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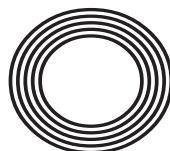
MARY QUEEN
OF SCOTS

Delve into the
history of the royal

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December 2018

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Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Loughton.

I would like to take this opportunity to wish all of our readers and clients a Merry Christmas and a Happy New Year.

This year has been an amazing year for us, with **VISION** being recognised even more in the areas of distribution.

This cannot happen without the support of the people around us and the readers of the publication.

But we are not stopping there. Next year is already shaping up to be even more successful and exciting for all of us. Watch this space.

In this month's **VISION**, we cover David Attenborough, focusing on his life, career and influence in the lead-up to his new show.

We also look at *Mary Queen of Scots*, the newly released film starring Margot Robbie.

In local news, a girl's dreams have become reality as she publishes her first book, a local Foodbank is celebrating after a tonne of donations and the council funds Junior Parkrun.

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 December 2018 edition of **VISION**Loughton.

Brett



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As *Mary, Queen of Scots* prepares to ride into cinemas on December 7, we look into the real history of the enigmatic Scottish royal (played on screen by Saoirse Ronan) and her powerful cousin Queen Elizabeth I (Margot Robbie).

.....

We consider ourselves to be living in progressive times with women taking on more and more leadership roles in the UK, but there was a period during the 16th century when both England and Scotland were ruled by queens. Both strong-willed and admirably independent, Mary Queen of Scots and Elizabeth I were anomalies in a system still very much run by the patriarchy. And yet it wasn't all 'girl power' and sisterhood for the two monarchs, with Mary's unquenchable quest for supremacy ultimately leading to her death.

But then what else would you expect from a woman who was raised to rule? Born in 1542, Mary Stuart was the only surviving (legitimate) child of King James V, and was merely a six-day-old infant when she succeeded her father to become Queen of Scotland. Naturally, the role was taken over by regents until she came of age, and she actually spent much of her childhood in France, eventually marrying the Dauphin of France – who briefly became King Frances II – before his death in 1560.

By the time Mary returned to Scotland in 1561, her cousin Elizabeth I was ruling England. But all was not content in the kingdom, for many Catholics believed that Mary was the true heir to the English throne, as it was only because Henry VIII's last will and testament had excluded the Stuarts from claiming the crown that it fell instead onto the heads of his daughters (Mary I of England followed by Elizabeth I).

Not surprisingly, Mary was seen as an immediate threat to the English monarch, and her lack of finesse regarding the intricacies of religion and British politics only fanned the flames. Her first misstep was marrying a fellow Catholic – also her first cousin – Lord Darnley, with whom she had a son, James. When their union soured, his murder was blamed on nobleman Lord Bothwell, whom Mary would take as her third husband, a decision that would lead to her being forced to abdicate to her one-year-old son.

Imprisoned in Loch Leven Castle, Mary would eventually make a bold escape attempt, raising an army of 6,000 men, before accepting defeat and heading for England where she would ask Queen Elizabeth I for help in regaining her throne. But self-preservation won the day, with Elizabeth I ordering that Mary remain locked up until her eventual execution in 1587.

As time has gone on, it is Elizabeth I who is often revered as being an admirable and courageous queen, and yet, Mary's intelligence, passion and steely determination cannot be overlooked.

Like *Braveheart* before it, the film *Mary, Queen of Scots* could very well see the courageous Celt become a modern icon... or, it could simply confirm what history has come to show – that when it comes to matters of the crown, blood is no thicker than water.

Mary

QUEEN
OF SCOTS



Photo credit: Michael F. Hlatk/Shutterstock.com

A CENTURY of common sense

It's 100 years since women were given the vote in parliamentary elections, with the nation embracing this incredible landmark in what is being dubbed The Year of the Woman.

The #MeToo movement may have kicked off an incredible drive for equality in the Western World, but perhaps it should have referenced more strongly the incredible battles faced at the start of the 20th century, both here and abroad, by a women's rights movement that was every bit as battle-hardened as today's campaign.

Talk about women being given the vote and most people will reference Emily Davison, the British suffragette who stumbled in front of King George V's horse at the Epsom Derby in 1913. Her subsequent death made her a central icon for the fight for equality, though in truth Emily made just one small part of a significant movement across the country. She was involved in a UK-wide hunger strike with other women arrested while demonstrating in the

months and years leading up to that fateful race, with the Emmeline Pankhurst Women's Social and Political Union proving a driving force for change, and one that, eventually, had to be listened to.

Sure enough, within five years women were granted the right to vote, and now a century on, a series of political, cultural, social and artistic events will reference and recognise the incredible sacrifices made by so many.

You only have to look at the empowerment of women in UK politics – a female Prime Minister, a female leader of Scotland's biggest party, not to mention the German Chancellor, Angela Merkel, ranked the most powerful woman in world politics – to see just how far we've come. In short, do your own ironing.

#METOO

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Layering UP

FASHION

How not to be a yeti and wrap up in style

You wake up at 6am and it's cold, wet and dark outside. You reach for your trusty Ugg boots and hooded, padded parka, heading to work as if you're about to embark on a great mission towards the North Pole. Inevitably, by 10am the sun is out and you feel just a bit too casual and, well, meh.

So, is it possible to be stylish and warm? Yes, it's called layering. Firstly, invest in some thermals. Many high street shops sell really decent leggings and bodysuits which are thin but have technology that traps body heat. Layer these with good-quality knits that are lightweight but warm. That may mean ditching the polyester, but Merino and Cashmere wool blends look great, feel nice and are very affordable on the high street.

Also, you want to remember what your mother said about heat being lost through your head and feet. Cashmere socks look super-cute when teamed with ankle boots and a mini skirt, and knitted beanies are the saviours of bad hair days. Statement scarves and gloves also make great accessories, particularly if your winter wardrobe consists of a lot of black, and you just want to add some pops of colour to your look.

The crowning glory of a winter outfit, though, is your coat – so don't scrimp on this. You could wear a bin bag under a decent coat and still look amazing. Again, go for a slim silhouette like a wool trench or rain mac which can be cinched in at the waist – anything which makes you feel good and is cosy to slip into, even on a freezing early morning.



Bronze Age

Does your skin need a little warming up over these cold and gloomy months? Well, here's how to apply bronzer like a pro... (you're welcome).

Choosing your bronzer: To avoid looking like you've been tangoed, first apply a foundation which is one tone darker than your complexion, then choose bronzer just one shade above that – never more. This way you get a natural-looking glow where the tones meet in the middle, rather than a noticeably darker sculpted area.

Tools of the trade: Blusher brushes work well when applying bronzer, but if you're serious about becoming a golden goddess, invest in a bronzer brush. Thanks to their abundance of bristles, which are tightly packed together, you get more colour per stroke.

Three is the magic number: The equation for a perfectly-sculpted, glowing façade is three plus three equals gorgeous. Starting from your temple, swoop round to your cheekbone and then back down your jawline (a three shape) on both sides of your face.

Add shimmer: Assuming you're using a matte product, it's nice to add a few touches of shimmer in key places for maximum va-va-voom. Either crème or powder, apply sparingly under cheekbones, along the bridge of your nose and just above your cupid's bow.

Blend, blend and blend some more: Using a blusher brush or sponge, go over the edges of your bronzer and highlighter until they are seamlessly merged with your foundation. Remember to also blend the colour into your neck and apply a touch at the nape if your hair is very short or in a ponytail. What you should end up with is a sun-kissed glow which looks natural and highlights all your best features. Expect compliments.



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KETO like a Kardashian

Every day a new diet seems to appear that promises to help you shift those unwanted extra pounds for good, each with their own unique selling point. But how do you know which diet is right for you? The ketogenic diet is a low-carb, high-fat diet that Halle Berry and Kourtney Kardashian swear by, but how exactly does it work?

