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Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Loughton. We still hand deliver to over 6,000 homes and businesses in the local area EVERY month. It truly is the best time of year, a fresh start and an opportunity to

plan the year ahead. It's a great time to reflect on 2018 and look at ways we can improve in 2019. **VISION** hopes to do this by working even closer with our local businesses and community. In this month's **VISION**, we cover Lewis Hamilton winning his fifth world championship. We also celebrate 90 years of Disney which helped to make children's dreams come to life. In Technology, we take a look at online dating and things you should know before finding a companion in the digital world. Our Food & Drink section looks at some healthy meal options for the New Year and as always, we have some great ideas for the home and garden.

In local news, a pub is used to film a new TV show, a school collects items for a foodbank and a man is fined for dumping rubbish. 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 I hope you all enjoy the January 2019 edition of **VISION**Loughton.

Brett



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# NINE DECADES OF Disney

Celebrating the 90th anniversary of Disney's iconic Mickey Mouse, we look at the history behind the most famous kids brand of them all.

They say longevity in the kids' entertainment market is the most difficult thing to crack, and sure enough, very few brands achieve the sort of long-time status that enables them to survive. For every Ken and Barbie there is a Tamagotchi; for every Lego there is a Budgie bike.

The reality is, fashions come and go, and the market for kids is fickle than most. So it's therefore even more incredible that Disney has circumnavigated different eras, different trends and the evolution of technology in such a way that it thrives just as much now than ever. And as for its fans, well they cross over multiple generations, to the extent that parents often enthuse as much about a trip to any of the magnificent Disneyland resorts as much as the kids.

Although Walt Disney had toyed with basic animations going back to 1923, the true foundations of the corporation were laid in 1928 when Mickey Mouse made his debut appearance in the animation *Steamboat Willie*.

By 1932, United Artists had agreed to look after distribution, and in the same year *Flowers and Trees* became the first Technicolour cartoon and first animated short to win an Academy Award. *Three Little Pigs* reached the same heights the following year, with *The Tortoise and the Hare* scooping the gong 12 months later. The die was cast.

A first feature film – *Snow White and the Seven Dwarfs* – was released in 1937; and with the company going public, animated classics *Fantasia*, *Pinocchio*, *Dumbo*, *Bambi*, *Cinderella* and *Alice in Wonderland* all arrived over the course of the next decade.

Disney continued to mix animation with traditional film-making, and it is surely still a marker to the brilliance of animated classics such as *Lady and the Tramp*, *Sleeping Beauty*, *101 Dalmatians* and the original *Mary Poppins*, that we are still talking about them over 50 years after their release.

And even after Walt Disney's death – from lung

cancer in 1966 – this bevy of creativity continued to grow, with the unveiling of the Walt Disney World Resort in Florida five years later surpassing the already-opened California theme park a decade previously. Metropolises in Tokyo, Paris, Hong Kong and Shanghai have followed, along with a number of smaller spin-offs.

But mostly, the evolution of the brand now encompasses the world's very best animators, CGI experts, actors, entertainers and creative visionaries.

From humble beginnings, Disney is a buzzword for mass-market success, with 11 theatrical releases in 2018 (including *Black Panther*, *Avengers: Infinity War*, *Ant-Man and the Wasp*, *Incredibles 2* and *Christopher Robin*) and a number of other films and TV series engaging and delighting kids like never before.

Now a succession of blockbuster remakes and reinventions are in the offing – *Mary Poppins Returns* is released at Christmas, with *Dumbo*, *Aladdin* and *The Lion King* following in 2019 before, in November, every parent's worst singalong nightmare, *Frozen 2*.



Photo credit: Disney/Kobal/REX/Shutterstock







# The Letter of the Law

What do the codes on your letterboxes mean, and why are they here? In these days of digital mail, affordable courier services and our ability to message people via our phones at any time of day in, seemingly, any place, it should come as a relief that in every neighbourhood the post box still remains.

In some ways, this bright red, glowing beacon is an icon for a bygone era, where a letter was at one point the only form of long-distance communication. In other ways, its presence is a reminder that the most British method of communicating is still afforded the most regal of vehicles. But look closer at post boxes and you'll find they are adorned with a variety of different letters; what each reveals is quite startling.

## VR post box

This is a Queen Victoria era post box, from between 1853 and 1901.

## ER VII post box

An Edward VII post box, first in service between 1901 and 1910.

## GR post box

A George V post box, from between 1910 and 1936.

## ER VIII post box

An Edward VIII post box, put in its position between January 20, 1936 and December 11, 1936, before the controversial king abdicated the throne to marry Wallis Simpson. Subsequently, this box is very rare.

## GR VI post box

A George VI post box, put up between 1936 and 1952.

## ER II post box

Finally, an Elizabeth II post box, placed in its spot between 1952 and the present day.

The subject of post boxes in Scotland is an interesting one, given that Elizabeth II is actually the first Elizabeth north of the border. In days gone by post boxes with ER II on them had been vandalised and blown up by nationalists. Subsequently, since the 1950s, any new Scottish post boxes (and phone boxes) bear only the emblem of the Scottish crown although you can still find post boxes both with and without the II after ER.



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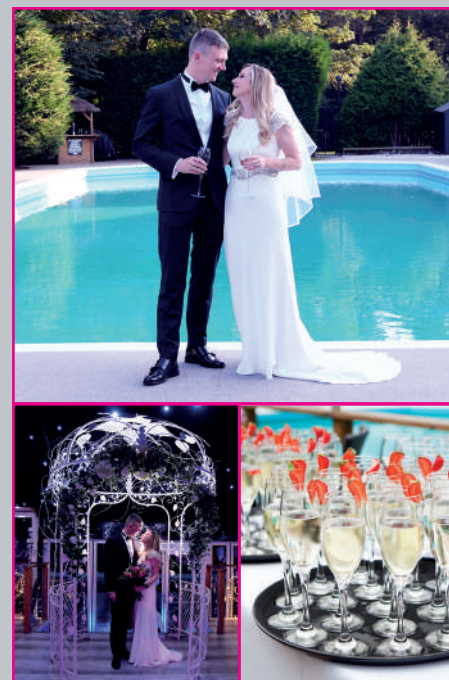
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# MALE LEGGINGS

*fashion trend or fashion disaster?*

Male leggings or 'meggings', as they are also known, have been acceptable attire in the elite fashion circles for a few years now with Justin Bieber, Russell Brand and Lenny Kravitz all rocking this eye-catching trend.

But with many versions now hitting the high street, we look at whether the masses are ready for this daring look.

## Are male leggings for me?

It takes a certain type of man to pull off this metrosexual look, and an air of confidence goes a long way. If you regularly wear skinny jeans, then you are already primed for this trend. Don't think you need to have skinny legs though, meggings are perfect for showing off your gym-honed muscles.

## What are the benefits of meggings?

Leggings are super comfy and great for winter as they keep you warm. They are incredibly versatile and can be dressed up or down depending on the

occasion. Plus, there are so many different designs, colours and fabrics to choose from.

## And the downsides?

From what we can tell the only practical negative of the male legging is the lack of pockets. So, unless you are also planning to invest in a man-bag, you need to travel light when wearing this trend.

## How to wear them?

For an effortless daytime look, pair with a denim jacket and plimsols and let the leggings be the statement of your outfit. Or for evening chic, team with a blazer and a pair of biker boots.

