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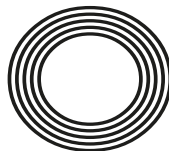
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TORVILL AND DEAN

The story behind the skating sensations

Olivia
COLMAN

A look at the actress' glittering success



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February 2019

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Editor's notes...



Brett Shohet, Editor

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

Love is all around us with Valentine's Day upon us. Yes, it's February already.

Be sure to treat and show your loved one how much they mean to you.

VISION has some great local businesses to help you give that special something. Let's keep our loving E local.

In this month's **VISION**, our cover star is Olivia Colman. We look at her career, including her most recent work, along with her Golden Globe win and BAFTA nomination. We also look at the history of Valentine's, along with a feature on ice skating sensations Jayne Torvill and Christopher Dean. We also feature some great gin and beer hotels for you to visit in the UK, how to shuck and eat oysters, along with some pancake recipes with a twist. These are just a few of the features in this month's edition.

In local news, a school is ranked among the best in Essex, a trade unionist has been honoured with a blue plaque and a man raises over £1,000 in memory of his nan.

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 February edition of **VISION**Loughton.

Brett



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8. EXPERIMENTAL 14. CONSIST 16. NOTION 18. OBAMA

Breaking THE Ice



To the children of the 1980s, spectacular ice skating duo 1984 Sarajevo Olympics. But are still inspiring today's youth... On *Ice*. It is a love affair with the

Jayne Torvill and Christopher Dean will always be the who glided and pirouetted their way to gold glory at the 35 years on from their incredible win, the inseparable skaters every Sunday night in fact, as head judges on ITV's *Dancing on Ice* the duo just can't break.

The 11th series of *Dancing on Ice* may have attracted illustrious stars such as Westlife's Bryan McFadden and *Neighbours* icon Mark Little, but few among them can match the achievements of the show's head judges, Jayne Torvill and Christopher Dean, who wowed the world with their stunning Bolero back in 1984.

In an age where it is not uncommon for sports stars to break out from their chosen field and embark on a televised adventure into the ballroom, ice rink or jungle, it may be hard to comprehend just how innovative Torvill and Dean have always been. Indeed, their announcement following the Sarajevo Olympics that they would be turning professional – to remain eligible for the Olympics they were not allowed to earn money from the skating – was seen as a shocking move, and even professional suicide. But as Torvill reveals, the pair had always planned to take their partnership in a more creative direction.

"We always had the idea that we wanted to produce our own shows and tour," says Torvill. "That's what we did initially – we took a year after the Olympics to get that all going together with a really good, strong group of skaters and formed our own company."

Few could have predicted how popular their shows would prove to be – the duo toured the globe tirelessly with their spectacular ice extravaganzas. They even made a return to the amateur arena for the 1994 Olympics in Lillehammer, Norway (following a change in eligibility rules), an exercise that would prove controversial when one of their lifts was deemed to be against the rules, eventually landing the skating heroes in third place.

That Scandinavian adventure would prove to be their final competitive outing, and in 1998 they would hang up their skates professionally, only to be lured back as coaches for the first series of *Dancing on Ice*, in 2006. "Initially we signed up just to coach the celebrities and choreograph," says Torvill, "but then we were asked if we'd like to demonstrate the moves and we said yes, and then they said 'well, can you demonstrate to music?' To that we said 'ah, so that means we're performing.'"

"Although we were nervous we actually really enjoyed it. We realised performing is what we enjoy most, so the performances got longer and more intense as the show progressed."

After all this time, it is clear Torvill feels honoured to be so respected by the British public, and this was backed up by a tremendously well-received biopic screened on Christmas Day. And as icons go, the duo have excelled – successful in their day and inspirational to a whole new generation now. "It's never not been a pleasure doing this, and we are as grateful today as any time before," she adds.





HAPPY Valentines DAY

A HEART-SHAPED HISTORY

February 14 is traditionally the day that flowers and chocolates will be winging their way to loved ones. But how did this annual expression of affection come to occupying a permanent spot on our calendars, and just who was this Valentine in whose name we send cards and presents?

It's a day on the calendar that elicits high emotion. Although not a global phenomenon, in the UK, Valentine's Day is an annual event celebrated via the exchanging of gifts and cards between loved ones.

There are multiple stories about the origins of the mysterious saint to whom the 14th February owes its name. The Catholic Church currently recognises three different saints by the name of Valentine, or Valentinus – all of whom were martyred.

Could Valentine's Day be named after the man who defied the Roman Emperor Claudius' decree that marriage be outlawed for young men and continued to perform marriages in secret? Or could it be the Valentine who allegedly helped capture Christians escape from the Romans, and may have sent handwritten notes signed 'From Your Valentine' to his love interest while he himself was imprisoned? Whatever the truth of the matter, all sources agree that Valentine was a sympathetic and romantic hero.

It was in the Middle Ages, however, when the figure of Valentine became one of the most popular patron saints. The oldest concrete appearance of the relationship between Valentine's Day and romantic love was in Geoffrey Chaucer's 1382 poem *Parlement of Foules*.

Modern Valentine's Day is less about Chaucer and more about cards, with the Greetings Card Association estimating that one billion cards are sent each year, making Valentine's Day the second-largest holiday of the year.

Despite such a patterned history of romantic reverence, just remember, the real question isn't whether you dare send something on Valentine's Day... it's whether you dare not!

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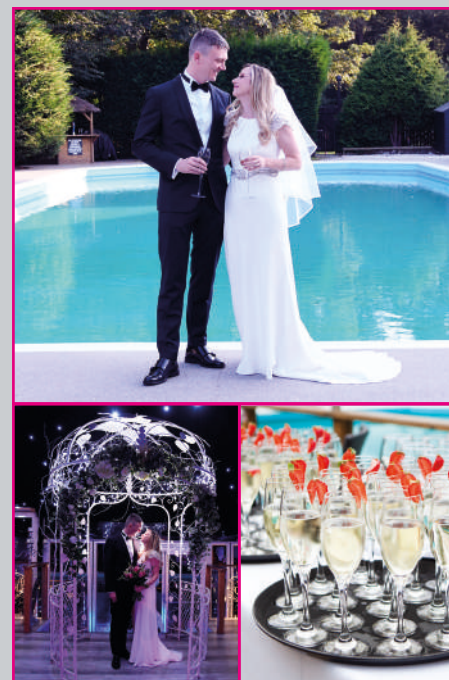
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Flaring Up

They say fashion goes in circles, but can we really be winding back to the 1970s to embrace the return of flared jeans? Some experts believe so. However, before you start dressing up like something out of *The Dukes of Hazzard*, heed a wee bit of fashion advice with these groovy tips on how to wear your flares.

Flare down

Want a casual but stylish day look? Try pairing your flares with converse or white sneakers and a T-shirt for the ultimate dressed-down outfit. When it's chilly out swap the tee for a fitted jumper, or if you want to go full Ali MacGraw in *Love Story*, team your jeans with a roll neck sweater and ankle boots. How romantic.

Flare up

Ever wished you partied it up like Bianca Jagger at New York's infamous Studio 54? Well the disco days may be long gone, but with a decent pair of flares, skin-tight bodysuit and heeled sandals you'll feel like the queen of the Manhattan night scene. Just don't try to ride into your local wine bar on a white horse...

