



**UK
BLACK
HISTORY
MONTH**

GOING GOLD

The interior colour
making a comeback

VICTORIA BECKHAM

A look into 10 years of her fashion empire

SIMON COWELL

The music mogul writing his name in history



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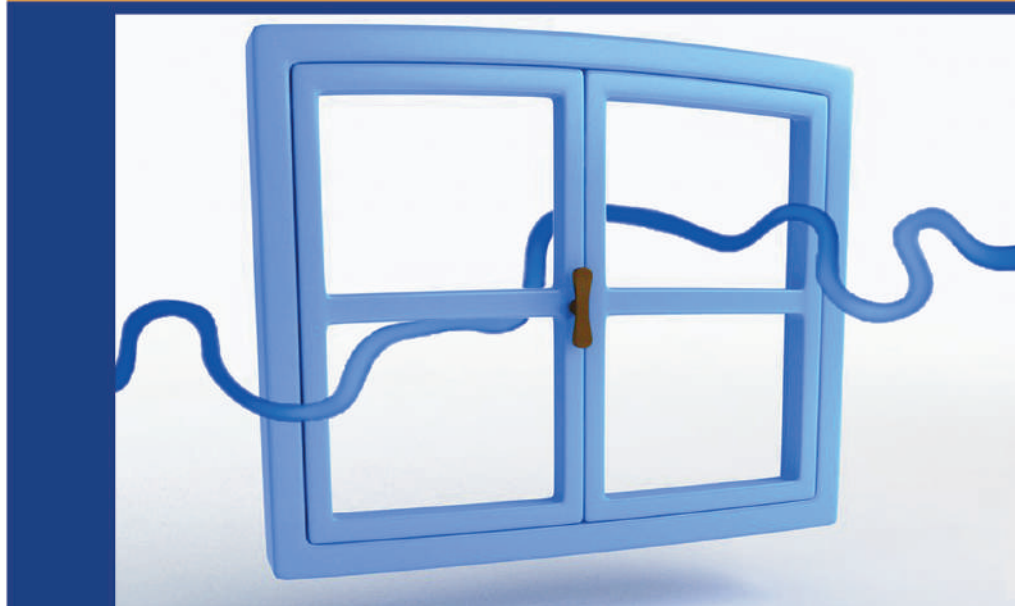
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Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Loughton. We hope you all had a lovely summer and enjoyed the read of **VISION** last month. We have all been working so hard at the offices and are overwhelmed with how the magazines are being received. We get requests every day for stories and features to include in the publications. We are just so sorry we can't include them all, but that could soon change. Watch this space. Once again, thank you all for your support.

It's so nice EVERY month to walk the streets in the area. Not only to support the distribution teams but also to visit local businesses who display the publication or partner with us. If you see me around the town, come over and say hi. I love to hear feedback on the publication. After all, it's put together for you the readers and businesses in the local community.

In local news, a remarkable story about an inspirational dog. A prolific burglar who targeted the elderly has been jailed and we have a report from the town's first ever horticultural show.

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

VISION is your magazine for your town. I hope you all enjoy the October 2018 edition of **VISION**Loughton.

Brett

CONTACT US

www.visionmagessex.com
loughton@visionmag.co.uk | 0208 088 0386
 @visionmagessex @visionmagessex
 Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry
 CO-ORDINATORS | Rebecca Fryer, Kim Plater, Amy Pollard
 CONTRIBUTORS | Tabatha Fabray, Dean Shaw, Tim Green



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GONE BUT ...not broke

“You’re better off dead” is a phrase never more appropriate than for a number of recording artists who have been richer since strolling through the Pearly Gates.

At the end of August, *NME* reported that Michael Jackson was earning more in death than he was when alive.

In the financial year ending 2017, the Michael Jackson estate took in over £60million through a variety of income streams, with merchandising and royalties making up the biggest proportion.

The fact an artist can prosper in death is, of course, not unusual. Firstly, when a notable name dies, in most cases so do a lot of the liabilities that have accompanied them – in Jackson’s case it was debts of up to £400million and several lingering lawsuits regarding his music. The removal of these frees up more time for monetisation of the brand.

And of course, never is an artist more revered than in death, with waves of sympathy and sentimentality often translating into big bucks for those lucky enough to be a part of the deceased’s estate. Take Jacko as an example – since the singer’s death in June 2009, 27 albums and videos have been released in his name; add in singles and the total exceeds 60.

And in 2016, he accumulated revenues of almost £1billion, much of which was from the sale of his half of the Sony/ATV catalogue. That total ranks as the most ever in a year for any entertainer, dead or alive.

The Jackson estate isn’t alone in profiting from a singer’s sad and untimely demise. Elvis Presley earned £30million in 2017 alone, Bob Marley over £20million – both comfortably more, in one year, than in a whole lifetime of performing; while Tom Petty brought in a similar amount.

In the coming years, we can expect Prince, David Bowie, George Michael, Whitney Houston and Aretha Franklin to begin to climb to similar levels, as those in charge of their estates monetise what, even in death, are iconic and much-loved artists.

Celebrities outside of the music industry are also raking it in. You would be forgiven for picturing Elizabeth Taylor bottling masses of her iconic White Diamonds fragrance – the range brings in over £8million a year, yet she passed away in 2011. And even Albert Einstein is earning years after his passing – his beneficiaries allowed his name to be used in 2017 by Israeli tech company Fourier Systems in exchange for a £9million bounty.

Yet in this cynical world, not all of those left behind are willing for their loved one’s brand to be monetised. The estate of legendary country singer Johnny Cash were not willing to be ‘bought’ when haemorrhoid ointment producers Preparation H applied to use his *Ring of Fire* song in an advertising campaign. His family boomed back: “We would never allow the song to be demeaned like that. It is about the transformative power of love – that is what it will always mean to us.”

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BLACK

celebration

Black History Month returns in October, and its value in modern Britain appears greater than ever in a period of real cultural conflict.

They say social conflict goes in waves, and whether the fallout from Grenfell, Brexit, Corbyn's anti-Semitism row or the MeToo furore that emanated across the other side of the Atlantic, we are enduring some of the tougher, more challenging times at present.

And yet, despite all of Britain's problems, our embracing of multiculturalism is worthy of true global acclaim. It is perhaps a very British thing to look in on ourselves and criticise, yet all around the UK in every single moment, we are forging new paths and embracing community initiatives.

That makes October's Black History Month all the more important, not just because it acts as a vibrant, colourful, artistic and, yes, at times, sombre reflection on the cultures who have enriched this nation, but also because in its very essence it invites people of every race and skin colour to share in and celebrate the achievements of black culture – from the first footings on these shores with the Windrush generation, to everything since and so much more before.

The idea was first put forward in the UK by Ghanaian activist Akyaaaba Addai-Sebo, who had served as a special projects coordinator for the GLC (Greater London Council) in 1987. His efforts to mark specifically the historical trials and achievements of black people was a new thing in this country, but its popularity quickly spread well beyond the capital.