## So, what's the verdict?

Although we were unsure at first, meggings are definitely here to stay so if you feel comfortable wearing them, then we say go for it. Who knows, you may be scouted as the next David Gandy.







# Beautiful-eye THE NEW YEAR

**T**he New Year is upon us and you most likely have your New Year's resolutions sussed out. Perhaps your resolution is to be more active and stick to a fitness routine, or you strive to be in a better financial situation by this time next year.

If like us, your resolution is to keep up to date with the latest beauty trends, we have your back. Jump on the January beauty bandwagon and take note of these cool spring trends.

## HOLLA AT HARMONIOUS HAIR

The slightly wet, wavy hair look is what everyone is craving this month. Think cool waves, and a fresh, light bounce to give the illusion of just washed hair, even on those extra busy mornings. Start with dry hair and smooth over a generous amount of curling hydrating oil onto the ends. The oil will give the shiny, 'just washed' hair feel that lasts all day. For unruly hair, a frizz taming gel will go a long way.

## GET LIPPY

That festive, bold lip you were sporting last month is taking a step back in January. Matte nudes and browns are to take centre stage in your make up bag this month. But if you're not quite ready to ditch the red then why not pick a muted red or flushed

pink to create the illusion of naturally tinted lips.

## SPARKL-EYE

If like us you're missing the Christmas sparkle, you will love this trend. Sixties eyes are back. Glittery eyeshadow will carry you all through spring. For a subtle glitter eye, a small amount will take you a long way. If you're prepared to go that little bit extra though, double layers of pressed on glitter is hot this year. Imagine a full on, slicked foil effect.

## NEW YEAR, NEW MAN - WITH BEARD

Fancy growing a beard in 2019? Whether you're thinking of growing or maintaining your facial hair, keep your hair soft and nourished. Use a beard oil to tame the frizz and keep the hairs in their place and a moisturising balm to condition the hairs and to minimise dry skin and flakiness.

## SANS BEARD

Keep your skin supple and protected throughout the colder months by using a hydrating face moisturiser and remember to exfoliate weekly. An exfoliator containing salicylic acid will help to break down dead skin cells which can clog pores and cause breakouts.



# Hair we go

**L**ong gone are the days when men could just slick on some gel, give their hair a quick comb over and head out the door.

## The Wonder of Wax

Wax is best suited for men with straight hair that is short to medium length. It offers a fairly strong hold, a medium amount of shine and leaves a matt finish.

## Controlling Clay

A fairly recent addition to the male hair product market, clay offers a firm hold as well as adding thickness, making hair appear fuller. Best for managing curly or frizzy hair.

## Good Old Gel

Gel is without a doubt the most common male hair product. Your teenage self probably relied on this product daily. It is cheap, does what it says on the tin and can be

applied to damp hair, meaning you can style on the go.

## Move over Mousse

Mousse can be seen as old fashioned and best left firmly in the 80s, but it does still have its uses. A good mousse can create volume and keep your style in place. The hard and fast rule to remember is that a little goes a long way.

## The Power of Powder

A less well-known male grooming product, texture powder is excellent for adding volume and providing hold. It works best applied to your roots as it absorbs excess oil from your hair. The only downside is that it can leave hair feeling slightly stiff.

## Playing in the Mud

Hair mud or putty can often be confused with paste, but it differs in that it is softer and offers users the chance to easily restyle hair throughout the day. This product works best for men who want to create a messy, effortless look. It can be used for both short and long hair.





HEALTH & FITNESS

# BOOST happy hormones

It can be hard to remain positive and motivated this month, with a combination of cold weather, empty purses and the inevitable return to work after Christmas playing havoc with your mood.

## 1. Oxytocin – The Love Hormone

This feel-good neurochemical is centred around the notion of trust and is vital for maintaining healthy relationships. You can stimulate oxytocin by simply touching another person; with a quick hug, by holding hands or by indulging in a massage. Being comfortable with your sense of touch is important in improving your social interactions and can help create positive bonding experiences with those around you.

## 2. Endorphins – The Euphoria Hormone

Endorphin is also known as the counter chemical as it helps to balance your stress levels, boost your mood and reduce anxiety. The easiest way to release this hormone is with a full on belly laugh, so next time you are feeling stressed, share a joke or amusing anecdote with a friend or colleague. Laughter really is the best medicine.

## 3. Dopamine – The Motivational Hormone

This clever chemical is responsible for feelings of pleasure and reward which in turn motivates you to repeat a specific behaviour. A good way to ensure you have regular releases of dopamine is to break down your goals into step by step manageable objectives. Sufficient sleep and regular exercise can also help regulate dopamine levels in your brain.

## 4. Serotonin – The Confidence Hormone

Serotonin controls how you feel from one minute to the next. High levels result in feelings of satisfaction and accomplishment, whereas low levels are associated with loneliness and low mood. A quick way to boost serotonin is by reflecting on your past successes as well as increasing your vitamin D intake and being kind to others.



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# FIGHTING FIT!

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## FITNESS FOR LIFE

Previously the gym was geared towards a certain kind of person with a specific goal, perhaps losing weight or building muscle. Yet these days our relationship with exercise is changing as we look to improve overall health and wellbeing. Partly this is down to fitness becoming more accessible through the internet, and the rise of affordable fitness clubs, but is also about education as we become more aware of the benefits of healthy eating and daily exercise.

## GLOBAL YOGA

It may be one of the oldest forms of exercise, but yoga is as popular as ever. From quick lunchtime sessions, to online classes and even pop-up yoga domes appearing in your office car park, expect to stretch this year.

## HIGH-TECH TRAINING

Similarly, as smart fitness devices, such as Fitbits, Apple Watches and other wearables become more affordable, they will play a more integral part in our everyday health regime. Suddenly a near-distant future where most people can track their steps,

heart rate, calorie intake and cholesterol, doesn't seem implausible. These individual pieces of kit are also expected to assimilate better with gym equipment, helping you stay on track with your personal workout goals.

## TRAINING WITH YOUR TRIBE

As technology inevitably isolates us in our work, we will begin to seek out new opportunities to connect with each other through exercise, so expect an emphasis on the community in the coming year. And whether training together via live online groups, or the old fashioned meetup in the local park, there really is no I (not iPhone) in 'team'.

## HIIT IS STILL HOT

In this age of instant gratification, it should come as no surprise that High Intensity Interval Training (HIIT) is still the hot workout. And as our lives get busier, expect even zippier classes. Whether 30, 20 or even 10 minutes, there is no excuse for shirking in 2019.



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# Healthy VEGAN MEALS

Feeling up for a challenge? Vegan is the word on everyone's lips this new year. Whether you fancy trying something new or you are looking to eat a little bit healthier in 2019, we have a selection of delicious, easy and nutritious food ideas to get you through January effortlessly.

## BUDDHA BOWL

The Buddha bowl is such a fun and creative way to eat lunch and can be adapted to include any toppings you like. A delicious suggestion is to chop tomatoes, broccoli and some lettuce and then arrange in a bowl. Add chick peas and some sliced sweet potato to the bowl. You can easily make your own salsa with diced tomatoes, lemon juice, onions and coriander as well.

