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## Rudd blast at 'ghastly' EU chief Juncker

Senior Tory condemns treatment of Theresa May at council summit in exclusive interview

By Camilla Tominey  
ASSOCIATE EDITOR

JEAN-CLAUDE JUNCKER is "ghastly" and his "grotesque" behaviour should have been subject to an official complaint, Amber Rudd has claimed.

Citing the European Commission president's "terrible" conduct at last week's EU summit, when he appeared to manhandle the Prime Minister and ruffled a woman's hair, the Work and Pensions Secretary criticised his treatment of Theresa May, saying: "[He's] ghastly. What I minded before that were those pictures of the way he was holding the Prime Minister. I did not like that."

Referring to the hair incident, the former Home Secretary added: "It's grotesque. If that happened in our Parliament I hope there would be a formal complaint. When I used to go to the EU for meetings, I often had a terrible cold to insist that I didn't get enveloped in a bear hug. All the EU commissioners love doing their big hugs."

In a wide-reaching interview with *The Daily Telegraph*, Ms Rudd, 55, a former minister for women and equalities, also hit out at Jeremy Corbyn, the Labour leader, for appearing to call Mrs May a "stupid woman" and described John Bercow's handling of the matter as "partisan", saying the speaker was "increasingly looking like a man

who has some questions to answer about some of the comments he's made to some of my colleagues".

Mr Bercow was attacked by Andrea Leadsom, the Leader of the Commons, following Wednesday's Prime Minister's Questions, in which Mr Corbyn was caught on camera appearing to make the politically incorrect remark about Mrs May, which he later denied, claiming he had said "stupid people".

Mrs Leadsom stood at the despatch box and asked the Speaker: "Why is it that when an Opposition member found that you had called me a stupid woman, you did not apologise in this chamber?" Praising her Cabinet colleague as "masterful", Ms Rudd appeared to call time on Mr Bercow's term in the chair, saying: "I think he's said he's going after 10 years, hasn't he?" Elected in 2009, the Speaker has said he will step down next summer, after Brexit.

An arch remainder who campaigned for Britain to stay in the EU, Ms Rudd insisted that Parliament would stop a no-deal Brexit if Mrs May's Withdrawal Agreement was voted down, because leaving on World Trade Organisation (WTO) terms would be "playing chicken with jobs".

She warned Brexiters to be "careful not to make the perfect the enemy of the good", and claimed "anything could happen" in the event of the prospect of no deal - including a second referendum. Insisting a people's vote was not her preferred outcome - contrary to reports she had opened the door to a re-run of the referendum during a

*Continued on Page 2*  
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Princess Eugenie, who chose a wedding dress that revealed her scar, has opened up about her experiences of having surgery

## I felt angry and empty after spinal surgery, says Eugenie

By Danielle Sheridan

PRINCESS EUGENIE has revealed the "bombshell" trauma she suffered as a young girl after undergoing life-changing surgery which left her feeling "angry" and "empty".

In an exclusive interview with *The Daily Telegraph*, the Princess has disclosed for the first time the impact of having a spinal operation.

Her decision to speak out has come as she offers support to Changing Faces, one of this newspaper's chosen charities for its annual Christmas appeal, which offers support to people who have visible differences.

When Princess Eugenie married in October, she made a conscious decision to highlight her "visibility" by wearing a dress that showed her scar.

While she now feels proud of her

*'Afterwards, I couldn't move. I had to wear a neck brace and be moved very gently. That was very frustrating'*

scar, Princess Eugenie told *The Telegraph* that when she first learnt she was to undergo surgery, she found it difficult to process, with "so many emotions thundering through your head".

"I was only 11... when I was told I needed surgery and that bombshell left me reeling," she said. She added that she found "most upsetting" was "the fear of the unknown and having a condition that made me different".