Wind forward 31 years and while we, North America and, strangely, the Netherlands, celebrate Black History Month each year, globally, the take-up remains slow.

What better way then to let others sample a month of talks, initiatives, concerts, workshops and, of course, some quiet reflection, by showing them how the world's most diverse and multicultural society can express its gratitude and respect for our black heroes of days gone by.

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The Spice IS RIGHT

Love her or loathe her, Victoria Beckham's climb from pouting pop wannabe to revered name in the fashion world has been nothing short of remarkable.

Once upon a time, when Britpop and Britney ruled the airwaves, when sport logo sweatshirts were an acceptable form of daywear, and when everyone thought Tony Blair was the bee's knees, there was a slender pouty pop princess who went by the name of Posh Spice. Revered and admired throughout the land for her ability to warble her way through some of the chart's finest offerings, the solemn singer had a life many dream of, but few attain.

However, despite her wealth and football star hubby David Beckham, Posh Spice was not fulfilled, for in her heart she wanted not to traverse the globe playing to enormous arenas of millions of shrieking fans alongside her fellow Spice Girls, but to be a fashion designer, a dream she dared not to speak of for fear of being laughed out of the Top of the Pops studio.

Fast forward 20 years and not only is the artist formerly known as Posh an established designer, but her eponymous fashion brand is both commercially successful and creatively celebrated among the fashion elite, as it marks its 10th anniversary with a London Fashion Week debut.

Much like her persona, those ready-to-wear collections have a serious and grown-up feel with the odd thrill

Normally, she unveils her collections at New York Fashion Week but chose to do something different to mark the special occasion.

Naturally, her critics have been silenced, though we ought to wonder why the notion of VB becoming a fashion sensation was so ridiculous to start with. After all, it was she in the Spice Girl heyday who was arguably the trendsetter within the gang – Union Jack minis aside – with her pixie crop hair, asymmetric dresses and lashings of leather. Then, when she began dating Becks, she became the epitome of the glamorous WAG helping her other half become a style icon along the way.

So, if you think Victoria Beckham looks a tad smug as she gazes out from the latest cover of *Vogue* surrounded by her four equally gorgeous children (the illustrious 'September issue' no less), bear in mind that while fame and money can buy many things, they cannot garner respect in an industry as cutthroat as fashion. Like all burgeoning designers, she has had to put in the hard graft, and has done so with grace and admirable flair, doggedly building her empire season by season.

Today the label is valued at a whopping £100million, with over 100 staff worldwide, and two luxury boutiques (one in Hong Kong and one in London's Mayfair). Much like her persona, those ready-to-wear collections have a serious and grown-up feel with the odd thrill. Immaculately tailored wool coats, elegant silk shirts, polo necks and structured dresses in unforgiving cuts are firm staples in her arsenal, none of which come cheap (dresses start around the £1,000 mark, while a coat is double that); while budget fashionistas can indulge with the nominally less eye-watering Victoria, Victoria Beckham line.

And so it is that the glum popette became the toast of the fashion world against all expectations. And though there will always be those who mock her musicality and insist the Beckhams' 19-year marriage is in jeopardy, when it comes to fashion, Victoria is the undisputed queen of her kingdom.



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Eyebrows are like a rug in a room: they pull the entire look together. Eyebrows when groomed well can make you look like a movie star, but when groomed badly they transform your face into a gruesome mask.

For many years the trend was thin brows - a look which harked back to the silver screen days of the early twenties when cinema sirens like Clara Bow shaved their brows then drew them back on again in a severe pencil line. Buying your first pair of tweezers as a teenage girl was a rite of passage as you plucked and preened your way to eye-watering glory. But now, thanks in part to Cara Delevingne, big brows are back in fashion.

The change has brought about a revelation in beauty - an entire industry, almost, created off the furry back of the brow. Dedicated salons are popping up in department stores across the country as women seek out the perfect look, while every major cosmetic brand now has a range devoted to the facial follicles, from powders to gels and tints.



In short, brows have become a major industry, and with good reason. After all, they make you look incredible, enhancing your natural beauty. Got a round face? Go for a high, sharp line, whereas heart-shaped faces prefer a straighter look. Open up close-set eyes by elongating your brow with a pencil, whereas wideset eyes suit a softer, more feathery brow.

When it comes to plucking, there's just a few things to bear in mind... firstly, you want to grow them as much as possible so you start with a fuller shape. Now hold a pencil vertically at the middle of each nostril to find the start of your brow, then pivot to the outside of your iris for the arch, then pivot once more to the edge of your eye for the end. Now with your template in place you can start plucking strays. Always pluck from underneath, and remember, less is more; remove a few hairs at a time and then step back to see the overall effect.

So don't spend your life feeling like a wallflower - invest in a dramatic look for raised eyebrows wherever you go.

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WHEY PROTEIN is a combination of proteins which have been isolated from whey. Whey is the liquid part of milk that is separated when cheese is made.

By supplementing your diet with whey, you can add 25-50 grams of extra protein intake daily.

Pros:

- ✔ It is cheap to buy
- ✔ It is highly accessible
- ✔ It is very effective at assisting muscle recovery and growth
- ✔ It is a complete protein

Cons:

- ✔ It is highly processed
- ✔ It contains artificial sweeteners to mask the unfavourable taste
- ✔ It can result in wind, bloating and diarrhoea due to the high lactose content

Plant-Based Proteins include lentils, hemp and chia seeds, soy, brown rice and nuts. As well as being good sources of protein, these foods are high in fibre and low in cholesterol and sodium. Plant-based proteins are also available which claim to provide the same results as whey protein.

Pros:

- ✔ They are easier to digest
- ✔ They are healthier as they contain no artificial sweeteners
- ✔ They have a neutral or pleasant taste
- ✔ Many sources contain other much-needed vitamin and minerals such as essential fatty acids
- ✔ They are hypoallergenic

Cons:

- ✔ It will cost you more to obtain the same amount of protein as whey
- ✔ Individually plant-based proteins are not complete proteins as they are deficient in some amino acids

In our opinion, this is a case of trial and error; see how your body responds to each and which gives you the results that you want.



CHA CHA CHA

your way to a dancer's physique

With *Strictly Come Dancing* fast becoming a firm favourite for our Saturday night viewing, it can be hard not to feel a tad envious of all the lithe, toned dancers spinning around in a haze of sequins and silk.

But fear not, you too can start to sculpt a dancer's body by trying out some of their moves at home or at a dance class.

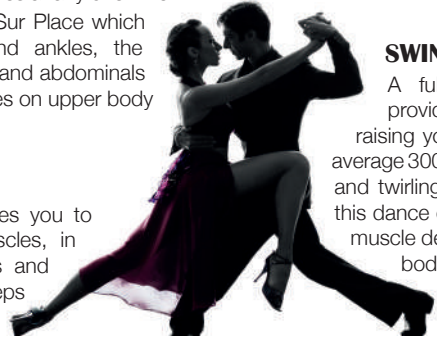
THE PASO DOBLE

A passionate dance that is not for the faint hearted, the paso doble centres around posture and a succession of different movements involving many parts of the body. With this dance, you are engaging 80-90 per cent of your muscles at any one time.