THE SCIENCE

The keto diet works by drastically reducing your carbohydrate which sends your body into a metabolic state called ketosis. Ketosis makes your body extremely efficient at burning fat for energy which is why the diet recommends high levels of fat consumption. This state also helps your body turn fats into ketones within the liver which in turn supplies energy to the brain. This diet lowers your blood sugar and insulin levels by shifting your body's metabolism away from unhealthy carbohydrates that are high in sugar to healthy fats.

DOES IT WORK?

Studies have shown that people on the keto diet lose over two times more weight than those on a standard calorie-restricted diet. They also lower their blood sugar and insulin levels.

ARE THERE ANY SIDE EFFECTS?

The 'keto flu' is common in the first few days with symptoms including low energy levels, trouble sleeping, nausea and increased hunger. This should pass.

FOODS YOU NEED TO AVOID OR REDUCE:

- ❌ Sugary foods such as cake, ice cream, biscuits and fruit juice
- ❌ All fruit except small amounts of berries
- ❌ Grains and starches
- ❌ Beans and legumes such as kidney beans, lentils and chickpeas
- ❌ Root vegetables
- ❌ Any low fat or diet products; these are highly processed and carb-heavy
- ❌ Alcohol
- ❌ Limit unhealthy fats
- ❌ Sauces and condiments due to high sugar content

FOODS YOU SHOULD EAT:

- ✅ Meat
- ✅ Fish including oily fish such as salmon and mackerel
- ✅ Eggs
- ✅ Butter
- ✅ Unsalted nuts
- ✅ Avocados
- ✅ Healthy oils like coconut oil
- ✅ An abundance of low-carb, non-starchy vegetables



DIABETES AND YOGA

An increasing number of people with diabetes mellitus are turning to yoga in an effort to keep their condition under control and improve overall quality of life.

It is well known that regular practice of yoga can help reduce levels of stress, enhance mobility, lower blood pressure and improve overall wellbeing. It is these benefits that many health experts believe can improve diabetes management and protect against other related medical conditions such as heart disease.

It involves various body postures and movements, breathing techniques and meditation, which are all designed to promote physical comfort and enhance mental composure.

There are several forms of yoga, but in the west the most widely taught form is Hatha Yoga.

THE BENEFITS OF YOGA INCLUDE

- Better sleep
- Reduced anxiety and depression
- Enhanced feelings of well-being
- Relief from chronic illnesses
- Improved posture, flexibility and strength
- Enhanced concentration and energy levels

WHAT IS YOGA?

Yoga is a series of mental, physical and spiritual disciplines that originated in ancient India over 5,000 years ago. The practice of yoga helps to co-ordinate the breath, mind and body to promote relaxation, develop breath awareness and a sense of inner peace.



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BOXING FITNESS REGIMES

From boxing to MMA, getting sweaty in the ring is one of the best ways to keep your body in peak physical condition, or for the rest of us to lose an inch or two...

There's a very simple reason why boxers and cage fighters look so physically resplendent: their chosen profession provides one of the most effective ways to get – and stay – in shape.

Take a look at the aptly-named international 90s sensation – Boxercise – which is going strong today thanks to the Leicestershire firm which runs it. Licensed instructors retain the rights to teaching this particular discipline and there are courses and training sessions run all over the place, but if you're the type who just wants to train at home, there's now an app which can take care of that. The app teaches basic and advanced punches and footwork, various fitness drills, how to use boxing equipment, and with the pleasant advantage of setting your own music playlists to exercise to. Go along to a class for the best experience though.

The cardio workout one can get from such exercise is not exclusive to that trademark, though. Nintendo's Wii Fit is another (surprisingly effective, given its childish presentation) great way to burn off some calories while building stamina. While some people may feel silly punching the air in their living room, it's much cheaper than a gym membership.

If you prefer to get even more athletic and acrobatic, go for the kind of action that MMA (mixed martial arts) fighters get up to. While boxing focuses on rhythmic, aerobic punching and footwork, an MMA-style workout is far more intense, designed to put the entire body through its paces. Made up of repetitive actions done in short, intense bursts, it's not for beginners but is hard to beat in an all-over stress test.

Whatever approach you take, always warm up first and cool down afterwards. No fitness fanatic wants to be nursing aching hamstrings when they should be doing roundhouse kicks.



DIY WINTER Infused Booze

What could be better than sipping a warming, richly spiced liqueur in front of a roaring fire on a cold winter's night? Treat yourself or a loved one this Christmas with these simple homemade winter-inspired drinks.

CANDY CANE-FLAVOURED VODKA

You will need:

8 candy canes | 2 cups of vodka

To make:

Break up the candy canes into small pieces | Pour the vodka into a sterilised glass jar and add the crushed candy | Shake well and leave to sit for 1-2 days | Once the candy has completely dissolved the vodka is ready to enjoy

WINTER WONDERLAND LIQUEUR

You will need:

¼ cup of brown sugar | 2 cups of brandy | 1 tsp whole cloves | 1 tbs black tea | 1 cinnamon stick | Zest of 1 orange

To make:

Put all of the above into a sterilised jar | Leave to infuse for 3 weeks | Sieve the liqueur if desired | Serve with warm spiced cider

INDULGENT IRISH CREAM

You will need:

250ml single cream | 14oz condensed milk | 350ml Irish whiskey | 1 tsp coffee essence or liqueur | 1 tsp vanilla essence | 1 tsp almond essence

To make:

Blend all the ingredients together | Pour into sterilised jars and place in the fridge to chill | Shake well before serving

SWEET AND SPICY EGGNOG

You will need:

3 cups of whole milk | 1 cup of double cream | 3 cinnamon sticks | 1 vanilla pod | 1 tsp nutmeg | 5 eggs | 130g granulated sugar | ¼ cup dark rum or bourbon

To make:

Bring the milk, cream, cinnamon, vanilla and nutmeg to the boil | Remove from heat and allow to steep | Separately beat the egg yolks and sugar until combined | Slowly mix in the milk mixture | Add the rum | Leave to chill in fridge overnight | Before serving beat the egg whites to soft peaks and gently fold into the eggnog





MONKEY BREAD WITH...

a twist

Christmas is the ideal time to get all the family involved in some seasonal baking and this monkey bread is so simple to make but yet so decadent to eat. Add our Christmas-inspired edible decorations and you have created a real showstopper.

YOU WILL NEED FOR THE DOUGH:

- 200ml whole milk
- 85g unsalted butter
- 2 medium eggs
- 500g self-raising flour
- 2 ½ tsp dried yeast (fast action)
- 40g caster sugar

YOU WILL NEED FOR THE COATING:

- 125g unsalted melted butter
- 200g caster sugar
- 3 tbsp cocoa powder, 1 tsp cinnamon, ¼ tsp nutmeg and ¼ tsp allspice

TO DECORATE:

- Icing sugar and edible holly

HOW TO MAKE:

- Melt the butter with the milk and leave to cool slightly
- Mix in the beaten eggs
- Add the sugar, yeast and flour and combine
- Tip out and knead for 10 minutes until your dough is shiny and stretchy
- Place your dough in a bowl, cover and leave to rest until it has doubled in size
- Turn out dough and separate into lots of individual dough balls
- Dip each ball into melted butter, then sugar, then into the cocoa and spice mixture
- Place all dough balls in a bun tin, cover and leave for an hour until doubled in size
- Bake in the middle of the oven for 35 minutes at 160 degrees
- Remove from tin and leave to cool

HOW TO DECORATE:

- Sieve icing sugar over the top of the bread to create a Christmassy effect
- Decorate with edible holly

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FIERY ANATOLIAN



There are several examples where society finds itself fighting back against the corporate monsters, but perhaps one of the strangest revivals in recent years has been the re-emergence of vinyl records.

