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Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** Loughton. With the Russian World Cup in our lives for the last month, I'm sure some of us can't wait to say Moscow. Sorry, terrible joke.

The summer months are now in all their glory so I hope you are all enjoying the long days and outdoor living. Let **VISION** be the perfect companion to complement that environment.

In this month's issue, our cover star James Corden talks Hollywood fame, family life and how he stays grounded.

We also look at some summer activities for the kids as the school holidays approach, the jobs some famous sports stars had before they were famous and Kylie Minogue at 50.

In Home and DIY and Gardening find out how to get the glow back in your furniture and ways to transform your shed.

In local news this month, a travel agency is named as one of the best in the UK, a burglar is jailed after being caught on CCTV and hundreds of pounds are raised at a charity match.

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

VISION is your magazine for your town. I hope you all enjoy the July 2018 edition.

Brett

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Kylie Minogue

REINVENTING THE ICON

As princess of pop Kylie Minogue celebrates her 50th birthday, we look at the Aussie's phenomenal career, and her recent reinvention as a bejewelled country star.

There are few popstars who could boast a three-decade long career, record sales of over 80 million and enough awards and triple platinum discs to fill a warehouse. And yet, when it comes to Kylie Minogue, the media seems to fixate on one thing: her relationship status.

Part of this is down to the fact that she recently celebrated her 50th birthday, looking as fabulous as ever in a series of photoshoots to mark the impressive milestone, with polaroid snaps of her birthday bash revealing her dancing the night away at London's exclusive Chiltern Firehouse with new beau Paul Solomons, the creative director of GQ. Meanwhile, her many fans and admirers ask how could someone so beautiful, talented and successful, not have settled down with the man of her dreams before now.

But then the mono-monikered popette has always danced to the beat of her own drum, and after winning our hearts as sparky mechanic Charlene in *Neighbours*, Kylie knew instinctively that her future lay in music. Her pop career began in earnest in the UK under the tutelage of 'hit factory' producers Stock, Aitken & Waterman, who steered the young singer towards a slew of number one hits and albums, with tracks like *I Should Be So Lucky*, *The Locomotion* and *Especially for You* (a duet with former *Neighbours* co-star and real-life lover Jason Donovan) becoming iconic hits of the Eighties.

By the early Nineties however, Kylie was growing

bored of her saccharine image. At the time she was dating fellow Aussie and INXS frontman Michael Hutchence, who seemed to fuel her desire to make darker, more complex music. Her fans weren't so sure, and although her 1995 collaboration with Australian artist Nick Cave for the song *Where the Wild Roses Grow* was a surprising highlight of this period, it seemed as if this might be the end of the road for the perky popstar.

But Kylie had other ideas, and when she returned in the new millennium wearing gold hot pants for the video of sublime disco hit *Spinning Around*, the world fell in love once more. Since then, Kylie's career has maintained a steady pace, though her personal life has had its turbulent moments. Aged 36, she was diagnosed with breast cancer (which she subsequently beat), then just last year she admitted to suffering a nervous breakdown following her split from fiancé Joshua Sasse.

Proving that she is as buoyant as her famous curls, Kylie always bounces back, making a triumphant return earlier this year with country-inspired record *Golden*, which zoomed straight to the top of both the UK and Australian charts.

Arguably, such impressive success deserves praise, not consternation at her decision not to bear children, because as generational music icons, few can ever hit the heights reached by Kylie Minogue.





Nelson Mandela

A MAN OF THE PEOPLE

ON THE CENTENARY OF HIS BIRTH, ROYAL CORRESPONDENT CHARLES RAE LOOKS BACK AT NELSON MANDELA AND HIS RELATIONSHIP WITH BRITAIN.

Nelson Mandela walked into a room with the Queen in Durban, South Africa. He briefly left her side as she talked to another guest. I suddenly found myself standing next to the great man and he turned to me and said: "Isn't Elizabeth wonderful?"

Slightly taken aback and wondering who he was taking about, I asked, "Who is Elizabeth?"

Mr Mandela, who had retired as South Africa's first Black president a few months earlier in 1999 looked astonished and pointed at the Queen and said: "Elizabeth of course, your Queen."

I was shocked as I had never heard anyone be so familiar with Her Majesty. I knew her family name was Lilibet and that the Duke of Edinburgh sometimes affectionately called her "Cabbage".

If that left me surprised, I was more shocked when I spoke to his daughter Zindzi who told me that when Mr Mandela and the Queen were alone together in private he called her "Lizzie".

If anyone could pull it off, it's the late South African president. He and "Lizzie" were quite close—she signed letters to him with "Your sincere friend, Elizabeth R."

She referred to him as Nelson.

The couple had become great friends ever since his release in 1990. Eighteen of those years were spent on Robben Island, off the coast of Cape Town. He had been jailed in 1963 after being found guilty of trying to overthrow the government.

The Queen had shown a remarkable piece of judgment. After all, Mrs Thatcher had called Mandela a terrorist in Vancouver in 1987.

The world mourned when he died in 2013, aged 95.

This month (July 18) marks the centenary of his birth.

Although he spent his life fighting Britain's colonial legacy in South Africa, Nelson Mandela was an Anglophile. The roots of his close and contradictory relationship with Britain were in his childhood.

Born into a tribal aristocracy in the Transkei, the seven-year-old Rolihlahla Mandela was sent to a Christian mission school.

It was the custom then for all the African boys to be given English names, so on his first day his teacher renamed him Nelson Mandela and a man of the people was born.

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Summer Shades

On the catwalk this year we saw an exciting combination of contemporary design mixed with retro influences in men's sunglasses. Make sure you are bang on trend with our pick of top five styles that showcase some of this summer's hottest looks in eyewear.

METAL FRAMES

Say goodbye to acetate frames and hello to striking gold and silver ones. Perfect for men that like a lightweight frame which screams sophistication.

THE CHARLESTON FRAME

A nod to the charmingly stylish era of the 1920s, the Charleston frame is guaranteed to update your look in an instant. With a round frame and a distinct retro feel, this frame is ideal for those wanting to look effortlessly cool this summer.

ROUND VINTAGE GLASSES

If you only buy one pair of sunglasses this year, make sure they are round and small framed; think back to the '90s when sunglasses were simply shaped. Embrace this decade full throttle and look for a pair with tinted lenses; another top trend for 2018.