With moves such as the Sur Place which works the calves, feet and ankles, the Zigzag which uses the hips and abdominals and the Albatross which relies on upper body strength.

WALTZ

This ballroom dance requires you to use your upper back muscles, in particular your upper arms and shoulders including your triceps and deltoid muscles.



Remember hearing the judges talk endlessly about the importance of a "good frame"? To achieve this, dancers must have a strong back, open chest and arms elevated to shoulder height.

THE TANGO

This fast paced dance offers a full aerobic workout. The tango specifically works your core muscles and is ideal for those wanting to strengthen their abdominals. The constant stream of twists and turns will tone your ankles; essential for regular high heel wearing.

SWING

A full-on injection of cardio is provided with swing dancing; raising your heartbeat and burning on average 300 calories per hour. The dipping and twirling moves that are required for this dance can help increase your overall muscle density, especially in your upper body. Other muscles used include your hamstrings, quads, calves and inner thighs.



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It is nearly that time of year again when your angelic little darlings want to dress up, consume vast amounts of sugar and run riot in the streets.

Chances are you do not want to spend a fortune on a generic shop bought costume that no doubt at least one of your child's friends will be wearing, resulting in tantrums and tears.

So why not make a unique and budget-friendly costume yourself?



FOR TODDLERS: A Mischievous Minion

You will need:

A yellow T-shirt | Blue denim dungarees | Black gloves | Glasses covered in tin foil
A yellow hard hat | Black pipe cleaners (for minion hair) | Yellow face paint

FOR KIDS: An "Incredible" costume

You will need:

A red long-sleeved top | Red leggings | Black gloves | Black boxers or shorts | An old orange T-shirt | Black face paint (for the superhero glasses)

For the Incredibles logo:

Felt in orange, yellow, black and white | Heat-N-Bond or another heated adhesive | An Incredibles logo template (available online)

Cut the orange T-shirt into a long strip for a belt | Use the template and different coloured felt to make the logo | Glue logo to the red top



FOR PRE-TEENS: Evie from The Descendants

You will need:

A blue T-shirt | A black zipped jacket | A black skirt | A blue wig or non-permanent blue hair dye | A plastic tiara | Black gloves | Black tights and boots | A large red button and one green sequin | Blue ribbon | Gold card | Acrylic paint in red, blue, white and gold

Glue the red button and green sequin onto the tiara as an apple | Cut the gold card into a crown shape and glue to the front of the jacket | Twist the ribbon into bows and glue to the gloves | Use the paint to decorate the skirt in a graffiti style similar to Evie



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If you suffer from anxiety or get easily flustered when travelling, an app which uses binaural beats (repetitive sound waves) to "entrain the brain to different states" can be very helpful. Binaural can also alleviate jet lag and will help to reset your sleep clock, making that five-hour stopover slightly less horrendous.

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Ayers STOP!

It's known the world over as a symbol of Australia, but what is the history behind the incredible natural landmark also known as Ayers Rock?

Jutting up 348m above the barren landscape of Australia's Northern Territory – with an even larger portion of its mighty sandstone hulk concealed beneath the rocky ground – the vastness of the natural structure known to the Aborigines as Uluru has become as synonymous in our impressions of life 'down under' as kangaroos, the Sydney Opera House and cricket.

Now classified as a World Heritage site, the rock is situated 335km south-west of Alice Springs – or 440km by road, about five hours – and is served by the small resort town of Yulara. This is where tourists stay, and most people spend the night either in hotel accommodation or camping; there are no actual camping or other facilities within the Uluru-Kata Tjuta National Park.

Recent years have seen the Australian government give back control to the Aboriginal peoples for whom the rock represents a spiritual place. Though most Westerners know of Ayers Rock – so called in the 1970s after then South Australia chief secretary Henry Ayers – Aboriginal tribes were living in the area over 10,000 years ago, and now the Pitjantjatjara people own the land around the giant stone monolith.

Visitors can climb the terracotta face of the rock to reach the summit, although this practice was often criticised for both the disrespect it showed towards the Aborigines' reverence of the structure and the damage it was doing to the stone itself. The Uluru-Kata Tjuta National Park board of management has announced that tourists will be banned from climbing Uluru from October 2019... so you have a year left. Tourists can still explore the 10km of roads and trails that surround Uluru's base, and are encouraged to visit during sunrise or sunset to really capture a glimpse of this unique stone at its breathtaking best.

Photo credit: Serge Goujon/Shutterstock.com



TRAVEL





Pumpkin SHAKE-UP

PUMPKIN PIE

Right around this time of year the shops are brimming with pumpkin spiced delights, from lattes to biscuits and even candles. This 'spice' is what makes pumpkin pie such a delectable seasonal treat - a combination of cinnamon, ginger, nutmeg, cloves and allspice, it is warming and comforting. And when mixed with pureed pumpkin flesh, sugar, eggs, butter and milk and baked in a pie crust (store bought if necessary) you basically end up with autumn on a plate.

ROASTED SEEDS

When carving your jack-o'-lantern this year, don't discard that mound of seeds that sits snugly inside, as they are packed with nutrients and can make a delicious snack. Simply scoop out your seeds and separate them from the stringy flesh before rinsing thoroughly in a sieve.

Now they still won't look quite like the seeds you buy in a supermarket, but that's because they need to be roasted, so preheat your oven and toss them into a bowl with either a sweet mix (cinnamon and sugar) or savoury (chilli powder, soy sauce and garlic powder) melted butter and a little salt, before roasting in the oven. Just be sure to check them regularly (so they don't burn) and toss regularly.

CURRY

You don't have to be a vegetarian to enjoy a pumpkin and chickpea curry, the ideal dish to warm up 'trick or treaters' on a chilly Hallowe'en night. Start by frying yellow curry paste with onion and lemongrass, then add chunks of pumpkin flesh followed by vegetable stock and coconut milk. Simmer before adding a tin of drained chick peas, cook for 10 minutes more, then serve over rice. Spookily good grub.

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Save yourself a lot of bother come next spring and give your exterior wood some much-needed TLC ahead of the long wintry months.

PREPARATION IS KEY

Ensure that you wash all exterior wood prior to treating. Soap and water is perfectly adequate for cleaning your wood, just be sure to rinse thoroughly and let all surfaces completely dry before applying any wood treatment. Do not use anything too abrasive for cleaning as this can damage the wood.

CHECK FOR MILDEW

Mildew can be identified by little black specks on the surface of wood. If you are unsure whether or not your wood has mildew, apply a dab of bleach to one of the black spots. If it lightens in colour, then it is definitely mildew.

CHOOSE A PRODUCT THAT IS WATERPROOF

It is essential that you choose a wood treatment that is waterproof as this helps prevent fungus and mould from developing. Good quality wood treatments will also allow your wood to breathe whilst providing strong protection against the elements.