At the time, Buckingham Palace deemed the surgery "minor", but the Princess said that she "couldn't move" after the operation. "I had to wear a neck brace and be moved very gently. That was very frustrating and I remember being angry about not being able to run around and play."

Scoliosis causes the spine to curve to the side at a significant degree. In eight out of 10 cases, the cause is unknown, but it is thought that three in every 1,000 children require treatment.

Aged 12, Princess Eugenie underwent an eight-hour operation in which her spine was rebuilt with titanium rods in order to correct the curvature.

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## Police home in on identity of Gatwick drone attacker

By Martin Evans, Steven Swinford, Patrick Sawyer and Robert Mendick

POLICE suggested the net was closing in on the Gatwick drone attacker last night as they confirmed they were investigating "persons of interest".

Detectives are understood to have drawn up a shortlist of potential culprits after the operator gave vital clues away by audaciously flying the drone right up to the air traffic control tower.

The perpetrator taunted airport staff by circling the drone around the building and flashing its lights, an industry source told *The Daily Telegraph*. A

description of the drone, provided by witnesses, meant experts were able to determine the make and model of the machine, which is only available from a handful of locations in the UK.

It is thought the attacker could be a lone eco-warrior, but Chris Grayling, the Transport Secretary, and senior detectives also said they had not ruled out that a foreign state could be to blame.

It was reported last night that Mr Grayling had shelved plans to introduce tougher drone legislation, despite being warned about the threat. Last year the Department For Transport ditched plans for a draft bill aimed at

controlling drone use near airports.

Police are working on the theory that more than one drone was being used in order to confuse the authorities, which was making it difficult for the police to find the location of the handler. The last sighting was at 10pm on Thursday, just over 24 hours after it was first seen.

Steve Barry of Sussex Police said: "We do have persons of interest and we are working through those with our best teams... there's a huge amount of intelligence."

The heightened level of panic around the airport was demystified yesterday evening when all flights had

to be temporarily suspended after a drone was reportedly spotted. Police sources suggested two drones had been sighted "in airspace" near the airport shortly after 5pm, with one flying off in the direction of the M23.

Airport authorities quickly launched one of their own drones to track and divert any hostile device and the airport was able to reopen 40 minutes later.

Chris Woodroffe, Gatwick chief operating officer, warned that further disruption could not be ruled out in the crucial days before Christmas.

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**MATT**

*'Your Majesty, are you keeping in the line about the Government not being able to run a whelk stall?'*



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# Travel



## Nice ice, baby

*Greg Dickinson takes an exclusive look at this year's Icehotel as it takes shape in northern Sweden*

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# How I learnt to resist my patisserie passion – in France

*On a trip to Champagne country, Zoe Strimpel follows a good food guide that does not involve overindulging*

I can't remember, as an adult, ever returning from a trip abroad not significantly inflated around the waist and chin. Trips to Portugal have seen an embrace of *pasteis de nata*, involving up to eight a day. America can't be enjoyed without gorging on giant soft-baked cookies, bacon-flavoured doughnuts and pancake stacks. Once, I went on a trip to Puglia while evangelically following a low-carb diet. I managed to resist the bread, but gave myself some kind of cheese poisoning instead. And then, of course, there's France, a land studded with boulangeries and patisseries of which even the plainest call a siren song to me.

But as I faced the festive season, with its onslaught of Christmas parties, overindulging and a great deal of worrying about waistlines, I began to wonder if it always had to be like that. Might it be possible to go on an indulgent mini-break to a gastronomic capital and enjoy myself to the full without, to put it delicately, pigging out?

I believed it might be, so I set myself an interesting task. I would go to a foodie capital – *en France*, *naturallement* – armed with the bestselling tome *French Women Don't Get Fat: The Secret of Eating for Pleasure* by (stick-thin) Vevee Clicquot executive Mireille Guiliano. I would see if, having imbibed her sacraments

of moderation and the avoidance of processed, carb-y sugary foods, I could overhaul my whole concept of indulgence and walk away from a French holiday the same heft as I went into it.

