces a look that's bold and classic, using high-contrast elements that are clean and classical.

It brings in vintage, antique and eclectic, yet on a base that's flat, uncomplicated and crisp. The premise is to move art and furniture to the foreground against a backdrop that complements its lack of complication.

"People are really responding positively to such a bold, tailored and sustainable approach," she says. "There is a lot of fog in the world and to bring forward any environment that offers a bit of clarity must surely be good for the mind."

Touted as one of the stylists to follow in 2020, Hodges' studio is already attracting major clients, but with a look and image that anyone can replicate, her design is as relevant for Bolton as it is for Baltimore.

Photo credit: www.laurahodgestudio.com



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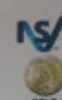
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As **BOLD** as ice

Dancing on Ice glides over new ground as Ian Watkins and Matt Evers are unveiled as the show's first same-sex duo

It's both encouraging and demoralising that ITV's dance reality show *Dancing on Ice* should court so many headlines over the decision to showcase its first same-sex couple – encouraging in the sense that prime-time television is embracing a move regarded as an industry first; demoralising in the sense that such a simple reflection of everyday society finds itself worthy of headlines in the first place.

Equality campaigners will also point to how long it has taken the terrestrial networks to reach this point, although there is still no indication that BBC big brother *Strictly Come Dancing* will follow suit.

The dancers in question are Ian Watkins – former member of Steps and better known by his stage name of H – and professional dancer Matt Evers, whose debut performance in the first week of January wowed the live audience and provoked widespread approval across social media.

The pair, who are both openly gay, have captured the imagination and admiration of the watching audience during an era in which LGBT issues are at the forefront of hearts and minds.

ITV's decision to feature the pair will almost certainly prove a ratings winner; but more

than that, it is hoped the move will set a positive precedent across other prime-time shows, reflecting the progressive values of acceptance, tolerance and respect that our nation has always found itself a world leader in displaying.

Watkins said after the first dance, "It was emotional, because I have wanted this for so long and it means so much to so many people, and the world is ready for this."

The judges – including Jayne Torvill, Christopher Dean and Ashley Banjo – were ubiquitous in their acclaim of the dancers, while John Barrowman broke down in tears in admiration of the duo.

He said to the performers, "I am emotional; it makes me happy on a complete multitude of levels, just because of seeing two men who represent someone who is like me, and to skate as well as you did... you've done it now, the nerves are out of the way."

Watkins and Evers are second-favourites to take the crown, though they have tough competition in the 2020 edition of the show, which regularly attracts viewing figures in excess of six million. Also present in the 12th iteration of the reality series are, among others, model Caprice, Paralympic sprinter Libby Clegg, presenter Joe Swash and former footballer Kevin Kilbane, with Diversity dancer Perri Kiely tipped as early favourite to lift the *Dancing on Ice* crown.

As for Evers, who is a former world figure-skating competitor, he credits both Watkins and the show's producers for taking such a positive step. "I just have to say thank you to the network, thank you to ITV and thank you to everybody at home who is accepting of this, because this is normal... this is absolutely normal. "This is my 12th series of *Dancing on Ice* and this year is special. This journey is going to mean a lot to a lot of people in this country and around the world."

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LOCAL NEWS

LOCAL NEWS

from your neighbourhood



Detectives still hunting driver who hit police officer

The wife of a police officer seriously injured in a collision in Woodford Green has made an appeal for information.

PC Jon Casey was hit by a grey Mini Cooper as he tried to deploy a Stinger. Earlier that night, officers had chased the car but its driver ignored officers' instructions to pull over.

The London Ambulance Service attended and the officer was taken to hospital, where he remains in a serious but stable condition at the time of writing. His injuries are not life-threatening.

Donna Casey, PC Casey's wife, posted a picture of her husband's injuries on social media in a bid to get witnesses to come forward following the collision in the early hours of January 6.

Enquiries took place to locate the suspect vehicle and it was found a short time later, at about 12.45am.

A 29-year-old man and a 24-year-old man have been arrested on suspicion of assisting an offender. They have both been released under investigation.

Enquiries continue to trace the driver.

Detectives have released an image of the suspect

vehicle and are appealing for information relating to its movements before and after the incident.

