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Editor's notes...



Brett Shohet, Editor

Hello and welcome to the first edition of **VISION**Loughton. **VISION** is a FREE monthly magazine that is hand delivered to homes and businesses in Loughton EVERY month. Due to the success of **VISION** over the last two years, we have now launched our fourth magazine in Essex, with a combination of entertaining and topical stories alongside promoting local businesses. We are able to support those within the community, whilst bringing quality content to your doorstep. We want to support the community by promoting events and highlighting news within Loughton with our Local News and What's On pages. In local news this month, 39 drivers were caught out during a traffic operation, a woman is raising funds for the people who helped to rescue a cat and Loughton Art Trail receives thousands of pounds from the Big Lottery Fund. There is a bit of something for everyone in this publication.

We welcome any of your stories for our local news pages. So if you have a story to share please send it to [loughton@visionmag.co.uk](mailto:loughton@visionmag.co.uk)

**VISION** is your magazine for your town. I hope you all enjoy the first edition of **VISION**Loughton.

*Brett*

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— HIGH BEACH —

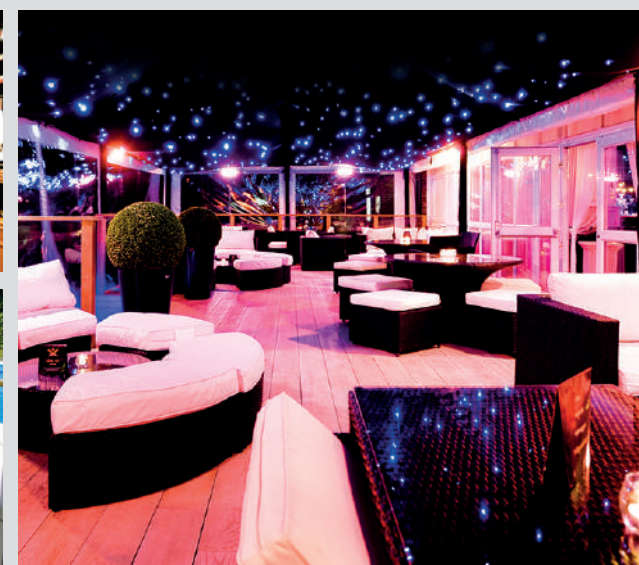
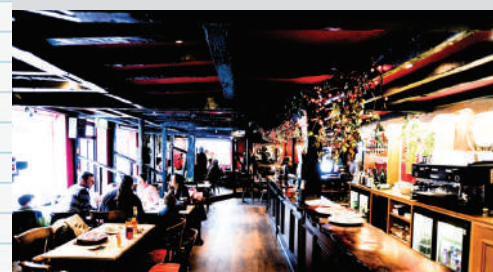
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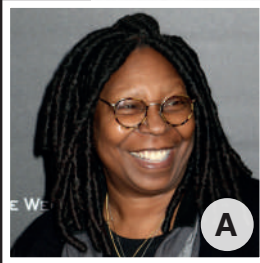
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19. ELATE, 20. AILMENT, 21. AVERSION, 22. DEWY  
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1. ALPHA AN DOMEGA, 2. MUNCH, 4. RUSSIA, 5. DETERMINABLE, 6. CHAINED, 7. SELF-EVIDENTLY, 8. CHEERFULNESS,  
14. INFLAME, 16. POTATO, 18. REESE

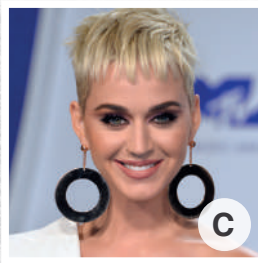
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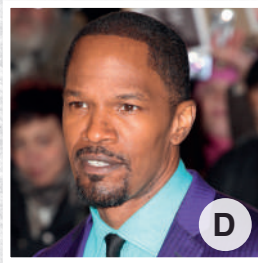
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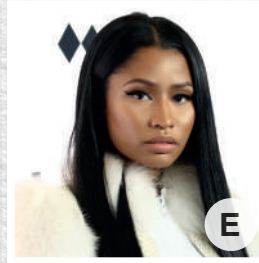
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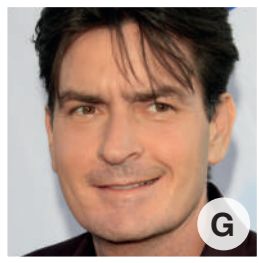
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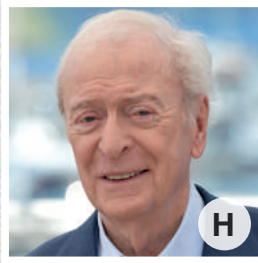
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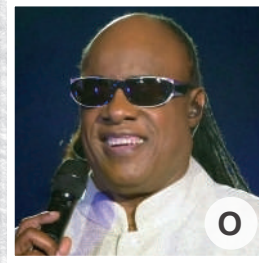
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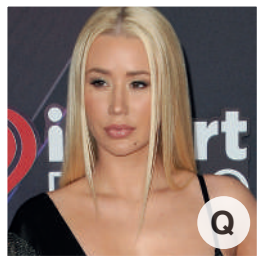
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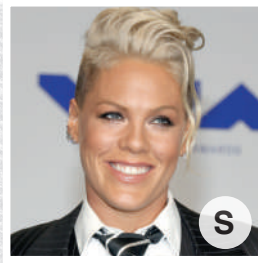
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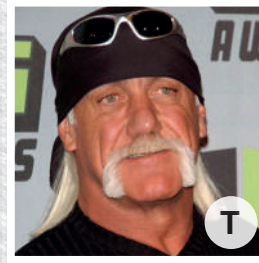
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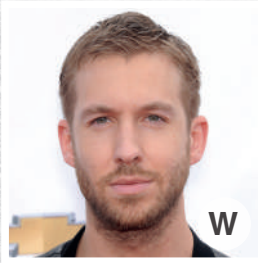
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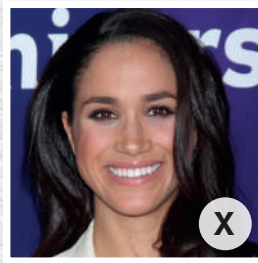
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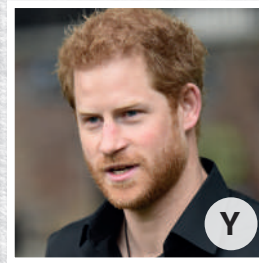
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W



X



Y

Guess the celebrity's real name...match the letters with the numbers.

1. \_\_\_ Stefani Joanne Angelina Germanotta
2. \_\_\_ Stevland Hardaway Judkins
3. \_\_\_ Reginald Kenneth Dwight
4. \_\_\_ Terry Jean Bollette
5. \_\_\_ Henry Charles Albert David
6. \_\_\_ Destiny Hope Cyrus
7. \_\_\_ Amethyst Amelia Kelly
8. \_\_\_ O'Shea Jackson Sr.
9. \_\_\_ Allan Stewart Konigsberg
10. \_\_\_ Paul David Hewson
11. \_\_\_ Krishna Pandit Bhanji
12. \_\_\_ Kathryn Hudson
13. \_\_\_ Adam Richard Wiles
14. \_\_\_ Alecia Beth Moore
15. \_\_\_ Peter Gene Hernandez
16. \_\_\_ Ilyena Lydia Mironoff
17. \_\_\_ Alicia Christian Foster
18. \_\_\_ Onika Tanya Maraj
19. \_\_\_ Patrick Chukwuemeka Okogwu Jr.
20. \_\_\_ Mark Sinclair Vincent
21. \_\_\_ Eric Marlon Bishop
22. \_\_\_ Caryn Elaine Johnson
23. \_\_\_ Carlos Irwin Estevez
24. \_\_\_ Rachel Meghan Markle
25. \_\_\_ Maurice Joseph Micklewhite

ANSWERS  
1.D, 2.C, 3.E, 4.A, 5.H, 6.B, 7.J, 8.F, 9.G, 10.I, 11.K, 12.L, 13.M, 14.N, 15.O, 16.P, 17.Q, 18.R, 19.T, 20.U, 21.V, 22.W, 23.X, 24.Y, 25.W

# Going Solo

The recent troubles experienced by Ant McPartlin have offered the world a scenario once thought impossible – the sight of Dec presenting alone. We look at some famous duos to see whether parting ways brought solo success or whether they should have stayed put.