Double denim

Some people wouldn't be seen dead in double denim; but these are the very same people who know diddly squat about fashion. Double denim is not only a bold sartorial statement, it's also a super easy look to pull together. I mean, who hasn't got at least two denim items in their wardrobe? So grab your flares and denim shirt/jacket/ vest top and go out into the world knowing you're one of life's winners.

Boho babe

Thanks to the likes of Sienna Miller and Rachel Zoe, the boho look is less associated with freewheeling hippies and more with super-hip fashion goddesses. The trick is to keep your look clean and simple: unembellished jeans, a loose fit white shirt and a brown leather satchel, for example. That means no iron-on patches, no flared sleeves and definitely no crowns of daisies.





Get kissable lips

The winter months can play havoc with the condition of your lips, leaving them dry and chapped.

Our DIY lip care treatments are all natural and guaranteed to get your parched pout ready to pucker up.

Passionfruit & Coconut Lip Balm

Your significant other will go wild for this passionfruit-infused lip balm which tastes good enough to eat.

Grate 2 tablespoons of beeswax into a glass jug. Add in 2 tablespoons of coconut oil and olive oil. Heat a few centimetres of water in a large pot and place the jug inside to gently melt the wax. Remove and leave to cool and then add 2 tablespoons of passionfruit juice. Pour into pots and leave for 12 hours before applying.

Chocolate & Walnut Lip Scrub

A lip scrub is a great way to remove any dry or dead skin from your lips, leaving them feeling soft and smooth. This DIY recipe includes shea butter for moisturising, brown sugar which acts as a natural abrasive and cocoa powder for an instant chocolate hit.

Mix 1 tablespoon of brown sugar with ½ tablespoon of shea butter and then add ½ tablespoon of walnut oil. Finally add 1 teaspoon of cocoa powder and apply to your lips.

Cinnamon & Cayenne Pepper Lip Plumper

Spice up your love life this Valentine's Day with this DIY lip plumper that uses these two rich spices to produce a pout to rival Kylie Jenner's.

Simply mix 1 teaspoon of cinnamon oil and a small pinch of cayenne pepper with ½ teaspoon of Vaseline. Gently massage this mixture onto your lips, leave for a few minutes and wipe off.



Home Spa TREATMENTS

Winter can be harsh on your skin and hair and leave them feeling dry and undernourished. Our DIY treatments, suitable for both men and women, are the ideal remedy for the cold weeks ahead.

Cinnamon Face Mask

Honey is the ideal natural ingredient to remedy dry skin during the winter and the cinnamon has antibacterial properties which help skin complaints.

- > Mix 1 tablespoon of cinnamon with 3 tablespoons of honey
- > Whip into a thick paste
- > Apply to your face
- > Rinse with warm water after 10 minutes



Vanilla Hair Treatment

If your hair is looking lacklustre, essence of vanilla can make it appear shinier and healthier, as well as helping to promote hair growth. Coconut milk offers a hydrating effect.

- > Add 18 drops of vanilla extract to 1 cup of coconut milk
- > Apply to clean, wet hair
- > Rinse after 15 minutes



Peppermint Foot Exfoliator

This simple foot scrub works in three ways; the brown sugar helps to exfoliate any dead or dry skin, the peppermint offers an instant pick-me-up for tired feet and the coconut oil acts as a hydrating moisturiser.

- > Mix ½ cup of coconut oil with 1 cup of brown sugar
- > Add 3-4 drops of peppermint oil
- > Massage the mixture into your feet weekly for best results



Coconut Body Butter

For anyone wanting super soft skin, shea butter should be your go-to product. This miracle ingredient contains high levels of fatty acids and vitamins which both help soften your skin.

- > Melt 1 cup of shea butter with ½ cup of coconut oil
- > Cool for 30 minutes
- > Add ½ cup of almond oil and 30 drops of an essential oil. Sandalwood or bergamot work well for men or lavender for women.
- > Freeze for 30 minutes
- > Whip to a butter consistency





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Do you suffer from PORTION DISTORTION?

A study by the Diet Plate, a portion-controlled weight management system, has shown that a portion-controlled diet can make you six times more likely to lose weight than a standard weight loss diet.

As a nation we are eating portions far bigger than the recommended amount, so it is no wonder that we are suffering from an obesity and diabetes crisis.

So, do you know how much you should be eating?

Breakfast

One serving of cereal should be 30g, which is about half a cup.

The average adult eats nearly 50 per cent more than that, serving themselves 44g per bowl.

Lunch

A cheese sandwich is a quick and easy lunch but with a healthy portion size of bread being one slice and the recommended serving of cheese being around 30g which is the size of a matchbox, most shop-bought varieties contain far too much saturated fat and too many calories.

Dinner

One piece of pizza contains on average 300-400 calories, so a maximum of two pieces should be consumed in one setting.

Fill the rest of your plate up with salad and you can enjoy this treat without piling on the pounds.

Snacks

Unsalted nuts are a healthy and nutritious snack, and a great alternative to crisps, but they are high in fat and calories so only one tablespoon is recommended per portion.

The average chocolate bar is 45g, yet the serving recommendation is only 25g.

Drinks

A healthy portion of wine is 125ml, but most pubs and restaurants now only serve 175ml or 250ml as standard measures. A 125ml is actually less than one fifth of a bottle.

For more information on the Diet Plate visit www.thedietplate.com





FIRST AID Essentials

Keeping your cool in a medical emergency can be a daunting task but if you know basic first aid and have access to a well-stocked first aid kit, it could mean the difference between life and death.

upwards to remove air from their lungs until you have successfully removed the lodged object.

Identifying concussion

If the victim has suffered a head injury you must check for signs of concussion. The most common symptoms are unconsciousness following the injury, feelings of nausea and/or lethargy, short-term memory loss and disorientation.

Treating a burn

Burns are extremely common, especially in children, but many people still do not know how to treat them correctly. First and second-degree burns should be immediately immersed in cool water (not ice cold) for a minimum of 10 minutes. It is imperative to not use any creams or ointments on the affected area.

Performing the 3 Cs in an emergency first aid situation

- ✓ Check for dangers before rushing to help
- ✓ Call for emergency help asap
- ✓ Care for the injured individuals

Knowing the ABCs of CPR

When performing CPR, you must check their Airway – is it un-obstructed? Breathing – are they breathing? and Circulation – do they have a pulse (this can be checked at the wrist, carotid artery or groin)?

The Heimlich manoeuvre

Choking can cause death or permanent brain damage in a matter of minutes. To remove an object from a choking victim, straddle them from behind using a bear hug so that your hands are interlocked tightly beneath their breastbone. Thrust



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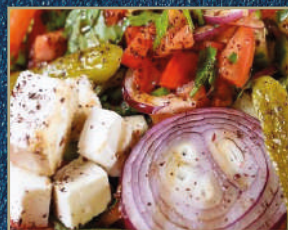
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SHUCKING & EATING AN Oyster

If you're looking to create restaurant quality meals at home then you need two things: decent produce and a few easy-to-master techniques.

How to shuck oysters

Why pay through the roof to eat these oceanic beauties in a seafood restaurant when you can prepare them at home? All you need is a shucking knife, a tea towel and some very fresh oysters (preferably purchased on the day you're eating them).