CLEAR THE AREA OF DEBRIS

Although you may not want to carry out garden maintenance once the cold weather sets in, it is important to regularly clear any exterior wood areas of any build-up of leaves. If left, piles of leaves can result in mould and damp. Be sure to check in between gaps in wood such as on the decking.

NB: Wood treatments can break down in harsh weather, so check sporadically, sand down and reapply if needed.



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The star of SIMON COWELL

As the new series of *X Factor* kicks off, with Mr Marmite taking centre stage again, let's be frank, Simon Cowell regularly gets a bad rap. The black/grey/white clothes combos, the overexposed chest, the dodgy hairstyle... and that's just how he looks. Add in the fact *X Factor* and *Britain's Got Talent* are mercilessly ripped apart for being exploitative, fake, unimaginative and cliched, and it makes you wonder why the record label mogul bothers... it's certainly not because he needs the money.

Yet look at it the other way around. What sort of world would we be living in without Simon Cowell? Forget all the music careers he's launched, the tens of millions of records sold, the multiple sell-out tours for everyone from One Direction to Olly Murs, Westlife to Little Mix, not to mention the positive impact he's had on countless others as a result of exposure on his primetime shows – just consider this... there's no one else in the entertainment world we love to hate more.

It's been another modestly good year for Cowell, who celebrates his 58th birthday in October. Batting off the Ant & Dec furore with typical ease, he has lauded over one of the most successful series of *BGT*, won by disability comedian Lost Voice Guy. The show's final pulled in 11.2million viewers, the most watched in three years and a return to form for a format that had been struggling.

Cowell also made it onto the Hollywood Walk of Fame

in tribute to his contribution to the US entertainment business. Over the years, our exports across the Atlantic have struggled, yet in Cowell, James Corden and a few recent others, we have never been stronger Stateside. He joined fellow Brits Steve Jones (of Sex Pistols) and Sir Richard Branson in being honoured at the June ceremony, and chirped: "If anyone says fame is a bad thing, I don't know what you're talking about. It's the best thing in the world."

Yet there was also a lot of humility on show from the industry's most famous A&R man, who praised his late parents and offered hope that his son Eric, four, might follow in his footsteps.

"I have a feeling my mum and dad are looking down on me, and now I can look over to my son Eric and say: 'Maybe one day you'll get one of these as well.'"

But Cowell can't rest on the successes of 2018 - he's a new series of *X Factor* to kick into shape. Freshly back on our screens, Simon is ably assisted on the judging panel by Louis Tomlinson, Ayda Field, Robbie Williams and, for the live shows, Sharon Osbourne.

"Again it's the greatest showcase of the talent that we have out there," he says. "It never ceases to amaze me just how brilliant these people are, not just in their voices and their ability to entertain, but in how brave they must be to go stand up in front of a live audience and sing their hearts out.

"Without these artists I would be nowhere, and the fact we can still, after all these years, transform the dreams of a lucky few into reality, is a marvellous thing."



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LOCAL NEWS

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LOCAL NEWS

Dog is named country's most Inspirational Animal



An ex-laboratory dog from Loughton who has PTSD and is the figurehead for the campaign against animal testing, helping to win support for more animal-friendly methods, has won a prestigious award.

Scarlett Beagle endured a difficult and terrifying start in life, spending two years in a toxicology laboratory in Europe as an experimental subject.

Earlier this month, she was named Inspirational Animal 2018 at The Mirror's Animal Hero Awards which recognise and celebrate the most inspiring examples of bravery, dedication and resilience in the animal world.

She was released with six other dogs in late 2016 to a US rescue charity, who helped British couple Janie and Phil Green adopt her in January 2017.

Details of what the traumatised dog has been through are strictly confidential – a condition labs impose in order to release rather than euthanise testing animals.

Scarlett has adapted well to her new home, enjoying country walks and acting as bridesmaid at her new owners' wedding.

She showers Janie and Phil with affection and loves to play with toys and other dogs.

But some of her behaviour is a reminder of her earlier suffering and she lives with PTSD and anxiety. Scarlett is terrified of loud noises, fearful of being covered and has eating issues.

She goes into many situations in a "compliance

mode", an indication of training she had in the laboratory environment.

Despite all of this, Scarlett has become an ambassador for the anti-animal testing campaign For Life On Earth (FLOE). She is helping charity patron Peter Egan and supporter Ricky Gervais call for a public scientific debate on claims that testing on animals can predict the responses of human patients.

More than 100 MPs are supporting the debate, along with Chris Packham, Dr Jane Goodall and Paul O'Grady.

Janie said: "A lot of people take an interest in Scarlett on our walks and it gives us an opportunity to talk to people and educate them about the cruel vivisection industry.

"Many people are unaware that animal testing still takes place. She is turning a horrifying past into a positive future for herself and all laboratory animals, to help redirect medical research funding towards modern human-based methods which are relevant to human patients – rather than animals."



LADS celebrates gong

An amateur dramatic society from Loughton is celebrating after picking up an award for its play *A Streetcar Named Desire*.

Loughton Amateur Dramatic Society (LADS) was awarded the Flame Award at the London Area Annual Meeting of the National Operatic and Dramatic Association.

A Streetcar Named Desire won the award for its inspirational contribution to the pursuit of excellence in theatre.

The citation for the award said: "The programme for LADS is always challenging for both players and audience but with *A Streetcar Named Desire*

they pushed the boundaries and truly surpassed themselves."

LADS 2018/19 programme includes *Lion in Winter* in January, *Shaw's Pygmalion* in March and *Handbagged* next June.

Valerie Jones, from LADS, said: "*Boeing Boeing* is a French farce where Bernard's love affair with three air stewardesses is complicated.

"With the aid of careful planning and juggling of airline schedules, he makes sure the three women's flight paths never cross. That is until unexpected rerouting land all of them in Paris, and Bernard's apartment, at the same time resulting in inevitable hilarious chaos."

Circus comes to town for Thomas Willingale



On September 12, the pupils of Thomas Willingale School and Nursery were treated to an unforgettable performance from Happy's Circus.

The show was an incentive organised by the school to reward children who held near perfect attendance for the previous year. Any child who obtained 97 per cent or above was granted two free tickets to the event, with all other pupils being able to purchase tickets independently.

In total, 213 pupils were given free admission to the evening's festivities.

Headteacher Teresa Phillips said: "Happy's Circus and the street food vendors went down a treat and the evening was an amazing success."

Happy's Circus, which was founded in 1992, is a family run business which strives to bring good family entertainment but in a contemporary style, to fundraisers and businesses across the UK. They currently raise over £270,000 per year for schools and other good causes through their innovative and enchanting shows which include clowns, acrobatics, magic, audience participation and much more.



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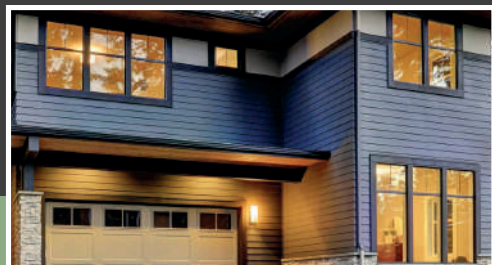
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Town is blooming at first horticultural show

The inaugural Loughton Horticultural Show took place last month at the Murray Hall in Borders Lane and was hailed a great success.