## VEGAN CHILLI

This chilli is perfect for a cool January evening. Grab your slow cooker and throw in some chopped mushrooms, onion and peppers. Measure 60g of quinoa and lentils per person and throw this in too. Then add half a can of kidney beans, a tin of tomatoes and a generous helping of sweetcorn. Flavour the pot up with a tablespoon of chilli powder, one teaspoon of cumin and one teaspoon of basil. Then finish off with 100ml of vegetable stock and leave to simmer on low for around four hours. Serve with some brown rice and top with chopped coriander and spring onions.

## BANANA NICE CREAM

This is a simple but fun ice cream recipe that children will love to join in with and make. With only four ingredients, you can't go wrong with the chocolate chip nice cream. Mash together four bananas, maple syrup and vanilla extract and blend until smooth. Then simply stir in some cacao nibs and freeze until firm.

Photo credit: www.popsugar.co.uk



# Breakfast of CHAMPIONS

Start every morning off the right way by embracing the most important meal of the day... and better still, this lot all come in at under a quid each.

## THINGS ON TOAST

Eggs, beans, mushrooms, tomatoes, kippers... the possibilities of things you can put on toast is limitless. And yes, while you can mash up avocado and smear it on some sourdough, it's really not necessary to make a totally banging breakfast.

## EGG-CELLENT IDEAS

Egg is pure protein which fills you up for longer, keeping hunger at bay until lunch, so indulge your inner bodybuilder and get cracking. From omelettes stuffed with ham, spinach and goats cheese, to perfectly poached domes atop English muffins, and even with your classic 'soldiers', eggs are almost definitely the elusive breakfast of champions.

## OAT SENSATIONS

They're cheap, healthy and one bag goes a very long way, but that doesn't mean oats are the boring option... far from it. Even a brekkie standard like porridge can be jazzed up with various fruit compotes, nuts and seeds. You can also add them to a smoothie, or mix with yogurt, berries and grated apple overnight for creamy bircher muesli. If that doesn't appeal, even toast with maple syrup to make your own granola (it tastes way better than the shop-bought version).

## PERFECT PARFAIT

Want to get posh for breakfast? Make a parfait!. Layer yogurt, granola and fresh fruit in a glass for a breakfast that looks like a dessert but is actually your Monday morning saviour.

## PANCAKES, PANCAKES AND MORE PANCAKES

Pancakes — they're easier than you think, and very cheap. Just beat eggs, flour, sugar, milk and baking powder together and fry in batches to create those gorgeously fluffy American pancakes you see in films. Just add bacon, maple syrup and lots of black coffee.







An increase in expenses can be the death of many SMEs who have to compete against larger corporations for customers as well as wholesale goods.

Check out our top tips for cutting back on your monthly expenditures and stay firmly in the black this financial year.

#### 1. EVALUATE YOUR OFFICE SPACE

Is it really necessary for you to have your business based directly on the high street? Could you consider going mobile and bringing your services directly to your clients? Or even working from home? Alternatively, if you are a good tenant, try negotiating with your existing landlord for better lease terms.

#### 2. NEGOTIATE YOUR SUPPLY COSTS

It can be easy to become complacent with your suppliers, especially if you have built up a solid and friendly relationship with them. But you must remember that business is business and failing to ask for discounts could be the difference between you staying afloat or going under. You should always check competitor rates regularly and feed back your findings to your current supplier to negotiate a better deal.

#### 3. BARTER FOR GOODS AND SERVICES

This may seem like a concept taken from the

caveman years but bartering for services is actually a win-win situation for both parties involved. If you have a particular skill, why not offer this to another local business in return for one of their services? This can also help you build good relationships with them.

#### 4. ANALYSE ADVERTISING SPEND

It is vital to regularly analyse how effective your current advertising is. SMEs can often benefit from local media as it is a trusted medium that yields quick results. Having a strong social media presence is also essential in this day and age and free if you are willing to create and update your accounts yourself.



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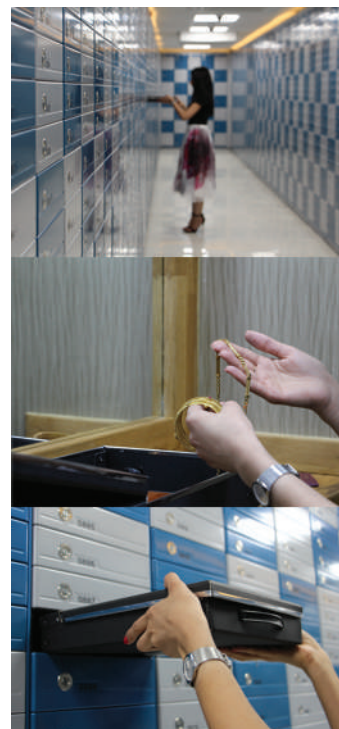
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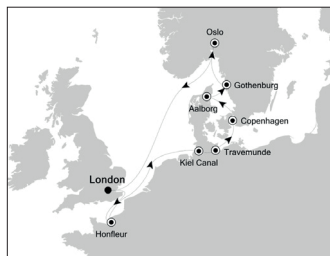


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10	London (Tower Bridge), United Kingdom		7:00 AM
11	Honfleur, France	7:15 AM	
12	Honfleur, France		6:00 PM
13	Day at sea		
14	Kiel Canal, Germany	12:00 PM	10:30 PM
15	Travemunde, Germany	8:00 AM	7:00 PM
16	Copenhagen, Denmark	8:00 AM	9:00 PM
17	Aalborg, Denmark	8:00 AM	10:00 PM
18	Gothenburg, Sweden	9:00 AM	6:00 PM
19	Oslo, Norway	8:30 AM	5:00 PM
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# Lapland 2019

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Imagine your children's faces waking up on Christmas morning in a log cabin, surrounded by snow and all set to meet Father Christmas himself. Think it is out of your price range? Start shopping around now and you could save £100s.

### Choose your destination

One of the most popular destinations is Rovaniemi, the capital of Finnish Lapland. It is only a 10-minute drive to the Santa Claus Village and offers a wide variety of shops, restaurants and bars. Yllas, in northern Finland, is best for those wanting a peaceful stay combined with stunning scenery. If a thriving night scene is what you are after, then look no further than Levi, where you might get to see the Northern Lights. And Ruka is the perfect destination for skiing enthusiasts, with 29 runs available.

### All-inclusive or independent booking?

Depending on your budget and list of requirements,

it may be cheaper for you to book your accommodation and your flight separately. Finnair, TUI, Norwegian and Thomas Cook airlines all fly from the UK to Lapland and you can get some great deals in the January sales.

### Determine your wish list

From dog-sledding to reindeer sleigh rides, to snowmobile safaris, Lapland has so many once-in-a-lifetime activities that the whole family will love. Not forgetting of course, the unmissable Santa Claus Village where your little ones can meet Father Christmas and all his elves.

### Decide on dates

Many families want to wake up in Lapland on Christmas morning, but this is by far the most expensive time to visit in the whole year. Consider visiting in early December for a very similar experience but at a much cheaper price.



# Let's create CRYSTALS

Take your children on a journey of discovery and science with these DIY salt and sugar crystals. If you think they were obsessed with slime, the crystal craze is set to be even bigger. And with less mess for you to clear up.

### Salt Crystals

Also known as crystal needles due to their appearance, these are a great introduction to crystal growing as results can be seen in under 3 hours.