Photo credit: en.wikipedia.org

## LAUREL AND HARDY

The biggest comedy duo in the era of classic Hollywood, Stan Laurel and Oliver Hardy made waves for two decades up to the Second World War with their iconic brand of slapstick humour. With decades of TV comedy under their belts, the pair couldn't garner any attention as solo artists, preferring instead to remain dual performers until Hardy's death in 1957.

**VERDICT:** *Better Together*



Photo credit: www.bristol247.com

## FRENCH AND SAUNDERS

These two much-loved comedienne paved the way for a generation of female entertainment when their show was given one of the biggest budgets in BBC history. Jennifer Saunders went on to win an Emmy Award, and star in *Absolutely Fabulous*. Dawn French, meanwhile, fronted *The Vicar of Dibley* series, and even became the voice of Terry's Chocolate Orange for a time.

**VERDICT:** *Solo Success*



Photo credit: yesterday.uktv.co.uk

## THE TWO RONNIES

Ronnie Barker and Ronnie Corbett wrote themselves into the pantheon of British entertainment greats with their sketch show. Ronnie Barker embarked on successful solo projects in the form of *Open All Hours* and *Porridge*, to rich acclaim, but the consistency of The Two Ronnies remained until Barker's passing in 2005. Corbett followed him to the comedy convention in the sky two years ago.

**VERDICT:** *Better Together*



Photo credit: Feature Photo Agency/Shutterstock.com

## AMY POELHER AND TINA FEY

This pair of Transatlantic funny-women first found fame on *Saturday Night Live*, co-anchoring the now famous Weekly Update segment. Following that, they worked both separately and together, on films such as the Fey-penned 2004 cult hit *Mean Girls*, 2015's *Sisters*, and won a Golden Globe each for Fey's *30 Rock* and Poelher's *Parks and Recreation*.

**VERDICT:** *Solo Success*



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# THE POWER

## *of peace*



**R**elations between Russia and the West are at such a low that we are now on the brink of a new cold war.

The poisoning of former Soviet spy Sergei Skripal, 66, and his 33-year-old daughter in Salisbury from the nerve agent Novichok has led to mass expulsions round the world of Russian diplomats.

Despite denials of the attack on March 4, Russia is firmly in the dock. Russia Foreign Minister Sergei Lavrov has made the ludicrous suggestion that it was Britain itself that carried out the attack on the double agent because the UK Government has found itself in a difficult situation, unable to fulfil promises it made about Brexit.

There is a clear comparison of present-day tensions to the bitter ideological and military rivalry that existed between the Soviet Union and the West from the 1950s to the end of the 1980s.

One man who has vivid memories of those days

in the Sixties is Gary Powers Junior, 50, whose dad, also named Gary, was a pilot who worked for the CIA and who had been captured when his U2 spy plane had been shot down in 1960.

It was the catalyst for a nerve shredding two years when the world was brought to the brink of nuclear war.

The story was a central point in the film *Bridge of Spies* starring Tom Hanks as attorney James Donovan, the man who masterminded the spy swap which saw Gary return to the US.

The New York lawyer was the man who worked tirelessly behind the scenes as the fingers of US President John Kennedy and Russia's Nikita Khrushchev hovered over nuclear buttons during the Cuban crisis of 1962. It was the closest the two super-powers have ever come to war.

It was Donovan's negotiations which led to a dramatic peace deal.

He walked across a frost-covered bridge in Cold War Berlin. By his side was British-born KGB spy Rudolf Abel - a man ironically the lawyer had saved from the death penalty at his trial.

On the other side of the Glienicke Bridge in Berlin - the so-called Bridge of Spies, as other spy swaps would take place in later years, was Gary Powers.

Years after his father was shot down and captured there lingered the suspicion that he might have been a traitor who had deliberately crashed his plane. Gary Jnr was technical consultant on the film.

He says he was thrilled by the film.

"So much has been written and said about my father that has not been fair to him but this film does set the record straight," he said.

"The film shows that he was a hero to our country. Steven Spielberg has done a fantastic job and the family are thrilled with *Bridge of Spies*.

"Not only have they recaptured the Cold War

era perfectly, but he has been able to convey the tension and uncertainty that surrounded all those events."

Based on his father's diaries and talks they had before his death about the U2 incident, he was able to give the director and his team an accurate account of what took place.

On May 1, 1960 Powers took off from Peshawar in Pakistan for what he thought was a routine nine-hour mission codenamed Grand Slam.

"Four hours into the flight a missile exploded near to the tail of the U2 as he flew over Sverdlovsk," said Gary.

In the split seconds Powers had to bail out he was unable to reach a self-destruct button that would have blown up the U2.

Almost two months after his capture he was convicted of spying and sentenced to 10 years in jail, including seven years' hard labour.

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## Royal Weddings THE DRESSES

V  
FASHION

Stunning Meghan Markle has already looked fabulous in a wedding dress. She certainly had the whoa factor as her character in the US TV series *Suits*, Rachel Zane, dressed up in a gown for her wedding to Mike Ross. She wore a traditional white wedding dress with lace detailing and sparkles, so will she deviate from this incredible look? No one knows at the moment, as it has not been revealed who is the designer. But of course the divorcee has walked down the aisle once before in her 2011 wedding to film producer Trevor Engelson.

She then opted for a white bohemian-style, strapless, floor-length gown with a notch neckline. The plain dress was complete with pleats at the front and an embellished belt, which added a touch of sparkle. There was no intricate lace detailing, no plunging showstopper back and no long train or veil.

It is understood that her friend, stylist Jessica Mulroney, was flown over from Toronto, Canada, in January and spent four days with Meghan - helping her choose the perfect dress.

Norman Hartnell designed the Queen's wedding dress and she had to buy the material for the dress using ration coupons. It was made with soft Damascus Prokar, featuring a high neckline, tailored bodice and a short train.

Her sister Princess Margaret also had a wedding dress designed by Norman Hartnell, made from silk organza. He designed it so that the crystal embellishments and beading were kept to a minimum, to suit Margaret's petite frame.

Princess Anne wore a Tudor-style dress designed by Maureen Baker when she married Mark Phillips.

Probably the most famous royal wedding dress is that of Princess Diana designed by David and Elizabeth Emmanuel. It spawned a decade of meringues and featured a 25ft train and 10,000 hand-sewn pearls and sequins.

The Duchess of York opted to design her own bridal gown - it featured a 17ft train and an embroidered letter 'A'.

Camilla shunned the traditional white gown in favour of a cream silk chiffon dress hemmed with vertical rows of Swiss-made appliqued woven disks, and a matching oyster silk basket weave coat. Robinson

Valentine designed the outfit, and she wore accessories by L.K.Bennett and Philip Treacy.