D-SHAPED FRAMES

Fancy looking super sexy on the beach as well as on the morning commute? D-framed sunglasses are instantly noticeable by the sharp straight line across the rim and are a perfect balance of futuristic cool and nostalgia. If you have a square-shaped face this is definitely the sunglass style for you.

MODERN OVERSIZED AVIATOR

This classic style takes on a contemporary twist by going super-size this season; a combination of deep lenses and squared brow means this style suits nearly all face shapes. And who doesn't want to look a bit like Tom Cruise in *Top Gun* this summer?



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BEAUTY

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PURPLE FOR SALLOW SKIN

If you are fair-skinned and prone to unwanted yellow undertones, purple and lavender shaded correctors are what you need to achieve brighter, glowing skin.

GREEN FOR ACNE-PRONE SKIN

Skin that is prone to acne, rosacea or even blushing can benefit from a green primer as it can help to mask any redness on your face. If using a green primer, always apply foundation afterwards as it can make you appear ill when used on its own.

PINK FOR TIRED-LOOKING SKIN

Had a few too many late nights? Too little sleep combined with sugary foods that you have most likely consumed for a much-needed energy boost can leave your skin looking dull and exasperate any early signs of ageing. Pink primers add luminosity to all skin tones which will help disguise any fine lines and leave you looking fresh even if you are not feeling it.

YELLOW FOR VISIBLE BLOOD VESSELS

Those with light skin can struggle to hide unsightly blue-purple blood vessels that are sitting beneath the skin. Yellow primer can help minimise the appearance of dark blue tones without the need for excessive concealer. Darker skin tones can also take advantage of this shade of primer by using it to enhance their naturally darker complexion beneath foundation.

PEACH FOR SUN-DAMAGED SKIN

Sun worshippers can use peach primer to hide the detrimental effects of the sun on their skin such as age spots, dark circles and any unwanted pigmentation. However, this only masks sun damage, so always protect your skin from the sun with a suitable sunscreen.





MANI PEDIS

not just for women

If you're an alpha male you might insist that you wouldn't be seen dead in a nail salon. But you'd be surprised to learn that the benefits of a regular manicure and pedicure go beyond just being a pampering session.

THEY IMPROVE YOUR HYGIENE

Ever thought about what lurks beneath your toenails? Or the last time you properly scrubbed the soles of your feet? Manicurists are trained professionals who know how to painlessly get all the deep-rooted grime out from under your nails. They'll also remove dead skin meaning there are fewer places for bacteria to thrive.

IT ACTUALLY FEELS REALLY GOOD

Your feet have it tough, and it stands to reason that a soothing treatment, invigorating massage and cooling gels are going to feel wonderful. But the happiness doesn't end at your ankles, as stimulating your feet boosts your body's circulation and is stress-busting too.

THEY HAVE HEALTH BENEFITS

If you suffer from ingrowing toenails, you'll know that prevention is better than cure. Pedicurists know how to neatly cut nails so that they don't become ingrown. Also, removing dead skin keeps calluses, bunions and corns at bay.

LADIES LOVE WELL-GROOMED MEN

If you want to make a good first impression when you shake someone's hand, then a manicure is going to serve you well. Think women don't notice when a man has rough, calloused hands and dirty nails? Think again.

IT CAN EVEN BE A BONDING EXPERIENCE

Talking of women, why do you think they head to salons en masse? It's not because they get some kind of girl gang discount, it's because it's a great opportunity to catch up on gossip and hang out with your besties. So, take your partner, take your best buddy, even take your mum. But mostly, take yourself.

CELEBS Practice WHAT THEY Preach

Ever wondered how some celebs stay super fit and also appear calm in the face of constant press attention? They do yoga of course and, incidentally, they can't stop gabbing about the endless benefits of this ancient Indian practice.

Maroon 5 frontman Adam Levine credits yoga for his mega stardom...

"I have a hard time sitting still. Yoga has given me the ability to be more focused and make better decisions that come from a clear place. It's made me more successful. I love it and don't know what I'd do without it."

Actor Robert Downey Jr. credits the practice for helping conquer his addictions...

"All the battles are in your head. When you are able to master those contradictory impulses, then you're no longer going to fear those demons that want to drag you back to hell. Yoga is a kind of meditation for me - you get this strange sense of calmness even when you're putting your body through some very difficult and testing trials."

Friends star Jennifer Aniston insists yoga supports her inside and out...

"Yoga strengthens my muscles and gives me a great sense of peace and calm. It also improves my breathing and centres me. I usually follow yoga with about 40 minutes of cardio - hiking, running or at the gym."

Supermodel Gisele Bündchen enjoys the spiritual aspect of the practice...

"Sometimes I just do mantras because yoga for me is a philosophy; it's another tool to help you go inward, because my whole mission in life is to keep going inward."

Musical legend Sting credits yoga for career longevity...

"I do the job of a 25-year-old. I perform on stage in much the same way I did when I was in my twenties or teens, and I'm doing it just as efficiently. And I put that down to yoga."





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If travel sickness means you dread long journeys, these helpful dos and don'ts may serve you well on your next vacation.

✓ DO choose the best seat. The front of the car, the middle of the aeroplane over the wing, or the lower levels of a ship are where you should be.

✓ DO have a steady flow of fresh air.

✓ DO be prepared. If you are prone to sickness, take antihistamines the night before, then on the morning of your trip. If you only think you might be sick, pack hyoscine tablets such as Kwells, which can work within 15 minutes.

✓ DO dose up on ginger. Studies have shown that this warming spice can really help travel sickness. So, take ginger capsules half an hour before travelling, have ginger candies in your bag (from health food stores) and if you are sick, drink plenty of water to overcome the effects.

✓ DO trust in acupressure. Travel bands around your wrist work by stimulating a specific pressure point; but if you don't have these, try holding your thumb firmly on the middle of the underside of your wrist.

✗ DON'T sit backwards. These conflicting motion cues can discombobulate the hardest of traveller.

✗ DON'T have constant air con on. The cold air will dehydrate you and the warm air will increase your sense of nausea.

✗ DON'T suffer in silence. Strike up conversations, play games and do whatever you can to stop your mind fixating on the sickness.

✗ DON'T eat too much pre-travel. If you know you are prone to sickness, eating a huge greasy meal before you start, or travelling hungover, will make your life hell.

✗ DON'T be ashamed. Worrying will only make your sickness worse, so take precautions and carry sick bags just in case... but mostly, relax.