Detective sergeant Jose-Paulo Qureshi said: "The officer was simply doing his duty when he was struck by the vehicle and was seriously injured – he's lucky not to have been killed.

"The suspects fled the scene, despite knowing they had hit an officer, leaving him seriously injured in the road. We are working around the clock to find the people responsible. I would appeal to those who were involved to do the right thing and hand yourselves in.

"I'd also appeal to members of the public to help us with our investigation. Did you see a grey Mini Cooper with '67' plates driving erratically or at speed in the Woodford Green or Chigwell areas between midnight and 12.45am on Monday, January 6? If you have any information about this vehicle, or dashcam footage, please get in touch with us as a matter of urgency."

Anyone with information or dashcam footage is asked to call the Incident Room on 020 8597 4874, police on 101 quoting CAD 0043/6JAN or Crimestoppers anonymously on 0800 555 111.

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Animal lover honoured by PM for saving street animals

An animal lover from South Woodford who has saved thousands of street animals in Sri Lanka has been honoured by Prime Minister Boris Johnson for her work.

Kim Cooling is the founder of Animal SOS Sri Lanka, which currently cares for more than 1,700 destitute dogs and 62 cats at a sanctuary in southern Sri Lanka.

The charity provides free neutering and care for the animals, rabies vaccination programmes in the villages and animal welfare education. In the past year, Animal SOS Sri Lanka has provided more than 20,000 treatments for disease and 11,500 vaccinations for dogs in Sri Lanka, as well as feeding more than 1,600 animals a day.

The Points of Light award recognises outstanding volunteers who are making a change in their community and inspiring others.

In a personal letter to Kim, Prime Minister Boris Johnson said: "Allow me to offer my own recognition

of how you are providing life-saving veterinary care and rehabilitation to thousands of stray and suffering animals in Sri Lanka."

Kim said she was delighted to win the award.

She commented: "Animal SOS Sri Lanka has always been a labour of love for the street dogs and cats that suffer immensely and have lonely, painful deaths. Ten years on and after much blood, sweat and tears we have saved thousands of precious lives through our work in Sri Lanka and paved the way for a better future for street animals.

"We nurse animals back from the brink of death every day of the week. We also provide local employment opportunities to 40 villagers, many of whom were directly affected by the 2004 tsunami. However, we have so many more animals desperately needing our help."

Kim now wants to expand her project to other areas in Sri Lanka. For more information on Animal SOS Sri Lanka, visit www.animalsos-sl.com

New parish priest is welcomed

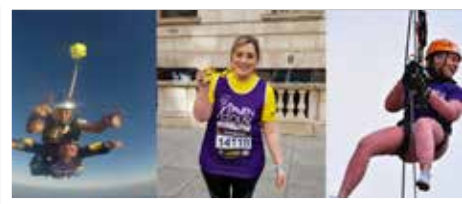
A church in South Woodford welcomed a new parish priest at the end of last month.

Abi Todd was licensed by the Bishop of Barking and installed by the Archdeacon of West Ham at a special service on Thursday, January 23 at Holy Trinity Church.

Writing on the Holy Trinity website, Abi said she was delighted to get started.

She wrote: "A new year is always a time for thinking of 'new things'. As my first incumbency, this will certainly be a new thing for me, and I value your prayers – and your patience – as we settle in and get to know our new community. I have so appreciated the warm welcome we have received so far."

Hospice challenge is as easy as one, two, three



This year is not only the start of a new decade, but also an Olympic year, and, in keeping with the sporting theme, a children's hospice in Woodford Green has launched Tri 3, a challenge encouraging people to complete three sporting events in 12 months to raise essential funds.

Whether it be cycling, running, trekking, skydiving or abseiling, Haven House has a range of events to suit all ages and abilities and for those whose who want to get fit or do something daring.

Events fundraising officer, William Arnold, said: "A new year brings the chance for new opportunities and new challenges. This year, we really are asking people to go that extra mile for Haven House in completing three incredible challenges. From tackling the UK's tallest sculpture by abseiling down the Orbit or running 13.1 miles across the capital, or perhaps jumping 13,000 feet through the air."

New for this year is the Mont Blanc Trek, which involves trekking across three countries in three days, circling the highest peak in Western Europe.