At a time when the digital music revolution made listening to our favourite tunes cheaper, instantaneous and effortlessly mobile, we threw value and convenience out the window to reacquire ourselves with bulky, immobile, dusty, scratch-happy records... but why?

Researchers and scientists believe our connection with music actually hooks into our desire to have physical objects around us, and digital music only ever satisfies one of those emotions. Vinyl records – and the sleeves they come in – offer something to hold, to read, to savour; while collecting records and building our own 'project' through music is said to satisfy our human desire to anchor and look after.

From a low-point in 2008 to last year giving the

industry its biggest annual vinyl sales since the early 1990s, vinyl records now account for over three per cent of all music sales (including streaming and downloads); or, put another way, over four million albums sold in the UK in 2017.

And it's not just new music sales that are flourishing, with the second-hand market also proving our desire for physical music continues on its upward shift (thanks in no small part to sites such as eBay and Discogs). Perhaps it's time to have a look in the attic at some of your forgotten classics, particularly if your collection includes any of the artists below:

The 10 most collectable vinyl artists:

- | | |
|------------------|------------------|
| 1. Elvis Presley | 6. Miles Davis |
| 2. Bob Dylan | 7. Led Zeppelin |
| 3. The Beatles | 8. Beach Boys |
| 4. Nirvana | 9. Metallica |
| 5. Jimi Hendrix | 10. Depeche Mode |

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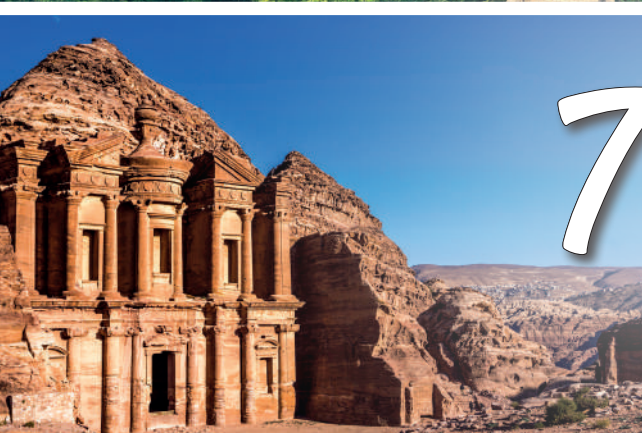
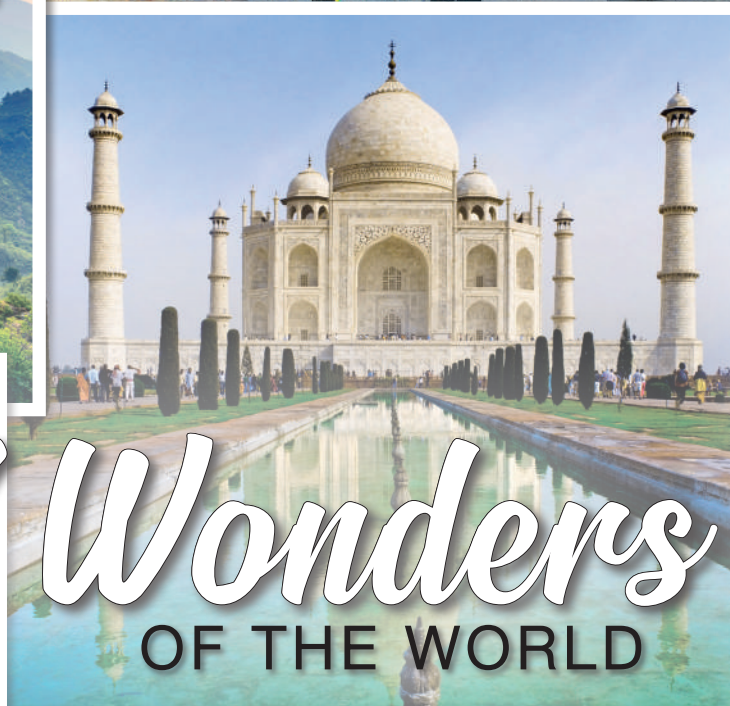
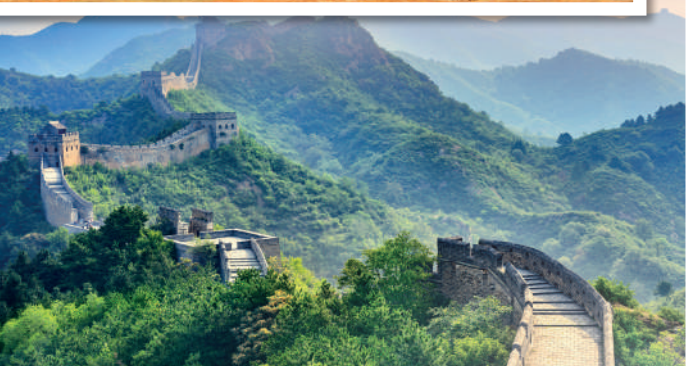


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7 Wonders OF THE WORLD



The Seven Wonders of the Ancient World have all but succumbed to old age or natural disaster – with the Great Pyramid at Giza the only lasting reminder of a list that includes the Temple of Artemis at Ephesus, the Hanging Gardens of Babylon, the Lighthouse of Alexandria, the Statue of Zeus at Olympia, the Mausoleum at Halicarnassus and the Colossus of Rhodes.

Though these breathtaking testaments to ancient design are now just mainly dust and memories, there's a new breed of mighty man-made monument around, and all well within the grasp of any traveller willing to seek them out.

CHICHÉN ITZA: The ancient city of Chichén Itza is located on Mexico's Yucatan Peninsula. This well-known Mayan city served as a religious, political and economic centre for several hundred years. The Pyramid of Kukulcan is probably the most recognised ruin of Chichén Itza, standing at 80ft high and incorporating a total of 365 huge stone steps.

CHRIST THE REDEEMER: This statue of Jesus is one of Rio de Janeiro's most widely recognised monuments. It stands 98.5ft tall atop the summit of Mount Corcovado, which itself rises more than 2,300ft. With an outstretched arm-span of 92ft, and a weight of approximately 700 tonnes, the concrete and soapstone leviathan is the destination of many a pilgrim.

THE COLOSSEUM: Gladiator contests, group combat, battle re-enactments and other productions were staged at the Colosseum to an audience of almost 50,000. Today, even after some renovations in the 1990s, the wear and tear from poor weather, natural disaster and vandalism show, but they can't take away from this iconic Italian sight. And while you're there, why not soak up Rome's unique culture at the same time?

THE TAJ MAHAL: This 42-acre marble mausoleum complex located in Agra is a stunning Indian landmark. Construction started in 1631, spanning more than two decades, requiring more than 20,000 labourers and costing several million rupees.

GREAT WALL OF CHINA: The Great Wall of China is without doubt a modern marvel and rightfully belongs amid the other seven Wonders. Contrary to popular belief, the wall isn't one continuous structure – it's actually made up of several separate structures that cover approximately 4,500 miles. Pack your walking boots.

PETRA: Located in south-west Jordan are the ruins of the ancient city of Petra. Massive temples, tombs and monuments have been cut into the surrounding sandstone cliffs and were immortalised in 1989's *Indiana Jones and the Last Crusade*. Perhaps the most impressive Petra structure is the Sik al-Khazneh, an elaborately carved and embellished tomb.

MACHU PICCHU: Built in the 15th century, this ancient Incan city is nestled between two peaks – Machu Picchu (Old Peak) and Huayna Picchu (New Peak) at an amazing elevation of 7,710ft. It is often called the lost city of the Incas, because it was hidden amid the lush forest and clouds of Peru for more than three centuries. Now rediscovered, it is a sight to be admired, and one that retains every ounce of mystical promise.

Keep the children entertained over the Christmas holidays with this simple and easy recipe. This Christmas cookie tree is great for when friends come over, or can be wrapped up and given as a present.