Classes included vegetables, fruit, cut flowers and flower arrangements, jams, preserves, chutneys and sponge cakes.

Monies raised from the entrance fees, plant sale, the raffle and donations enabled £200 to be given to the Loughton Town Mayor's chosen charity, the Epping Forest Food Bank. Entrants also donated their fresh fruit and vegetables to the food bank at the end of the show – Claire from the charity said how much they appreciated this gesture as fresh produce is not always easy to source for the food boxes.

A spokesman for the town council said: "Our thanks go to all the volunteers, judges and entrants for their valuable contributions and support; it was quite an effort to bring to fruition especially when local horticultural societies are struggling. We particularly thank Pat and John from the Buckhurst

Hill Horticultural Society for their advice.

"We also thank Matthews Plants for providing a selection of plants to sell for charity and Grangewood Investments, owner of The Crate business centre in the Oakwood Hill Industrial Estate, for their generous donation."

The show was followed by the presentation of the 2018 Best Allotment awards by Deputy Town Mayor, Stella Murphy. Lesley Ford from the Roding Road Allotments was named the overall winner. The judges from the National Allotment Society commented on an extremely attractive plot, with a great variety of features and produce. The Best Newcomer Award went to Amy Tang, also from the Roding Road site.

Brian Smith from the Loughton Potato Ground and Theresa Witham from the Willingale Road Allotments received site winner awards. Keith Thornhill, from the Loughton Potato Ground, and Louis Le Grange, from Willingale Road Allotments also received Best site Newcomer awards.

Two arrested following robbery

Two arrests have been made after a group of teenage boys were robbed in Loughton.

Essex Police were called at 6.40pm on September 4 after five teenage boys had been approached on Roding Road by two people who demanded they hand over their phones.

Once they had the phones, the two robbers left the scene.

Following a search of the area, officers arrested a 16-year-old boy from East London on suspicion of robbery and possession of a knife or bladed article.

A 17-year-old boy from Woodford Green was also arrested on suspicion of robbery.

Both were arrested at Debden Underground Station. Officers recovered the victims' mobile phones, several other mobile phones and a knife.



LOCAL NEWS



Prolific burglar targeting Loughton's elderly jailed



Photo credit: Essex Police

Mass jumble sale is a hit with residents

A local mother hosted a mass jumble sale earlier this month, stretching across six different local roads with 27 individual stall holders.

Stephanie Burgess, who moved to Loughton last year, organised the event, called a Jumble Trail, after the success she experienced with supporting community jumble sales in her previous area of West Norwood, South London.

Stephanie organised Loughton's first Jumble Trail in only two weeks by setting up a Facebook events page and by advertising on the local Loughton Mums and Dads group. She received over 100 messages from people showing an interest in the event.

A Jumble Trail is a community event where in local residents, within a specific designated area, host a jumble sale selling any unwanted belongings outside of their house. Potential buyers are given directions to the area via an online map and are encouraged to follow the trail and visit all the local stalls.

On the success of the first trail, Stephanie said: "This initial trail was mostly to see if the area was interested and would support an event like this and the overwhelming answer was yes. To me, it was less about the selling aspect and more about meeting new people in the area. Everyone that I spoke to throughout the day said that they had met someone that they had never spoken to before."

A short survey was sent out to the attendees following the event and the responses were positive and encouraging.

One resident said: "We loved the Jumble Trail and the sales at our stall exceeded our expectations."

Another jumble trail is looking to be planned next spring, but much help is needed to make this one big and better than the last. Stephanie has asked that the whole community get together to help spread the word and organise the event on the day itself.

If you would like to get involved or for further information, email jumbletrail@hotmail.com or look out for the next event on the Loughton Jumble Trail Facebook page.



A prolific offender has been jailed for 54 months after admitting 13 offences against Loughton's elderly and most vulnerable people.

Emma Haslett, 36, from Loughton, appeared at Chelmsford Crown Court recently where she pleaded guilty to nine burglaries, three frauds, one theft and one count of battery.

Haslett was investigated for offences that took place between Tuesday, February 13 and Friday, July 28. The majority of these took place over 10 days and involved victims with disabilities and mental health issues.

The oldest victim was 87 and the youngest was 65, with some repeatedly targeted.

The burglaries occurred after Haslett gained the victims trust before stealing cash, wallets and purses and even food. She was occasionally challenged by neighbours but claimed to be a carer who was looking out for their wellbeing.

Haslett was later spotted on CCTV using a victim's card three times in nine minutes and on one day burgled four properties in the same street.

Investigating officer DC Ricky Rodd, of Loughton CID, said: "Haslett showed no remorse and previously denied her involvement in the offences concerned. She targeted our community's most vulnerable and elderly people in premeditated crimes, over a period of time.

"We want to thank all the victims for their courage and bravery – many have lived decades without having to experience crime.

"Without their support, I am sure Haslett would have continued to target vulnerable people. I hope this outcome offers some justice to them."



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CCTV images released after station assault



Detectives investigating an assault at Loughton station have released CCTV images of two men they wish to speak with in connection.

At approximately 12.20am on June 10, the victim, a 24-year-old man, was on board an eastbound Central line train travelling between Stratford and Loughton.

As the train pulled into Loughton, two men grabbed the victim's phone and started throwing it between each other, goading the victim. He managed to catch the phone but was then punched in the face by one of the men.

The victim fell to the floor where he sustained a graze to his leg, he also was bruised as a result of the punch. Both suspects then ran out of the station when a member of staff assisted the victim.

Officers believe the men shown in this CCTV image may have information which could help them investigate.

If you know who they are, contact the British Transport Police by sending a text to 61016 or by calling 0800 40 50 40 quoting reference 31 of 10/06. Or you can ring Crimestoppers anonymously on 0800 555 111.

Christmas card competition

Budding artists of all ages are being invited to Benter Loughton Town Council's Christmas Card Competition and show off their artistic talents.

The overall winner's card design will be made into the council's official Christmas card.

A special session is being held at Loughton Library on October 20 from 10am to 4pm when materials will be available to help you create your winning card.

An entry form and details are available from www.loughton-tc.gov.uk or from Loughton Library and town hall.

Four £25 gift vouchers are up for grabs. The closing date is October 31.

Runners urged to get tough on cancer

Runners in Loughton seeking a new challenge are being urged to sign up now for Cancer Research UK's Tough 10.

The charity is daring people to brave the elements and sign up now for its 10km trail run, which takes place in Epping Forest on October 21.

The event gives participants the chance to pitch themselves against the elements, while taking on the challenge of muddy trails, steep hills and uneven terrain – to raise money for Cancer Research UK's life-saving research.

The charity's Tough 10 series offers runners the opportunity to set a new kind of personal best, with a choice of three different levels of difficulty to choose from at events across the UK.

A spokesperson for Cancer Research UK said: "We know London's got what it takes to tackle Tough 10 and we're delighted to be hosting the event again.