For more, go to havenhouse.org.uk

Roof damaged after lightbulb sets towel on fire

Firefighters are warning people not to leave items that burn easily near light sources after a towel left against a switched-on light bulb is believed to have caused a fire at a house on Woodland Way in Woodford Green.

Most of the roof was damaged by the blaze on January 16. Three people and two dogs left the property before the Brigade arrived. There were no reports of any injuries.

A Brigade spokesperson said: "All light bulbs generate heat at various temperatures so it is very important to keep combustible items as far away from light sources as possible to prevent any fires from starting."

The Brigade was called at 4.41pm and the fire was under control by 5.44pm. Fire crews from Woodford, Chingford and Walthamstow fire stations

and a crew from Essex Fire and Rescue Service attended the incident.

Charity ambassadors support Fostering Week

Woodford Green stars Debbie Douglas and Lydia Bright threw their weight behind Fostering Week last month in an effort to persuade more people to become foster carers.

The mother and daughter duo, famous for appearing in *The Only Way Is Essex* and fronting their own podcast series, are urging Redbridge residents to consider becoming foster carers as figures show there were more than 10,000 children living in care in London last year.

Lydia, who is expecting her first child, said: "Fostering has many benefits, not just for the foster children themselves but for the whole foster family.

"We've been so lucky to have so many foster siblings while we have been growing up. As well as being great fun, it taught us a lot about making friends and how to be kind to others.

"I truly can say that it's been a wonderful experience and I hope many families across the UK will consider finding out more from Barnardo's about how they can help."

Debbie added: "Going into care can be really frightening, which is why it's so important that foster carers are there to give love, support and stability to a child during such a difficult time.

"As a foster mum, I find it so rewarding to see what a positive difference having a happy, loving family to come home to makes to the life of a vulnerable child.

"With the number of children in care going up again, it's vital that more people come forward so that families can be there for children when they need one."

To find out more about how to become a foster carer, visit www.barnardos.org.uk or call 0800 0277 280.



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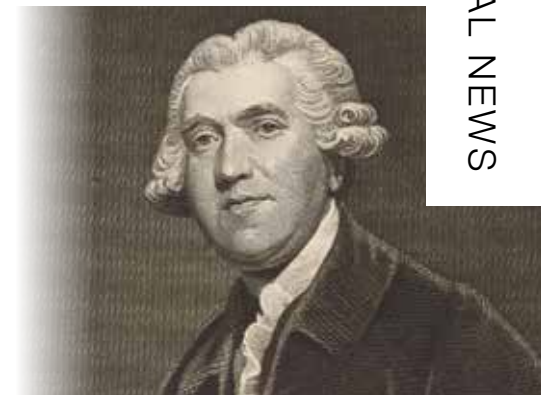
Woodford and District National Trust



Whether you are a National Trust member or not, everyone is welcome to join us at our series of local talks, outings and even holidays. Meetings take place at Memorial Hall, South Woodford, and All Saints Church Hall, Woodford Green, throughout the autumn, winter and spring months.

The next talk is on February 11 at 10.30am at Memorial Hall, South Woodford. David Young will speak on Josiah Wedgwood.

David is a very experienced speaker who has given talks all over Essex and is extremely well known in Chingford as chairman of the Historical Society there. His talk will be on this famous potter and entrepreneur who founded the Wedgwood company in the 18th century. He created beautiful, expensive goods which were in great demand by the nobility, but he also made cheaper products for the rest of society. He is credited with the industrialisation of pottery manufacturing.



For further details, call Richard Speller on 07774 164407 or email speller643@btinternet.com

LOCAL NEWS

Businesses to benefit from programme

Businesses in South Woodford and across Redbridge will have access to a fast-charging hub for electric vehicles, thanks to a £250,000 grant aimed at tackling air pollution.

The hub, one of the first of its kind in the country, is being created at Redbridge Council's Ley Street Depot in Ilford, five miles from South Woodford, and will feature at least four fast-charging points, capable of fully charging an electric vehicle in under an hour.

Targeted towards local businesses, the landmark scheme aims to encourage more companies to

switch to electric vehicles, and is just one of a range of environmental and air quality improvement initiatives, as a result of the funding.