MASTERING THE BASIC Languages

Travelling to a new country can be a daunting experience, especially if you have a family to look after or are travelling alone. However, simply learning a few basic words and phrases before you go can make the world of difference when you first arrive in an unknown environment.

1. Let's start with an obvious one, **Hello**. It is common courtesy at the very least to know how to greet people when visiting their country. It will instantly put a smile on yours and their faces if you can say hello in their language.

Spanish: Hola (oh-Lah)

French: Bonjour (boh-n -zhoor)

German: Hallo (ha-Loh)

Italian: Ciao (chou)

Turkish: Merhaba (mare-ha-ba)

2. **Goodbye** – In many cultures it is considered rude to not say farewell to someone when leaving them so make sure this is one of the phrases that you learn and remember before travelling abroad.

Spanish: Adiós (ah-dee-ohs)

French: Au Revoir (ohr-vwahr)

German: Auf Wiedersehen (ouf vee-der-zey-en)

Italian: Arrivederci (ahr-ree-veh-dehr-chee)

Turkish: Hoşçakal (hosh-cha-kal)

3. **How much is this?** – What is a holiday without a little bit of shopping? Learning how to ask how much something costs is a key phrase when trying out the art of haggling.

Spanish: ¿Cuánto es? (koo-ahn-toh es)

French: Combien ça coûte? (kohn-byan sa kooht)

German: Wie Viel kostet ... ? (vee feel kos-tet ...)

Italian: Quanto costa? (kwahn-toh koh-stah)

Turkish: Ne kadar? (nay-kad-ar)

4. **I am sorry** – Always a good phrase to know where ever you are in the world.

Spanish: Lo siento (Loh syehn-toh)

French: Je suis désolé (zhuh swee day-zoh-Lay)

German: Es tut mir leid (es toot meer lied)

Italian: Mi scusi (mee skoozh-zee)

Turkish: Özür dilerim (ouzh-ur dill-ear-im)

Other useful phrases you may want to look up include;

Where is the bathroom?

I need help

Where is the nearest hospital?

I don't understand

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Ice Cream COLOURS

Indulge in this delectable home décor trend which is good enough to eat

Ice cream is officially in. But if you're on a diet, don't worry, for this home décor trend is calorie free. You see, we're talking about knitted throws and cushions in sumptuous strawberry sorbet shades, rugs that are the colour of vanilla and mint choc chip cones, and vases which look like they've been dipped in rich raspberry ripple.

Basically, it's the perfect style for summer, and is a great way to brighten up your home without splashing out on a full redecoration. Though if you do have a room in your home that needs a lick of paint, Dulux has released some delectable ice cream-themed shades within their Easycare range, including Vanilla Sundae, Soft Peach and Pretty Pink.

For just a hint of mint (or cherry or violet), consider hunting out some soft serve furnishings. A cheery green vase perhaps filled with blush pink roses, a lemon lampshade, or even an art print with delicate splashes of colour. Table cloths and throws are another way to brighten up dull or dreary furniture, while a candy floss-scented candle both looks and smells delicious.

You could even have a go at making something yourself. For example, there is a popular marbling craft trend at the moment which can help you create wonderful pots or vases. Start by spraying your piece with white enamel paint, then once dry, fill a larger pot with warm water and pour in up to three different shades of nail varnish. Swirl using a toothpick, then dip in your vase. Before you know it, you'll have your own cherry or blueberry swirl design. Yummy.





MAKEOVER MAGIC

FIVE SECRET, COST-EFFECTIVE TIPS TO GET YOUR FURNITURE GLEAMING AGAIN

Revive with coconut oil

If your wooden surfaces or leather upholstery are looking a little lacklustre, they probably just need rehydration and nourishment. But you don't need to splash out on fancy furniture polish or beeswax, as a little coconut oil will do the trick just as well. Start by giving the surface a wipe down with warm water and soap, and when dry, apply coconut oil to an old rag before thoroughly rubbing into furniture.

Use vinegar to naturally stain wood

If you have a wooden table that's looking patchy, or you just prefer a new finish, you can stain naturally with vinegar. Simply combine one cup of vinegar (balsamic for a dark effect, apple cider for a lighter colour) with one cup of water and leave in a bucket for 24 hours with a steel wool pad. Then paint this solution onto your wood – note: it will look significantly lighter when wet (not darker, as you may expect).

Remove stains and marks with everyday products

Forget the harsh chemicals, by mixing up a solution that's three quarters vegetable oil and a quarter vinegar, you can get rid of most superficial wood marks – just rub on and leave. For leather, try using lemon juice, or for tough stains, rub in alcohol.

Shine up glass and mirror surfaces

Got smears that just won't budge? Start with a microfibre cloth to remove dust, then mix a solution that's half white vinegar and half water in a spray bottle. Apply and then buff with microfibre. Finish with a rub of crunched-up newspaper.

Fill nail holes with wood

What's the best material to fill a hole in wood with? Wood, of course. Depending on the size, use a toothpick, or wooden skewer to fill the space, cut it to the right size and fix with a little wood glue. Sand to finish.



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As a nation we are falling in love with our larders all over again but now they have evolved; enter the rise of the super pantry.

Whether you want to give your existing pantry a makeover or create one from scratch, we can help you be the envy of all your neighbours with the below top tips.

THINK FUNCTIONALITY

Remember above all else a pantry should be an effective storage solution for any items that you do not want on show in your kitchen. Accessibility is vital; place heavy equipment at an easily reachable level, light items such as herbs and spices on the top shelves and any items you want your children to be able to help themselves to at the very bottom.

STYLE IT UP

Think of this space as an additional room in your house, it needs to have its own personality. Colour co-ordinated storage containers are a must; we

love pastel colours and mint in particular will make your pantry look fresh and clean. Feature wallpaper can be used to effectively inject some fun into this practical space, while well-placed lighting will brighten up any dark corners and help you keep track of all your kitchen supplies.

PLAN AHEAD

It is vital that you think about what you want from your new pantry before you storm ahead putting up shelves and picking colour schemes. You need to account for every cabinet, container and drawer to ensure you maximise the use of this amazing storage space.

ORGANISATION IS KEY

Labelling is essential, and we love chalk paint and pens for a homely yet stylish look that is easily changeable to adapt to your pantry. Glass jars offer visibility and stock rotation helps avoid food going out of date.