You will need to have star cookie cutters of multiple sizes. These are widely available from high street stores and online.

MAKING THE COOKIES...

INGREDIENTS

- ★ 225g butter, softened
- ★ 110g caster sugar
- ★ 1tsp vanilla extract
- ★ 275g plain flour
- ★ Piping icing

METHOD

1. Preheat the oven to 180C /350F/Gas mark 4. Line a baking tray with baking paper.
2. Cream together the butter, vanilla extract and sugar until light and fluffy.
3. Sift in the flour. Mix together to form a dough.
4. Lightly sprinkle the work surface with flour and roll out the dough, making sure it is of equal depth.
5. Using the cutters, cut out the biscuits and place on the baking paper.
6. Cook for 10-12 minutes until golden brown.
7. Place on a cooling rack and leave them until completely cool.
8. Assemble the tree by stacking the cookies with the largest at the bottom, using the piping icing to secure them together.
9. Get creative and decorate your Christmas cookie tree.

create your own CHRISTMAS COOKIE TREE




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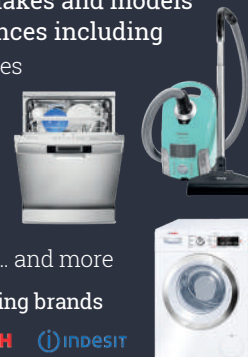
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THE HISTORY

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By 1769 the garden contained more than 3,400 plant species, but it was under the direction of the great botanist Sir William Jackson Hooker that Kew became the bastion of botany that it is today.

During his tenure from 1841 through to his death in 1865 – when he was succeeded by his son Joseph Dalton – Hooker expanded the gardens from 10 to 75 acres, with an arboretum of 270 acres. He also created a number of specialist museums, which still exist today, albeit in different forms (The Orangery is a restaurant and Cambridge Cottage is now used as a gallery).

Kew's modern presentation showcases 8.5 million items from all across the planet, with leading scientific research drilling right down to plant DNA, plus extensive herb, seed, fungus and spirit collections (including over 76,000 jars of preserved plant specimens).

It all combines to make the site one of London's best and most cherished tourist attractions, enabling over 2,000 years of knowledge to be condensed; and green minds, young and old, to immerse themselves in the flora and fauna of this incredible world.

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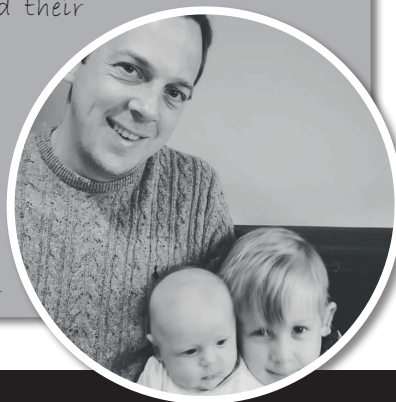
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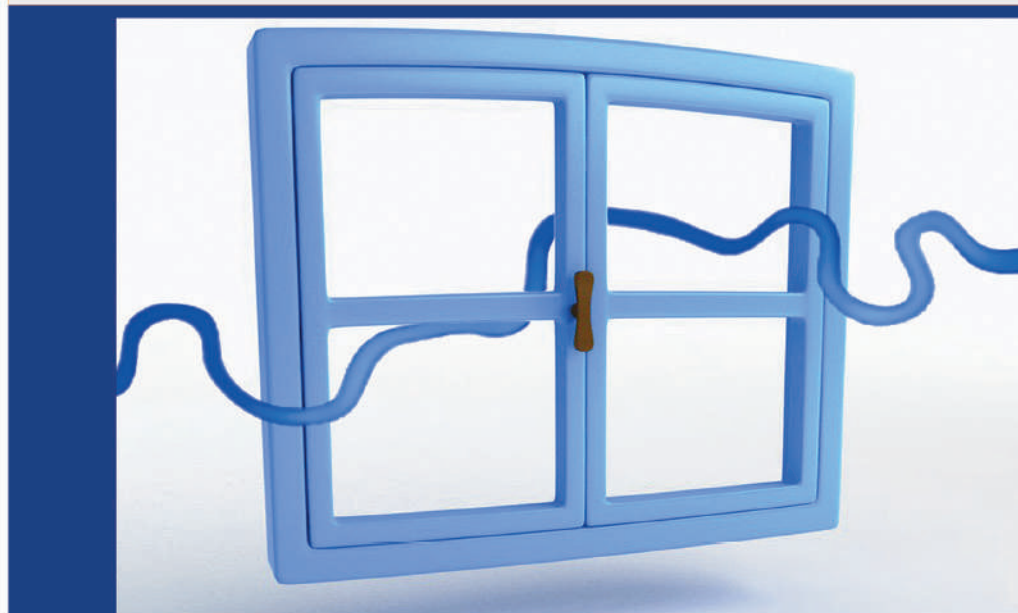
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Even though he's been a constant of the natural world for well over six decades, Sir David Attenborough admits to being more enchanted now by the flora and fauna of our incredible planet than at any time in the past.

Since his TV debut way back in 1954, Attenborough has been a name synonymous with the natural world. He has spent his 92 years on planet Earth, and in that time explored almost every corner of it, documenting nature's rich array, from the polar icecaps to the tropics, in doing so endearing himself to audiences the world over.

In remarkably good shape given his age, Attenborough scoffs at the suggestion that he is superhuman. "Nonsense," he exclaims. "I'm moving much slower than I used to; I'm definitely feeling my age. But I'm still upright so one can't complain too much about that."

If he is feeling his age, he certainly isn't showing it. The evidence? Well, over the past year, Attenborough has been busier than ever, producing and preparing a plethora of documentaries for what many consider to be his spiritual home, the BBC, having spent time hosting series for other networks. His newest project, *Dynasties*, sees a return to the Beeb, in following five endangered species fighting for their future survival.

"You see in the Sunday papers, all these advertisements, 'Go to the Galapagos', 'Go to Timbuktu' or wherever, and I get to do that. And people pay me to go there, so why would I even want to give it up?"

The show is an example of Attenborough's ability and willingness to evolve at the same rate as his audience's watching habits. In a sense he has had to embrace our changing tastes for wildlife and the way we consume it.

"I'm glad to say the new series is different to a lot of what I've done before because we are focusing on specific animals – chimpanzee, lion, emperor penguin, tiger and the painted wolf – as a family group, rather than taking a broad sweep of an environment," he says.

"In a sense, the natural world is about every individual animal and species, and the fight for survival and longevity, so to come back to a series that really is about the smallest of groups feels right."

Over time – through *Wildlife on One* to *Frozen Planet*, *Life in the Freezer* to *Planet Earth* – Attenborough's ability to paint the most vivid of pictures through his incredible narrative has certainly been aided by technology.

"The cameras have got smaller, the lenses sharper, and our ability now to view without intruding has never been better. This all adds up the greatest understanding of the natural environment we have ever had," he says.

Attenborough can also lay claim to advancing our understanding of the literature world too – the term 'single-use' was recently named 'Word of the Year' by the Collins Dictionary, notably for its reference to plastics in the *Planet Earth II* series when referencing society's throwaway culture and the damage it does to the natural world.

We should also be grateful that the seemingly ageless Attenborough shows no signs of letting up, with retirement something of a dirty word for him. "You see in the Sunday papers, all these advertisements, 'Go to the Galapagos', 'Go to Timbuktu' or wherever, and I get to do that. And people pay me to go there, so why would I ever want to give it up?" he laughs. "And I've been so, so lucky. My knees are shot, and I'm creaky and groaning in certain places, but otherwise I've been very lucky."