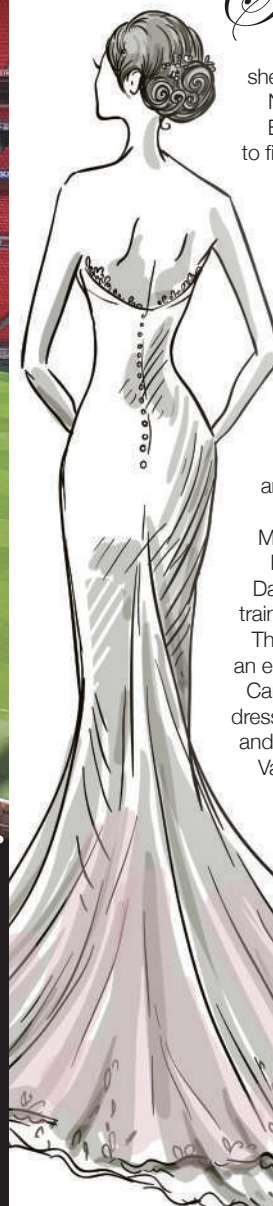


Photo credits: www.theculturetrip.com & www.royals.uk

# He's the Man

Sequels of delight rang out in fashion circles when it was announced that Kim Jones would be taking the reins of Dior Homme, so what can we expect from this ground-breaking designer?

Kim Jones is the kind of understated creative you probably wouldn't recognise in the street, but you definitely know his work. Within the fashion industry, he is referred to as 'Louis Vuitton's secret weapon' thanks to his part in transforming the brand known primarily for its overpriced luggage, into a formidable player in men's streetwear. In short, during his 11 years as Men's Artistic Director he brought the famous LV monogram back to life.

What sets the dynamic Londoner apart is his ability to combine classic tailoring with modern urban sensibilities. After graduating from Central Saint Martins, Jones immediately began shaping his unique vision, and soon after starting his eponymous label (which became instantly popular in Japan) he found himself collaborating with the likes of Topshop and Alexander McQueen along with art direction for magazines such as Dazed & Confused and Arena Homme +.

To Louis Vuitton he brought serious streetstyle kudos, in the form of tracksuits, trainers and graphic tees that, thanks to his background in tailoring, were slim cut and stylish to keep them on the right side of fashion. Last year marked possibly his finest moment with the French Fashion house: a blockbuster collaboration with Supreme – a brand referred to as 'the Louis Vuitton of streetwear'.

So, what can we expect from his move to Dior Homme, a house well known for skinny suits and fashion sneakers? Most likely he will simply build on the legacy of his predecessor Kris Van Assche, infusing even more street influences, reaching out to collaborators and enlisting other young talents to realise his impeccable vision. Having recently appointed Yoon, an experimental Tokyo designer, as the brand's head of jewellery, you can bet his first collection in June won't be anything but extraordinary.



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# Cut ABOVE

It's a vital part of your daily routine, but what are the experts saying about the biggest hair trends for men this summer? We take a look at some of the latest examples of cutting-edge follicular fashion.

## JOIN THE CREW

For maximum impact with minimum fuss, make this the year you finally follow the likes of Ryan Reynolds and go bold with the hair clippers. Grade one back and sides, with a grade six on top, ideally getting your barber to scissor-cut the top to that length so you can get a little more texture into it, rather than leaving it too rounded, gives you a simple style for the 9-5. Just remember to book back in with your barber every week to 10 days, or risk losing those sharp lines.

## BLONDE AMBITION

Looser, chopped fringes dyed bleach blonde have been popularised by everyone from footballers to popstars – with the chameleonicly coiffured Zayn Malik offering a masterclass in dyed hair almost every other day. It's a bold and stylish look, but also one worth forking out a bit for. Home dye jobs are the grooming equivalent of playing with fire (and you'll certainly feel the burn if you get it wrong), but if you're brave enough, give it a try, and remember to use a deep conditioner once a week whilst investing in some purple shampoo to stop that bright white mellowing to a yellow.

## PLAYING IT LONG

Longer-haired lads may be looking to ditch the man-bun and opt for something a little sleeker and refined. We've come a long way from the glam-rock hairdos of the 1970s, while stars like Brad Pitt and Jared Leto have popularised the shoulder-length slicked-back look. It's just a case of ditching layering in order to maximise length and chic sleekness.



# IN THE Glow

If you're done with spending hours trowelling on foundation only to find it dries out your skin and clogs up your pores (which incidentally leads to the need for even more of the stuff), then consider trying out a more natural look this spring.

To begin your new regime, you need to make sure your skin is in tiptop condition. This doesn't mean it has to be blemish free, just that it's free of dead skin and feels plump. To maintain a pleasing complexion, buy a face wash that contains natural fruit acids, exfoliate once a week and invest in a decent moisturiser. It also helps but isn't essential to start drinking plenty of water to help your skin along. For those feeling pasty after a long winter, a little bit of self-tan goes a long way in giving you a natural boost.

As part of your daily make-up routine you'll need concealer and a good tinted moisturiser – preferably one that contains SPF. Start by dabbing the concealer under the eyes on any blemishes you want to hide, then apply the moisturiser before blending with a brush. For those who prefer a matte look, finish with a little powder.

Finally, contour cheeks with highlighter and either a cream blush or dust of bronzer, ensure eyebrows are groomed and tidy, and mascaraed lashes look full but not fake. To make sure your lips take on their most kissable form, apply balm and buff with a soft toothbrush. Finish with more balm.

You can also update this look for the evening by adding eyeliner and swapping lip balm for lipstick. And rest assured, once the compliments start coming in, you'll wonder why you ever needed foundation in the first place.

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**H**ay fever sufferers rejoice. We have some great tips for helping you survive the season; and yes, you can even go outside.

is a really effective way to wash out all the allergens clinging to your nostrils, so carry one with you. Showering (including hair) and changing your clothes when you get home on high pollen day also helps.

### Keep an eye on the pollen count

Warm and dry days generally have a higher pollen count, whereas thanks to the rain washing pollen out the air, wetter days have less. So, keep an eye on pollen forecasts and stay indoors as much as possible when it's really high. Certain times of day also bring about an increase in pollen, usually early morning (7am to 10am) and late afternoon (4pm to 7pm).

### Protect your home

Keeping windows closed on high pollen days is an obvious place to start, but pollen can also sneak in on pets that have been outside, and line-dried clothes. So, avoid snuggling up to poochie, and buy an indoor drying rack.

### Protect yourself when outside

You can't live like a hermit just because the sun is out, so apply barrier balm around your nostrils (Vaseline works too), and buy a peaked hat and some wraparound shades.

### Limit time in the city

Despite usually having a lower pollen count than the countryside, all the pollution in urban areas irritates your respiratory tract, making it harder to cope with other allergens.

### Remove allergens daily

Hay fever sufferers know that feeling of being bombarded by pollen, and unfortunately there is no way of stopping it getting to you entirely. Saline spray

### If all else fails, head to the seaside

Not that you need another excuse for that weekend in Southend, but you'll be pleased to know that the sea breeze blows pollen inland, making seaside resorts a veritable paradise for hay fever sufferers.





# Royal Weddings THE FLOWERS

Meghan Markle's wedding bouquet is certain to contain a sprig of myrtle, a tradition for royal brides dating back to 1840 when Queen Victoria married Prince Albert. The myrtle for royal brides is almost always cut from a bush at Osborne House, Queen Victoria's residence on the Isle of Wight.

Myrtle symbolises hope and love.

Meghan and Prince Harry have chosen to work with London-based florist Philippa Craddock. For arrangements in St George's Chapel and St George's Hall, she will be using branches of beech, birch and hornbeam, along with white garden roses, peonies and foxgloves.

There is speculation that Meghan will pay a tribute to her late mother-in-law Princess Diana with her bouquet as the Duchess of Cambridge did in 2011.

While Catherine's small, simple bouquet served as a stark contrast to Diana's enormous cascading collection of blooms, both featured lily of the valley. Other British royal brides who have incorporated the local flower in their bouquets are Princess Margaret in 1960, Princess Anne in 1973, and Camilla, Duchess of Cornwall, when she wed Prince Charles in 2005.