Begin by inspecting your oyster. If it is open, bin it. Each shell has a flatter and a rounder half, so hold the oyster flat side down with a tea towel around it for better grip and find the hinge. Slide your shucking knife between the shell near the hinge, keeping it along the bottom of the top shell so as not to mangle the treasure within, and lever the knife until it pops – this may take a little elbow grease, but don't be disheartened, it's the sign of a healthy oyster.

Now gently slide the knife all the way around to separate the shells and remove the top shell entirely, while keeping as much juice and meat inside the bottom half as you can. A fresh oyster ought to smell of the seashore (never rancid) and be moist and plump looking. Bottoms up.

Seasoning your oyster

Oysters often come with various accompaniments. Popular ones include salt and pepper, lemon and chilli, cocktail sauce and shallots.

Eating your oyster

When you are ready to eat your oyster, using a fork move the oyster around in the liquid-filled shell to make sure it is free. Pick up the shell and slurp down the oyster. Chew the oyster two or three times before swallowing to get the full flavour.



FOOD & DRINK

PANCAKES WITH

Kanache

Bored with traditional pancakes served simply with sugar and lemon? Fancy stretching out your culinary muscles and impressing your family with something a bit different this year?

Beer & Bacon Pancakes**YOU WILL NEED:**

- > 1 cup all-purpose flour
- > 2 teaspoons baking powder
- > 2 tablespoons sugar
- > 1 egg
- > 2 tablespoons melted butter
- > 3 rashers cooked bacon
- > ½ beer or ale

HOW TO MAKE:

- > Whisk sugar, salt, flour & baking powder together
- > Separately, beat egg with beer and butter
- > Add a small amount of batter to a buttered griddle pan
- > Add a few pieces of bacon
- > Flip after 2-3 minutes and repeat on other side
- > Serve with maple syrup

Vegan Pancakes**YOU WILL NEED:**

- > 150g plain flour
- > 2 tablespoons caster sugar
- > ½ teaspoon salt
- > 2 teaspoons baking powder
- > 300ml water
- > 1 tablespoon oil
- > Handful of raisins
- > ¼ teaspoon cinnamon & mixed spice

HOW TO MAKE:

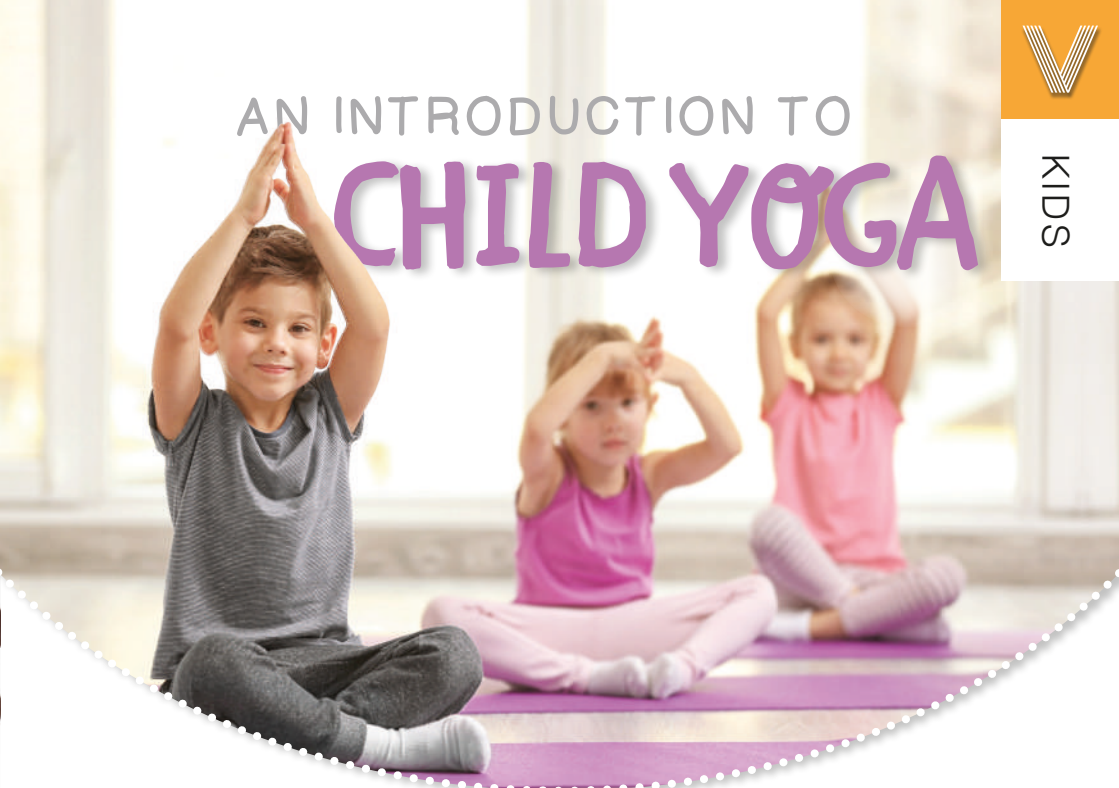
- > Combine flour, sugar, baking powder, salt and spices
- > Whisk water and oil together
- > Make a well in the dry mixture and pour in liquid
- > Mix together
- > Add dried fruit
- > Add a small amount of the mixture to an oiled pan
- > Flip after 2-3 minutes
- > Repeat on the other side

Peanut Butter Pancakes**YOU WILL NEED:**

- > 60g flour
- > ½ teaspoon salt
- > 1 egg
- > 175ml milk
- > 2 tablespoons peanut butter
- > 1 teaspoon caster sugar
- > Chocolate or nut toppings

HOW TO MAKE:

- > Mix flour and salt in a bowl
- > Separately beat egg and add milk
- > Gradually add the liquid to the dry mixture and whisk
- > Add a small amount of mixture to a greased griddle pan
- > Cook for 2-3 minutes on each side
- > Combine peanut butter with a drizzle of oil and the sugar
- > Blend into a smooth paste and spread liberally on the pancake
- > Finish with chocolate or nut toppings

AN INTRODUCTION TO
CHILD YOGA

Yoga is a free and inclusive activity that can help children develop body awareness, manage their stress levels, improve their concentration skills, increase their confidence, and most importantly, if you follow the below age appropriate poses, it will be a lot of fun for them.

**THE COW POSE**

Start by asking your child to kneel on their hands and knees on a mat or soft surface. Then instruct them to drop their belly and raise their head upwards for the cow pose (mooing is optional). This pose is a great introduction to yoga and can help your child learn to control their breathing.

**THE PUPPY POSE**

The same as the Child's Pose in standard yoga, the puppy pose is great for calming your child and helping to relieve any tension in their muscles. Instruct your child to kneel on their mat and then stretch their arms out flat on the mat so that their upper chest is touching the mat and their bottom is in the air.

**THE TAIL TREE**

Ask your child to stand straight, then get them to lift one leg and bend it so that their heel sits on their inner thigh. They can either raise their arms to the sky or simply place their palms together across their chest. This pose is the ideal opportunity to explain the importance of standing tall and proud.

**THE BALANCE BOAT**

This hold requires your child to sit on the mat and then raise their legs together while at the same time holding their arms out straight in front of them. Depending on their age, your child may only be able to do this for a few seconds. Good for balance and concentration.



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Dear Brett,
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We would have no hesitation in recommending **VISION** Magazine to any person or company wishing to expand their business by reaching that local community.

Many thanks,

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BED & BOOZER

Exploring the new UK trend of gin and beer hotels... fancy a visit?