#### Ingredients:

- 1 small bowl
- ½ cup of Epsom salt
- ½ cup of hot water
- Optional food colouring

#### How to make:

- Add the salt and water to the bowl and stir until salt has dissolved
- Add colouring if desired
- Place the bowl in the fridge and leave for 3 hours
- Remove and check out your crystals

### Sugar Crystals

Slightly more time-consuming than the salt version, but with the added benefit of being edible once complete; also known as rock candy.

#### Ingredients:

- Glass jar
- 1 cup of water
- Straw
- 3 cups of sugar
- String (not nylon)
- Pan for boiling
- Optional food colouring

#### How to make:

- Boil the water in pan
- Gradually stir in sugar one spoonful at a time
- Add a few drops of colouring if desired
- Let the solution cool and then pour into jar
- Tie the string around the middle of straw
- Place straw across the lip of the jar and let the string dangle into the solution (not touching the sides or bottom of glass)
- Place your jar somewhere it will not be disturbed
- Watch over the coming days and weeks as your sugar crystals start to form
- When they stop growing, remove from jar and allow to dry
- Enjoy your homemade rock candy



Photo credit: www.littlebinsforlittlehands.com



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### PRUNING SHEARS

So much to do with gardening involves keeping nature at bay, so getting a decent pair of pruning shears is essential, whether that's trimming back rose stems or dealing with an unruly bush.

### A SOIL KNIFE

Looking like something out of *A Nightmare on Elm Street*, a soil knife (or hori-hori) is a Japanese tool with a blade on one side and serrated edge on the other. It will cut through roots deep in the soil, so weeding and plant removal from deep in the ground is quick and easy.

### WEEDER

A weeder is brilliant for removing plant matter caught between paving slabs, along edges and in small ruts. The days of backbreaking yanking of weeds are over with a tool you can use standing up, and which will swiftly bring back to life even the most overgrown of patios.

### RAKE

Leaf debris can make even the healthiest of gardens appear unkempt, but your friendly rake will sweep aside any dead matter to give a smooth finish to any lawn. And, of course, you can also use it on soil.

### SHOVEL AND TROWEL

There's nothing quite like digging a hole when wanting to feel connected to nature, and providing your back can deal with the impact of hammering a metal blade into soil that, inevitably, will have lumps of rock in it, shovel away to your heart's content. And of course, for smaller areas, and when tending to garden beds, a trowel is a must-have.

### KNEELING PAD

Traditional gardeners like Monty Don may turn their noses up at the sight of one, but for little more than a fiver you can save you knees from impending, aching doom with a soft kneeling pad.

### A HOSE

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GARDENING





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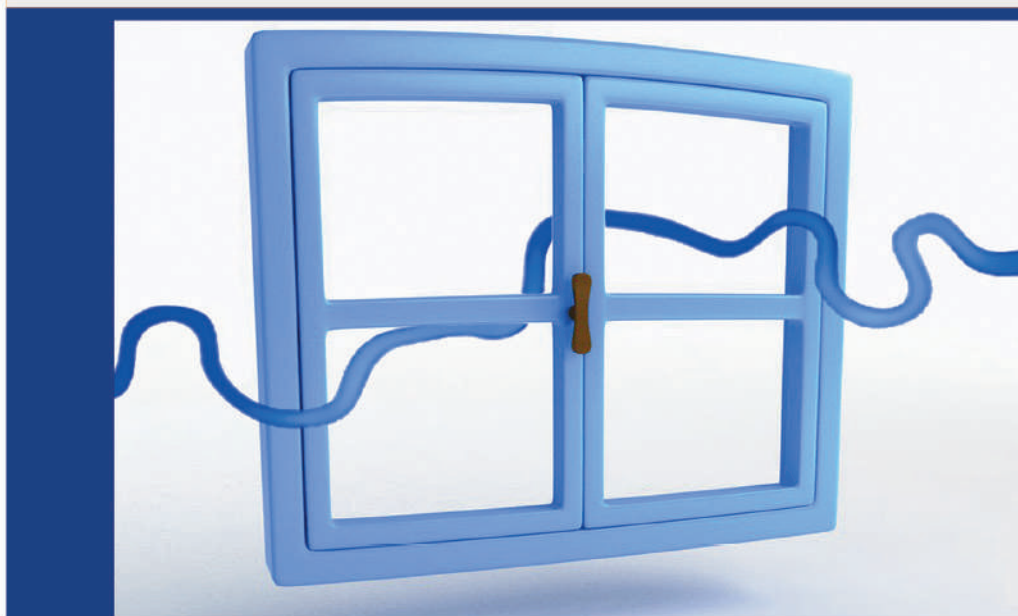
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# From Stevenage to Superstardom

**F**resh from claiming his historic fifth World Championship, we look at where Formula One icon Lewis Hamilton came from and why he's still got plenty of gas left in the tank.

Formula One is an extraordinary sport where everything can change in the turn of a wheel, but at the Mexican Grand Prix in October, Lewis Hamilton's straight-line, dogged determination was the driving force as, despite finishing fourth, he claimed his fifth F1 Driver's Championship – the world's greatest racing driver and proof, beyond doubt, that the 33-year-old Mercedes man is one of the all-time greats.

As it stands, only legendary Michael Schumacher – with seven world titles – sits in front of him, and there are aching similarities between the pair, notably in their dedication, relentless attitude and fastidious approach to racing.

Born in Stevenage to humble beginnings, it was Hamilton's father who noticed his six-year-old son's potential when he gave him a remote-controlled car. For Anthony, who had moved to the UK from Grenada with his parents in the 1950s, this was a chance to give his son the life he never had, and over the years he would make incredible sacrifices, even at one point holding down three jobs to further Hamilton's development.

Now, over a quarter of a century later, the racer's life is a million miles away from those early days in Hertfordshire. Famous, successful, adored and a hit

with the ladies, you wouldn't blame the former McLaren star if he called it a day, jetting off to Monaco to enjoy his vast wealth. But Hamilton is as ambitious as ever, as noted by two victories in the final two races in Brazil and Abu Dhabi after he'd already clinched the title.

Respect and recognition from the UK public came, even though Hamilton's persona leaves some with mixed emotions towards the star. He is very much a 'Marmite' figure – in the racing world universally admired, but in straying into the world of celebrity, with all its Instagram-fuelled clumsiness and bravado, Hamilton attracts criticism.

While the tabloids will talk, it is ultimately the public who matter for Hamilton, and if he ever he feels his place in our hearts is dwindling, he need only look at the appeal he has annually at the BBC Sports Personality of the Year awards. Having scooped the prestigious gong in 2014 and been runner-up in 2007 and 2008, Hamilton came so close to rounding off 2018 with another title when claiming second place in a lavish event in Birmingham in the middle of December.

He said: "I have got my family with me tonight – it has been a really, really long journey and I am proud of what this year has produced.

"It really was a dream for us all as a family to do something different. We all set our goals very, very high, and we have achieved a lot, but of course I still want to go further, and that's what next year can bring... but I am very proud in this moment."



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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS



## Hospice receives generous donation from Taxmaniacs

A team of colleagues from Loughton-based Haslers Chartered Accountants, known by their fundraising name the Taxmaniacs, have presented a cheque to St Clare Hospice following their completion of the 100k Thames Challenge.

Taxmaniacs Meg Abery, Joelle Ewen and Charlotte Keel each took part in a 100km walk along the length of the Thames earlier this year for the hospice and managed to raise more than £1,600.