Guiliano's book states from the outset that French women "take pleasure in staying slim by eating well", eating "with their heads" not – like Anglo-Saxon women – their greedy hearts. French women know that "less can be more". What this really boils down to – as Guiliano's recipes show – is shunning sugar and fat, having one piece (not three) of bread a day, choosing fruit for dessert rather than cake and being extremely sparing with one's cheese intake. The benefits to well-being as well as looks by eating this way are, of course, palpable, and I was excited to see if I could return to London feeling energised rather than carbily foggy



and coated in sugary fat. After ordering the book, I arranged a weekend in the newly refurbished Royal Champagne Hotel in Epernay, in the Champagne region of France. Previously a sprawling old house owned by a regional hotelier, the hotel – bought in 2012 by two Bostonians with a

France fetish – emerged in July from its renovation chrysalis as a modern splendour facing out over the vineyards of the Marne Valley.

Without the discipline of my new regime, I could easily spend my weekend necking champagne, chomping on artisanal pastry and bread made by the hotel's baker Patrick Baillet, and gorging on local Chaource cheese and stock-infused ham. But, were I to take Guiliano's more wide-ranging concept of "pleasure" as being about well-being rather than overeating, I could also choose to trade some calorific edibles in for an embrace of outdoor activity – the area is a Unesco World Heritage Site and stunningly inviting for cycling and walking – and, of course, spa indulgence.

And so I set out on a sunny November Friday. My challenges started immediately in the Eurostar lounge, with *viennoiseries* (a weakness of mine) as far as the eye could see. But, having had some oat cakes before I started out, I made the very French decision to stick to espresso. On the train itself, where I was offered food and drink, I decided to try the wine (just a glass, like a Frenchwoman), eat the protein and vegetables, and turn my nose up at the bread roll and pudding.

It was rather a novel experience arriving in Paris not having begun my



"holiday" by excessive snacking on the train. By the time I got to Reims, I was hungry – and rather pleased about it. While waiting for my lift to the hotel, I didn't go into the nearest patisserie: I raced the 15 minutes on foot to Reims' incredible cathedral. Here I wept, not at the velvety mousse of an opera cake, but at the beauty of the stone carvings of saints over the soaring entrance.

By the time I arrived at the hotel, after shocking traffic, old me would have proceeded to eat and drink with abandon. But that approach felt wrong here. As soon as I sat down to check in, the suave concierge handed me a

By the time I got to Reims, I was hungry – and rather pleased about it

glass – only a third full – of startlingly honeyed Deutz champagne.

The look of the hotel somehow discourages piggish eating. Designed by Giovanni Pace, the architect of the Moët & Chandon, its minimalist but opulent interiors are all sweeps of glass, local quartz stones and pale wood. Rooms do not sink to minibars, instead offering state-of-the-art espresso machines, a bottle of Leclerc Briant champagne from down the road and some tangerines.

Guiliano is adamant that, in the early stages of learning to eat like a Frenchwoman, you must practise simple avoidance. Thus to keep out of

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 □ Royal Champagne Hotel & Spa is a 35-minute TGV train journey from Gare de l'Est, Paris, a 30-minute TGV journey from Charles de Gaulle airport and a 15-minute drive to the hotel from Champagne-Ardenne train station.  
 □ Eurostar (03432 186186; eurostar.com) operates up to 19 daily service from London St Pancras to Paris Gare du Nord, with one-way fares starting from £29, based on a return journey.

dessert. Waking up the next morning actually hungry for breakfast caused me to do an air punch of victory. Remembering my bible, I ate sparingly – a bit of wholewheat baguette and half a bowl of muesli. A meeting with Monsieur Baillet, the baker, reaffirmed the need for extreme selectiveness since he explained his own ruddy trimness through eating only the best baguettes, made with stone-ground flour, of which 80 per cent is wheat.