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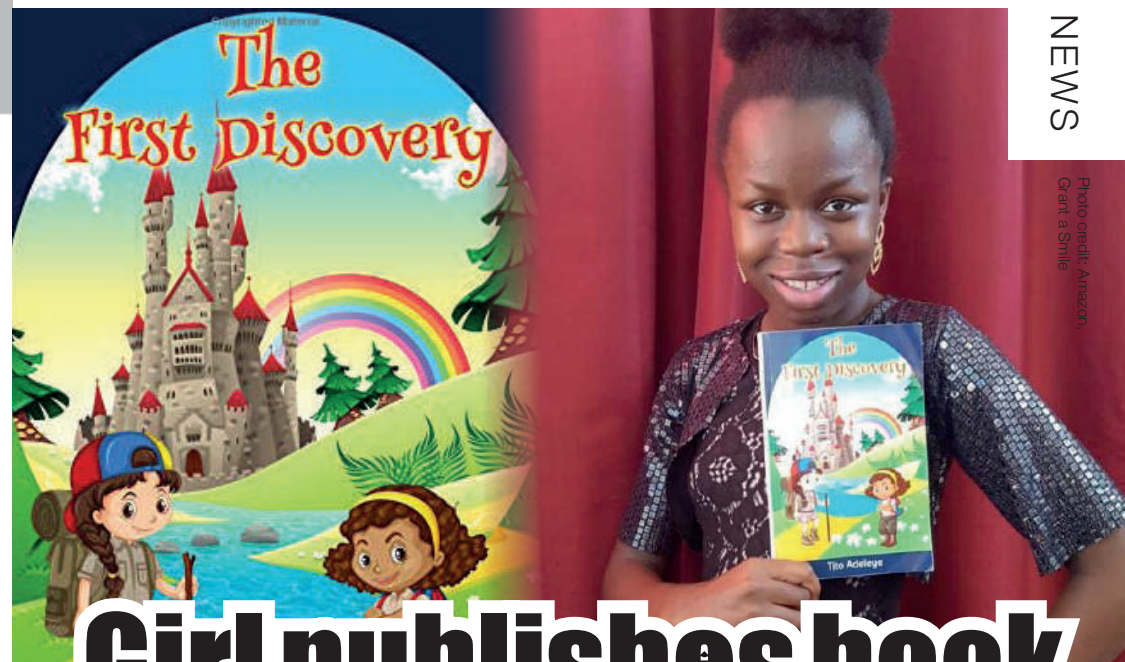
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LOCAL NEWS

from your neighbourhood

LOCAL NEWS

Photo credit: Amazon,
Grant A Smile



Girl publishes book with help of Grant A Smile

A girl from Loughton has become a published author thanks to Grant A Smile.

Tito Adeleye, who attends Woodford County High School, wrote *The First Discovery* which tells the story of two young sisters Starshine and Starlight who go on an adventure as they prepare to perform at Stary Stadium.

However, Queen Cara has an evil plot to destroy the show.

The 10-year-old said: "The moral of the book is you are never too young to do great things."

"It's just unbelievable. I'm still getting my head around the fact that I'm now an author."

"There aren't even words to describe how joyful I feel whenever I see my book in front of me."

"It was a real pleasure when I was told that my book was available for people to buy. I felt and still feel over the moon."

"When I told my friends about my new book, most of them were shocked and didn't believe it at first."

"A few minutes later, they were all congratulating me and telling me how proud they are. It was a great feeling to know that my friends were by me."

Social enterprise Grant A Smile approached publishers DVG Star to help Tito fulfil her dreams.

Grant A Smile provides practical support to families dealing with severe illnesses and it is currently helping 54 families across the UK.

The First Discovery is available to buy from Amazon.

Light Up A Life this festive season

St Clare Hospice is preparing to come together to celebrate the lives of family, friends and loved ones at a series of seven Light Up A Life services this festive season.

A service will be held at the Methodist Church in Loughton on Saturday, December 1 at 4.30pm.

Light Up A Life is St Clare's Christmas time celebration of everything that the hospice stands for – standing side by side with families from across the community in honour of their loved ones. There will be carols, music, readings and refreshments available.

Sarah Thompson, chief executive of St Clare Hospice, extended the invitation to the services to the whole of the charity's local community.

She said: "St Clare has been bringing warmth and

love to the lives of people across West Essex and the borders of East Hertfordshire for more than 25 years. The care and support we offer does not end when someone dies, and our Light Up A Life services are just one of the ways we continue to support people when they need it most.

"I warmly invite everyone in our local towns to join with us for one of our Light Up A Life services – whether that is at the hospice, at a service near your home, or a simple period of reflection in your own home. The events are so special, and offer precious time to pause and remember those close to our hearts, in the company of others who understand."

You can let the hospice know which service you are planning to attend through stclarehospice.org.uk/light-up-a-life or by calling 01279 773750.

Photo credit: St Clare Hospice/Vikki Lince

Foodbank celebrates tonne of success

A foodbank based in Loughton has thanked the community for their support after a tonne of edibles were donated ahead of the rollout of Universal Credit.

Epping Forest Foodbank, based at Loughton's Hope Centre, benefitted from groups across the region giving more than a tonne of donations.

Alderton Infant School and Staples Road Primary School, both in Loughton, collected 244.7kg and 190.7kg respectively.

In total, 10 main donors gave 1,290.5kg of food.

While stocks are currently high, the foodbank's volunteers are bracing themselves for demand.

Universal Credit is due to be rolled out by Loughton Job Centre on December 5.

A study by Trussel Trust, which runs the Epping Forest Foodbank and many others across the UK,

warns that switching from traditional forms of benefit payments to Universal Credit leaves people hungry and in need of help.

On average, 12 months after rollout, foodbanks see a 52 per cent increase in demand, compared to 13 per cent in areas which have had Universal Credit for three months or less.

Heather Scholer, who is head of a large team of volunteers at the Epping Forest Foodbank, said: "Lots of churches and schools have donated a lot of food over the last few weeks. This is going to stock us up well for the harvest rush.

"Thank you so much for everyone that donated."

The foodbank is also looking for Saturday volunteers and cash donations.

To help, email volunteer@eppingforest.foodbank.org.uk or go to www.eppingforest.foodbank.org.uk

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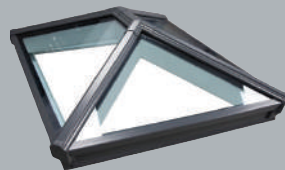
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LOCAL NEWS

Pupils remember the fallen

Pupils at a school in Loughton took part in several events focused on the theme of remembrance to mark the anniversary of the end of the First World War. The children at Hereward Primary School participated in a special morning where they created pieces of artwork on the theme.

Each pupil also made a special poppy which was placed outside the school library as part of a For the Fallen display based on the famous poem by John McCrae.

The week ended with an assembly where the children listened to The Last Post and took part in a two-minute silence. Pairs of children from each class then laid a poppy wreath.

Headteacher Matthew Woolard said: "This was a very special event which we wanted to commemorate with the utmost respect.

"The children were amazing throughout the week, asking many questions and sharing details of family members who have been affected by war."

Council grant funds Junior Parkrun

Sixty-five young people turned out for the Junior Parkrun in Loughton recently which has been funded by the Epping Forest Public Health Grant.

The Junior Parkrun launched recently at the Roding Valley Recreational Ground.

Epping Forest District Council awarded Parkrun UK £4,000 to set up the junior event.

It follows on from the success of the adult event which runs every Saturday morning and receives over 50 participants a week.

Councillor Helen Kane, portfolio holder for leisure, said: "Parkrun is free to take part, participants must register before their first run but it's only necessary to register once. The aim of Junior Parkrun is to have fun, it's not about competing."

Cllr Kane was there to send the runners on their way and support them through the 2km course alongside five-time snooker world champion Ronnie O'Sullivan.