The pot of money was awarded through the Mayor of London's Air Quality Fund, after the borough successfully bid to form a Business Low Emission Neighbourhood (BLEN).

The Redbridge BLEN project aims to encourage electrical vehicle uptake, improve local freight movements and encourage more walking and cycling in the borough, to support more active and environmentally friendly travel.

Councillor John Howard, cabinet member for civic pride, said: "We're delighted to have been awarded the BLEN funding, through which we're now able to deliver a pioneering programme of air quality initiatives, including our landmark fast-charging hub."

"As well as supporting businesses to make the switch to electrical vehicles, these initiatives will have a really positive impact on creating a cleaner, greener and safer environment for residents to take up more walking and cycling in the borough."

"We're determined to be the front runner for improving air quality to ensure Redbridge is one of the cleanest and greenest boroughs in London."





Police warning for car owners following thefts

After a spate of Range Rovers and BMWs were stolen from the South Woodford area, a policeman who patrols the area has advised owners to take extra measures to protect their vehicles.

Officer Simon Jones urged people to use measures including steering locks, immobilisation switches, ghost systems, drop bollards on the drive, Faraday wallets for vehicle keys, tracking devices and other security

devices.

He added: "The vehicles being taken are of high value and it is worth spending a little more to protect your valuable vehicle. We as your local team are currently letter dropping every Range/Land Rover owner we see when out on patrol, highlighting the current trend."

For more help, contact ward officer Simon Jones by emailing sntji-south-woodford@met.police.uk

Dentist campaign to reduce plastic pollution

Improve Your Smile Dental Practice in Woodford Green has recently become a member of the Refill scheme, a nationwide campaign to help reduce plastic pollution by making it easy for people to refill their reusable water bottles instead of buying plastic ones.

Practice manager Moona Malik is encouraging people to drop in and ask at reception for their water bottles to be refilled.

She said: "This is a wonderful scheme to help people stay hydrated, save money and help prevent plastic pollution. Refill tells us that 14 million plastic bottles will be saved each year if all the UK refill stations are used just twice a day. We are proud to be a part of this excellent initiative which will have global impact."

By downloading the app, users can search for their nearest Refill station wherever they are, or look for the



Refill logo displayed at participating premises.
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NEWS FROM

THE 100 CLUB

LOCAL BUSINESSES SUPPORTING HAVEN HOUSE




Photo credit: Stephen Power

Haven House Children's Hospice is already looking forward to a second year its newly launched 100 Club, with lots of free events planned for its members.

The 100 Club is a community of local businesses who aim to support one another in business while each one aims to raise £1,000 each year for the hospice. During 2020, Haven House will offer monthly opportunities for members to meet and socialise at a range of free events, including regular breakfast meetings, evening socials and weekend fairs and festivals.

In its first year, the group has recruited more than 130 members and has already raised a staggering

£100,000 for the hospice, which cares for seriously ill children and their families. The hospice, in Woodford Green, offers specialist and personalised care to children with complex conditions and relies on the local community to help raise the funds it needs to continue. In the last year, the hospice has supported around 379 children.

If you work for a local business or know anyone who might be interested in meeting new businesses and supporting Haven House, please contact Amy on 07557 036054 or email amybramble@havenhouse.org.uk or visit www.havenhouse.org.uk/100-club

Wheelie bins to be trialled



Every household in South Woodford and across Redbridge could soon have a wheelie bin to store their rubbish, if a pilot scheme by Redbridge Council proves successful.

The move was decided after a survey was carried out in October 2018, where the majority of residents said it would be helpful to have a bin to store their rubbish and agreed the council should do more to tackle waste in the community.

Introducing wheelie bins across the borough could reduce some of the £18million the council currently spends each year on collecting 22 million black sacks and would encourage people to reduce rubbish and recycle more.

Redbridge currently throws away the fifth highest amount of waste in England, and the council believes some irresponsible businesses are using the free residential collection rather than paying for a business waste collection.

The trial is due to start on February 10.

For more information about the scheme, visit www.redbridge.gov.uk/wheeliebin

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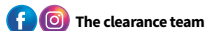
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PLANT OF THE MONTH:

Lilies

Who doesn't love to be gifted a beautiful bunch of lilies? Among the most recognisable flowers in the UK, lilies are known for their stunning scent, their bold colours and their imposing size. And, thankfully, they are relatively easy to grow.