Little more than a couple of years ago, the craft beer revolution opened up whole new demographics to a range of new flavours – avocado IPA anyone? – and sure enough, it was to follow that the next trend would come along soon after, rumbling around the corner like a barrel out of brewery. But while gin has captured the public's imagination in much the same way as the hoppy beers and ales before it, the notion of specialist, artisan and craft-drinking excursions – and there are many – leaves drinkers with one specific problem... getting home.

That's because unless you're overly keen on public transport, being an allotted driver when a bunch of your mates are getting sozzled on a vat of the Old Grumble Belly isn't fun.

As a result, those boffins at BrewDog (the Scottish brewers who really kickstarted the commercialisation of the craft beer trend, with their industry-leading Punk IPA) have opened the



world's first craft beer hotel. Crowdfunded, to reflect the company's solid community morals, it comes with taps in each room, even mini-fridges in the shower, and even a spa that uses beer-infused products.

Sadly, for us Brits, the hotel is in Ohio, but its overwhelming success in the first few months of operation are already leading the drinks giant to pitch up with the same idea a little closer to home.

And for IPA overnights, consider gin, and a rapid burst of hotels already here in the Home Counties for purveyors of the finest distilled spirits going. Try The Distillery in Portobello Road, the boutique gin hotel above The Princess Victoria in Shepherd's Bush, or perhaps head out of town to sample a number of pop-up sleepovers, such as Hotel du Vin's wildly successful Slingsby Gin takeover in Wimbledon... it's all waiting for you.

Indeed, the fun only stops when waking up the next day with the world's worst hangover...



TRAVEL



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A TOP-NOTCH CV

A stand-out-from-the-crowd and well-written CV offers a great opportunity for an interviewee to open up, paint a picture of themselves and ensure they're invited through the door for an interview, but getting your curriculum vitae spot-on requires more than just documenting your life story. Here are a few things to consider:

KEY INFO – WHO ARE YOU AND WHAT CAN YOU DO

Wow your potential employer straight away by spelling out who you are and your personal details, skills and achievements. Use the first 50 words to sell yourself before going into a bit more detail later on.

THE DIFFERENCE BETWEEN EXPERIENCE AND LIFE HISTORY

Focus most on recent achievements, and outline briefly the key points. After all, an employer isn't interested in the C you got for GCSE home economics. Remember, your CV is an introduction to who you are, so keep it to two pages and no more than that. The real 'you' will get a chance to impress face-to-face.

PERSONALITY

The design and tone of your CV is important.

When you consider how many bland black and white applications an employer will get, if yours uses colour, perhaps with sprinkles of style, professionalism, humour and honesty, you could find yourself fast-tracked straight onto the shortlist.

INTERESTS

Giving someone a job is about the work they'll do but also their ability to fit in socially, so ensure you list interests, passions and any pursuits you like to undertake away from the office.

REFEREES AND A GOOD PROOFREAD

List appropriate names for references, but check with them first that they're happy to be listed. And always ensure your CV is proofread – a misspelt word or sloppy grammatical error alone may lose you the opportunity to impress face-to-face.

Make it eye-catching. Different from the rest so employers can remember you...be creative.



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GARDENING

Gifting a bunch of flowers is a gesture in itself.
But next time you send a bouquet, tell them
how you really feel using this comprehensive
guide to their traditional meanings.

Lavender: Not just for tucking into your
knicker drawer, the fragrant lavender actually
represents devotion.

Anthurium: The ideal flower someone who
has been a wonderful host, these brilliant red,
exotic beauties symbolise hospitality, happiness
and abundance.

Lilac: Think you might be falling for someone?
Lilacs symbolise the first emotions of love.

Carnation: These cute and ruffled blooms
actually represent pride and beauty, while their
different colours have a host of other meanings:
white – innocence and pure love; red – admiration,
pink – motherly love; yellow – disdain.

Lily: Often thought of as a funeral flower,
the fragrant, majestic and ethereal lily actually
represents purity of heart, and when displayed at
a funeral means that the departed's soul has been
restored to innocence.

Chrysanthemum: A bouquet staple,
these impressive flowers have a simple meaning
– honesty.

Lily-of-the-valley: These buoyant little
bells are an ideal token for a recent birth as they
symbolise sweetness.

Daffodil: Want to tell someone you love them
but don't know how? Daffodils are the flower of
unrequited love.

Peony: The ultimate passive-aggressive
statement, charming and oft included in a bouquet,
Peony actually represents anger.

Forget-Me-Nots: As the name of these
delicate blue buds would suggest, forget-me-nots
represent true love, longing and memory.

Roses: Red: love, Light Pink: grace, Coral:
desire, Dark pink: gratitude, Peach: modesty,
Cream: charm and thoughtfulness, White: a
heart touched by love, Burgundy: beauty, Purple:
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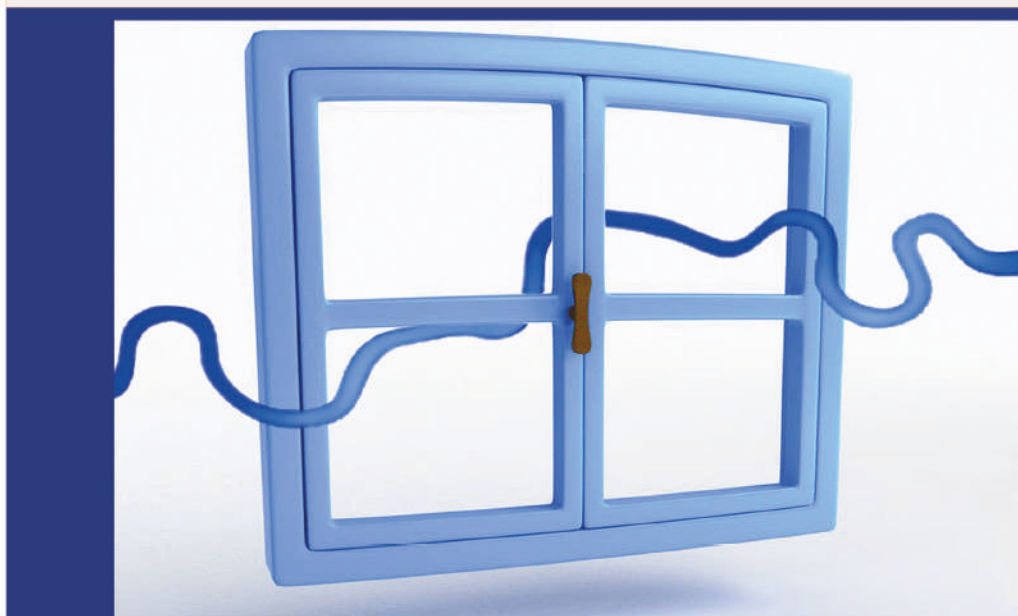
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Queen Colman

Playing the monarch would be a daunting task for most, but surely not BAFTA-winning actress Olivia Colman? As she prepares to succeed Claire Foy in *The Crown*, the talented star reveals how she copes with the pressure of being the nation's latest dynamic doyenne.

Helen Mirren, Julie Walters, Dame Judi Dench... British female actresses who have elevated themselves well beyond the pages of a film or TV script. Their impact in purely dramatic terms is there for all to see, and yet they are so much more than that... warm, funny, down-to-earth and, very often, self-deprecating. Perhaps that's why we have taken them into our hearts... we feel they are 'one of us'.