Photo credit: www.fromgreatbeginnings.com, Pinterest, www.containerstore.com



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Crazy 'BOUT CORDEN



After upping sticks for the US three years ago, James Corden has become one of the biggest names in world entertainment, yet it's refreshing to find Uxbridge's most famous export hasn't lost any of his tenderness, humility or down-to-earth charm.

He presents one of the biggest talk shows in the world, stars in Hollywood blockbusters and calls Harry Styles his best mate. In December, he welcomed his third bundle of joy, Charlotte, and despite a burgeoning family life, remains hopelessly in demand for shows and events on both sides of the Atlantic.

With all the showmanship and perfect appearances that are required for TV work, it follows then, that if an opportunity arises to get a job done by putting in a little less effort, James Corden grabs it with both hands. Like his recent turn voicing the imitable Peter Rabbit in Sony's adaptation of the Beatrix Potter classic. 'Voicing' being the operative word. For to play the woodland scamp, the 39-year-old simply had to turn up in a recording booth... naked, if he wanted. "Any job where I don't have to make any effort with my appearance... where I can turn up looking like a hot mess, is fine by me," he laughs.

Cheeky, charming and affable as ever, it isn't hard to wonder why the star has enjoyed stellar success, though no one could have predicted he would crack America with such ease. But since taking over from Craig Ferguson as host of CBS's *The Late Late Show*, Corden's fanbase has swelled, as has his bank balance. His popularity is mostly down to a perfectly delivered, self-deprecating sense of humour, though is helped along by an impeccable contacts book, which has seen the likes of Justin Bieber, Mariah Carey and Adele booked for his brilliant *Carpool Karaoke* skit.

But away from the glaring spotlights, Corden likes to keep his life simple. Yes, he is mates with some of the biggest stars going, but outside of work the Brit loves nothing more than relaxing at his home in LA with wife Julia Carey, children Max, seven, Carey, three, and their recent new-born. Family life provides a necessary anchor in the sea of celebdom, as he jokes that his kids don't give a fig about his illustrious career. "They've got bigger fish to fry - I'm just dad. I do the dishes and make funny faces; that's all I'm good for," he jokes.

Having made his name in the late 1990s with the BBC Three sitcom *Gavin & Stacey* - which he co-wrote and starred in with his *Fat Friends* co-star Ruth Jones - Corden is living proof that anything is possible. For here is a man who started out with no connections to Hollywood, and who certainly doesn't boast the looks of your average film star. Yet his last role was opposite some of cinema's hottest and most celebrated stars, in the *Ocean's 8* all-female reboot starring Sandra Bullock, Cate Blanchett and Rihanna.

"*Ocean's 8* was really fun," he says with a grin. "I mean, with a cast like that, you know it's going to be incredible.

"I still count myself as lucky every day. To be successful is all I wanted, but as time goes on, you come to realise that to be happy and to feel loved is much more important."



Photo credit: Coco Van Oppens, Adrian Rogers, Bret Hartman

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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Thousands raised for charity at annual quiz night

Thousands of pounds were raised for several charities across West Essex by a Loughton business after holding their annual quiz night.

Haslers Foundation raised nearly £3,000 at the event which was held at West Essex Golf Club recently.

This is the fifth consecutive year the firm has held a charity quiz.

Haslers hosted 11 tables on the night, which included two charity tables for its chosen causes – Streets2Homes, Frank Charles Give a Gift Appeal, ELHAP, Haven Hospices and Dream Factory.

The competition was fierce as quizmaster and Haslers' chairman Jon O'Shea read out the tough questions to those local businesses who attended.

However, it was Wiseman Wizards who emerged victorious to take home the winning trophy.

Guests also took part in a raffle which included gifts donated by a number of local companies, including Provender Café & Brasserie, Mode Beauty

Therapy, West Essex Golf Club, The Champagne & Gift Company, The Florist Loughton and Zoe Bailey Personal Training.

Reflecting on the evening, Jon said: "Everybody had a fantastic time at our latest quiz night and it would be fair to say that the competition this year was intense.

"All of the teams really fought it out, but were also so generous with their donations.

"Thanks have to go to the companies that have lent their support to the quiz and the raffle, which made such a difference to our final fundraising total and also a special thanks for Rudie Nash Photography and quiz round sponsors Utilize Plc and SRM Wealth Management."

Following the success of this year's event, Haslers quiz nights have now raised more than £20,000.

Jon added: "It's incredible to think that over the five years we have held this competition we have managed to raise so much for charity."

Photo credit: Rudie Nash Photography

Burglar jailed after being caught on CCTV



Photo credit: Essex Police

Queen's Birthday Honour is 'amazing surprise'

Eleanor Laing MP has been made a Dame in the Queen's Birthday Honours List.

Mrs Laing MP has been Member of Parliament for Epping Forest for 21 years and said the news came as an "amazing surprise".

Mrs Laing MP was a Shadow Minister for 12 years and has been a Deputy Speaker for the last four-and-a-half years.

She was appointed a member of the Privy Council, the formal body of advisers to the Queen, last November.

Commenting on her Damehood, she said: "This is an amazing surprise but I am absolutely delighted."

"It has been a great honour to serve the people of Epping Forest for so many years, and to be able to continue to serve them as their Member of Parliament."

Hundreds of pounds raised at charity match

Two local businesses went head to head recently for a charity match in support of the Dream Factory which make dreams come true for terminally ill children.

The event took place at Roding Valley High School in Loughton on Sunday, June 10.

ReelVIP Video Production was invited to film the event.

Quindici restaurant and the Clear Cleaning Group pulled out their best players to play against Speldhurst Rangers from Kent.

There was strong local support from locals and the closely contested match finished with a 3-3 draw.

When asked on camera what inspired them to play, both business responded that it's great to support local initiatives.

More than £500 was raised for Dream Factory.



A burglar who was caught on CCTV breaking into a house in Loughton has been jailed for three years.

Daniel Witham was filmed walking down a side entrance to a property at around 7.30am on April 20, climbing onto a shed and into the back garden.

He was then seen going into the shed, returning with a hammer which he then used to smash a glass panel of the property's back door.

After climbing through a window, he was later seen leaving through a rear window with a dark-coloured satchel which he did not have before going inside.

Climbing back onto the shed, he left the property into the side entrance and out to the road where he walked away.

When Detective Constable Rob Guiney, from Loughton CID, viewed the CCTV footage he recognised the man as Daniel Witham.

Witham, 30, of no fixed address, was arrested on Wednesday, April 25, following an early morning arrest enquiry where he tried to run from officers, and charged with burglary the following day.