"If the steep inclines don't take participants' breath away, the stunning views and scenery will, along with the knowledge that every stride they take will help bring us closer to beating cancer sooner."

The Epping Forest route is ranked tough.

Organisers hope around 600 people will enter Tough 10 in London and raise approximately £30,000 to help Cancer Research UK continue investment in research to help find new ways to prevent, diagnose and treat over 200 types of cancer.

The spokesperson added: "We've got cancer on the run. Half of people diagnosed with the disease now survive. But half is not enough. That's why we urgently need as many people as possible to sign up for Tough 10."

To enter, Tough 10 visit cruk.org/tough10



Photo credit: Cancer Research UK



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AND IT WAS ALL

yellow



HOME & DIY

ALL THAT GLITTERS ISN'T GOLD... ADD IN A BIT OF YELLOW TOO

For a long time, gold's reputation as an interior décor colour was anything but opulent - a generation of faux variants had left the world's most precious metal flagging rather. Yet its return, along with a resurgence of yellow, has opened up some fantastic new interior ideas.

But why are these particular colours making a comeback? Well, psychologists believe recent tough economic times meant we favour shades with positive psychological qualities. Yellow screams happiness, optimism and confidence for the future; gold is the colour of ambition, and more prosperous times ahead. What's not to like?

COMBINE WITH DARK TONES

Gold, in particular, radiates against very dark tones, and the contrast between the shimmer of gold and sheer darkness offers a classy touch. Yellow, similarly, can really fire against an offset colour - in this case, we'd recommend grey.

IT'S ALL IN THE ACCENT

Rather than layering colours over an existing space, a recent trend has been to offer various hints of colours that add warmth and light, with gold and yellow right at the front of the queue. So forget statement walls and instead replace pictures with gold frames; paint a desk chair, add a throw on a sofa, redo cushions and perhaps even replace a curtain pole with golden tones. Very quickly you'll be adding some class to a previously drab room.

MAKE A STATEMENT

Of course, nothing screams confidence like a statement wall or piece, and yellow is truly the colour of 2018 for this. A radiant wall, a sofa, even a contemporary picture that's big and bold on this summer shade, can draw the eye to a room and light it up instantly. Remember to offset with lampshades, seat covers or perhaps something as simple as a pot to reinforce your intentions.



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So, are these homes the long-awaited solution to the UK's housing crisis?

CHEAPER TO BUY

A smaller house means a smaller mortgage; so less debt, less tax to be paid and even a cheaper home insurance policy.

Alternatively, you could rent a micro-home at much less expense than a larger property.

SMALLER UTILITY BILLS

A smaller space means smaller rooms to heat, a smaller surface area to light and less space for electrical items to be plugged in. You could even consider having solar panels installed or collect rain water for garden use to save further.

LESS CONSUMERISM

If you have less square footage, you are more likely to think carefully about any

purchases you make that will need to be stored in your home. Instead, you can find ways to reuse and recycle existing possessions.

ENCOURAGES CREATIVITY

In order to prevent your micro-home becoming cluttered, you will need to think creatively about how to utilise your space. Take some inspiration from *George Clarke's Amazing Spaces*.

LESS TIME SPENT RENOVATING

A smaller home takes less time to decorate, furnish and needs less upkeep. Also think of how many hours you will save cleaning. That's more time you can spend with your family doing things you enjoy.

REMEMBER YOU NEED A PLOT

If you are planning to build or purchase a micro-home, you will need a plot of land. You can register your interest with a land agent, look to an auction or search the web (Plotsearch and Rightmove are good places to start).

Alternatively, you could place your micro-home on a family or friend's land; but you will need planning permission.



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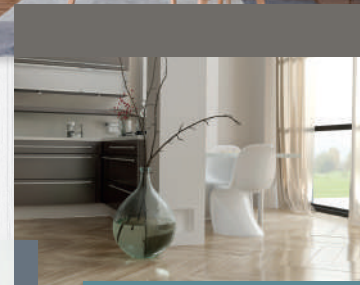
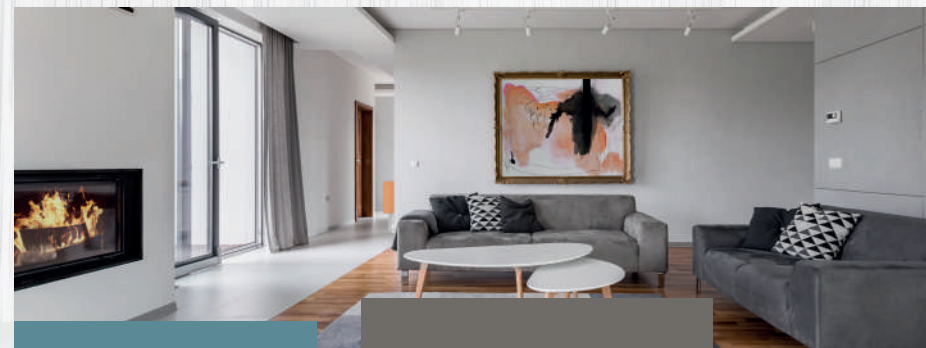
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ART HAUS

If you're keen to enrich your home with some artistic excellence, start by following these simple rules:

1. ART IN FOCUS

Have a focal point in mind, so before you splash out on that Degas or Monet, know which wall it will hang on.

If you're using art to entertain, your statement pieces will usually be in high-traffic areas. Similarly, if you're looking for art as inspiration – perhaps for late night work or quiet Sunday contemplation, your chosen spot may be somewhere more private. Whatever the case, consider the area you have to play with – what size is it, how much sunlight does it have, what's already around it?

2. LESS IS USUALLY MORE

Just as the artist knows when to put the brush down, so too do you need to know when you have enough art in one space. Drown a small space with clutter and your cherished living quarters may well end up resembling something more akin to an art gallery, or worse, an antiques shop.

3. SIZE MATTERS

A statement piece of small art can have high impact on a big wall; whereas a large piece of pottery, for instance, can be allowed to dominate a limited space. There are no hard and fast rules, but consider the dimensions of whatever it is you're adding to a room before buying it.

4. MATCH, DON'T MIX

Be careful not to clash styles – contemporary with Art Nouveau, anyone? Post-minimalism with Baroque? Explore your creative fantasies, but letting different styles collide in the same space is a recipe for design disaster.

5. DON'T BUY WHAT YOU DON'T WANT

Only bring into your home art you are passionate about. If you have any lingering doubts, leave it behind, otherwise each time you look at it, you may encounter mixed emotions.



HOME & DIY



HOW TO MAKE Autumn-scented CANDLES

The arrival of autumn creates the need to feel warm, cosy and comforted in preparation for the harsh winter that lies ahead. What better way to achieve this than with an array of homemade, fall-scented candles?

WHAT YOU WILL NEED

- A selection of glass jars (mason jars work well)
- Wick
- 1 x cup of beeswax
- 1 x cup of coconut oil
- 1 tablespoon of your preferred spices

This amount makes roughly one pint of candle mixture.