"I've never taken myself seriously," begins Colman, who is about to return to our screens in series three of *The Crown*. Netflix have kept the release date a closely guarded secret, but while fans will have waited well over a year since the last instalment, season four is expected to follow on closely behind.

Colman, as Queen Elizabeth II is, in many ways, the perfect choice. With her very British face, cool but entirely likeable demeanour and measured clipped accent, there is certainly something very regal about the Cambridge-educated star. "They gave me a great voice coach who made sure I spoke like the Queen," she reveals. "It was just a case of learning the lines and trying to copy exactly what they did. And Claire Foy let me know I could call if I needed to."

Assuming the role of a living icon is never going to be easy, particularly when you are also taking over from an actress who won a Golden Globe for her interpretation of the character. "It's a challenge but that is what this game is about. It's a case of putting you up there with the prospect that you might fail... but I've been taking chances ever since I became an actress, and I'm fine with that. Nervous, but fine," she laughs.

Of course, *The Crown* barely scratches the surface of the Norwich-born actress's achievements. Her prime-time TV mastery includes award-winning shows *Broadchurch* and *The Night Manager*, while current period drama *The Favourite* landed Colman the Golden Globe award for Best Actress in a Motion Picture Comedy or Musical, for her portrayal of Queen Anne.

"I am certainly ticking off as many members of the Royal Family as possible," she jokes. "It's lovely to get the accolades and to hear an appreciation of your work, but really it is the acting first and foremost that gives me the thrill. Everything beyond that is wonderful, but I always want to focus on the product itself."

Colman admits to also spending time focusing on keeping her emotions in check. "I have a sneaking suspicion that audiences have seen me crying a little bit too often in the past couple of years," she admits.

"If something touches me, I cry. That's it. I'm a bit raw, a bit rubbish really," she explains. "Often a director will say to me, 'I don't think this is a scene where your character cries'. And all I can say is, good luck with that."



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Grandson raises £1k for hospice after skydive

A man has completed a skydive in memory of his grandmother from Loughton raising over £1,000 for St Clare Hospice.

Joseph Loder, from Epping, took on the challenge at Hinton Skydiving Centre on January 5 to raise vital funds for the charity who cared for his grandmother Angela Chandler during October 2017.

Angela sadly died in November 2017 in the care of the hospice.

After originally setting his goal at just £100, Joe managed to raise more than £1,200.

Joe said: "I was both very excited and nervous for my skydive challenge as it is not something that I would usually do. However, I wanted to do something that was completely out of my comfort zone so that I could raise as much in vital funding for St Clare as possible.

"St Clare Hospice relies on the generosity of its local community to be able to provide its specialist, palliative care for all those who need support – people like my nan, who needed St Clare in her final weeks.

"That's why I took on this skydiving challenge; to help ensure that others can access the care that my nan and our family did. I want nan to be as proud of me as I am of her – and although it has been such a tough year without her, I have felt like she has been with me every step of the way."

Speaking about his nan, Joe continued: "My precious nan Angela was like no other; a very glamorous and inspirational woman that would never fail to put a smile on my face.

"She was the most caring person I have ever met and spent her life doing things for others and putting people before herself.

"I was overwhelmed by the support that St Clare offered nan and my family during such a hard time. They do a remarkable job and I cannot thank them enough for all of their efforts."

If you would like to make a donation towards Joe's fundraising total, visit www.justgiving.com/fundraising/joe-loder

Trade unionist honoured with blue plaque



A former Loughton resident who was also a trade unionist has been honoured by the council with the unveiling of a blue plaque.

Lionel Murray, Baron Murray of Epping Forest, a trade unionist and member of the Labour Party, died in 2004.

Friends and family gathered outside Lord Murray's house, in The Crescent, for the ceremony on 10 January.

Lionel 'Len' Murray was most widely known for his trade union work and in particular for his service as General Secretary of the Trades Union Congress from 1973 until his retirement in 1984.

Locally, Len was a member of the Loughton Methodist Church and Loughton and District Historical Society, and a supporter of many charities. The town council's Murray Hall in Borders Lane, which opened in 2006, was named in his honour.

Lord Murray lived in Loughton from 1954 residing at 29 The Crescent from 1967 until his death in 2004.

The ceremony was led by town mayor, councillor Stephen Murray, one of Lord Murray's four children, who was joined by other family members and representatives from local groups

This is Loughton's 42nd blue plaque since the heritage plaque project was set up in 1997.

Cllr Murray said: "It was incredible, I'm really pleased. Dad deserved it. It was nice to be able to do while we still own the family home."

"As a dad, he was extremely supportive and loving and as a person, very caring and considerate, always seeking solutions in confrontations."

"He died 14 years ago and there's still people here wanting to remember him."

Environment and heritage committee chairman councillor Chris Pond said: "I looked to Lionel with great respect. I found him most likeable of colleagues. He was always willing to help."

"Everybody looked up to Len. As a national leader he succeeded remarkably, and he was a reasonable and very modest man."

School ranked among best in Essex

A school in Loughton has been ranked as the 10th best primary school in Essex, according to the Real Schools Guide 2019.

Hereward Primary School was named as the top primary school in the district and 375th nationally.

Headteacher Matt Woolard said: "This is testament to the wonderful pupils and staff we have at Hereward who are deeply committed to working hard, continually striving to improve and enjoying the full range of curriculum opportunities we provide."

The Real Schools Guide ranking system uses 44 different measures, with the four main factors (attainment, attainment for all, progress and attendance) making up a school's overall rating.



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School gets special visitor for Shakespeare Week

An actor visited a school in Loughton recently. Shakespeare actor Anthony Glenn visited Hereward Primary School to perform *The Tempest* to pupils who assisted him in taking up key roles in the play.

The visit was part of the school's annual Shakespeare

Week which incorporated drama workshops and studies of the play itself.

The school's English co-ordinator, Caroline Hilton, said: "It was lovely to see children from across the school enjoying the works of Shakespeare and taking part in such a dynamic performance."

Accountants warn to prepare for digital tax rules

A Loughton-based Chartered Accountants are hosting a free workshop to help businesses to prepare for the new digital tax rules which will come into effect from April 2019.

The event will be held at Haslers offices in Old Station Road on March 5.

Starting at 12.30pm, this event will hear from the firm's team of experts about the process of preparing for MTD and what steps companies need to take.

The new digital recording and reporting requirements for VAT, part of the government's Making Tax Digital (MTD) initiative, will come into effect from April 2019.

It will require VAT-registered businesses turning over £85,000 or more to keep records and submit quarterly returns using HM Revenue & Customs (HMRC) compliant software.

Debra Dougal, a partner at Haslers Chartered Accountants, said: "This is one of the most significant changes to the way VAT is recorded and reported since its introduction, but the new requirements should have little impact on businesses that have prepared properly

for the changes.

"By utilising an online accounting package via the cloud businesses will not only benefit from being compliant with the rules of MTD, but they can also benefit from round the clock access to their accounts and live collaboration with their accountant."

Debra said that the real challenge for businesses would be in updating their processes, especially if they use a paper-based system to maintain records of receipts and expenses.

She continued: "Our specialists can advise on selecting the appropriate software package and updating existing internal processes to comply with the new requirements.