Appearing at Chelmsford Crown Court on Thursday, May 31, he pleaded guilty and was sentenced to three years.

DC Guiney said: "Daniel Witham's actions were brazen, breaking into someone's home in the middle of the morning."

"He has little regard for people's property, happily causing damage in order to steal."

"He was caught on camera and due to the evidence against him had little choice but to admit his guilt."

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Man jailed after committing 14 offences



Photo credit: Essex Police

A 24-year-old man from Loughton appeared in court in Chelmsford on Friday, May 25, charged with a number of offences including possession of a knife, drugs and dangerous driving.

Joshua Kendall was arrested on the evening of May 23 in Buckhurst Hill.

Following work by Loughton Local Policing officers and Loughton detectives he was later charged with four thefts of fuel, one theft of food and alcohol, possession of cannabis, possession of a large kitchen knife, two counts of driving without insurance, two counts of driving while disqualified, two counts of failing to stop for police and dangerous driving. He admitted all the offences put to him.

Magistrates sentenced Kendall to 13 months in prison and added 42 months to an existing driving ban for all but the driving offences and the possession of a knife.

Kendall was ordered to appear at Chelmsford Crown Court on June 25 to be sentenced for those matters.

Travel agency named one of the best in the UK

A travel agency that has a high percentage of their customers from Loughton has been named one of the best travel agencies in the UK.

Abbotts Travel, in South Woodford, has been named one of the top three stored in London by the *Travel Trade Gazette*.

The TTG Top 50 Travel Agencies list was revealed in a glittering ceremony in Birmingham after an extensive judging process, which saw agents rated by tour operators and other suppliers, and then assessed by travel trade journalists.

More than 900 agencies and branches put themselves forward, from which a shortlist of 95 finalists across 19 categories was devised.

Managing director Julian Abbott said: "After winning Best London Travel Agency two years running, to be nominated and recognised for a third time is a huge accomplishment for us."

TTG group editor Pippa Jacks said: "It's been truly inspiring to hear how these agencies go above and beyond on a daily basis, to deliver extraordinary service and incredible value to their customers, and to support their local communities."

The shortlisting stage was undertaken by a panel of 60 travel suppliers including airlines, tour operators and car hire providers, who rated hopeful agencies according to their business performance, customer service and innovation. To decide which shortlisted agencies made it into the Top 50 list, a TTG journalist visited or interviewed each shortlisted agency to carry out an assessment.

Find the full Top 50 shortlist and more information on the process at ttgtop50.com

New council chairman appointed



Photo credit: Epping Forest District Council

Councillor Richard Bassett has been named the new chairman for Epping Forest District Council. His appointment follows the retirement of David Stellan.

Councillor Ricki Gadsby is the council's new vice chairman.

Following the retirement of Will Breare-Hall at the local elections, council leader Chris Whitbread has added councillor Nigel Avey to his cabinet.

In his closing speech to councillors, David said that he would not have missed his year as chairman for the world. Among the 'standout' moments of his year, Dave listed teeing off at Chairman's Charity Golf Day, his 'visit' to the gym, the Ongar Festival, many arts events and working with the Youth Council.

Through generosity of others he raised £5,500 for local charities and Diabetes UK.

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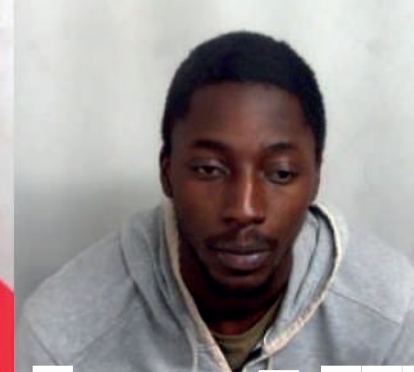
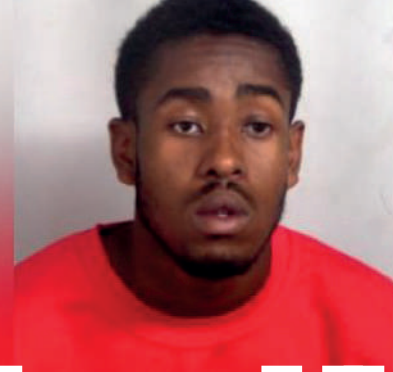
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Photo credit: Essex Police



LOCAL NEWS

Two men jailed over stabbing

Two men have been jailed for a total of more than 13 years in connection with the stabbing of a man in broad daylight.

The victim, a man in his 20s, had been approached by two men who just gotten out of a white Ford Fiesta in Cripsey Avenue in Ongar at around 5pm on Wednesday, September 13, 2017.

After an altercation one of the men stabbed the victim in the stomach, before both men got back into the car and left the scene.

The victim was taken to hospital where he underwent surgery for three wounds.

The Fiesta was traced to an address in Loughton where police arrested 19-year-old Anthony Hamilton in the early hours the next day.

Later that day officers stopped and arrested another man, 21-year-old Raphael Duke-Okeze in Loughton.

On September 15, Hamilton was charged with GBH with intent and possession of a knife with a public place.

Duke-Okeze was charged with threatening someone with a blade in a public place and attempted robbery.

They both denied the charges against them but were found guilty at Chelmsford Crown Court on Tuesday, March 27.

At the same court on Tuesday, June 5 Hamilton was jailed for 11 years and Duke-Okeze was sentenced to two-and-a-half years.

Investigation officer Detective Constable Ricky Rodd, from Loughton CID, said: "This was violent attack in broad daylight in a residential area.

"Even though the victim required surgery his injuries could have been much worse and he could have been really seriously injured.

"It is galling that Anthony Hamilton was comfortable using this level of violence and I'm glad he and Raphael Duke-Okeze are now off the streets.

"I hope this sentence will provide the victim with some solace and shows Essex Police will not tolerate violent crime."

Fun had by all at family event

Around 1,000 people attended Epping Forest College's Family Fun Day in Loughton recently.

The free community event was open to people of all ages who came along and enjoyed the free activities, competitions, entertainment and have-a-gos.

The event was part of the Loughton Festival and raised money for The Chigwell Riding Trust.

The highlight for many was the just-for-fun dog show Scruffs. Three-year-old Jack Russell/Shih Tzu cross India bagged Best in Show much to the delight of her owner Layla Kecici.

The college's principal and CEO Saboohi Famili organised the dog show and staff from local pet

shop Vetsavers as well as Chew Dog Trainers kindly judged the competition.