Next I returned to the spa, for a Biologique Recherche facial and an intriguing "drinking" fat-buster called Booster Slimness. This involved a very slim spa assistant brushing and pummeling my thighs and hips to get them to fall into line, which left me feeling both chastened and rather vigorous. The rest of the day, however, got incrementally more challenging. There was the lunch at the chef's table inside the kitchen, where Jean-Denis Rieubland, formerly of two-Michelin-starred Le Negresco in Nice, provided me an exquisite repast that was – without a doubt – the sort of thing Guiliano had in mind when she wrote about Frenchmen dining properly. To drink, there was a mango and spinach smoothie finished with chia seeds (along with a glass of champers). Then there was a small, fragrant avocado salad, with parmesan, Cajun nuts, clementine and flaxseed; silky squash soup; scallop carpaccio with beetroot purée and Granny Smith apple, sea bass with olive oil and spelt, and an astonishing persimmon, yogurt and ginger sorbet. I noted keenly how my lunch companion, a petite Frenchwoman, ate everything up.

In the afternoon, I went to see the "biodynamic" winemaking facility at Leclerc Briant. Perfectly interesting was the state-of-the-art machinery – fermentation vats that connected in novel ways to the earth; wine stored in terracotta eggs, and one barrel with a gold interior designed to jive with "the moon". Fascinating, however, was my guide Leonie, a saleswoman at Leclerc. Trim, curvy, clad in

**PICNIC PLEASURES**

Fine dining alfresco, main; a balcony at Royal Champagne Hotel and Spa, below



**BON APPETIT**

Mireille Guiliano, below; Reims Cathedral, left; Zoe Strimpel, far left

a leather miniskirt and close-fitting but sober polo neck, with impeccable brows, perfect skin and clearly in supreme health, she was the best endorsement I'd seen yet of the *Why French Women Don't Get Fat* concept. Here was a woman whose job revolved around imbibing and selling the finest luxury drink (and the food that goes with it) – and yet who managed to make it look as though she worked on a health farm. When we sat down to (another) tasting, I saw why: she poured herself a half-glass, and barely had a sip. Neither of us touched the

plate of salty snacks she'd put out either. The next morning, I skipped breakfast and headed out into the freezing blue skies on an (electric) bike, making my way through the vineyards to Hautvillers, where Dom Perignon is buried in the abbey. I whizzed up and down over gravel and dirt, at times perilously getting lost several times. Ultimately, frozen nearly to death, I found the right hill and hurtled past the Tattlinger vineyards right up into the pristine village, past a troupe of elderly German tourists and into the beautiful old abbey (first stones laid in about AD 650).

By the time I got back to the hotel, having once more scrambled madly up and down the labyrinthine vineyards, I was both freezing and pleasantly tired. I wobbled momentarily, wondering if I ought to have had breakfast after all, then held firm, downing one more espresso before jumping into the taxi to Epernay. Here again, there were temptations, a tiny Sunday market with cheese and meats *en croûte* (in pastry); locals pouring from boulangeries; their arms full of baguettes. But I imagined how I wanted to feel when I got back: light, refreshed, good – not heavy, faintly ill and tired. So I strolled past the shops and into the Epernay cathedral, which was vast and sombre and just what the doctor ordered.

A few hours later, I arrived back in London, for the first time ever in my personal history of travel, hungry.



harm's way, I decided to fill the hour before aperitifs not with more drinks (despite being keen to continue sampling from a vast menu of local bubbles) but by having an espresso on my balcony, breathing the icy air deeply, and then heading to the spa. I arrived at a pre-dinner champagne-tasting feeling lean and rosy. It was a novelty: I marvelled, too, at how much more sparingly I sipped my bubbles than my dinner companion. Feeling on a roll (for once, not literally), I handled dinner in the hotel's "casual" restaurant, Le Bellevue, with French aplomb, shunning the bread; ordering fish, and – *zut alors!* – declining



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