

tasty times



with AILEEN MCMONAGLE
from City of Glasgow College



Chilli Con Carne with boiled rice

Ingredients

1 tin kidney beans	2 beef stock cubes
400g minced beef	2 peppers (any colour)
1 onion	Optional ingredients for serving:
2 garlic cloves	Cheddar cheese
1 tsp chilli powder	Sour cream
1/2 tsp oregano	Jalapeno chillies
2 tsp ground cumin	
50g tomato puree	
4 tomatoes	

Method

1. Finely dice the onions and crush the garlic
2. Heat oil in a pot and brown off the minced beef
3. Add the onions and the garlic and allow to gently cook for 5 minutes
4. Add the spices and tomato puree and cover with stock. Allow to simmer for one hour
5. De-skin and de-seed the tomatoes. Mix through 10 minutes before serving.
6. Taste for seasoning. Serve inside roasted peppers with boiled rice and a side salad.
7. Serve more grated cheese, sour cream and chopped jalapeno chillies at the table

There will be another great recipe, specially created for Evening Times readers, next week. Why not cut them out and build up a collection of delicious meal ideas?

FACES IN THE NEWS



Guiding lights get rewards

TWO Glasgow women have received top awards for their work with Girlguides. Lindsay Smith, above left, and Emma Latham were presented with Queen's Guide Awards at a ceremony near Edinburgh recently.

Jai sings at Ayr lights show



SOUTH Ayrshire's Jai McDowall, winner of Britain's Got Talent 2011, will be one of the entertainers to perform at celebrations to mark Ayr's Christmas lights switch-on. The honours will be done by South Ayrshire Council Provost Winifred Sloan on November 20. The fun will start at 4pm, building to the big event at 6pm.



DON'T MISS DINERTEC IN TODAY'S times out PAGE 37

Close brush for top cyclists



GLASGOW artist Frank To is to exhibit a new painting featuring legendary Scots cyclists Sir Chris Hoy, above, and Graeme Obree.

The work, entitled The Collision of Eras, will be shown at this month's Edinburgh Art Fair.

The picture has a price tag of £2200.

Do you have a story and picture you want featured in our people column? Just e-mail the details and a picture to: news@eveningtimes.co.uk

IN TRAINING Helena had given up...

then she lost 10st and gained a career as a personal trainer

I lost half my body weight ... I'm going to help others get in shape!

By LALITA AUGUSTINE

A WOMAN who managed to shed half her body weight is now gearing up to become a personal trainer.

Helena Cameron has gradually gone from a dress size 26 to a 10 over two years. After trying several fad diets during her teens, Helena suffered a deep depression when she was 23 and the weight crept on until she reached 20 stone.

Simple pleasures such as

clothes shopping became a nightmare for her and she resorted to ordering clothes online and from plus size catalogues, rather than venture out of the house. "I felt terrible, absolutely depressed," said Helena, from Waterfoot, East Renfrewshire.

"I didn't want to go out anywhere and at 23, it's so young to become reclusive. "Before that, I had a really active social life and a big group of friends but after battling with my weight for so long and not getting

anywhere with it, I gave up and stopped caring."

At the time, she was working part time as a support worker for children with special educational needs and was in her honours year of a degree in psychology at Glasgow Caledonian University. "It was like work, uni, home," said Helena.

"At that point I didn't want to leave the house and I almost didn't finish my honours year, but I made myself do it and got my degree."

After living life like this for two years, her luck started to change when her grandmother, Helen, saw a newspaper article on Scottish weight loss expert, David Wilson.

The 31-year-old ex-professional football player from Rutherglen started his Rapid Hypno Fitness programme four years ago and has helped numerous clients achieve their

weight-loss goals through a combination of personal training, hypnotherapy and psychological tactics.

Helena's grandmother decided to take action and phoned David to ask him to help her granddaughter.

David said: "Helen called and she said 'listen David, my granddaughter's in a really bad way, she's down, she's depressed, she doesn't leave the house."

"My family are worried about her, do you think you can help her?"

H ELENA reluctantly went to a consultation with David out of courtesy for her grandmother.

"When I first met her I remember her walking in and she was really down, you could tell she didn't want to be there.

"Once I started using psychology and hypnosis that's when she started to change and then we started training."

And Helena, 27, hasn't looked back since.

"I was nervous and I was having difficulty just walking, my feet were throbbing, my energy levels were low but he put me at ease and he builds up your confidence," she said.

"He doesn't work you out until you want to throw up,



he focuses on gradually building up your fitness."

Helena started meeting David once a week for training and weigh-ins and also kept a food diary.

She started to lose the weight and developed a new-found confidence.

"Initially at the start she didn't believe she could achieve this, when she started to lose the weight she started to believe in herself, she started to turn into a really positive girl," said David.

Helena, now a svelte 10st 10lb, can't believe the transformation.

She said: "I went from totally depressed and anxious to excited and

enthusiastic so it really made a big difference.

"It brought back the old me or maybe a slightly better version of me!"

Now she is training to become a personal trainer herself, after David offered her a job working alongside him.

David said: "She's got a lot of potential. She's been to hell and back to get the weight off and I believe she can help other clients to get to their target goals as well. What she's done is incredible.

"I'm so proud - it's one of the reasons I do this job. The greatest enjoyment I get is seeing that person develop and progress."

I didn't want to go out. At 23, it's so young to become reclusive



Stephen Carter

Loch hotel boss wins top award

A LOCH Lomond hotel boss has been named the 2011 Hotelier of the Year.

Stephen Carter, chairman of De Vere Cameron House on Loch Lomond, was presented with his award by Caterer and Hotelkeeper magazine editor Mark Lewis.

Stephen was chosen as the 2011 winner for the outstanding contribution he has made to the hospitality industry during his 40 year-career and his dedication to encouraging and developing young people both at Cameron House and within the wider industry.

Last year's winner, Andrew Stemberge, described Stephen as one of the most generous hoteliers on the planet.

He said: "He's thoroughly old fashioned in his approach to hospitality, but perfectly modern when it comes to nurturing his team.

"This worthy recognition is long overdue."

Stephen has been at Cameron House since 2008 and has steered the hotel through a £50 million refurbishment.

Annual turnover has also risen, from £12m in 2008 to £25m.



Helena, left, has grandmother Helen, above, to thank for forcing her to tackle her weight problem

Cash lure in bid to beat gang culture

YOUNG people from Glasgow are being given the chance to win £1000 for community projects.

Nominees are being sought for a grants scheme run by Dalmar-nock Future's Forum.

The community-based project helps young people out of gangs and into work or education.

Grants are being offered to young people aged 11-26 from Glasgow who can come up with innovative ideas to improve the prospects of the young in their area.

E-mail allanl@youngscot.org call 0131 313 2488 or visit www.thepatter.org/fund



Helena is to work alongside David Wilson to help others lose weight