Other activities included face painting, a bouncy castle and makeovers with photographs.

Saboohi said: "I would like to thank the community for the supporting our Family Fun Day. It was certainly a hit and attracted many members of our community to explore the college and what it has to offer.

"We hope to have more local community events to give the public an opportunity to share this fantastic educational resource on their doorstep."

Based on a piece on Epping Forest College's website.



BECOME AN

Eco Warrior

WITH YOUR VERY OWN ALLOTMENT SHED

Do you have a love for all things homegrown and fancy dipping your toes in sustainable living but don't have a lot of outdoor space? Building or converting an allotment shed could be the perfect solution for you.

Utilise recycled materials

In keeping with the sustainable vibe, try to source as many recycled materials as possible; old pallets are perfect for building a shed from scratch, used tyres are ideal to create raised vegetable beds and recycled water bottles make great hanging planters.

Create space to escape

It is just as important to create a place to relax in your shed as well a place to store your garden appliances and grow produce. Don't shy away from interior design; injecting your personality into your shed will make you want to spend more time in it, as will a comfy, upcycled chair.

Be environmentally friendly

Lighting can transform a shed from dank and damp to warm and inviting; invest in solar panels to create

ambience and to allow you to enjoy the space late into the night without any detrimental effects to the environment. For the winter months a wood burning stove is a must-have; logs are considered a carbon neutral fuel and therefore much greener than gas or electric heaters.

Know your limits

Building a green space on your shed roof is a brilliant way to create an allotment with limited space, but this type of project is not for beginners. Drainage, weight distribution, possible planning permission and choosing suitable plants are all important factors. If you are not an experienced gardener then it might be best to start small with a selection of veg you can grow in your shed such as tomato plants, lettuces, potatoes and a selection of herbs.



It's PIMM'S O'Clock



The thought of a cool glass of Pimm's on a hot summer's day is enough to send anyone running to their nearest supermarket. And although we love a classic Pimm's, we have three fabulous alternatives using summer fruits and herbs that are perfect for impressing your friends.

Pimm's Ginger & Peach Punch

YOU WILL NEED:

260ml Pimm's | 750ml ginger beer | 500ml lemonade | Mint leaves | 2 peaches, halved, stoned and cut into thin wedges | Ice cubes to serve

HOW TO MAKE:

Put peach wedges into a cocktail pitcher | Add a generous handful of ice cubes | Pour in Pimm's, ginger beer and lemonade | Top with mint leaves



Pimm's Tropical Fruit Fusion

YOU WILL NEED:

400ml Pimm's | 800ml pineapple juice | 200ml sparkling grapefruit juice drink | Half a chopped mango | 1 sliced kiwi fruit | Quarter of lime | Mint leaves | Ice to serve

HOW TO MAKE:

Pour the Pimm's and pineapple juice into a cocktail pitcher | Add the mango, kiwi and ice cubes | Squeeze in lime juice and then throw in the wedges with the mint leaves | Top up with the sparkling grapefruit drink, stir and enjoy



Pimm's-icles or Pimm's Ice Lollies

YOU WILL NEED:

500g of halved strawberries | 10 mint leaves | 75ml Pimm's | 100g caster sugar | 20 thinly sliced cucumber pieces

HOW TO MAKE:

Blend the strawberries and mint until smooth | Pour the mixture through a sieve to remove any seeds | Stir in the Pimm's, lemonade and sugar until dissolved | Add the cucumber pieces to 10 individual ice lolly moulds and pour over the mixture | Freeze for 45 minutes and then insert lolly sticks | Continue to freeze until solid | To serve, dip the mould in hot water, then slowly remove the lollies




Photo credit: urbanbuzz /shutterstock.com

Day to day fun!

Even the phrase 'summer holidays' can leave most parents feeling anxious at best, terrified at worst. Six whole weeks with your darling offspring to entertain day in and day out can be an overwhelming task to prepare for.


Fear not. We have put together a full week's worth of hands-on activities that you can do at home without breaking the bank. We just hope you don't mind getting your hands dirty.

Monday




Start the week off strong with a super easy **two ingredient slime** recipe. All you need is PVA glue and Aldi's Almat Bio Gel. Pour roughly 250ml of glue into a bowl and add one teaspoon of gel at a time, mixing as you go until the slime no longer sticks to your fingers. Get creative and add food colouring and glitter to your slime.

Tuesday




Build a fortress with DIY **kinetic sand**; so much cheaper than the shop bought product and the kids will never know the difference. Simply bake 2lbs of sand at 120 degrees for 5 hours. Then, mix one bottle (5oz) of clear glue with one cup of liquid starch until you have a runny slime consistency. Gradually add a spoonful of the slime to the sand until you get the desired effect.

Wednesday




Create their favourite animals or insects with **salt dough figures**; hours of endless interactive and imaginative play, and that's after the fun of building the figures. To make the salt dough mix $\frac{1}{2}$ cup of salt with 1 cup of flour, then slowly add $\frac{1}{2}$ cup of water and knead the dough until the texture is ready to use. Acrylic paints work best on this type of dough.

Thursday




Experiment in the kitchen but with no burnt fingers in sight with our **no bake peanut butter oat square**. Simply melt 1 cup of peanut butter and $\frac{1}{2}$ cup of honey until smooth and then mix with 3 cups of rolled oats. Add the mixture to a greased pan and place in fridge to set. For a healthier treat try homemade fruit kebabs.

Friday



Strengthen their little fingers (great for handwriting) and have them in fits of laughter with **cornstarch goo**; it's basically homemade quicksand. Just gradually mix cornstarch with water and you are off.


Saturday



Create their very own ice cream parlour with **cloud dough**, super-easy to make and with minimal mess; a win-win situation for all. Simply mix 1 cup of baby oil with 8 cups of flour and you are ready to go. Set out some ice cream scoops, spoons and tubs, and let their imagination do the rest.

Photo credit: FrogsandSnailsandPuppyDogTail.com

Sunday



Bubble painting is the ideal way to end the week; this activity can be altered to suit children of all ages and abilities and creates beautiful, colourful artwork that your kids can proudly show off. All you need is bubble mixture, food colouring, bubble wands and lots of painting paper.



KIDS



HAIL MARY

THE QUEEN OF THE HIGH STREET WAXES LYRICAL
ON BUSINESS, LIFE AND FACING FEARS

From humble beginnings in Watford, retail expert and TV star Mary Portas has rose to the highest heights.