For more information or to register for the Junior Parkrun, visit www.parkrun.org.uk/rodingvalley-juniors





News from THE ROTARY CLUB of Loughton, Buckhurst Hill & Chigwell

What a great time we had at Loughton, Buckhurst Hill & Chigwell (LBC) Rotary Club on October 4. The guest speaker was saddler John Batchelor. We all learnt so much, not only about saddlery but about his family too. He also brought many of his tools which were well over 100 years old and still going strong.

Many thanks to all who came and supported the quiz evening on October 12 in aid of Chigwell Riding Trust for Special Needs. We are delighted to say exactly £1,006.60 was raised.

On November 2 LBC Rotary was out in the community supporting mock interviews at King Harold Academy Waltham Abbey. The students were a great credit to the school, well prepared, focused and confident.

President Deborah Hall laid a wreath on behalf of the club in a moving Remembrance Parade Service at Loughton on November 11.

We are helping with the Epping Forest Food Bank collection on November 29, November 30 and December 1. We will also be collecting outside



Morrisons, Loughton on December 7 or December 8.

Our next free monthly Memory Cafe in Loughton is on December 14, for people with memory issues and their carers. It's an activity session with singing, a quiz, bingo and games with free refreshments. We hold it every second Friday of the month from 10am-noon at The Loughton Club, 8 Station Road, Loughton, IG10 4NX.

Please contact us if you would like to get involved with Rotary in any capacity.

Puppies stolen after thieves force their way into home

Eleven puppies were stolen from a home in Loughton.

Seven French Bulldog puppies and four Dachshund puppies were stolen from Hogarth Reach by three men at around 2pm on October 29.

A man wearing a high-vis jacket, with his face covered and claiming to be from a utility company, knocked on the door and, when the person inside opened it, two other men, wearing gloves and hooded tops with the hoods pulled up, forced their way in.

They threatened the person inside, a teenage boy, before stealing the puppies as well as two handbags.

Essex Police are trying to trace a Volkswagen Polo which was seen in The Lindens between 1.30pm and 2.20pm and officers want to speak to the driver.

Investigating officer detective constable Jody Greenfield, from Loughton CID, said: "I need to trace this vehicle and speak to the driver as they may have



Photo credit: Essex Police

information which is important to our investigation.

"We remain very concerned about the welfare of the puppies who may not be able to survive beyond a few days unless they're in the hands of experts.

"If you saw the car, have CCTV of it, were driving in the area and have dash cam footage, or have any other information I need you to call me."

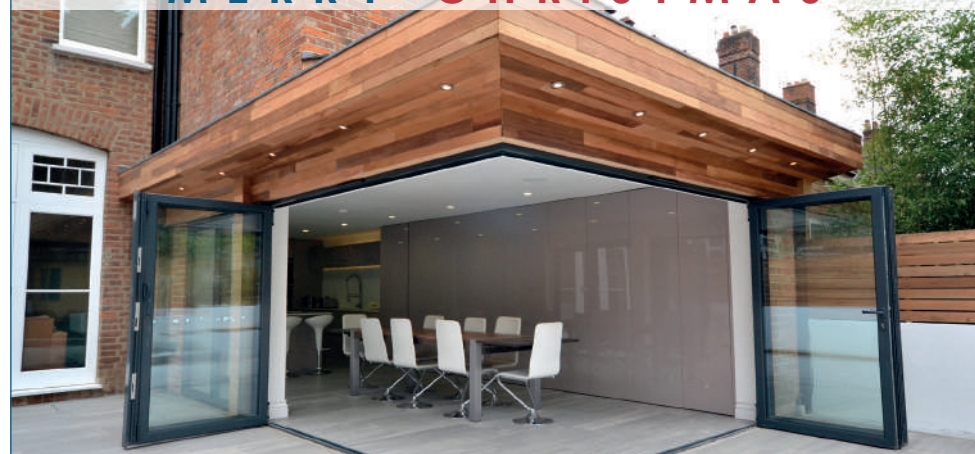
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News from

The Voice of Loughton

Loughton Residents' Association



Why do commuters drive to Loughton?

Loughton's an attractive place to live; lots of people move here and commute into London. People living further out into Essex have the same idea, because it's much cheaper to park (free) in Loughton and use the underground than to park at a mainline station and take the train from there.

So on weekdays, the roads near Loughton and Debden stations are solid with commuters' cars. This means that residents – and their visitors – without off-road parking can't park anywhere near their homes. This is a particular problem for those such as nurses, who work nights.

Some years ago, Essex County Council set up the North Essex Parking Partnership (NEPP) to respond to residents' requests for on-street parking schemes, and to enforce them. NEPP is supervised by a committee of representatives of the district councils in its area and (unlike some similar bodies elsewhere in the country) is not profit-making. It's expensive to consult residents and to set up parking schemes, and it then costs money to employ the CEOs (wardens) to enforce them – there's no point in having parking controls unless they're enforced. So residents end up having to pay for parking permits (one-hour "No Parking" restrictions aren't now allowed where residents don't have off-street parking).

Unfortunately, when a parking scheme is introduced, the commuters who've been parking there move to roads further away from the stations, and the process repeats itself. So far, no better solution has emerged – land in Loughton is too expensive for a developer to want to build a multi-storey car park near to either Loughton or Debden station.

When putting forward a new scheme, NEPP will consult Loughton Residents' Association councillors and others, but in the end, it will be the residents overall who have to be convinced that introducing a parking scheme is the only way forward.

Twenty-four arrested after drug raid action

Five suspected drug dealing gangs have been shut down by Essex Police with the arrest of 24 people during a day of action in the Epping Forest district.

Acting on information by the community, the police launched an investigation in May targeting drug dealing gangs in Loughton, Debden, Buckhurst Hill, Chigwell, Limes Farm and Hainault.

The gangs are believed to be involved in the supply of Class A drugs and thought to make around £3,000 per day.

Supported by the council who provided £5,000 towards the cost of the policing operation, Essex Police began investigating.

In total 24 people have been arrested on suspicion of offences ranging from possession of drugs, to

possession with intent to supply and being concerned in the supply of drugs.

The operation was jointly led by Essex Police's West local policing teams and Operation Raptor.

Chief Inspector Lewis Basford, district commander for Brentwood and Epping Forest District, said: "As long as people continue to attempt to sell drugs in our county, we will continue to hunt them down and bring them to justice and, if that takes days or, as in this case, an operation that runs for months, we will leave no stone unturned in our pursuit of them."

"We have seen some excellent results with the arrest of 24 people, who are all suspected of being involved in drug supply, as well as the seizure of a significant amount of drugs and cash."



Photo credit: next.com, overstock.com, missamaria.cim.au

Rug IT UP

As 'the Dude' once observed, "a rug can really tie a room together". And yet, you don't need to be a fan of hit 1990s bowling comedy *The Big Lebowski* to understand the transformative power of a bit of old carpet.

A mismatched collection of furniture can suddenly feel immaculately curated, a cold and cavernous lounge becomes a snug bolt hole, and that horrendous red wine stain on your white carpet fades to nothing but a distant memory... and it's all thanks to the power of the humble rug.

So now that you've decided you need a bit of floor decoration in your life, here are the styles, shapes and designs to bear in mind:

Texturised

Considering the fact our feet contain hundreds of nerve endings, it makes sense to choose a rug that not only looks good, but feels good too. From plush velvety fabric to bobbles of natural wool, the texturised trend is really about utilising all of your senses.

Graphic design

Geometric patterns have long been a popular carpet trend, but the modern styles are even more lust-worthy, as simple designs meet a fresh colour palate to create a minimalist but classic look. Think chevrons in mint green or breezy yellow, or diamond shaped in eggshell blue and a blush pink. These designs are bang up-to-date with just a little art deco chic.

Less hassle, more tassel

Tassels are a big design trend in both fashion and the home right now, and what's not to love about them? Simultaneously fun and stylish, tassels are great for adding a little pizzazz in an uninspiring room.