Meghan is also expected to carry peonies down the aisle. They are said to be her favourite flower as are roses. But royal bouquets tend to be white.

For her marriage to Prince Philip, the then Princess Elizabeth had chosen an all-white, free flowing wedding bouquet. It included three types of rather exotic looking orchids: cattleya, cyripedium and odontoglossum – all British-grown – and of course myrtle.

Following their weddings, it is also customary for royal brides to leave their bouquets on the grave of the unknown warrior in Westminster Abbey, a sombre tradition that was started by the Queen Mother in 1923, who left her flowers on the memorial in honour of her brother Fergus, who was killed in the First World War I in 1915.

While Meghan and Harry will be married at St George's Chapel, not Westminster Abbey, she will likely still send her bouquet to the church, following in the footsteps of Sophie Rhys-Jones, who wed Prince Edward at the chapel back in 1999.

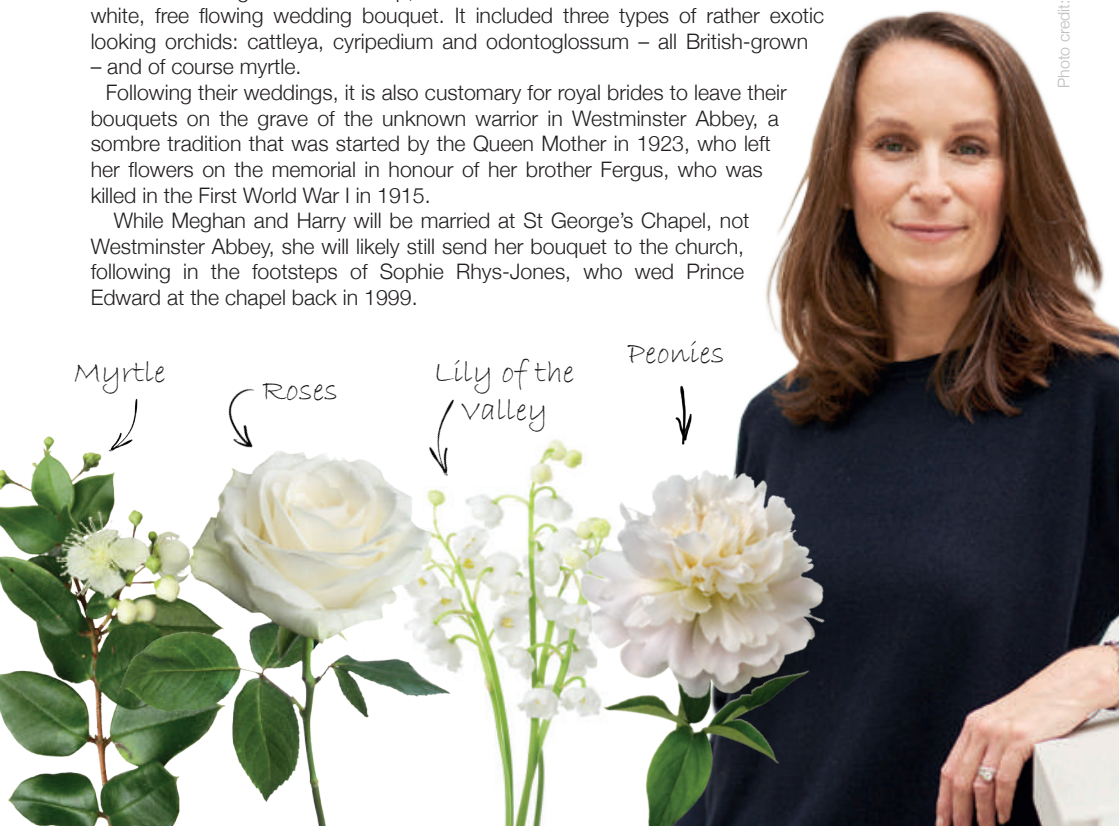


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HOME & DIY

## THE BEDROOM BRIGADE

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#### RICH AND BROODING TONES

Forget your pastels and primroses, the bedroom colour palette has gone seriously luxe. Emerald greens, rich violets and sumptuous midnight blues add a warmth and richness which is always alluring, but never sombre.

#### WICKER FURNITURE

For those who can recall all too well the shabby woven home furnishings of the 1970s, which always included an impractical and clunky willow bucket chair, the news that wicker is back may cause offence. But natural textures and rattan pieces are proving to be a huge hit once more.

From lightweight and discreet rattan desks, to a bold handwoven bed frame, the new wicker is sleek, sturdy and very stylish.

#### FABULOUS FLAWS

Want the picture-perfect bedroom? Then stop seeking perfection. Think crumpled French bed linens, piles of mismatched pillows and shelves stacked with an assortment of books, keepsakes and picture frames. After all, your bedroom is your own personal retreat, not a museum.

#### SACRED SPACE

As we become ever more aware that tech is taking over our lives and the dangerous health implications of that, more and more people are seeking to make their bedroom a gadget-free zone so that they can get in touch with their more contemplative side. This can include just banning electricals such as phones and TVs, or going as far as creating a corner of the room specifically designed for reflection and meditation. Either way, it's time to reclaim your bedroom for you.

# 5 different ways to use... ...plastic bottles



We are constantly asked to recycle our plastic, especially plastic bottles. They are polluting our oceans and becoming an eyesore when littered. Here are five easy ways to reuse and recycle your plastic bottles, showing you just how adaptable and useful they can really be.

## 1. Planter

Make fun and creative planters from old plastic bottles. You can use them to plant flowers or grow your own cress or herbs. Simply cut the bottom third of a two-litre bottle, paint the bottle a colour of your choice, use the rest of the bottle to cut out ears and draw features on.



## 2. Bird feeder

Bird feeders are a great way to bring nature into your garden. Simply cut out a rectangle from each side of the bottom and fill the bottom of your bottle with seeds. It's best to use a five-litre bottle as most of the lids come with a handle for you to easily hang.



## 3. Sprinkler

Kids love running through the garden while the sprinkler is going, but these can be very expensive. Simply poke holes in a two-litre bottle and screw it on to your hose pipe.



## 4. Painting

Create a masterpiece with just a plastic bottle and some paint. Simply paint the plastic bottle to make it look like whatever animal you like – we love the owl.



## 5. Money pot

You will need two plastic bottles of the same size, a zip and a needle and thread for this activity. Simply cut around the bottles about a quarter of the way up from the bottom. Then, sew the zip around the edge of the cut bottles. You can then make a slit in the top bottle, or just use the zip to put your money in and out.



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# The Dame WHO DARES



*British icon Dame Helen Mirren reveals her thoughts on ageing, her inability to resist a juicy role and why you should never call her a movie star.*

.....

There's no stopping Dame Helen Mirren. Smart, sexy, and outspoken, the actress is still revelling in the career renaissance that began at age 46 when she began playing *Prime Suspect's* DCI Jane Tennison. Born in London to an English mother and Russian father, Mirren has long been a feminist trailblazer who occupies iconic status today among Hollywood's hopeful young starlets.

Her performances have inspired generations of women - distinguished by a palpable intelligence and steely determination whether playing a military commander (*Eye in the Sky*), royalty (*The Queen*), or a Mossad agent (*The Debt*). If ever there was an archetype of an actress suited to playing strong women, it would be her.

Currently, the formidable and iconic actress is appearing in *The Leisure Seeker*, directed by acclaimed Italian filmmaker Paolo Virzi, and co-starring Donald Sutherland. A compelling romance that depicts the interactions between a woman with terminal cancer and her husband, who's suffering from Alzheimer's. And while the elegant star undoubtedly looks fantastic for her 72 years, she is characteristically candid about the inevitable pitfalls of ageing. "If I have to be honest, there is nothing that pleasant about growing old. You learn to accept your age and all the faults that come with it and you console yourself by believing you are wiser," Mirren says sagely.