Her stellar career has seen her become a board member of Harvey Nicholls by the age of 30.

She went on to run her own highly successful retail consultancy and star in popular shows on national TV.

At a recent conference she talked candidly about her past, present and her brilliant approach to business you couldn't help but be moved, motivated, entertained and inspired. Especially as Mary is such a powerful advocate of empowering women in society to soar to heights unimaginable in less enlightened times.

Here are some of the gems from Mary. Not only do they help people in business, but they are wise words to help us all get the most out of all aspects of our lives.

Mary's background was an interesting one.

Her story started on the tough streets of Belfast during the time of the Troubles.

Sectarian violence was a daily occurrence. And Mary's parents were that often targeted rarity – a cross sectarian relationships between a Catholic and a Protestant.

To escape the troubles her family moved to England. It was a toss up between Watford and Dagenham. Watford won, and the Portas family moved into a terraced house in Windsor Road.

But the stability of her family life was shattered when her mum died. Mary was only 16 years old.

Her grief-stricken father died just three years later.

At just 19 years old Mary was thrown into being the head of her family.

But rather than shrink she grew quickly into the challenge. The rest as they say is history.

A super successful career, massively popular TV shows, a respected figurehead and champion of independent businesses, a mum, partner and loyal

friend – it's fair to say this Wonder Woman has done well, very, very well.

HERE ARE PORTAS POWER POINTERS:

- **When a business is not making money, you must take risks.**
- **Be relentlessly persistent** – she phoned Harrods dozens of time looking for a job – finally she got one at the world's most famous store.
- **Always innovate in your business and life**
- **Get people excited about what you do**
- **Only do things that make your soul sing**

And one final gem from Mary...

She told a story about how terrified she was before her interview as a talented youngster at the world famous Royal Academy of Dramatic Arts.

Almost paralysed with fear her tutor told her a poem that she has never forgotten and we'd all do well to remember when faced by fear and seemingly an overwhelming situation.

Here it is in all it's beautiful brevity.

**Come to the edge,
we might fall...**

**Come to the edge,
it's too high...**

**Come to the edge...
and they came,
and he pushed,
and they flew.**

CHRISTOPHER LOGUE

MaryPortas.COM
PHOTO CREDIT





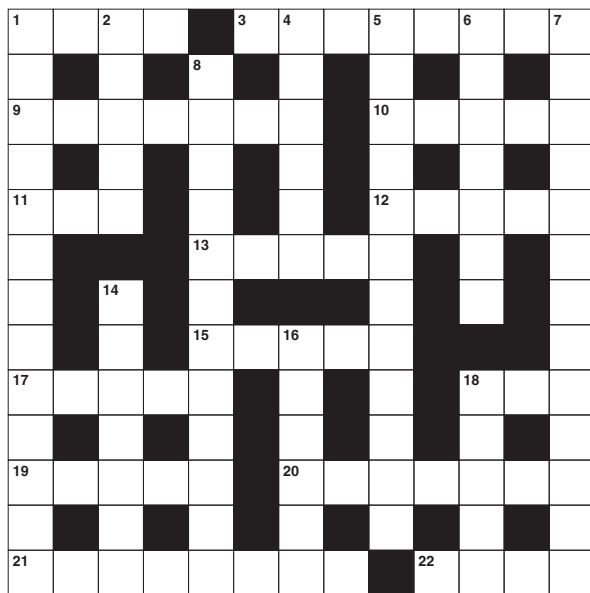
PUZZLES & TRIVIA

ACROSS

- Moved through water (4)
- Fighters (8)
- Annoying (7)
- Spring flower (5)
- Definite article (11)
- Possessor (5)
- Recommended strongly (5)
- Silk fabric (5)
- Data entered into a system (5)
- 23rd Greek letter (3)
- Prize (5)
- Break a rule (7)
- Outer (8)
- Pottery material (4)

DOWN

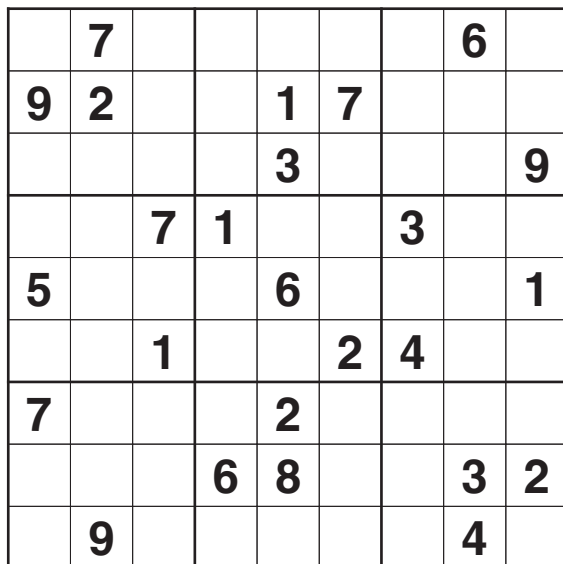
- Perfect likeness or double (8,5)
- Foot joint (5)
- Getting older (6)
- Evergreen shrub (12)
- Elongated rectangles (7)
- Magnificently (13)
- Spanish adventurer (12)
- Irrelevant pieces of information (6)
- Insert in a person's body (7)
- Jewel from an oyster shell (5)



DID YOU KNOW

- Indonesia has around 120 active volcanoes.
- The Maldives will one day disappear as it will be swallowed up by the sea.
- Almost all of the electricity produced in Norway is clean and renewable.
- The Great Wall of China is over 13,000 miles long.
- Spain produces nearly half of the world's olive oil.
- Dubai has several of the tallest buildings in the world, including the tallest structure and tallest hotel.
- There are more than 300 languages spoken in London.
- The water of geysers in Iceland are around 100 degrees Celsius.

SUDOKU



BEFORE THEY WERE FAMOUS

the men

The life of a professional sportsperson is full of glory and fan adulation – but for many of those who went on to make a name for themselves under bright stadium lights and in front of roaring crowds, there were far more menial jobs to be done along the way.

Roy Hodgson

In spite of his less than glamorous exit as England manager, Roy Hodgson first worked as a PE teacher at Alleyn's School in south London. He left the capital in 1976 to embark on a successful early career in Europe, working in Sweden, Switzerland, and Italy, but never Iceland.