Bohemian chic

Rugs bring a certain careless decadence to a room, which is why the bohemian trend makes perfect sense. Think casual, flowing fabrics in a faded mass of colours, or in music terms, Stevie Nicks strewn seductively across your floor.

HOME & DIY

All is BERRY & BRIGHT

From jammy red to deep mauves, berry colours are a brilliant way to brighten up your home. If your home decor is getting you down with its ponderous palate of beiges and greys, then consider adding a little flavour with some delicious berry colours.

“But how do I decorate my home in these sumptuous ruby tones without making one’s house look like the scene of bloody crime?”, you cry.

Well, simply by combining the right shades with sensible application in each room, you can achieve mulberry bliss over murder mystery madness.

CHERRY RED: Bold and bright, cherry is ideal for helping your kitchen come to life. Contrast wooden cabinets with the shiniest most daring red tiles you can find, and then accessorise with kitchen gadgets (toaster, kettle etc.) in the same shade to create an energising and inspiring space.

CRIMSON: There is something particularly elegant about crimson, making it an ideal tone for hallways and entrance areas. Both invigorating and luxurious, a crimson carpet or wallpaper makes your home feel cosy and welcoming without being gloomy, particularly when set-off with royal blue accents.

BURGUNDY: Creating a cosy living room is a fine art. Too many rich colours and it can feel stuffy and old fashioned, but too much white and it becomes cold. Find the balance then by choosing a statement wall or two to cover in a particularly decadent burgundy wallpaper (felted or fabric) while leaving the rest of the room to breathe in rather more neutral hues.

PURPLES: Like lips stained with blackberries, purple is a particularly sumptuous shade, making it perfect for the boudoir. Go all out with thick-pile mauve carpets, lilac linens and walls splashed with mulberry. You’ll never want to leave.

SCARLET: Playful and exuberant, scarlet really is a glorious colour. However, use too much around your home and it can start to feel a little gaudy. So keep this orange-tinged red specifically for accents: a rug here, a lampshade there, and anywhere else you feel needs a little lifting.

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HOME & DIY

Whether you decide to embrace tradition or try the new trend, homemade is always better. And there's no excuse not to with our easy-to-follow DIY guides...

CHRISTMAS STOCKING:

You will need:

- ★ ½ yard of two different fabrics such as felt or cotton for the outside and fur or fleece for the inside
- ★ Stocking pattern template (available online)
- ★ Optional extras for decorating including coloured felt and wool

How to make:

- ★ Fold your outer fabric in half and using the template, cut around so you have two mirror images of your stocking shape
- ★ Repeat with inside fabric
- ★ Sew around the bottom and sides of your outer fabric
- ★ Repeat with your inner fabric (inside out)
- ★ Now turn your inner fabric right side out and your outer fabric inside out
- ★ Place the inner within the outer and sew around the top, leaving a 2-3 inch opening
- ★ Turn it all out and fill

You can personalise your stocking with felt letters, a homemade Santa or a snowman with a bobbly knitted hat.

CHRISTMAS EVE BOX:

You will need:

- ★ A wooden crate
- ★ Wooden letters in your child's name
- ★ "Christmas Eve Box" template (available online)
- ★ Acrylic paint in your chosen Christmas colours
- ★ Festive wrapping paper
- ★ Optional further decorations

How to make:

- ★ Paint your wooden letters in red, green or gold
- ★ Leave to dry and then stick onto the crate
- ★ Using a soft pencil outline the "Christmas Eve Box" template onto the side of the box
- ★ Paint in the stencil in your chosen Christmassy colours
- ★ Add any glitter, sequins or stars
- ★ Line your crate with festive wrapping paper
- ★ You are ready to fill

IDEAS FOR FILLING:

Festive pyjamas, a Christmas film, hot chocolate and marshmallows, satsumas, chocolate coins and homemade food for Santa's reindeer.

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The Great GADGET Gift Guide

When present-buying for the more tech-minded family member, Christmas can be a confusing and risky venture, so here are a few gift categories that should get your loved ones lit up.

FOR GRANDAD

Make grandad's day by gifting him a USB record player. Not only will he be able to play all his classic records through top-notch speakers, he can download them as digital files to listen to on the go, perhaps even on a pair of wireless headphones.

Best brands: Sony, Audio-Technica, Ion

FOR NAN

What better way to propel your nan into the 21st century than with an e-book reader, stocked with a selection of her favourite books? Whether she's into Stephen King or King Lear, she'll be wowed by the magnified font and backlight.

Best brands: Amazon, Kobo, Onyx

FOR MUM

Let mum calm down from festive stress with a shiatsu massage pillow. Easy to use and with the added luxury of a heating function, these modern masseurs use rotating rollers to banish tension for good.

Best brands: MemoryStar, Homedics, Comfort

FOR DAD

If your old man has been determined to get in shape, delight him with a fitness watch. These mini-computers help keep track of steps, heart rate and even calories, meaning next year's Santa suit may need to be taken in at the waist.

Best brands: Garmin, Fitbit, Moov

FOR THE TEENAGE GIRL

Whether it's your daughter or kid sister, most teenage girls love make-up, but hate the way it upsets their fragile complexion. That's why an electric face cleanser is brilliant for removing every last trace after a night out.

Best brands: Clarisonic, Foreo, Clinique

FOR THE TEENAGE BOY

Steer the young man in your family out into the great outdoors by gifting him a drone. Fantastic fun and surprisingly inexpensive, a flying drone will bring some mid-air magic to Christmas Day.

Best brands: DJI, Parrot, Zerotech





PUZZLES & TRIVIA

PUZZLES

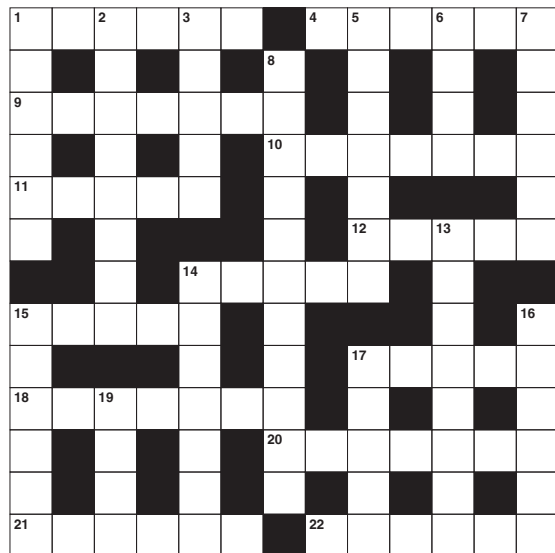
Answers can be found on the Contents Page 4

ACROSS

1. Measure of how strongly an object reflects light (6)
4. Narrow sea inlets (6)
9. Patio area (7)
10. Container releasing a fine spray (7)
11. Private room on a ship (5)
12. Stood up (5)
14. In the area (5)
15. Small antelope (5)
17. Assumed proposition (5)
18. Move; agitate (7)
20. Exertions (7)
21. Wanders off; drifts (6)
22. Dog-like mammals (6)

DOWN

1. Lofts (6)
2. Disease (8)
3. Draw off liquid from (5)
5. Periodical (7)
6. Raised edges (4)
7. Elegant and slender (6)
8. Seaside scavenger (11)
13. Conjoining contradictory terms (8)
14. Form of public worship (7)



15. Large quantity (6)
16. Overtakes (6)
17. Towering (5)
19. Raps (anag) (4)

DID YOU KNOW

- In total, there are 1665 steps from the esplanade up to the top of the Eiffel Tower, but the stairway from the 2nd floor to the top is not open to the public.
- Buckingham Palace has over 775 rooms, 19 of these are state rooms along with 52 official royal bedrooms and guest rooms.
- In 1886, the Statue of Liberty was given to the United States by France to celebrate the friendship they endured during the American Revolution.
- President George Washington selected the site for the White House in 1791. Every president since John Adams had occupied the building.
- The construction of the Leaning Tower of Pisa began in 1173 and was completed in 1399.