HOW TO MAKE

1. Place an individual wick in each jar
2. Tape the wick to the bottom of the jar
3. Take the top of the wick and wrap around a pencil and place back in the centre of the jar
4. Melt the beeswax, coconut oil and your chosen spices together in a separate jar above a pan of boiling water (the same process as when you melt chocolate)
5. Remember you want to melt the ingredients, not boil them together

6. Stir with a spoon as the mixture melts
7. Once melted, pour a small amount into each glass jar and wait to set (this will help the wick stick to the bottom)
8. Pour in more mixture until the jar is sufficiently full
9. Wait for the wax to harden
10. Light your scented candles and enjoy the aroma of autumn throughout your home

Spice combinations we love include pumpkin pie spice (cinnamon, ginger, allspice and cloves) and apple pie spice (cinnamon, nutmeg and allspice).

Alternatively, you could add vanilla, chocolate or coffee essence depending on the mood you want to create your personal preferences.




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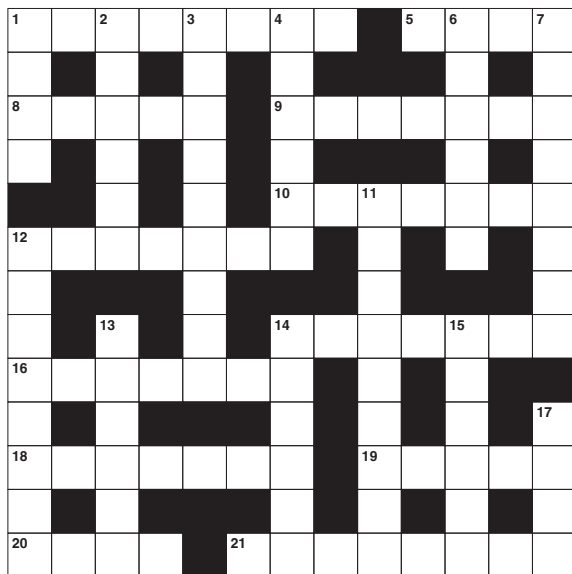
Answers can be found on the Contents Page 4

ACROSS

1. Domains (8)
5. Inspired by reverence (4)
8. Kick out (5)
9. Figurative language (7)
10. Tallest species of penguin (7)
12. Moved round an axis (7)
14. Activity of travelling for pleasure (7)
16. Slow bowler in cricket (7)
18. Egg white (7)
19. Express gratitude (5)
20. Rose (anag) (4)
21. Laughed (8)

DOWN

1. Run away (4)
2. Person with detailed knowledge (6)
3. Breed of dog (9)
4. Posted (6)
6. Sailing barge (6)
7. Reverie (8)
11. Operated by air under pressure (9)
12. Eg residents of Moscow (8)
13. Warm up (6)
14. Deep ditch (6)



15. Country in the Middle East (6)
17. Slide (4)

DID YOU KNOW

- ▶ An ostrich's eye is bigger than its brain
- ▶ A bear has a total of 42 teeth
- ▶ Rabbits like liquorice, although it isn't advised that they eat it as they have trouble processing sugar
- ▶ Birds need gravity to swallow, so they would not be able to be taken into outer space
- ▶ A cat has 32 muscles in each ear, compared to humans who have just six
- ▶ All adult insects have three body parts: the head, the thorax and the abdomen
- ▶ Koalas sleep for up to 20 hours a day
- ▶ Dalmatians are born all-white

SUDOKU

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ENGLAND LEGEND ALASTAIR COOK RETIRES FROM INTERNATIONAL CRICKET

The polish may have worn thin after a string of under-par performances, but upon retirement from Test cricket, Alastair Cook's place as one of the modern batting greats in the world game is without question.

Having made his Test debut against India in March 2006, it was perhaps fitting that 33-year-old Cook should conclude matters against the same nation some 12 years later, in between scoring 12,472 runs, including 33 centuries and 57 half-centuries, as well as accumulating an incredible 158 consecutive Test appearances, and 161 in total.

"You know when the time is right to go," said Cook, after an emotional farewell at The Oval, during which his second innings of 147 runs saw him become the fifth highest Test run scorer of all time. "I will take away from cricket some incredible memories and this is a sport that has really defined me as a person, but it's now time to do something different."

Cook, who even has a much less discussed but equally impressive bowling average of seven – admittedly he's only ever bowled three overs and dismissed one batsman – will take time away from the sport this winter to be with wife Alice and daughters Elsie and Isabelle. Yet his decision to retire from England duty doesn't mean he'll never pick up a bat again – he's contracted to Essex Cricket Club and will be keen to spearhead his county's Division One title charge next season.

And on those quiet afternoons in the field, he can look back fondly on a raft of memories – from hitting 294 against India at Edgbaston in 2011 to captaining England to away Ashes success in Australia, to how he might plot a route out of retirement and back into the fold...

"No, that won't happen," he laughs. "My time is done and now I can watch others stand at a crease for seven hours with Exocet missiles being aimed at their heads."