Jamie Vardy

One of the crowning jewels of Leicester City's incredible 2015 Premier League triumph, Jamie Vardy's journey to the top of the English footballing elite has been deemed worthy of an upcoming Hollywood biopic. But for the Sheffield-born striker, those early days of non-league obscurity were played alongside being a full-time factory worker, making medical splints.

Babe Ruth

Widely considered one of the greatest baseball players ever to grace the diamond, and one of the five first inductees of the sport's Hall of Fame, George 'Babe' Ruth learned to be both

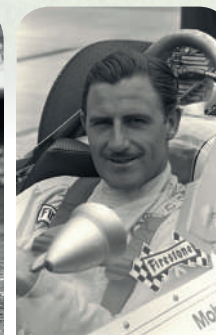
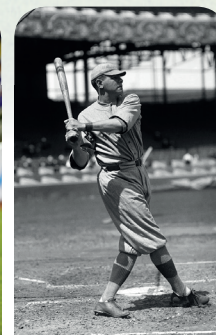
a proficient carpenter and shirtmaker during his time at a reformatory and orphanage, and even during The Bambino's high-flying time with the Yankees, Ruth would adjust his own shirt collars.

Graham Hill

As suave a speedster as ever there was, Hill – the only man to win the coveted Triple Crown of Motorsport (the Monaco Grand Prix, Le Mans and the Indianapolis 500) – only passed his driving test at age 24. Before this, he was an apprentice engineer at Smith's Instruments, and even spent some time with the Royal Navy aboard HMS Swiftsure, rising to the rank of Petty Officer.

Neville Southall

Widely considered one of the greatest goalkeepers ever to grace British football – and Wales' all-time appearance maker to boot – Southall came into the beautiful game relatively late having worked as a binman, waiter and hod carrier, the first of these becoming the inspiration behind his autobiography *The Binman Chronicles*.



See Before They Were Famous: the women in next months issue...

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ARE YOU SURE *you're insured?*

THE SIMPLE MISTAKES THAT MAKE
YOUR CAR INSURANCE INVALID

Even when we're the person suffering a bump, a scrape, a dent, or worse still, are witnessing your cherished family ride conked out on the hard shoulder of the M1, insurance companies have a canny way of making us feel like the guilty party.

And although the reputation of these insurers is better now than in the past, simple mistakes can see your insurance pay-out reduced significantly and, in some cases, taken away completely.

So follow the four tips below to ensure you get what you're owed:

RENEW AND REFRESH

When your renewal comes around, think about what's happened in the past year. Some companies auto-renew, meaning points gained in the last 12 months don't automatically get added. And yes, you've guessed it, when it comes to claiming, they'll be asking why these weren't declared.

It's not just about underpaying for insurance, either. Say you're claiming having lost control of the car and there are points on your licence for speeding... well, in their eyes, two plus two might well equal four.

Update predicted mileage, a new job location, any car modifications and even family pursuits... drag racing, for instance.

PUT YOUR CLAIM IN THE FAST LANE

If something happens to your car on the Monday, call your insurers on that day, not Tuesday, not Wednesday, not the week after. Delayed reporting raises suspicion levels.

AS GOOD AS YOUR WORD

Perhaps your vehicle requires special maintenance on a regular basis; perhaps you've said it's parked off-road, yet it's been sat on the grass verge of a busy A-road. If your policy states certain conditions must be fulfilled, make sure they are.

YOU AND YOU ALONE

If your insurance states you're the sole driver then it has to be you behind the wheel, however tempting it is for your mate to drive you back from the pub.

vehicle insurance claim form

section E: insured vehicle

Make **FORD**

Registered No. **BA11JED**

What arrangements have you made for the vehicle in the event of an accident?

At repairer now ☐ OR Repairer to be notified ☒

Other

Year Made **2016**

Use of vehicle **PLUG IN**

section F: use

Was the vehicle being used in connection with any trade or business?

Relationship to insured

Do you own a car?

If 'Yes', name of car

DECLINED



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WHAT'S ON

WHAT'S ON

in your area

Summer Symphony

St Mary's Church, High Road, Loughton, IG10 1BB

July 14, 7.30pm

The Roding Players Orchestra summer concert, 'Summer Symphony'.

Tickets £8, £7 concessions, under 11s are free. Refreshments included.

The Kings Oak is an award-winning wedding and party venue set in the heart of Epping Forest. Licensed for civil ceremonies where couples declare their love in elegant splendour. Fabulous wedding packages available.

Join us to view our beautiful event suites dressed in full wedding splendour that will thrill and impress you for your wedding or party.

Contact 0208 508 5000, email events@kingsoakhotel.com or visit www.kingsoakhotel.com/wedding-open-evenings/

Play in The Park

Roding Valley Recreation Ground, Loughton, IG10 3BS

July 31, 1.30pm – 3.30pm



Play in The Park is all about playing and having fun outdoors.

The Play in The Park Team bring along a range of sports equipment and arts and crafts resources for children and young people to enjoy.

The team help to organise activities and games all totally free of charge.

Breakfast Club

Woolston Manor Golf & Country Club, Abridge Road, Chigwell, IG7 6BX

August 2, 7am – 11.30am

Breakfast is the most important meal of the day so why not start it the right way. You can choose from our delicious menu or help yourself to our meaty breakfast buffet. To complement our food options, you can treat yourself to a refreshing natural tea from our elegant Suki Tea range or give yourself a boast with our range of Matthew Algje coffee options.

Jessel Green Community Fun Day

Jessel Drive, Loughton, IG10 2EQ

July 15, noon – 4pm

Now in its sixth year, the Jessel Green Community Fun Day is a celebration where everyone in Loughton and the surrounding areas can come together and enjoy our wonderful green spaces alongside a huge variety of affordable entertainment, food and activities for all the family.

Summer Sports Camp

Thomas Willingale Primary School, The Broadway, Loughton, IG10 3RS

July 23 – July 27, 9am – 3pm

Activities include *Britain's Got Talent* competition, water fight, Olympic Games, multi-sports, mini golf and more.

Free early drop off at 8am and late pick up at 4pm. Prizes and medals for all. Boys and girls welcome. Ages four – 12 years.

For prices and more information, call 07740 344302.

Wedding Viewing Evening

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

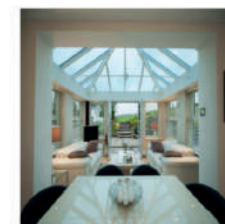
July 25, 4pm - 8pm



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