"I would encourage any businesses owners that have not yet prepared for MTD for VAT to make an easy New Year's resolution and call us to find out how we can help them prepare for the changes ahead."

Book your place by visiting www.eventbrite.co.uk/-/making-tax-digital-workshop-act-now-before-its-too-late-tickets-52902601104 to avoid disappointment.



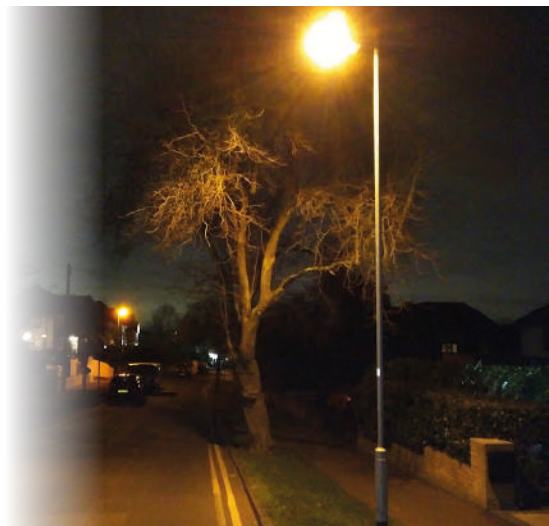
News from The Voice of Loughton *Loughton Residents' Association*

Eight years ago, the county council decided to turn off many street lights overnight, in order to save money and to reduce carbon emissions. The lights stay on all night in town centres. Although relatively few people are out and about between 1am and 5am, the change did create fears of burglary, vehicle thefts etc when the lights are out. Essex Police stated at the time that they were not aware of any increase in crime caused by a lack of lighting (and indeed the village of Theydon Bois has no street lights anyway).

Epping Forest District Council has recently negotiated with Essex County Council to allow individual town or parish councils to opt to have street-lights on all night – but paid for by local council taxpayers. As the county council is responsible for street-lighting, some residents see this as a form of double taxation.

Like much of the rest of Essex, many parts of the district are not close to large towns, and all-night lighting may not be a significant issue. However, Loughton, and nearby areas, are close to London, and served by the Central Line tube, which runs all night on Fridays and Saturdays, so there's more late-night traffic and a greater fear of crime between 1am and 5am when the lights are out.

For Loughton to have the lights on all night in residential areas would cost the town's council



taxpayers around £35,000 a year – around £3 a household.

In due course the town council will be considering the pros and cons of making the change and will also need to gauge public opinion. The same process will no doubt be carried out by the district's other parish and town councils.

Have your say on the future of Debden library

The county council will be holding an information drop in at Debden library this month.

Based on feedback, Essex County Council has changed its approach to the drop-in sessions.

They will be at the library for a week where residents can drop in at any time the library is open to ask questions.

County council staff will be at Debden library the week commencing February 11.

As of January 9, over 13,000 surveys had been completed in response to the new countywide library strategy.

Essex county councillor Sue Barker, cabinet member

for customer and corporate, said: "I'm really pleased with the high number of responses, and the amount of engagement, we've had from Essex residents and community groups.

"Thank you everyone for taking the time to share your views. The consultation is open till February 20 so I would encourage anyone who hasn't yet completed the survey to please do so."

The survey can be found by visiting libraries.essex.gov.uk/libraries-consultation

Alternatively, the survey can be completed over the phone on 0345 603 7639 or a paper copy, large print or EasyRead version can be sent to you.

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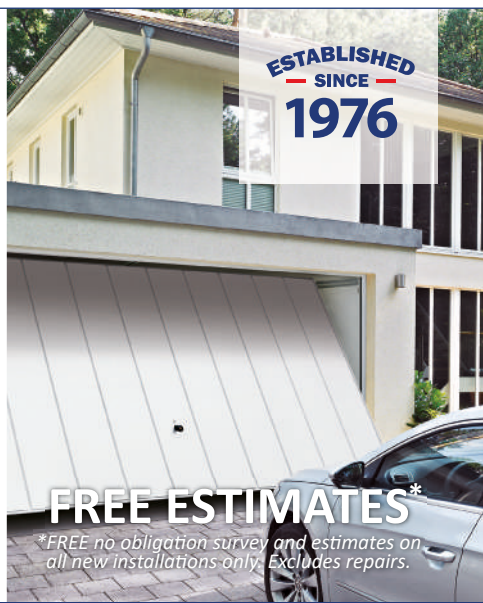


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News from

THE ROTARY CLUB

of Loughton, Buckhurst Hill & Chigwell



At our Christmas lunch we had the pleasure of making Di Spong an Honorary Member of our club.

Di has helped the Rotary Club for many, many years and Chigwell Riding Trust for special needs too. Her time spent with the two charities has been invaluable.

On January 10 we held our Special General Meeting electing our new president, Nadene Stevenson, from July 1, 2019 for one year. She will be followed in 2020 by Kay Morrison. Congratulations to both ladies.

Our next free monthly Memory Cafe in Loughton for people with memory issues and their carers is on February 8.

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.

Call Pesh for further details on 07973 166940.

Have you lost a son or daughter?

Gone Too Soon is a local bereavement support group for parents who have lost a son or daughter, of all ages, in any circumstances and for however long.

Meetings are held on the third Monday of each month at Reids, 66-68 Laindon Road, Billericay, CM12 9LD from 7pm - 9pm.

Lyn Wilson believes there is not enough support in the local community for parents, so she started the group 18 months ago.

Parents are now travelling from outside the Billericay area, including Loughton, Hornchurch, Brentwood, Ongar, Shenfield and further afield to attend.

By coming along to the meeting, parents have the opportunity to talk to people who can relate and understand how it feels to lose a child and offer support through the grief journey.

Lyn started the group after losing her son. She says she knows how hard it is for families to come to terms with such devastating news.

During the meetings, Lyn is now introducing different ways to help parents including having taster sessions of Tai Chi, meditation, complementary therapy, speakers, or learning a new activity/hobby to try and help release stress, anxiety, frustration, panic attacks and the numerous emotions that are combined with bereavement.

Parents are given a warm welcome in a friendly safe environment and Lyn is more than happy to meet up with parents prior to the meeting to introduce herself and help them feel more comfortable about coming.

For further details or a chat, please contact Lyn on 07387 805406, email lyn-currie@hotmail.co.uk or visit www.gonetoooonline



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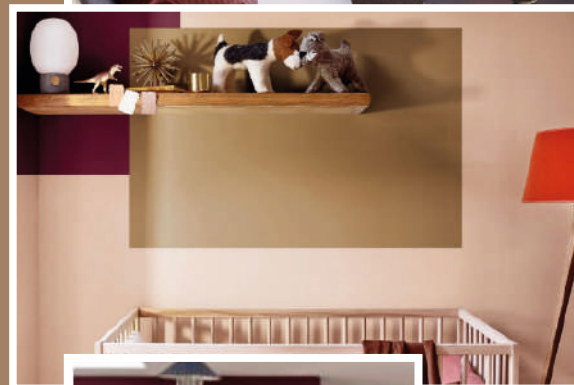
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The Dulux Colour of the Year 2019 has been revealed as Spiced Honey. This gorgeously rich and warm tone has been chosen to reflect a mood of positivity and optimism for the year ahead.

WHY WE LOVE THIS SHADE

Spiced Honey is a warm amber tone that has been created to express the beauty and richness of natural honey. It is an incredibly versatile colour that can be used to create different ambiances depending on the other colours that you team it with. It is the perfect colour to banish any lingering negativity and start afresh.