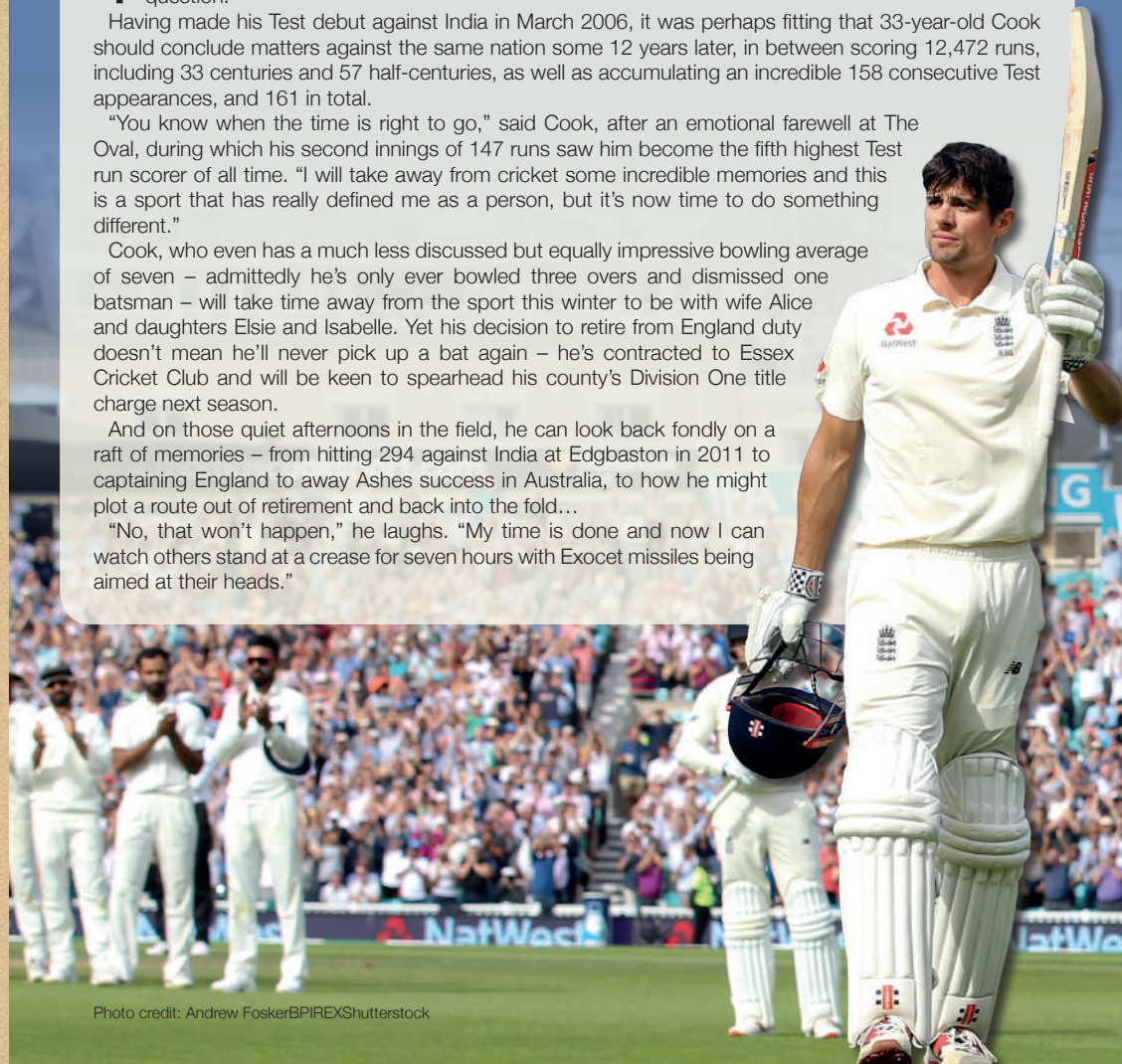


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HISTORY OF THE BREATHALYSER

It's the gadget most of us have dreaded at some point, yet as we pass the half-century mark of the Road Traffic Act – which introduced the first legally enforceable maximum blood alcohol level for drivers in the UK – we must credit the simple breathalyser as being one of the road's greatest lifesavers.

When inventor Robert Frank Borkenstein finally gained a registered trademark for his breathalyser invention in 1954, little did he know the gadget would still be going strong all these years later.

Previous incarnations of a piece of kit that, simply, measures blood alcohol levels, had been about for a few decades, with Chicago chemist William Duncan McNally discovering in 1927 that the breath moving through chemicals in water would cause it to change colour.

Slightly more rustic detection devices were still being used around the period, including here in the UK where we were asking motorists to blow into football bladders, while in the States the attractively

named drunkometer was snaring drivers from the early 1930s.

There remains a slight margin of error where breathalysers are concerned – the only way to get a proper gauge whether someone is over limit is via a blood test – yet it's still not the kind of technology you can fool. And with good reason – after all, over a quarter of all fatal road crashes in the UK have alcohol at their source.

The myths of sucking on a coin, chewing gum or drinking mouthwash to produce a decreased reading have all been debunked, and the only way you can guarantee not getting yourself a driving ban, or worse, is to keep off the booze... or catch the bus.

And if you're in any way uncertain – for instance, on the morning after a couple of drinks the night before – there are an array of cheap, effective, homemade kits that will help ensure you keep on the right side of the law... and the road.



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WHAT'S ON

in your area

Community Big Brew
St Clare Shop, 271 High Road,
Loughton, IG10 1AH
October 9, 10am - 11.30am



Community Big Brew is a regular series of coffee mornings that will be taking place monthly across four St Clare Hospice sites within the local community. These warm and inviting events will offer a welcoming space for local people to gather, share news and feel connected.

Essex Business Networking Group
The Standard, 126 High Rd, Loughton,
IG10 4BE
October 12, 12.30pm - 2pm

The Essex Business Networking Group is proud to launch a new free networking lunch that will aim to give businesses in Essex a great opportunity to make new connections and ensure they are keeping pace with important local developments.

Register at www.eventbrite.co.uk/e/the-essex-business-networking-group-tickets-49339634174

Open Day
Smile Design by Ash, 6 Chigwell Rise,
Chigwell, Essex, IG7 6AB
October 17, noon - 9pm

Canapes and champagne, free live demos, special offers and free goody bags for all guests.

GBCon: Quarterly Tabletop Games Day
Lopping Hall, 189 High Road, Loughton, Essex,
IG10 4LF
October 27, 10am - 10pm

Did you know that there's a whole world of games beyond Monopoly that are immersive, fun and

downright cool to play? Seriously, there are is they're not just for family get-togethers either.

GBCon is a table-top gaming day where you can come and play board games, card games and roleplaying games all day in an incredibly friendly, welcoming environment.

Book on 020 8508 1660.

Loughton Camera Club Annual Exhibition
Loughton Library, Traps Hill, Loughton,
IG10 1HD
October 27 - November 24



Loughton Camera Club will be displaying colour and black and white prints in the library and a rolling slide show of different images will be alongside.

The English-Speaking Union (Epping Forest Branch) monthly meeting

The Murray Hall, Borders Lane, Loughton,
IG10 3SB

November 1, 10.15am - 10.45am

This month's meeting features a talk by Andrew Wiltshire about Beatrix Potter's *Secret Code Breaker*, the Essex businessman Leslie Linder, who devoted many years to this task. His success in deciphering her notes helped extend her reputation beyond that of a writer of 'Rabbit' stories.

Admission is £4 which includes tea/coffee. For more details ring 020 8505 9001 or 01992 812454.

KINGS OAK

— HIGH BEACH —

Join us on **BOXING DAY** and **NEW YEARS DAY** with live music from Fil Straughan and Jack Valentine. Enjoy a Bloody Mary or Bucks Fizz served with a basket of Artisan breads & herbed butter & then select from our wide selection of meal choices.



BOXING DAY BRUNCH
 The Fabulous Fil Straughan
 Entertains 11:30 am to 5:30 pm



NEW YEAR'S DAY BRUNCH
 The Smooth Jack Valentine
 Entertains from 11:30 am to 5:30 pm

NEW YEARS EVE 7.00pm-1.30am £85

See in 2019 in style being entertained by Arran Harding singing live & DJ Mark Winters. Enjoy a Kir Royale & Amuse Bouche on arrival, followed by a sumptuous 3 course meal, After dinner coffee and festive chocolates

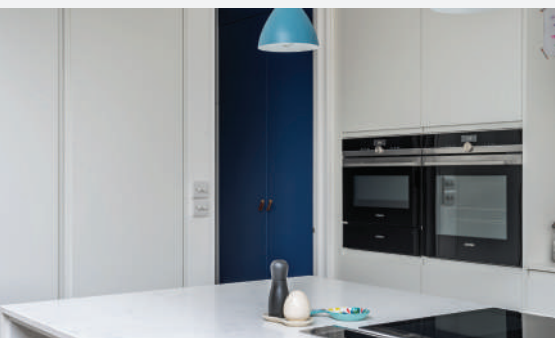


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