When should I plant lilies?

Lily bulbs can be planted as early as autumn or winter, but they are perfectly fine to plant in early spring as long as they are in by the end of March.

Where should I plant my lily bulbs?

Lilies will reappear year after year, so it is important that you bear this in mind when choosing where to plant them. As a rule, they like a sunny spot or an area with some light shade. However, brightly coloured lilies keep their colour better in areas with consistent shade.

How to plant lily bulbs

Soak your bulbs in warm water for 12 hours before planting – this will save you 2–3 weeks of growing time | Plant your lily bulbs in groups of 3–5 for a more effective display | Dig a 20cm -deep hole for each group of bulbs | Spread a 5cm layer of grit over the bottom for improved drainage | Plant the bulbs pointy end up | Cover with soil

How to protect your lilies

Lily leaf beetles are your lilies' biggest threat, with the ability to munch their way through their foliage and flowers when they are in bloom. Luckily, these beetles are easy to see and can be easily squashed with your fingers. Alternatively, spray the beetles with a mixture of olive oil and water.

What do lilies represent?

Lilies symbolise humility and devotion and this is why they are the 30th wedding anniversary flower. They are also often used at funerals to symbolise that the soul of the deceased has had their innocence returned after death.



It's not ROCKERY SCIENCE

A rockery makes the perfect garden feature, adding structure and providing the ideal environment for alpine plants. Plus, you can recycle any unwanted bricks or tiles you have lying around.

FIND THE IDEAL SPOT

Before you start building your rockery, you need to pick the perfect location that will allow plants to thrive. Alpine plants, the type you need for a rockery, need lots of light, so it is important that you choose an area that is not overshadowed by trees or shrubs.

CHOOSE THE RIGHT ROCKS

Depending on your budget, you can either visit your local reclamation yard to pick whatever rocks you like (natural-looking ones work best), or you can utilise any broken bricks, tiles or even paving slabs that you have left over from another DIY project.

CLEAR THE GROUND

The worst thing for a rockery is an abundance of

weeds as they can weaken or damage it over the years. Therefore, you must ensure that you thoroughly remove any existing weeds. Then you should add a layer of rubble on the ground, which will improve drainage and support the rocks. Finally, cover these with landscape fabric.

POSITION THE ROCKS

Start with the larger rocks, creating a mountain shape, and make sure to point them in a variety of directions. Use smaller rocks and topsoil to stabilise them. Next, add smaller rocks in a horseshoe shape to create planting pockets.

MAKE ALPINE COMPOST

If you want your plants to thrive in your rockery, then they need the right type of compost. Alpine compost should be made up of weed-free topsoil, leaf mould and horticultural grit.

ADD PLANTS IN EARLY SPRING

Plants that love rocky ground include:
Alpine pink | Creeping thyme | Mount Atlas daisy
Saxifraga | Fairies' thimble



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BRICKS & MORTAR



What is the difference between buy-to-let and residential mortgages?

The buy-to-let mortgage revolution was one that the housing market constructed with all the speed and eagerness of a stunning detached property. It was perfectly situated (in a marketplace where rental prices were going through the roof), and as for the views, well, buy-to-let landlords could sit back for years, do very little, and watch their profits roll in.

At their peak in 2007, buy-to-let mortgage approvals hit 183,000, but increased taxes brought in by George Osborne in 2015 – amid fears buy-to-let mortgages were pushing property prices through the roof – have cut that figure back to around the 75,000 mark.

So while the trend of buying to immediately let out to tenants has waned, it should be noted that it's still an industry worth almost £250 billion a year... or, put another way, 3,800 mortgages are approved every month.

The key difference between a buy-to-let mortgage

and a residential mortgage is that, with the latter, you will live in the property yourself, rather than simply using it as an investment whereby tenants arrive from day one. As a result, with a buy-to-let mortgage, interest rates and fees tend to be much higher, while purchasers have to stump up a deposit of around 25 per cent (and sometimes as high as 40 per cent).

In addition, buy-to-let mortgages are often interest only, meaning landlords no longer profit from the likely uplift in value of a property. Naturally, with a residential repayment mortgage, an owner can walk away with sizeable equity should the market improve.