"When you're a teenager it seems impossible to think of becoming old. But then you learn to accept it and renounce many things that seemed so important before, like plunging necklines and miniskirts," she adds with a laugh.

Over the years, her sharp wit, cutting humour and boundless talent have earned her 'national treasure' status. Mirren is also incredibly humble, and despite her extensive back catalogue and slew of awards, she refutes the suggestion of being a 'movie star'. "No, I've never thought of myself as that, never considered myself anything close. I'm a working actress, who's been fortunate and lucky, and sometimes the stars align in a certain way," she says, firmly.

Her life off-camera is also admirably straightforward. Mirren has never had children, stating in the past that she has "no maternal instinct whatsoever", and has spent the past 32 years together with Hollywood director Taylor Hackford (*Ray, An Officer and a Gentleman*). They were married in 1997 and currently divide their time between homes in Los Angeles and the village of Tiggiano in Puglia, Italy.

Even she admits it would be easy at this point to while away the days soaking up the wonders of Italy, but unfortunately for Mirren, she has one terrible weakness. "I can never find the willpower to say 'no' to a very good part when one comes along," she confesses.

"I often tell my husband, 'I've done enough, I'm not going to keep pushing myself.' But he's so used to hearing me say that he doesn't even pay attention to me anymore when I make that kind of a declaration.

The terrible truth is that I simply cannot resist a good role."

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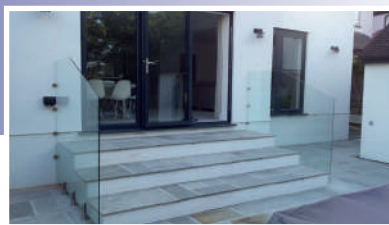
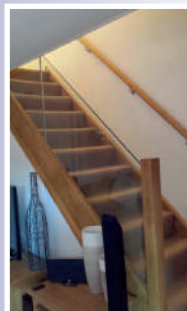
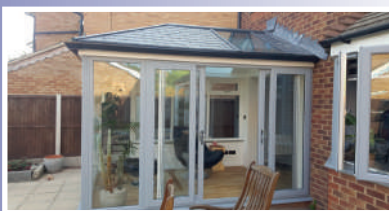
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# LOCAL NEWS

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LOCAL NEWS



## Cadets recognised at special ceremony

Cadets young and old were welcomed into the police family and honoured for their achievements at a special ceremony in Loughton.

Nine cadets from the Epping Forest unit proudly passed out in front of friends, family and special guests including Chief Inspector Lewis Basford and Deputy Lieutenant Michael Chapman.

The latest intake of cadets pledged their oath and received top marks for their marching during the event on Tuesday, March 27; the culmination of six months' hard work.

As part of the ceremony, cadets were also promoted to the following positions: Head Cadet (Mitchell Tassie), Deputy Head Cadet (Emily Brew), Squad Leader (Kayleigh Woods and Mia Ballantyne) and Deputy Squad Leader (Kayleigh Tyler and Jack Bowen).

A number of our more experienced cadets were recognised for their hard work, development and progression since joining the unit.

PC Rob Hance said: "The Epping Forest Volunteer Police Cadets (VPC) have accomplished some amazing things since we opened our doors back in 2015.

"Each one of the team have shown incredible commitment and their progression has been nothing short of fantastic.

"They should all be extremely proud of their achievements.

"The unit continues to make a huge difference to the local community by going above and beyond."

For more information about the Volunteer Police Cadet scheme, visit [www.essex.police.uk/join-the-police-en/volunteers/cadets](http://www.essex.police.uk/join-the-police-en/volunteers/cadets)

## Boy arrested after car stolen and crashed

Essex Police arrested a 16-year-old boy on suspicion of burglary after a car was stolen in Loughton on Friday, April 20.

They received reports at 2.40am that a home in Roydon Close had been broken into and keys and a vehicle had been taken.

The stolen vehicle then crashed into a parked car in Manford Way, Hainault, and a boy was arrested at the

scene. At the time of writing, he remained in custody for questioning.

We believe another suspect remains outstanding and we urge anyone with information or dash cam footage to call 101 quoting crime reference 42/53541/18.

Additionally, you can call Crimestoppers anonymously on 0800 555 111.



# Police appeal following verbal harassment of women groups

Essex Police would like to speak to anyone who was on High Road in Loughton between 12.30am and 1am on Sunday, April 8.

Four men, aged between 18 and 25, were verbally harassing groups of women.

They then approached a group of four women just before 1am.

The women were walking from High Road when they were approached by the suspects who shouted abuse at them.

Whilst the other three men verbally harassed the women, one of the men assaulted the women by throwing a container at them which had an unknown liquid inside. This man was also reported to be in

possession of a small kitchen knife.

None of the victims came into contact with the unknown liquid.

As the victims walked off, the suspects threw objects at them, causing no injuries.

If you have any information about this incident, please call 101 and ask for Loughton Community Policing Hub. The reference to quote is 35 of 08/04.

Alternatively, you can contact the Crimestoppers charity anonymously on 0800 555 111 or use the anonymous online form at [Crimestoppers-uk.org](http://Crimestoppers-uk.org)

No personal details are taken, information cannot be traced or recorded and you will never need to go to court.

# Drivers caught out during traffic operation

A traffic operation held in Loughton recently saw 39 drivers driving without a seatbelt and 19 drivers were found to be driving while using a mobile phone.

Officers from Essex Police's Casualty Reduction Section were in Loughton as part of a dedicated operation to help to reduce those killed and seriously injured on the roads by using a combination of engagement and enforcement.

Throughout the operation, 39 drivers were dealt with for failing to wear a seatbelt while driving and 19 drivers were found to be driving while using a mobile phone; each driver received six points and a fine.

A 46-year-old man from London was arrested on suspicion of driving while under the influence of drugs. He was released pending further enquiries.

Eleven drivers were found to be driving without a

valid MOT and a further 11 drivers were found to be driving in excess of the speed limit.

Two drivers were found to be driving without valid insurance and both had their cars seized under Section 165. One driver was found to be driving while disqualified.

The School Speed Watch group gave verbal warnings to 13 drivers during the operation.

Matt Hine, operational tasking supervisor at the Casualty Reduction Section, said: "Driving without wearing a seatbelt poses a serious and potentially fatal risk, not just to you but to everyone else in the vehicle at the time. It is an avoidable risk and it's really important that this offence remains an absolute priority for Essex Police and our partners within the Safer Essex Roads Partnership."

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The Millennium Bridge and St Paul's Cathedral by Les Cornwell

# Art trail receives £10k grant

An art trail in Loughton received a £10,000 grant from the Big Lottery Fund recently.

Loughton Art Trail committee was honoured and overjoyed to receive the grant to help towards their upcoming Art Trail this month.

The Loughton Art Trail, an annual community festival running from May 12 to June 2, aims to bring the people in the community together through the arts, turning Loughton into a townwide art exhibition.

Art will be exhibited in local organisations and businesses, with talks, walks, workshops and children's activities.

Jenna Thorne, creative arts coordinator at LifeWorks Creative Arts Centre and Art Trail secretary, said: "This much-needed grant will enable us to reach more people through publicity, provide more exhibition space and materials, involve more local businesses, hold more events, and most importantly help to raise the profile of local artists

through the opportunity to lead workshops and share their work with the community.

"We are incredibly grateful to the National Lottery Fund for the opportunity to celebrate our town and the people, artists, businesses, organisations and groups that make it special."

You can walk the Loughton Art Trail on May 19, where you will visit most of the exhibitions.

The walk will begin from Debden station. The walk will be for approximately two hours, mainly downhill and ending at the Last Post for some refreshments. This walk is for all.