WHAT SHADES DOES THIS COLOUR COMPLEMENT?

Pair with soft pastels such as pale pink or muted grey to create feelings of calm and tranquility; perfect for the bedroom or conservatory. Alternatively, team with bold colours such as rich reds and oranges for a luxurious and vibrant vibe.

HOW TO USE THIS COLOUR IN YOUR HOME DÉCOR

A statement wall feature is a quick and affordable way to add this colour into any room, or if you prefer patterned designs, pick up some Spiced Honey wallpaper. Don't shy away from bold designs as this flexible colour can cope with them.



WHY YOU SHOULD EMBRACE UPHOLSTERY

If you like to keep the colour of your walls neutral, there are more subtle ways to introduce this colour into your home. Why not invest in a Spiced Honey sofa which can act as the focal point of your living room? Crisp white walls work perfectly with this and create an almost Scandinavian feel. Ideal for those wanting a chilled-out vibe. Alternatively, try smaller home accessories such as a Spiced Honey lampshade or rug.



Photo credit: www.dulux.co.uk

Pulling down the shutters

A simple invention that can fulfil so many requirements when it comes to letting the outside in, from filling a room with light to transform a room, to helping preserve sleep, throwing a different type of light on a space, or simply just window decoration.

In recent years, the variety of blinds on the market has provided homeowners a number of new design ideas – here are some of the best:

Venetian blinds: The most popular style; horizontal slats with supporting string or strips.

Vertical blinds: Long slats, often used with patio doors or floor to ceiling windows.

Panel blinds: Large strips of material for large windows and doors.

Pleated shades: Similar to Venetian blinds but offering an accordion-like finish.

Roller blinds: A long, highly economical strip of material on a roll.

Roman blinds: A traditional yet fashionable horizontal blind that forms into a stack of material when raised.

Tie-up shades: A curtain raised in one or two places.

Solar shades: A virtually transparent roller shade that preserves light but keeps out heat.

Blackout blind: A roller blind that blocks out all light; good for kids and nurseries.

Skylight shade: A mini-blind within a Velux window.

Be choosy

To choose a blind that suits your room, consider:

- the style of your existing interiors
- the fabrics already present
- room colours
- environment (a kitchen blind, for instance, may need to be of a more hard-wearing material), and
- the purpose of the blind (decoration, light prevention etc)

Fit for purpose

When measuring for your blind, consider whether you want it 'top fixed', with the blind and brackets snugly and neatly within the window frame; or 'face fixed', where the blind sits outside the frame, a style that looks less neat but removes the danger of any light creeping in around the edges.

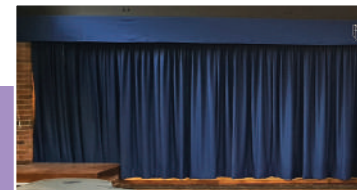
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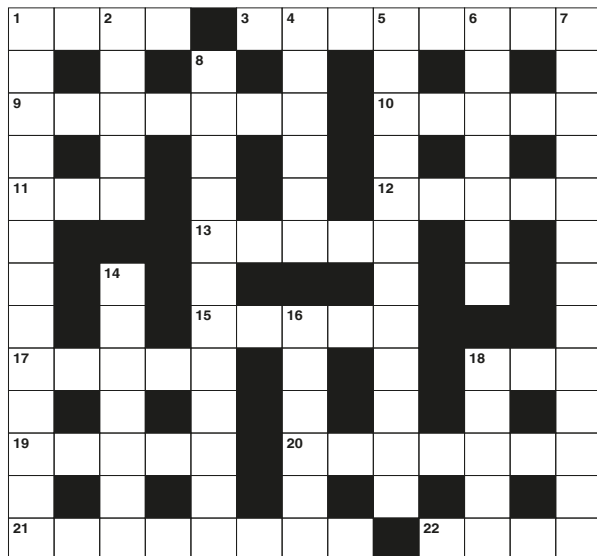
Answers can be found on the Contents Page 4

ACROSS

1. Become dim (4)
3. Creature that eats both meat and plants (8)
9. Not tense (7)
10. Outdo (5)
11. First woman (3)
12. Rule (5)
13. Leases (5)
15. Frenzied (5)
17. Type of spear (5)
18. Be in debt (3)
19. Kick out (5)
20. Set apart (7)
21. Paying a debt (8)
22. Young woman (4)

DOWN

1. Absent-mindedness (13)
2. Research deeply (5)
4. Maiden (anag) (6)
5. Junction (12)
6. Type of optician (7)
7. Ebullience (13)
8. Based on untested ideas (12)



14. Be made of (7)
16. Concept (6)
18. Barack ____ : 44th US President (5)

DID YOU KNOW?

► Without saliva, food tastes very different to what you would expect, or in some cases, you might not be able to taste it at all.

► A lemon contains more sugar than a strawberry. It's estimated a strawberry contains 40 per cent sugar, compared to 70 per cent in a lemon.

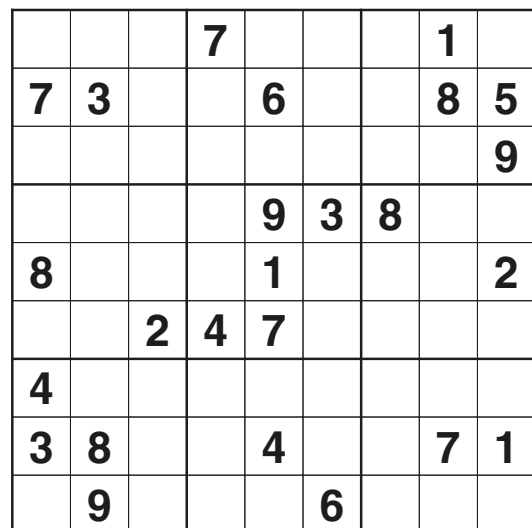
► You can tell if an egg is hard boiled or raw by spinning it. A hard-boiled egg will spin and stop quickly, but a raw one will not due to the liquid inside the egg.

► It is thought that the pea is the oldest vegetable, dating back to the Stone Age.

► A cucumber is approximately 95 per cent water.

► Rice paper isn't actually made using rice.

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MOURINHO:

HE HAD TO GO



SPORT

A LOOK AT THE SPECIAL ONE'S FALL FROM POWER AT MAN UTD

In the end, the conclusion was swift and decisive, yet for a club which enjoyed over a quarter of a century with one man at the helm, Manchester United's recent propensity to burn through managers has been nothing short of remarkable.

When José Mourinho was sacked on December 18 – two-and-a-half years into a project that was supposed to take the Red Devils back to the top – he became the third manager to depart in the last four seasons, with David Moyes and Louis van Gaal sent packing before him.

The Portuguese's time in charge was little short of disastrous. At the conclusion of a torrid 2018, the Special One had lost the dressing room, diluted so much of 'the United way' – fast-paced, powerful, attacking football – and José had assumed the demeanour of someone utterly disenchanted with the game.

Mourinho gambled with the likes of £50million defender Fred, and blew a combined £130m on Eric Bailly, Henrikh Mkhitaryan, Nemanja Matic and Victor Lindelof; all to no avail. As for key signings Romelu Lukaku and Paul Pogba (at £75m and £89m), when he lost the support of his biggest names, he lost the dressing room – proof enough that the power in the modern game really is with the players.