With a number of other tax changes – such as increased stamp duty on buy-to-lets, removal of a 10 per cent income tax saving owing to 'wear and tear', and an ability to offset interest paid on their own mortgage from the rental income declared to the taxman removed – the market for buy-to-let deals has become much tougher, matched with residential mortgages enjoying a three-year high last year.



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CALL CHANGE

HOW BRITAIN CONVERTED TO DECIMAL CURRENCY

For those who lived through them, the 1970s are often regarded as a decade of struggle. Yet while the Three Day Week, bin strikes, economic decline and David Bowie's morphing into alter ego Ziggy Stardust proved troubling for some, Britain could at least thank the decade for decimalisation, a positive event that saw us take a needy grip on our currency... if only people had more of it in their pockets.

This new dawn began the morning after Valentine's Day 1971. And sure enough, the people were quick to embrace a love affair with multiples of 10 and 100, in the process bidding farewell to the sixpence, florin, crown and half crown – some of which had been a part of everyday life for centuries.

In truth, although the conversion may officially took effect on February 15, changes had been phased in over the course of months and even years. Indeed, it was 1966 when Parliament announced we were set for the country's greatest ever single currency change. Then, in 1968, some three years before D-Day (Decimal Day), new 5p and 10p coins were introduced. Simple replacements for the existing shilling and two-shilling coins, they were followed by a 50p coin in the shape of a heptagon. And then, finally, on D-Day, half-pennies, 1p and 2p coins were worked into circulation.

A huge public information campaign was fired up in the days and weeks leading up to the big day, meaning, for the most part, that British shopkeepers and their customers were ready... but were the banks? In short, no – the huge task of removing an entire currency from the system meant a massive physical operation in every city, high street and rural bank. As a result, our financial institutions closed for four days to prepare for the changeover.

When they reopened, the way we bought goods and services would never be the same again.



2 FARTHINGs = 1 HALFPENNY
2 HALFPENCE = 1 PENNY
3 PENCE = 1 THRUPPENCE
6 PENCE = 1 SIXPENCE - A 'TANNER'
12 PENCE = 1 SHILLING - A BOB
2 SHILLINGS = 1 FLORIN - A 'TWO BOB BIT'
2 SHILLINGS AND 6 PENCE = 1 HALF CROWN
5 SHILLINGS = 1 CROWN
20 SHILLINGS = 1 POUND

HISTORY





PUZZLES & TRIVIA

PUZZLES

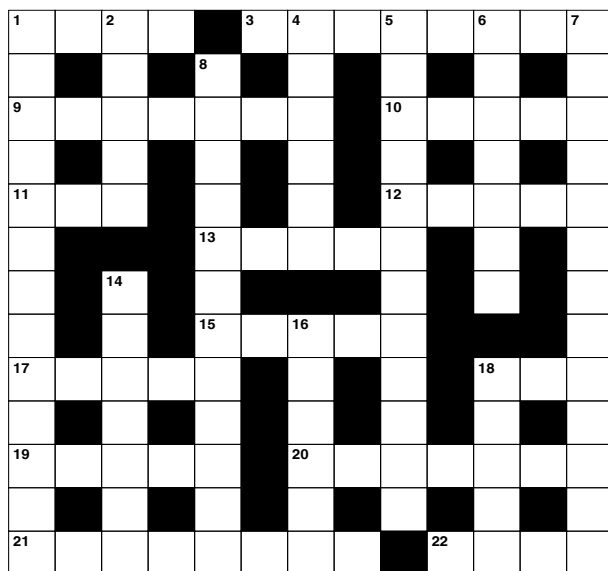
Answers can be found on the Contents Page 4

ACROSS

1. Creative disciplines (4)
3. Unyielding (8)
9. Shock with wonder (7)
10. Happening (5)
11. Cut of pork (3)
12. Public square (5)
13. At that place; not here (5)
15. Stem of an arrow (5)
17. Individual things (5)
18. Popular beverage (3)
19. Instruct; teach (5)
20. Mark the boundaries of (7)
21. Lenience (8)
22. In a tense state (4)

DOWN

1. Misplaced in time or date (13)
2. Motet (anag) (5)
4. Small parrot (informal) (6)
5. By chance (12)
6. Mediocre (7)
7. Wastefully; lavishly (13)
8. Most perfect example of a quality (12)
14. Get ready (7)



16. Sour to the taste (6)
18. Shy (5)

DID YOU KNOW?