To take part in the walk, meet outside Debden central line station at 11.30am.

There is a car park at Debden and Loughton station. This walk will be led by local photographer Ruth Batten.

For more information on the Loughton Art Trail, visit [www.loughtonarttrail.co.uk](http://www.loughtonarttrail.co.uk)



## Woman raising funds to thank those who rescued cat



A woman from Loughton is raising money to say thank you to the people who helped to rescue an injured cat who had been left to fend for himself.

Jan Jeffery is hoping to raise £500 for Cat Protection Waltham Forest who rescued JJ the cat, who had been abandoned by his owner.

Jan said: "He was being fed by good people Anita and Suzie, but he was aggressive if handled. He sustained a nasty injury to his neck/face that became infected.

"His injury had resulted in many days staying at vets. He has been neutered and tested for feline diseases, which have come back negative.

"Cat Protection is a charity surviving on generous cat loving people. Please donate for JJ and Cat Protection."

At the time of going to print, £150 had been raised of the £500 target.

To donate, please visit [www.justgiving.com/crowdfunding/jan-jeffery](http://www.justgiving.com/crowdfunding/jan-jeffery)

## Man charged for several burglaries

Essex Police have charged a man in connection with a burglary at a jewellery shop and nine counts of burglary from changing room lockers in Loughton.

A 31-year-old, of no fixed address, appeared at Chelmsford Magistrates' Court on Saturday, April 21, charged with burglary and going equipped.

At the time of going to print, he had been remanded to appear at Chelmsford Crown Court at a date to be confirmed.

This follows nine reports of burglary from lockers inside the men's changing rooms in Loughton Leisure Centre, in Traps Hill, between Wednesday, March 21, and Thursday, April 19.

It also follows a burglary at Franklin Jewellers, in High Road, at around 7.15pm on Friday, March 2, where jewellery worth a five-figure sum was stolen.

## Couple fined after failing to clear rubbish

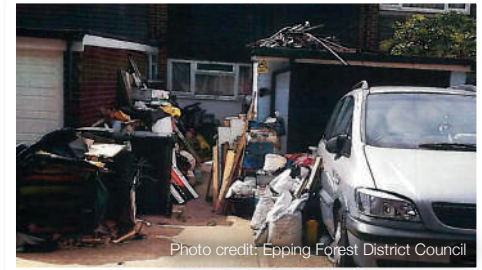


Photo credit: Epping Forest District Council

A couple from Loughton were fined by Epping Forest District Council last month after failing to clear rubbish from the front and rear of their property.

Mr Salinder Minhas and Mrs Parminder Minhas pleaded guilty to the offence served on them in November 2017.

They were required to remove rubbish from their front and rear gardens and from the flat roof of the garage which was creating an eyesore.

Chelmsford Magistrates' Court fined Mr Minhas £110 and ordered him to pay £308 towards the council's prosecution costs together with the statutory victim surcharge of £30.

Mrs Minhas was fined £100 and ordered to pay costs of £308 and a victim surcharge of £30.

The fines had been reduced by one third due to Mr and Mrs Minhas pleading guilty at the first hearing and taking into account their current financial situation.

## Man fined for illegal driveway

A man from Loughton was fined recently for building an illegal driveway.

Mr Ivor Crandon pleaded guilty after failing to comply with the requirements of a Planning Enforcement Notice served on him in July 2012.

An inspection on October 24, 2017 revealed that the notice hadn't been complied with.

At an appeal at Chelmsford Crown Court on April 13, Mr Crandon was fined £2,400. He is also liable to pay prosecution costs of £508.26 and a victim surcharge of £170.

Mr Crandon stated that he is currently instructing arboriculture experts to prepare a method statement for ensuring that trees protected by tree preservation orders are not adversely affected by the removal of the driveway.





# Royal Weddings THE CAKES



## A LOOK AT THE CAKES OF ROYAL WEDDINGS PAST

Prince Harry and his bride to be Meghan Markle have decided they don't want to get fruity on their wedding day and have bucked tradition of not having a traditional fruitcake.

Instead they have gone for a much more modern style - an organic lemon elderflower wedding cake.

The couple have turned to pastry chef and food writer Claire Ptak, below, owner of Violet Bakery in east London, to make the cake, which will be covered with buttercream and decorated with fresh flowers.

His brother Prince William and wife Catherine chose a multi-tiered fruit cake was made by baker Fiona Cairns, and while the decorations were pretty traditional - it featured edible flowers including an English rose, Scottish thistle, Welsh daffodil and Irish shamrock - they also had a chocolate biscuit cake by McVitie's.

Prince Charles has had two bites of the wedding cake. When he married Camilla in 2005, bakers

Sophisticake from Lincolnshire had just four weeks' notice to bake one.

The finished cake weighed in at 17 stone, took around 130 hours to coat and decorate and was made with 20 bottles of brandy. The firm also had to make 2,500 additional slices to fill special commemorative tins.

For his wedding to Diana in 1981 the official wedding cake was a fruitcake with cream cheese frosting. It was five-foot high, weighed 18 stone and was made by David Avery, the head baker of the Naval Armed Forces.

McVitie and Price Ltd, using ingredients given as a wedding gift by the Australian Girl Guides Association, made the official wedding cake at the Queen's wedding.

It was an enormous, ornate affair and stood nine foot tall and was covered in intricately carved cathedral-like designs. It is said to have been cut using Prince Philip's sword. It even had its own nickname - the 10,000-mile wedding cake.



Prince Charles and  
Princess Diana's cake

Prince William and  
Kate Middleton's cake

Claire Ptak  
of Violet Bakery

The Queen and  
Prince Phillip's cake

Photo credit: John Stillwell and [www.royal.uk](http://www.royal.uk) [www.hellomagazine.com](http://www.hellomagazine.com)

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## HOW TO CHOOSE THE RIGHT PET FOR YOUR HOME

Pets are considered to be one of the family and can genuinely enrich our lives. However, when deciding on which animal to buy, it is vital to select the right breed for you based on finances, time and accommodation. For example, buying a Great Dane when you live in a small, third-floor flat and have very little free time to walk it is not going end well for either you or your beloved new friend.

For those living in small homes with little or no garden, it is wise to choose an animal which isn't going to take over. Budgies and parrots are a charming but low maintenance option, while cats make great companions and their desire for independence means they are happy to make a life of their own outside - though you will need to ensure your home is accessible, so they can come and go as they please, and be aware of any big roads directly near you.

Large and energetic dogs are likely to bring chaos to a modest abode,

so go for a small, calmer breed like a poodle or shih tzu. But remember that ALL dogs need regular walks.

Small, furry animals like hamsters and gerbils make a great first pet for kids, but they can also bring great joy to adults who seek company but have little time or space. Fish are another option for those looking for a more self-sufficient addition to their family - bear in mind that tropical fish can be considerably more expensive than the cold-water variety due to their need for a heated aquarium.

Finally, if you've got a sizeable house and garden consider anything from rabbits to a tortoise, to big, boisterous pooches. But don't forget that all animals need a great deal of love and attention, so when choosing, don't just consider the size of your home, but the size of your heart too.



# DIY FATHER'S DAY Flowerpot

Are you fed up with buying the same generic Father's Day presents for your children to give to their daddy year in and year out? Why not try something different this year and help your child make their own DIY gift? This simple homemade flowerpot is the ideal gift for any green-fingered daddy or grandad and is guaranteed to take pride of place in your garden.