Now several months on from completing their walk, the three friends presented a cheque to the hospice, which has been used to purchase an oxygen concentrator.

The concentrator will be used by the hundreds of patients with life-limiting conditions that use St Clare services every year.

Speaking about their donation to the hospice, the Taxmaniacs said: "It was a real honour to visit the

hospice and deliver the cheque to the team there and it is even more rewarding to know that the money is already being put to good use."

The Taxmaniacs previously participated in the Colour Run last year, managing to raise £1,245 for the firm's in-house charity, the Haslers Foundation, which has since been donated to the Dream Factory.

Jon O'Shea, chairman at Haslers Chartered Accountants and a keen fundraiser himself, said: "Everyone at the firm is so proud of what the Taxmaniacs have managed to achieve in the last two years. They have really gone out of their way to take on tough challenges for some of our region's most-deserving causes.

"At Haslers, we continue to encourage our talented team to do more outside of the practice to help local people and communities and we are always blown away by what they manage to achieve."



# School collects hundreds of items for foodbank

Hundreds of tins and packets of food have been collected by staff and students at Roding Valley High School, Loughton, for Epping Forest Foodbank.

The collection was organised by Head Girl Grace Cain and Head Boy Harry Boyd-Walker.

Grace said: "Harry and I are absolutely delighted with the response.

"When we launched the appeal, we were hoping for a few items in each box, but we have been overwhelmed by the generosity of staff and students and have plenty to deliver to the foodbank."

The students decided to make the appeal a

competition within their houses.

Grace added: "Regardless of which house wins, it has been great to pull together as a whole school and do something to help our local community."

Assistant headteacher Sam Dyer said: "We are all very proud of Grace and Harry for launching the appeal. The response from our staff and students has been fantastic, just as I expected it would be.

"We try to support as many different charities as we can. The Epping Forest Foodbank charity is the obvious local choice and supports so many local families all year round."

Photo credit: Everything Local News

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## Man fined thousands for dumping rubbish

A Loughton man has been prosecuted after he dumped rubbish.

A shop in The Broadway, Loughton had rubbish dumped in its trade bin which was traced back to a resident living in Willingale Close.

Investigations by Epping Forest District Council led to the prosecution of Mr Christian Akinrinade.

The waste included several cardboard boxes and a leather bag.

Mr Akinrinade pleaded guilty at Chelmsford Crown Court to transferring household waste to an unauthorised person. He told the council he had given the waste to builders working at a property in his road

and had paid them approximately £30 to do so.

He was fined £1,153 and ordered to pay the council's prosecution costs of £627.82, together with a victim surcharge of £115.

Councillor Nigel Avey, portfolio holder for environment, said: "We take fly-tipping and residents' responsibility to ensure they are disposing of their waste legitimately and responsibly very seriously and will not hesitate to prosecute.

"Our message is simple: Before handing your waste to somebody else, always check, consider and record in order to protect yourself, and reduce fly-tipping by rogue traders. It is a crime not to care."

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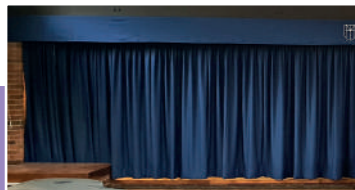
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News from

## THE ROTARY CLUB

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LOCAL NEWS



We were proud to unveil a memorial bench at Murray Hall on December 8 for Ken and Violet Jones.

Ken was club president from 1968-1969 and passed away in 2007. He was a magistrate at Epping.

Violet was a member of Inner Wheel. Violet passed away in January 2016. They will both be greatly missed.

Thank you to Loughton Town Council, Mayor councillor Stephen Murray and councillor David Wixley for their support.

Many thanks to club members who joined volunteers from Chigwell Riding Trust (CRT) as they stood tirelessly, outside Morrison's of Loughton on December 7 and 8 collecting with Tansy, one of CRT's ponies.

The second Friday of the month is our free Memory Cafe, where people with varying forms of memory loss and their carers can visit to support each other.

The next free session is on Friday, January 11 from 10am - noon at the Loughton Club, 8 Station Road IG10 4NX.

Call Pesh for further details on 07973 166940.

## Students become mini medics for the day



Year 10 students at Debden Park High School in Loughton were mini medics for the day when they took part in a workshop that highlighted the many health jobs available in the UK.

Students were challenged to become nurses as they drew blood from a prosthetic arm and doctors by practicing keyhole surgery.

They also played the role of optometrists with eye examinations along with many other roles within the NHS.

Art teacher Katerina Kyriacou said: "Not only did our Year 10 body demonstrate their maturity, intelligence and inquisitiveness, but they also showed interest in the field.

"We definitely have some future doctors in our midst.

"It is important for students to participate in workshops that will give them an insight into what amazing career opportunities are available once they leave Debden Park High School with their A-levels."

Photo credit: Everything Local News





Photo credit: Everything Local News

# Debden Park wins MPs Parliamentary Debating Competition

Students from Debden Park High School in Loughton were the winners of this year's Epping Forest Schools Parliamentary Debating Competition. The team of Max Bolton and Amelie Ashton won the event held by Dame Eleanor Laing MP for Epping Forest.

This year's motion was that this house believes that global warming is a myth. The Year 11 students had to speak against the motion.

Parveen Nawab, who worked with the students in

the run-up to the competition, said: "Debden Park High School is immensely proud of Amelie and Max for their outstanding debating victory."

"Their captivating speeches and brilliant teamwork brought this prestigious cup back to Debden after seven years, and we thoroughly look forward to hosting the competition next year."

Seven secondary schools from across the district took part in the competition which was held at Roding Valley High School in Loughton.

# Money approved to complete work

Big changes are set to come to Loughton as a series of decisions affecting the town were taken at the meeting of Epping Forest District Council's Cabinet last month.

Council staff working from the current housing depot off Epping High Street will move to new facilities already built at Oakwood Hill, Loughton.

Councillors also approved £140,000 to complete work necessary to let commercial units at the new Landmark Building in the Broadway, Loughton.

Once let, rental income of around £250,000 a year

will be used to support the council's public services.

After the meeting, council leader councillor Chris Whitbread said: "The strategic development of council services based in Epping, North Weald and our new depot at Oakwood Hill, Loughton dovetail with our determination to build much-needed new homes sympathetically and boost economic activity across the district."

"These are bold decisions. They demonstrate vision, confidence in our council, commitment to our residents and belief in the future of our district."

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LOCAL NEWS

# Santas take over the town in 5k family fun run

People from across Essex painted Debden and Loughton red and white during the Santa Run.

More than 150 people, dressed as Father Christmas, flocked to The Broadway to take part in the fifth annual family fun run in aid of St Clare Hospice.

This year's event is estimated that, once all sponsorship has been collected, to have raised £6,500 in vital funding for the hospice charity.

Committed volunteer fundraiser, Geraldine, has supported St Clare for more than 10 years and she launched the Santa Run event in 2014. This year will bring the combined total raised at her Santa Run events to almost £40,000.

Commenting on this year's event, organiser Geraldine Wilson said: "It is my pleasure to organise the Santa Run in Debden every year, in aid of St Clare.

"I know what a difference St Clare makes to so many local families, at such a difficult time in people's lives, and so many people say that they wouldn't have been able to cope if it wasn't for St Clare.