- An octopus has three hearts. They need all of them to circulate blood through their bodies
- African penguins can swim underwater for up to two and a half minutes trying to catch small fish
- The cheetah is the world's fastest land mammal. It can accelerate from 0 to 60mph in three seconds
- Polar bears don't hibernate, but females enter into a dormant state while pregnant
- Dark patches around meerkats' eyes help them be effective lookouts by reducing the glare of the sun
- Unlike other cats, lions are social animals and live in prides. They can keep track of one another by roaring

SUDOKU

	4		1				8	
		3		8				
		6			9	1		
4	6	5		3				
	3						5	
				6		3	7	2
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WILDER vs FURY II

FINALLY, IN 2020, WE SHOULD
SEE THE HEAVYWEIGHT BOXING BRAGGING
RIGHTS DECIDED ONCE AND FOR ALL... BUT WHO IS YOUR MONEY ON?

Heavyweight boxing's ability to put on an event has never been so polished nor lucrative, with each of three soldiers of the ring currently vying for the right to call themselves the best in the world.

For a long time we considered Anthony Joshua to have things tied up, but even in the course of him winning back his WBA, IBF, WBO and IBO belts from Andy Ruiz Jr in December, his claim to be the greatest is refuted by two fighters whose time in the background is finally about to change.

On February 22, Tyson Fury and Deontay Wilder square up, with a British versus American clash at the MGM Grand expected to offer all the thrills and spills of their first bout back in December 2018, when the fight ended as a controversial draw.

While the bookies appear to be coming down narrowly on the side of Fury, who has battled back

from drink and drug addiction, in Deontay there is a measured, mean and driven fighter who, in another era of the sport, would have been a worthy world number one.

The winner of that Vegas clash will have the right to meet Anthony Joshua, as the triumvirate of top-level gloved warfare finally look to answer the question we've been posing for several years now – just who is the best?

Fury will pick up a £25million purse for the February rematch and, should he win, the follow-on fight against Joshua is expected to net even more.

And yet, with the likes of Dillian Whyte, Joseph Parker, Oleksandr Usyk and Adam Kownacki all waiting in the wings, don't expect the monumental battles of 2020 to do anything other than lay the foundations for what many believe is an extended golden era of heavyweight boxing to come.



SPORT



TOKYO 2020

THE NEW SPORTS

2. SOFTBALL

In the latest instalment showcasing sports set to debut or return at the 2020 Olympics in Tokyo later this year, we take a look at softball.

Five new pursuits have been added to the roster for Tokyo 2020, which kicks off on July 24. It will be the second time that the Far Eastern metropolis has hosted the Summer Olympiad... it would have been the third had the Second World War not intervened in 1940.

Softball, in essence, is a sport very much like baseball, and there will be six countries competing for the gold medal.

Last seen at the Olympics in Beijing 2008, the qualification process for Tokyo saw 2018 WBSC Softball World Champions United States, Europe/Africa winners Italy, Americas victors Mexico, and Australia as the Oceania representatives. Canada

qualified along with Mexico, while Japan is present as host.

Softball has seven innings, two fewer than

baseball, a bigger ball measuring two inches more in circumference, and a smaller bat. The pitch is also smaller than its compatriot and the pitching distance of softball is around 40ft from the plate, as opposed to 60ft in baseball. Also, whereas the ball is pitched overarm in baseball, an underhand technique is used in softball.

Returning after a hiatus of 12 years, following its removal for the 2012 Games in London, it was previously part of the programme between Atlanta 1996 and Beijing 2008.

The six countries will compete with a roster of 15 players each, with the 90 athletes helping to make up the estimated 11,091 who will compete in Tokyo.

Softball was invented in the late 19th century in Chicago as a game designed to move at a faster pace than baseball. Contrary to common knowledge, since the 1930s, the "soft" ball is actually hard... spectators beware.



Everything you wanted to know about leasing but were afraid to ask!

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DEALS ON WHEELS?