### You will need:

- ✿ 1 x Terracotta clay pot (big enough to fit your child's handprint on)
- ✿ Acrylic paint in various bold colours (green is a must)
- ✿ Paint brushes
- ✿ 1 x ice cube tray

### How to make:

- ✿ Lay down some newspaper or an old sheet to protect your floor.
- ✿ Fill your ice cube tray with your preferred colours (be sure to include green for the stem and leaves).
- ✿ Place your pot on the newspaper/sheet.
- ✿ Paint the rim of the pot in your chosen colour (younger ones may need some help with this).
- ✿ Leave to dry.
- ✿ Help your child paint their hand and tilt the pot slightly to allow them to press their handprint onto it.
- ✿ Repeat around the pot in as many different colours as you would like.
- ✿ Take a brush and paint on a green stem and two leaves below each of the handprints (as per the image above).
- ✿ And voila. You have your homemade handprint flowerpots.

### Optional:

You can also personalise your handprint flowerpot by writing 'Happy Father's Day, love from {insert your child's name here}' around the rim of the pot.

Or you could even go one step further and fill your pot with compost and their father's preferred plant or herbs.

The beauty of DIY gifts is that you can be as creative as you like, so let your children's imagination run wild.



# THE STUDENT BECOMES...

## The Master



SPORT

This year's Masters at Augusta saw a reigning champion fall from grace spectacularly, while a controversial competitor rose to take the coveted green jacket...

It was on the Friday of this year's Masters Tournament when the current champ, Sergio Garcia, lined up his second shot on the 15th hole. At two over, his was certainly still in the running to defend his title – even if his performance had failed to offer the usual flash and pizzazz we've come to expect of him. But from the moment his lofted attempt over the water hazard guarding the green landed near the hole, only to spin back down the steep slope and disappear into the murky depths, the death knell sounded, and we knew we were in for a new winner.

Four more submerged shots later, and Garcia had equalled the worst score for a hole in the tournament's history - 13 on a par five.

While the Spaniard struggled, one fellow pro was making a concerted effort to inherit the soon-to-be-vacated trophy. But it wasn't Rory McIlroy – so desperate to achieve his first Masters win – or Jordan Spieth or Rickie Fowler, though both the latter made big gains on the final day to just miss out on top spot. Instead, this year's inductee into the roll-call of golfing green jackets – his first major tournament win – was Texas-native Patrick Reed.

Reed's -16, one-stroke victory, was an impressive statement from a man more used to making his name in his home country with Ryder Cup and Presidents Cup wins – victories that have earned him the moniker 'Captain America'. It was strange, then, that even as Reed made his way into the lead, the crowd's overwhelming response was to lavish support on competitors McIlroy et al.

Even when 27-year-old Reed had confirmed his place among such former champs and golfing greats as Tiger Woods, Nick Faldo and the indomitable Gary Player, the tone was still lacklustre. Why was it that in spite of this being the American's greatest day, there was none of the usual adulation that follows a Masters winner in the immediate aftermath of his triumph?

Perhaps it's because, for years, Reed has been somewhat of a controversial figure both on and off the green. In 2014, he described himself as "one of the top five players in the world", in spite of being just 23 at the time, and having never even played in a major tournament, let alone won one. The same year, at the Ryder Cup, Reed trash-talked his vice-captain Tiger Woods. Later, countryman Jordan Spieth would reveal that the usually mellow Woods quipped back at the brash upstart, saying: "Don't worry, Patrick, you only need 74 more wins and 14 more majors..."

These days, Reed's fellow golfers have become accustomed to his antics, which include the 'drinking offences' that Reed said made him leave Georgia State University, or the oft-denied but enduring allegations of cheating and stealing from the locker room that have also arisen from his time at UGA.

Then there's the messy relationship with his parents that culminated in his wife reportedly escorting Mr and Mrs Reed from the US Open course in 2014. Neither came to see their son's Masters triumph, despite actually living in Augusta.

So while Patrick Reed may well have finally laid his hands on the major tournament win he has long believed was due, it remains to be seen whether his past will ever allow him to be taken to the hearts of golf fans.

Photo Credit: ANDREW GOMBERT/EPA-EFE/REX/Shutterstock



# DIRECT *only*

Qantas made history recently after they launched the first 17-hour non-stop flight from Perth to London Heathrow.

The 14,498km service is now the fastest way to get to Australia – eliminating stops in the Middle East to re-fuel or change planes which can add hours to a journey.

The first flight, carrying more than 200 passengers and 16 members of crew, pushed back just before 7pm on Saturday, March 24 and landed in London at 5am the following day.

The flight reduces total travel time by removing stopovers and taking advantage of the winds when choosing a flight path.

Technology has come a long way, especially aviation. In 1947, it took four days and seven stops to travel from Australia to the UK with the original 'kangaroo route'. It also cost around £525 when the average wage was a mere £7.

Nowadays, the journey is both quicker and more

affordable with the average Australian weekly wage at \$1,600 and a return fare from Perth to London costing less than \$1,300.

Athletes competing at the Commonwealth Games would have had to set off days before they were due to compete just to complete the gruelling journey. But nowadays, they can hop on a plane and be at their destination within 24 hours.

In 1962, Prince Philip travelled to Perth to open the British Empire and Commonwealth Games. Travelling by boat, he set off several weeks before he was due to open the event.

The land down under is now easier to access than ever before. With the new development, tourist numbers are sure to increase with people from Britain taking advantage of the journey.



Qantas-Dreamliner-Emily-Kame-Kngwarreye. Photo Credit: www.qantasnewsroom.com.au

## PUZZLES & TRIVIA

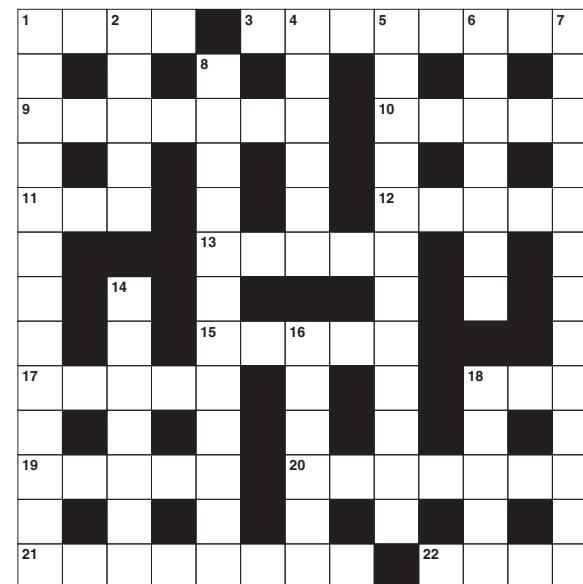


### ACROSS

1. Military unit (4)
3. Manufactures (8)
9. Hits with the fist (7)
10. Fishing net (5)
11. Exclamation of surprise (3)
12. Wash with water (5)
13. Kingdom (5)
15. Unfasten (5)
17. Bits of meat of low value (6)
18. Cereal plant (3)
19. Fill with high spirits (5)
20. Illness (7)
21. Repugnance (8)
22. Wet with condensation (4)

### DOWN

1. The first and the last (5,3,5)
2. Eat steadily (5)
4. World's largest country (6)
5. Resolvable (12)
6. Linked together (7)
7. Obviously (4-9)
8. Optimism (12)
14. Catch fire (7)



16. Edible tuber (6)

18. \_\_\_\_ Witherspoon: actress (5)

### DID YOU KNOW

- ▶ Each time you look at the moon you always see the same side.
- ▶ Earth is the only planet not named after a god.
- ▶ A full moon is nine times brighter than a half moon.
- ▶ Every year the sun loses around 360million tons.
- ▶ All the planets in the solar system could fit inside Jupiter.
- ▶ From space, one of the brightest man-made places is Las Vegas.
- ▶ If you could drive to the sun at a speed of 55mph, it would take around 193 years.
- ▶ The centre of the sun is approximately 15 million degrees centigrade.

### SUDOKU

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

# Royal Weddings THE WINDFALL



Prince Harry and his new wife Meghan Markle are expected to boost Britain's coffers by £500million on their wedding day.