"So it is so important to me that we find a way, as a community, to give something back to St Clare so that they can be there for everyone who needs them in the future."

St Clare community fundraising lead Dani De'ath, said: "This year's Santa Run was so fun, and amazing to once again witness such a great turnout.

"We'd like to say a huge thank you to everyone who came and participated and helped to spread the St Clare festive cheer in the local community.

"A massive thank you to Geraldine for organising the event, and for her continued support."

## Kings Oak pub hosts special guests

Popstar Olly Murs took over a pub in Loughton recently to film his new programme *Happy Hour with Olly Murs*.

He headed back to his Essex roots to put on a jam-packed night of games, chat and performances of his biggest hits which aired on ITV over the festive season.

With a packed bar, Olly was joined by other stars including Bradley Walsh, Emma Willis, Sir Tom Jones and Lady Leshurr.

Lucky super fans got to mingle with the invited audience which included Olly's closest friends and family.



Photo credit: ITV Pic



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Before



After







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HOME & DIY



# VANISH THAT *vino*

A wine spill doesn't have to spell disaster. Follow the below tips and your carpet will look good as new.

**1. ACT FAST**

Whether you have spilt champagne, white wine, or the dreaded red variety, it is vital that you act immediately. The longer the liquid is left untreated, the more it can soak into your carpet and the harder it will be to remove.

**2. SOAK UP EXCESS**

Using a cloth or towel (preferably white for a red wine stain), attempt to soak up as much as the liquid as possible. The more you can remove with this process, the less you will have to try and remove later.

**3. APPLY A STAIN REMOVER**

For white wine or champagne spillages, you should now apply a commercial stain remover or diluted solution of washing up liquid or laundry

detergent. For red wine you should apply a baking soda paste consisting of three parts water to one part baking soda.

**4. BLOT, NOT RUB**

Once the stain remover has been applied, blot the stain with a clean cloth. Never use a rubbing motion as this will push the liquid further into the carpet fibres. There is no need to blot the red wine stain.

**5. LEAVE TO AIR DRY**

Leave areas to air dry; do not try and speed up the process with a hair dryer. Vacuum up any excess baking soda from the red wine stain.

**RED WINE STAIN MYTHS:**

Sprinkling salt will remove the stain. This will in fact help fixate the colour.

Pouring white wine will cancel out red wine. All that you will achieve is diluting the red colouring of the stain.

Applying vinegar will help the stain disappear. Vinegar has a very low PH level which can discolour your carpet further.





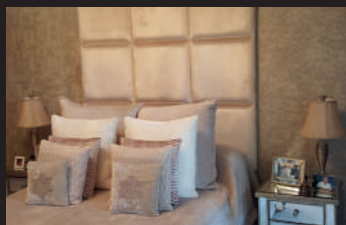
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# JO HAMILTON'S Colour Hues

WHY DESIGNER JO HAMILTON IS  
LEADING THE WAY IN INTERIOR INTELLIGENCE

Asking the brilliant Jo Hamilton the things she craves most in any kind of interior designer project and she'll say: "colour and sleek sophistication, and not a lot more".

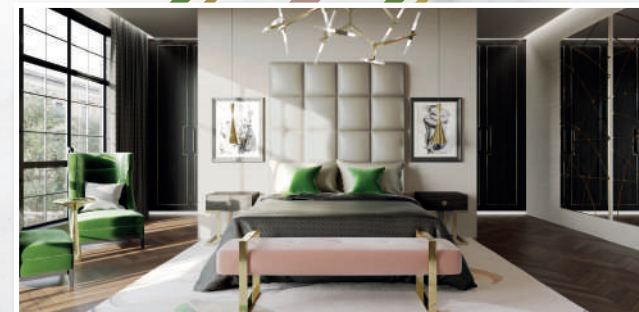
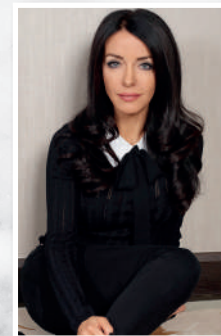
Through hard work, dogged determination and an eye for style, Hamilton has carved a niche for herself at the top table of home style. The 49-year-old mother of three is a natural – down-to-earth, innovative and keen to demystify the world of interior design, and always the first to encourage people to put their own stamp on the home. From her breakthrough in 1995, it has often been Hamilton's keen eye and knack for mixing vintage with the new that results in an eclectic mix that's warm, elegant and accessible.

"I think a lot of people struggle with how to use colour in their homes," she continues. "Lots of people love colour but are worried about how to pick the right one, what's right for their home and what's right for the property itself."

"The same goes for fabrics, and generally speaking we're a bit more experimental on that front because there is less permanence about them, but I think sometimes people still tend to stay on the safe side".

"I guess it's always been my mission to want to encourage people to mix and match," continues Hamilton, who runs hugely successful design courses from her offices in London's opulent Belsize Park. "There's nothing worse than an interior that's just been ripped out of a fabric shop."

And her favourite room in the house? "Surprisingly, it's the kitchen," she laughs. "It has grown and developed more than any other room in the house, from a functional space to the central area of life, conversation and innovation. If the humble kitchen isn't worthy of a makeover, I don't know where is".





# Behind the colour scenes

Want to know what colour is going to be hot next year? Just ask the team at Pantone.

You might think that the online bloggers and influencers are the ones shaping the objects that we covet in our wardrobes and our homes, but it is the team at the Pantone Color Institute in Carlstadt, New Jersey, who probably have the biggest sway over what we're wearing and buying.

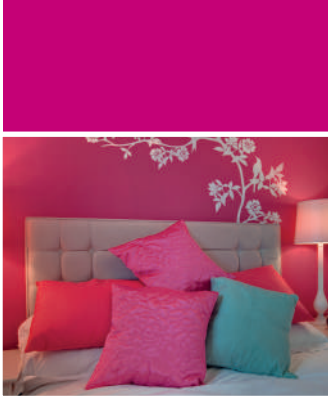
Remember in 2016 when phone covers, furnishings and nail varnishes were an explosion of glorious rose gold? Well that was precisely what the good folk at Pantone predicted when they made Rose Quartz (Pantone 13-1520) the colour of the year. And then, what about in 2017, when our wardrobes exploded in a spray of verdant green, much like the Greenery (Pantone 15-0343) shade Pantone selected?

So who are these mysterious trendsetters, and how do they go about working out which hue will be the hottest in the coming year? Founded in New York City during the 1950s, the company – under its original name M&J Levine Advertising – was a straightforward printing firm which became known for its books of colour swatches.

Famed for a distinctive logo and numerical system, it is only since 2000 that the company began arranging a bi-annual secret meeting of representatives from various nations' colour standard's groups, to try to discern which colour would be most popular in the following year. These selections are purposefully zeitgeisty, reflecting the trends of society as a whole.

Pantone predicts that next year we will reflect a desire to embolden ourselves as we face the future. This is mirrored in the bold palette selected for the Pantone Fashion Colour Trend Report Spring/Summer 2019 edition, which included Jester Red, Pink Peacock and Mango Mojito.

So, while it's too early to predict exactly which colour we will be rocking for 2019, you can bet that it will bright, bold and brilliant.