SUDOKU

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



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A PREMIER MAN

THE LEICESTER CITY TRAGEDY AND HOW THE CLUB IS SHAPING THE FUTURE

Mention the name Vichai Srivaddhanaprabha anywhere outside of East Midlands before that fateful night of October 27 and even the most knowledgeable of football fans might have struggled to correctly identify the Leicester City owner.

Yet, as is so often the case, only in death does the respect and recognition people deserve truly come to the fore, and that was certainly the case with the Thai billionaire.

After all, his efforts in transforming Leicester City Football Club from relegation favourites to Premier League title winners – in less than a year, and without splashing hundreds of millions of pounds – brought together the purists of football and, of course, those who like to think that, even in the modern age of the sport, fairy-tales do still occur.

It wasn't all plain sailing for the 60-year-old, who bought the club in 2010. When he disposed of the services of popular manager Claudio Ranieri in February 2017, some felt the owner had thrown away an incredible union, yet his donations to the local

community and 'one of the people' mentality meant he quickly won supporters round again. Leicester rallied, first under manager Craig Shakespeare, then Claude Puel. Although they will most likely never repeat that incredible league title triumph, they're at least now clearly established as a top-half Premier League side, having spent much of the last 25 years yo-yoing between divisions, even finding themselves in the third tier in 2008/09.

While the outpouring of emotion across the football world has been incredibly touching, the Foxes must now move on, with Srivaddhanaprabha's son Aiyawatt taking over the reins at the club. Himself a businessman, the 33-year-old is a Buddhist, a former monk and a polo player, who looks set to create his own legacy at the King Power Stadium, but always with his brilliant father in mind.



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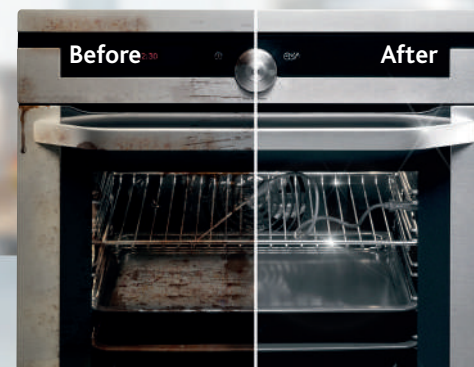


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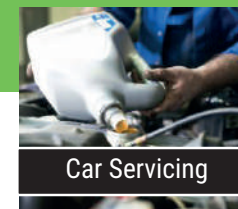


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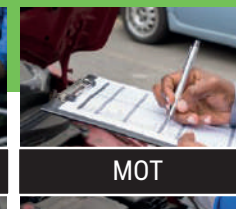
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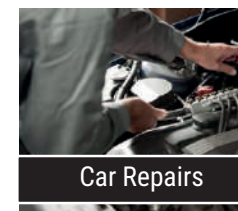
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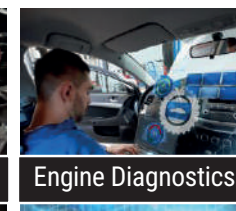
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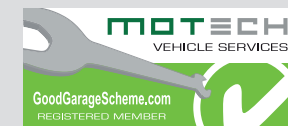
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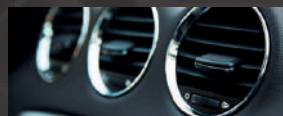
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While there is no law stating it is illegal to drive with snow on your roof, if it falls off your car when driving or into the path of another car you can be penalised for several offences including driving without due consideration or using a motor vehicle in a dangerous condition.

SLEEP IT OFF?

If you've had a few and want to sleep it off in your car, think again. Even with the key tucked safely in your pocket, napping in a motor when over the legal limit can still see you get a whopping 10 points on your licence.

SAT NAV, NOT LAP NAV

A mobile phone must be fixed in place if being used as a sat nav. Fail to do so and you're risking a £100 fine and up to nine penalty points on your licence.

A PUDDLE MUDDLE

It may be fun to see the spray come up from a puddle, but if you (accidentally or, ahem, otherwise) end up soaking a pedestrian, you could find yourself on a 'due care or consideration' charge, and that's a fine and points.

ICE ICE BABY

Failure to properly clear your windows before you drive off could result in a £60 fine and three points on your licence. Simply removing a square from the driver's side is not enough. You must de-ice the entire windscreen.



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IG10 4BE

December 18, from 5pm



You are cordially invited to join us for Christmas fizz
and nibbles at our premises.

RSVP by calling 020 8508 5588.

Barrel of Laughs Comedy Night

The Woodbine Inn, Honey Lane, Loughton,
EN9 3QT

December 28, 9pm

Sit down and enjoy a great night of comedy, and
some of the finest ales, beer, ciders and gin.

Every last Friday of the month, the Woodbine Inn is
proud to present a brilliant night of stand-up comedy.
Professional stand-ups from all over the country will
be there to entertain you. Why not finish the month
with a big belly laugh?

Tickets are £8 or enjoy a meal beforehand for £20.

Tickets available from www.ticketsource.co.uk

THE CITY PAVILION

Christmas NIGHTS 2018

10% OFFER
10th-19th Nov 2018

TICKETS £39.95

CHICK FLICKS
Tribute Show

Friday 30th November 2018

INCLUDES: 4 COURSE MEAL & SOFT DRINKS

DI UNTIL LATE
LIVE PERFORMANCES & XMAS CRACKERS

Full payment required before event date

Prices include VAT @20%

Full menu request

FREE

TICKETS £54.95

Friday 7th December 2018

10% OFFER
10th-19th Nov 2018

INCLUDES: 4 COURSE MEAL UNLIMITED BEER, WINE & SOFT DRINKS

DI UNTIL LATE
LIVE PERFORMANCES & XMAS CRACKERS

Full payment required before event date

Prices include VAT @20%

Full menu request

FREE

MAMMA MIA

MOTOWN

10% OFFER
10th-19th Nov 2018

TICKETS £39.95

TRIBUTE NIGHT

BRUNO MARS

8th December Saturday 2018

INCLUDES: 4 COURSE MEAL & SOFT DRINKS

DI UNTIL LATE
LIVE PERFORMANCES & XMAS CRACKERS

Full payment required before event date

Prices include VAT @20%

Full menu request

FREE

10% OFFER
10th-19th Nov 2018

TICKETS £54.95

TRIBUTE NIGHT

DAVID BOWIE

Saturday 15th December 2018

INCLUDES: 4 COURSE MEAL UNLIMITED BEER, WINE & SOFT DRINKS

DI UNTIL LATE
LIVE PERFORMANCES & XMAS CRACKERS

Full payment required before event date

Prices include VAT @20%

Full menu request

FREE

10% OFFER
10th-19th Nov 2018

TICKETS £29.95

LADIES NIGHT!

Friday 21st December 2018

INCLUDES: 3 COURSE MEAL UNLIMITED SOFT DRINKS & XMAS CRACKERS

DI UNTIL LATE
LIVE PERFORMANCES

Full payment required before event date

Prices include VAT @20%

Full menu request

FREE

10% OFFER
10th-19th Nov 2018

TICKETS £29.95

BOLLYWOOD CHRISTMAS

Saturday 22nd December 2018

INCLUDES: 4 COURSE MEAL & SOFT DRINKS

DI UNTIL LATE
LIVE PERFORMANCES & XMAS CRACKERS

Full payment required before event date

Prices include VAT @20%

Full menu request

FREE

FOR TICKETS OR MORE INFORMATION PLEASE
CONTACT OUR EVENTS TEAM ON:

020 8924 4000

OR WWW.MYTICKETGURU.COM

Full payment required before event date

Prices include VAT @20%

COLLIER ROW | ROMFORD | RM5 2BH | WWW.THECITYPAVILION.CO.UK

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