Experts predict the cash will come rolling in as thousands of visitors are expected to flock to the UK for the ceremony at St George's Chapel, Windsor, on May 19, while millions more around the world will watch on TV.

Brands Finance says the increase in tourism, combined with sales of royal memorabilia and the knock-on effect of spending in Britain's shops, bars and restaurants will be huge.

Chief executive David Haigh said the biggest chunk will come from tourism.

He said: "We think approximately £200million will come from tourism, travel and hotels."

Mr Haigh also estimates that royal wedding parties will generate about £150million and souvenirs will, he believes, rake in about £50million. Another £100million at least will be generated in free advertising for UK PLC.

Major royal events are always big money spinners. In 2012, the Diamond Jubilee celebrations boosted tourism by £390million.

Harry and Meghan's wedding also means a windfall for local residents, who look set to cash in on the worldwide interest generated by the wedding.

Airbnb, which provides an online marketplace for people to let out their homes on a short-term basis, says Windsor residents will earn an average of

£353 by leasing their homes when the couple tie the knot.

Maidenhead homeowners could be in line to make an average of £162 while those in Slough could make £141 by offering up their homes to tourists from May 18 to May 20.

James McClure, general manager for Airbnb, said: "The royal wedding has provided a welcome tourism boost, putting the UK in the spotlight once again."

Listings on the Airbnb site include a three-bed Windsor townhouse in Helena Road with an asking price of £1,000 per night and a four-bedroom property in Clewer priced at £1,750 a night.

The company says guest arrivals for the May weekend have risen by 362 per cent in Maidenhead compared to the same period last year.

Arrivals in Windsor are also up by 194 per cent while neighbouring Slough has seen a staggering 1,438 per cent rise, the research revealed.

It does not stop there though with the British fashion and magazine industry raking it in because of the popularity of Meghan and her soon-to-be sister-in-law, The Duchess of Cambridge, for at least the next 10 years.



Photo credit: roy.alcollectionshop.co.uk

# COUNTING the cash

After years of little change on the currency front, Britain has recently enjoyed an influx of shiny new notes and contemporary coinage. But with the deadlines for spending your old dosh long gone, what can you do about all that unusable wonga?

Everyone should by now be used to our new national coins and notes. Those brand spanking 12 sided pound nuggets, fantastic fivers and tough tenners have entered the UK's money circulation with relatively few hiccups. But for those of us who may have a few of the old editions still stuck down the back of the sofa or crammed in a jar, it may appear that these outdated coins and notes are completely useless in this brave new world of modernised moolah.

Fear not, however, because you can still rely on the Bank of England, who have decreed that their notes "retain their face value for all time". In short, your

1983 £1 coin will always be worth a tidy quid, and no one can take that away from you.

What it doesn't mean is the spending power of that coin remains the same, so while they still have value, don't try to pay for goods and services with them, as vendors do not have a legal obligation to accept them. Of course, they might if you ask nicely, but the work involved for retailers – independents and chains alike – in monetising these dated coins makes accepting them a false economy.

Instead, head into your local bank, building society or post office. There, you can exchange them for new currency, no questions asked... except perhaps "where have you been for the past few months?", and perhaps "do you still have a black and white telly at home?". Ignore the jibes and cash out.





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# Car Cleaning

## HACKS

*Car cleaning hacks that will save you both time and money.*

### INTERIOR

#### DEAL WITH DUST

If dust in your dashboard is driving you crazy, buy a can of compressed air to blow away all the grit and grime that settles in the vents and crevices.

#### BUY A TOOTHBRUSH

You can then deep clean those hard-to-reach spots with a cheap toothbrush and soap and water – this also works on the creases in your seat fabric.

#### ERASE LIKE MAGIC

Marks on your plastics and leather upholstery can diminish the overall look of your car. Luckily, they are easily dealt with using a Magic Eraser.

#### BEAT ANIMAL HAIR

Simply spray hairy seats with a mist of water and wipe down using a squeegee. Then consider investing in a backseat cover.

#### SHINE ON

Get that 'new car' feel using a soft cloth and a tiny drop of olive oil to revive tired leather interiors. Zing.

#### KEEP IT TIDY

Tired of your kids treating your car like a rubbish bin? Buy a plastic cereal container and line it with a plastic bag to stow in the centre footwell. Silicone

muffin cases in the bottom of your cup holders will also make cleaning a breeze.

### EXTERIOR

#### STOP SMEARED WINDSCREEN

Try wiping down your windscreen wipers with alcohol for a top non-smear tippie.

#### GET SPARKLING HEADLIGHTS

Toothpaste and a little water will make them shine like a dream.

#### LOSE TIRED STICKERS

No longer want fellow motorists to 'honk if they're horny'? Gently use a razor blade at an angle to remove old car stickers (along with your dubious past).

#### BANISH BUG SPLATS

There's no need to scrub off those sticky beasties, just use a cooking oil spray and a cloth.

#### CLEAN UP WITH CLAY

If you've shined and buffed your motor but can't lose those last few marks on your paintwork, buy a clay bar and lubricant to lift away the problem areas and fully restore your dream machine.

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WHAT'S ON

# WHAT'S ON

## in your area

### Organ Recital

**St John's, Church Lane, Loughton, Essex, IG10 1PD**

**May 11, 8pm – 10.30pm**

Organ Recital, performed by the City of London and Eastern Society of Organists. There will be light refreshments served during the interval.

Seating is not reserved so come early and select your favourite seat.

Tickets are also available on the door. Entry is £8 and concessions £7, only sold on the door.

Please visit [www.eventbrite.co.uk/e/organ-recital-tickets-44947117037?aff=ebopdstthelist](http://www.eventbrite.co.uk/e/organ-recital-tickets-44947117037?aff=ebopdstthelist) for more information and tickets.

### Tower Tours of the St John's Church Tower

**St John's, Church Lane, Loughton, Essex, IG10 1PD**

**May 12, 1.30pm – 3.30pm**

Visit the Tower of St John's Church, Church Lane, Loughton. Learn a little about the art of bell ringing and climb above the tower for very good views of Loughton.

There may be the chance to try ringing a bell, depending on numbers.

Adults and children aged eight and over only please. Ability to climb the 37 stone spiral steps to the bell tower is required. Tours will take about 30 minutes. Free entry, but donations welcome.

### Wedding Open Evening

**Kings Oak Hotel, Paul's Nursery Road, High Beach, Essex, IG10 4AE**

**May 16, 4pm – 8pm**



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Contact 0208 508 5000, email [events@kingsoakhotel.com](mailto:events@kingsoakhotel.com) or visit [www.kingsoakhotel.com/wedding-open-evenings/](http://www.kingsoakhotel.com/wedding-open-evenings/)

### Essex Jazz Orchestra

**Loughton Methodist Church, 260 High Road, Loughton, IG10 1RB**

**May 19, 7.30pm – 10pm**



The Essex Youth Jazz Orchestra, led by Martin Hathaway, will take your breath away.

Please note that seats cannot be reserved, so please come early and choose your favourite seat.

Tickets: £8. Concession tickets (over 60s) can only be purchased on the door for £6.

Visit [www.eventbrite.co.uk/e/essex-jazz-orchestra-tickets-44947566381?aff=es2](http://www.eventbrite.co.uk/e/essex-jazz-orchestra-tickets-44947566381?aff=es2) for more information and tickets.

### Loughton Showcase

**Lopping Hall, 189 High Road, Loughton, IG10 4LF**

**May 20, 1pm – 3pm**

Music and dance from Loughton's Performance Schools.

Venue: Lopping Hall, Loughton High Road

Tickets: £5; £2 for under 12s. Tickets sold on the door and there will be refreshments available.

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