Jester Red

Pink Peacock

Mango Mojito

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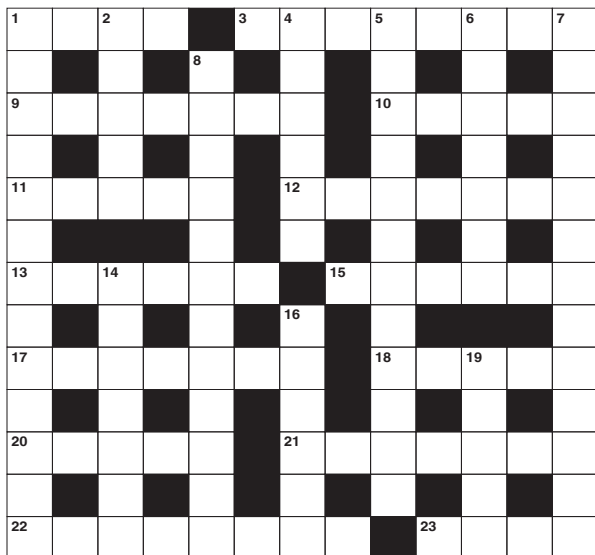


## ACROSS

1. Gear wheels (4)
3. Combine into one (8)
9. Person proposed for office (7)
10. A sense (5)
11. With speed (5)
12. Widening at the bottom (7)
13. Distinct being (6)
15. Season before Christmas (6)
17. Cigar (7)
18. \_\_\_ Mirren: *The Queen* actress (5)
20. Facial protuberances (5)
21. Large area of land (7)
22. Author (8)
23. Blast of a horn (4)

## DOWN

1. Gradual healing (13)
2. Third Greek letter (5)
4. Unique (3-3)
5. Popular takeaway food (4,3,5)
6. Simian (7)
7. The \_\_\_ : intellectual movement (13)
8. Contagiously (12)



14. Long locks of hair (7)
16. State of mental strain; anxiety (6)
19. Foreign language (slang) (5)

## DID YOU KNOW?

- The sunset on Mars appears blue.
- Stars are hot and give off their own light, which is why we can see the stars at night.
- The sun is one of at least 200 billion stars in the galaxy.
- The speed of light in space is about 300,000,000 metres per second.
- A year on Mars is almost twice as long as a year on Earth.
- Most planets have at least one satellite in orbit around them.
- Mercury is the smallest planet and Jupiter is the largest.
- Earth is the only planet not named after a god or goddess.

## SUDOKU

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



# Online Dating DICTIONARY

You think you have got the hang of online dating; swipe right for yes, left for no, always meet in a public place, but then the lingo just keeps on evolving.

## CASPERING

Aptly named after the loveable ghost Casper, caspering is a friendly alternative to ghosting (where you completely ignore someone you have previously been corresponding with). Instead you make your feelings clear and let them down gently.

Example of caspering: "I have really enjoyed getting to know you, but I don't think we are compatible."

## BREADCRUMBING

The act of sending out suggestive but non-committal messages to someone you like online; just like you are leaving a trail of breadcrumbs.

Example of breadcrumbing: "I'm not sure if meeting up is a good idea right now. I did dream about you last night though."

## PEACOCKING

As the name suggests, peacocking is when you

act like a peacock, using your physical appearance to obtain attention from potential suitors.

Example of peacocking: Posting multiple pictures of yourself looking fabulous on Instagram, Facebook and all other social media and tagging everyone you know.

## FREECLIMBING

An online dating faux pas, freeclimbing is when you go mad googling someone you have been matched with prior to even meeting them.

Example of freeclimbing: Trailing through old Facebook photographs desperate to see what their ex looks like or googling their employment history.

## SNEATING

Undeniably one of the worst dating actions, sneating is when someone goes on a date purely to bag a free meal or night out. A sneater will have no physical or emotional investment in the other person, it is purely monetary.

Example of sneating: "I'd love to go out with you. How about we make a real night of it? Dinner, drinks, show?"





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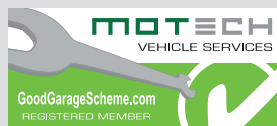


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# *The road* **TO NOWHERE?**

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**W**e've all been excited by the fanciful notion of getting in the car to embark on some kind of hedonistic adventure, albeit with the idea of returning a day or so later refreshed and revived from the freedom of the open road.

But what if you just kept on driving... on and on into the worldly wilderness... where exactly would you end up? The answer, of course, is Khasan, in Russia.

Yes, it's true. A trip from any part of the UK using only designated roads (and the Eurotunnel in order to escape the UK) would land you on the most eastern border of North Korea.

But if you don't fancy traversing for over a week across the Eastern Bloc, there are other trips that are plentifully fanciful.

## HEADING SOUTH:

Using London's Charing Cross station (the capital's accepted 'central point') as a starting position, you could venture as far as Sagres in Portugal before running out of road, a driveable distance of 1,520 miles.

## HEADING NORTH:

Venture north and you'll wind up at Dunnet Head Lighthouse in Thurso, having driven some 688 miles and crossed only one border.

## HEADING WEST:

If your steering guides you in a westerly direction you'll rock up at St Davids on the west coast of Wales, the UK's smallest city with a population of just 1,800 people. You can get there on one tank of petrol as it's little more than 257 miles away.

## HEADING EAST:

But several petrol stops – and a straight face at passport control – will be required if you're to make it all the way to Khasan. You'll have driven through Belgium, the Netherlands, Germany and Poland, taken in Belarus and the Russian capital itself, Moscow, clocking up 7,573 miles whilst undoubtedly losing the will to live, but will have achieved the furthest driveable route from our fair isle.

*Now then, who's driving back?*





# PUNCH DRUNK

Following Tyson Fury's questionable draw with Deontay Wilder in LA at the start of December, we look at other bouts where the conclusion of the fight is only the start of the controversy.

Even more remarkable than Fury climbing up off the canvas twice against Wilder in the early hours of December 2 was the fact the three judges present all apparently witnessed completely different fights.

Rarely can fighters give their all for 12 rounds, only for three entirely different outcomes to be presented, but that's what happened at the Staples Center, and it seems likely the heavyweights will have to do it all again to find out who is truly the stronger man.

As controversy goes, this one would be graded B-, but others have ripped up the rulebooks when it comes to the verdict at the final bell.

## LEWIS V HOLYFIELD, 1999

Billed as 'undisputed', the final outcome was anything but, with all three judges presiding over a different outcome. Only US marker Eugenia Williams scored in fellow American Evander Holyfield's favour — a rematch was ordered that Lennox Lewis won.

## DE LA HOYA V TRINIDAD, 1999

Oscar De La Hoya outfought and out-threw unfancied opponent Félix Trinidad, but upon running out of energy at the end allowed his opponent a late rally. Even so, many thought it was an easy win, until the judges gave an incredible victory to his Cuban opponent.

## JONES JR V SI-HUN, 1988

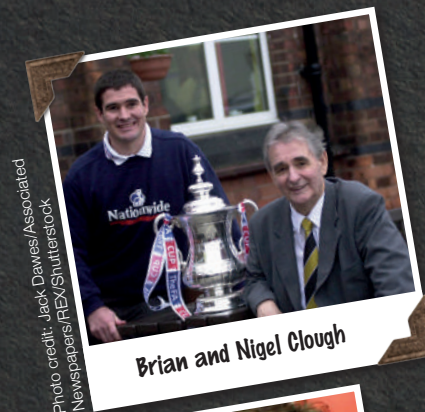
At the Seoul Olympics, Roy Jones Jr battered home amateur Park Si-Hun in an absurdly one-sided bout, and looked on incredulously as local lad Si-Hun was awarded the gold.