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NINE - £1.1million - Ferrari LaFerrari

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EIGHT - £1.2million - Pagani Huayra

Its unusual name celebrates the Incan god of wind. Unlike that god, it possesses a 6.0 litre V12 engine with two turbochargers for 620bhp.

SEVEN - £1.3million - Aston Martin One-77

When James Bond wants to get away from or catch up with the bad guys, he should use this - 220mph top speed, 0-60 in 3.5 seconds from a 7.3 litre V12.

SIX - £1.5million - Koenigsegg One:1

This is a Swedish megacar that looks more like a diecast model! It's low and wide and can do 0-60mph in less than 2.9 seconds, with a top speed of 280mph.

FIVE - £1.9million - Ferrari F60 America

A stylish and classic look and bodywork, it's brutal along with its beauty - the perfect combination for a supercar. A 6.2 litre V12 gives 740 bhp and 0-60 in 3.1 seconds.

FOUR - £2.6million - Mansory Vivere Bugatti Veyron

At last, we can hear you say - a Bugatti! Well, this one is a beast. An 8.0 litre engine, a top speed of 255mph and 0-60 in less than 2.5 seconds.

THREE - £2.6million - W Motors Lykan Hypersport

This car appeared in *Furious 7* where it displayed its tremendous capacity and animal-like qualities. 0-60 in less than 2.8 seconds; a top speed of 245mph.

TWO - £3.4million - Lamborghini Veneno

Possibly the most amazing-looking vehicle ever made, with a top speed of 221mph, and 0-60 in 2.8 seconds.

ONE - £3.7million - Koenigsegg CCXR Trevita

The 1,004 bhp, 0-60 in 2.9 seconds and top speed of 254mph mean it's a shame there were only three of these ever made.



Photo credit: wsupercars.com, www.Shutterstock.com - arda savasciogullari, auto-data.net, dmcars, Jia Li, Phat Tai, Shaun P, Steve Lagreca, Vasilika, Zavatskiy Aleksandr

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WHAT'S ON

in your area

Illustrated Talk: Gulls – What a Load of Rubbish

**Gwinnell Room, St Mary's Church, 207 High Road, South Woodford, E18 2PA
February 11, 8pm**

Gulls are prolific migrants and face fascinating conservation challenges.

Paul Roper, a very experienced bird ringer both at home and abroad, will help you get to grips with this species that many struggle to identify.

£4 for RSPB and Wren members or £4.50 for non-members. Children under 18 are free.

Spring Craft Market

**Memorial Hall, 209 High Road, South Woodford, E18 2PA
February 15, 10am – 4pm**

Specially selected local designers and makers to help you find the perfect gift for Mother's Day and International Women's Day, including handcrafted jewellery, homeware, pet accessories, art, fashion accessories and more.

Tea, coffee, cake and pet treats will also be available.

Beethoven 250th Anniversary Recital

**St Mary's Church, 207 High Road, South Woodford, E18 2PA
February 17, 1pm**

Local resident and pianist Yuki Negishi will play works by Beethoven.

£5 entry payable on the door.

Chatterbooks

**South Woodford Library and Gym, 116 High Road, South Woodford, E18 2QS
February 18, 3.45pm – 4.45pm**



Go along to the Chatterbooks session to talk about the book of the month and do crafts.

Read the book in advance for a head start. Enquire at South Woodford Library to learn the Chatterbooks book for the month.

This event is free to attend for seven to 11 year olds.

Half Term Crafts

**South Woodford Library and Gym, 116 High Road, South Woodford, E18 2QS
February 19, 12pm – 1pm**



Join Redbridge libraries for their fun crafts during the holidays.

At South Woodford Library you can create your own magic by making your own fairy tale themed craft.

This event is suitable for children aged 5 and over. Free entry.

A Muse of One's Own

**St Mary's Church, 207 High Road, South Woodford, E18 2PA
March 7, 7.30pm – 9.45pm**

A celebration of choral music by female composers including Holst's *Mass in A minor*, Mackie's *Missa Brevis* and pieces by Ruocco, Clarke, McDowall, Slatter and Weir.

Tickets are available online by visiting www.ticketsource.co.uk/whats-on/london/st-marys-church-south-woodford-e18-2pa/a-muse-of-ones-own

There will also be tickets on the door for a higher price.



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