## PACQUIAO V BRADLEY, 2012

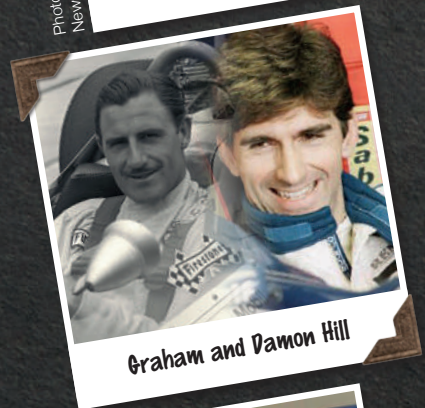
Perhaps the biggest injustice of them all, with the Philippine adjudged to have lost a fight he dominated. Even Tim Bradley's promoter, Bob Arum, stated: "I've never been as ashamed of the sport of boxing as I am tonight." Welterweight Manny Pacquiao got his wish for a rematch in 2014 and promptly won.



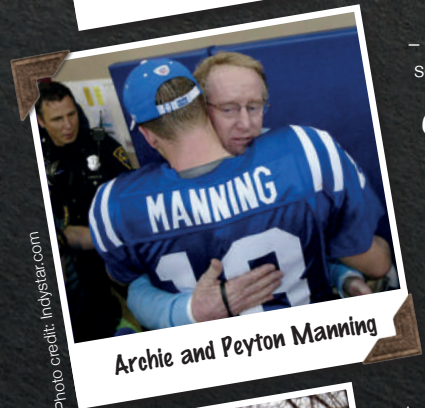
Photo credit: Tom Hogan/INPHO/REX/Shutterstock



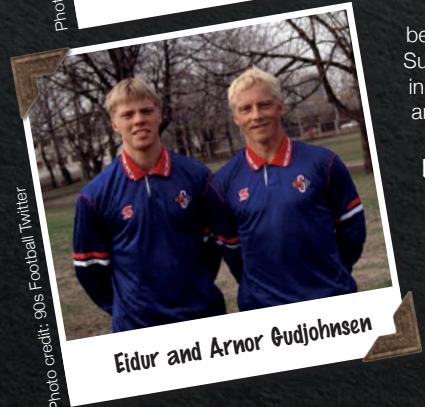
Brian and Nigel Clough



Graham and Damon Hill



Archie and Peyton Manning



Eidur and Arnor Gudjohnsen

# LIKE Father LIKE SON

## THE WORLD'S GREATEST FATHER/SON SPORTING DOUBLE ACTS

### BRIAN AND NIGEL CLOUGH

While Brian was one of a kind in guiding Nottingham Forest to two-time European greatness, his son was emerging as someone who, on the pitch, could do everything his father could off it. It's no coincidence that Forest's last major top-division stint had the dad in the dugout and his son – an England international – on the pitch, before both went their separate ways and Forest's fortunes slumped.

### GRAHAM AND DAMON HILL

It was bittersweet for British F1 racer Damon Hill upon clinching his first and only world title – with Williams in 1996 – that his father Graham wasn't there to see it. His dad was killed while piloting a light aircraft in bad weather in 1975, when Damon was just 15. Graham had clinched two world titles, in 1962 and 1968.

### ARCHIE AND PEYTON MANNING

While Archie singlehandedly drove forward a poor New Orleans Saints NFL team across a playing career of 13 years before retiring in the early 1980s, his son Peyton made it to two Superbowls and is regarded by many as the greatest quarterback in the sport's history — a modern-day icon with Indianapolis Colts and Denver Broncos.

### EIDUR AND ARNOR GUDJOHNSEN

What links these two Icelandic footballing legends is arguably their longevity. Arnor, who played for Anderlecht against Spurs in the 1984 UEFA Cup Final, continued club football beyond his 40th birthday, while Eidur, a hero at Chelsea who scored Champions League success with Barcelona, finally hung up his boots in 2016, aged 38.

Now, a third Gudjohnsen – also Arnor – is on the starting blocks, having signed for Swansea City.



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# WHAT'S ON

*in your area*

## Adventure 101

**Loughton Station (Stop A), Loughton, IG10 3ED**

**January 6, noon - 2pm**

Come along to this meetup, an introduction to adventure in Epping Forest where you can expect to lose weight and feel great in a natural way, leave the stress of modern living behind, reconnect with nature and discover

your hidden talents and connect with like-minded people who love adventure.

Learn climbing, free-running, navigation and archery of all ability levels.

This is event is for people of all ability levels, but requires a basic level of physical fitness.

## Sunday Carvery

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

**January 13, noon - 6pm**



The best Sunday Roast Carvery is now available to you at Woolston Manor Golf & Country Club.

Join us for a delicious unlimited three-meat carvery every Sunday from noon - 6pm in our newly refurbished Lounge for just £12.95.

To avoid disappointment please call 0208 5002549 for information and reservations.

We hear the wine is pretty good and so is the view.

## Walk with the West Essex Ramblers

**Walk with the West Essex Ramblers**

**Starting at Chingford Station,**

**January 19, 10am**

A circular Epping Forest walk starting at Bury Road car park Chingford, which is a five minute walk from Chingford Station.

Mainly forest tracks, but be prepared for some mud. There will be a refreshment stop at High Beach.

Phone Mervyn on 07434 902394 or 0208 5541 665 for more details.

The walk is approximately 8.5 miles.

Visit [www.westessexramblers.org.uk](http://www.westessexramblers.org.uk)

## Loughton Astronomical Society

**Scout Hall, Loughton Lane next to the Cricket Club, CM16 7EJ**

**January 10, 8pm - 10pm**

The Loughton Astronomical Society is the home of all things astronomical in West Essex.

Guests are always welcome; just drop in to one of our Thursday meetings. It is £2 entry.

Visit [www.las-astro.org.uk](http://www.las-astro.org.uk) for more information.

## Classic Travel Show

**Hope Hall, St Mary's Church, 201 High Road, Loughton, IG10 1BB**

**January 12, 11am - 3.30pm**

Meet experts from many tour and cruise specialists. Discover exciting new destinations and experiences from around the world.

On the day, there will be exclusive prizes.

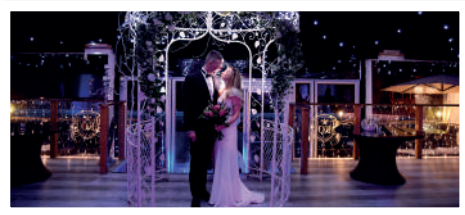
## Wedding Viewing Evening

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

**January 16, 4pm - 8pm**

Venue dressed in full wedding splendour. Free entry.

Call 0208 508 5000 to register or visit [www.kingsoakhotel.com](http://www.kingsoakhotel.com) for more information.



## Buckhurst Hill Horticultural Society winter talk

**St James' United Reformed Church, Palmerston Road, Buckhurst Hill, IG9 5NG**

**February 4, 7.30pm**

A talk from Brian Carline on pelargoniums. Free entry for members, £1 non-members. Refreshments available.

For more information, ring chairman Maureen Briggs on 020 8504 8436 or email [mbriggs@uwclub.net](mailto:mbriggs@uwclub.net)



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