As replacements go, former United great and Champions League winning goalscorer Ole Gunnar Solskjaer couldn't be any more different. Positive, spritely, modest, and for so long the Peter Pan of United's side, the Norwegian looks barely half of his 45 years, yet his youthful, bright-eyed, perennially enthusiastic approach has already galvanised the Old Trafford outfit to their best sequence of results this season.

Of course, the rebuilding job at United remains a big one, and Solskjaer's early promise will be severely put to the test when it comes to refreshing a side who, despite recent performances, are still a country mile short of Liverpool and 'noisy neighbours' City.

Photo credit: Baranov E/Shutterstock.com

(SUPER) BOWLED OVER

THE POPULARITY OF THE SUPER BOWL HAS NEVER BEEN GREATER – HERE'S WHY

There will be a lot of bleary-eyed people at work across the UK on Monday, February 4, because these days the NFL Super Bowl is not just a huge event on the American sports calendar, it's a truly global entity.

At the start of February, the \$1.6bn Mercedes-Benz Stadium in Atlanta will host the NFL's biggest event, the Super Bowl, in its 53rd year. The venue is the revolutionary home of the 2017 runners-up Atlanta Falcons and its Major League Soccer sister-team, Atlanta United, who won the MLS Cup this year, and the show will be big.

Such is the warm embrace of the NFL over the past decade – with matches being played in iconic stadia not just in the US but on these shores too – that the UK has taken the sport to its heart. Since 2007, London has hosted at least one NFL match each year, with the first five being played at the new Wembley Stadium.

The Miami Dolphins operated as the home team when they were defeated by the New York Giants in October 2007, and 29 of the 31 franchised teams have ended up in the UK.

In 2017, 300,000 fans attended the four sold-out games at Wembley and Twickenham, and the unfinished New White Hart Lane ground of Tottenham Hotspur should add another venue in 2019. And the popularity? Well, the latest figures show that both Sky Sports and the BBC viewing figures for the sport increased by 80 per cent between 2015 and 2016.

It's fitting that this year's semi-finals pitched together four of the NFL's most respected sides – five-times winners the New England Patriots, and number one seeds in the AFC, the Kansas City Chiefs. Meanwhile, the other semi-final showcased 2010 winners New Orleans Saints and 1999 victors the Los Angeles Rams.

With all vying for glory at the start of February, there's a lot to play for and even more for UK viewers to watch. Hotdogs at the ready.

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MOTORING



How clever DIY touch-ups can get rid of those bodywork scrapes, restoring your car to its former glory.

We've all felt that horrible scraping, crunching, grinding sound as our usually impeccable spatial awareness temporarily gives way, or wondered what lasting damage that loose chipping has made on the outside of the car as it bounces off its bodywork.

In many cases you're not able to head to a specialist car bodyshop straight away but in this case acting quickly in repairing abrasions can see your gleaming paintwork temporarily restored.

STEP ONE:

Identify the area and clean it

Reacting quickly to a prang is essential. The longer you leave a paint scrape, the more chance rust can start to set in on any exposed metal. Therefore, give the area a good clean and check for damage. If it's surface marks, the chances are you can sort it yourself.

STEP TWO:

The nail test

Any scratch or abrasion you can run your nail over without it sinking into the bodywork should be good for a bit of DIY fixing.

STEP THREE:

Scratching the surface

Grab yourself a good scratch remover — T-Cut is the market leader. As a universal clear paste or colour-matched liquid for main car colours, apply a small amount to a soft cloth and run it gently over the affected area in a circular motion.

STEP FOUR:

Everything in moderation

Go easy with the amount of T-Cut (or equivalent) you use. If when using the paste, the cloth starts to turn the colour of your vehicle, you are pressing too hard or applying too much product.

STEP FIVE:

Polish to perfection

Scratch repairs come as a dull, matt finish, so you'll need to buff the area then potentially add a layer of wax to bring your car back up to showroom mode.

Follow these steps, ensuring a good quality scratch remover is applied sensibly, and you can keep your motor a healthy distance away from its demolition derby.

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Pet Sounds

PYGMY GOAT

Got a spare bit of land and in need of a lawnmower? A pygmy goat is what you're after. Low maintenance, self-exercising and impossibly cute, they'll bound about to their hearts' content leaving you to sit back and make 'aaah' noises.

BEARDED DRAGON

This friendly reptile (real name Pogona) is a lizard whose marvellous livery will amaze and inspire younger mind; but be warned, he'll go missing for months on end without even a goodbye (and no noisy anti-hibernation protests will stop him).

CAPYBARA

A much bigger, slightly uglier guinea pig, who is friendly, harmless and full of life, but these animals require a lot of space to move around in... oh, and a swimming pool.

CHINCHILLA

Cute, clean, timid, small and completely odourless, the chinchilla takes a fair bit of maintenance, but is surely the most adorable of the rodent family.



SUGAR GLIDER

Apparently, hamsters are so passé these days. Instead, people have switched their attentions to sugar gliders, for their incredible affection, curiosity and ability to win over everyone in the family, from adults and children to other pets. This marsupial even has a cool name, a reference to their preference for sweet tastes (such as sap and nectar) and their ability to glide through the air. What's not to like?!

HEDGEHOG

Having an outdoor pet such as a hedgehog is a great idea. You are keeping it in its natural habitat, and this marvellous, charming creature is friendly, inquisitive and often in need of protection, as his prickly exterior will tell you.

SCORPION

For the more adventurous, a pet scorpion can be fascinating to have around, but remember, watch and don't touch... ever. And for goodness sake, make sure that tank lid is firmly closed.

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Chigwell Sports Club, Chigwell Hall, High Road, Chigwell, IG7 6BD

February 9, 10am - 4pm

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James Pearson Trio: 100 Years of Jazz Piano

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

February 9, Doors 1.30pm

James Pearson, with Sam Burgess on bass and Chris Higginbottom on drums, present a history of jazz piano, featuring Oscar Peterson, Fats Waller, Jelly Roll Morton, Erroll Garner, Bill Evans and many, many more.

Tickets are £15 and available to buy from www.wegotickets.com/event/457759

The concert will include a tribute to the late Brian Browning, in thanks and recognition for the most generous legacy he left to the National Jazz Archive in his will. There will be a display of photos Brian took at the East Side Jazz Club over the years.



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Prince Regents Hotel, Manor Road, Chigwell, IG8 8AE

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The price of the course is £50 per person. Contact purvi@vedviya.com for more information.

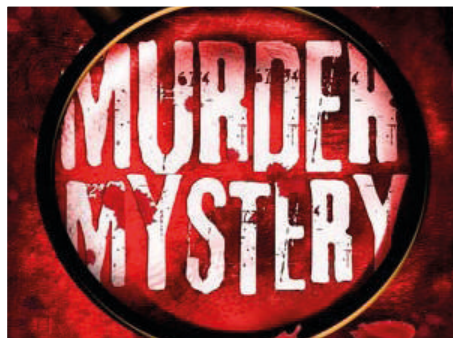
Murder Mystery Evening

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

February 17, 7pm - 9.30pm

Immersive murder mystery evening from Outside The Box Theatre.

The price is £17.50, which includes a fish and chip supper. To book tickets, visit www.outsidetheboxtheatre.com



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February 20, 11am - noon

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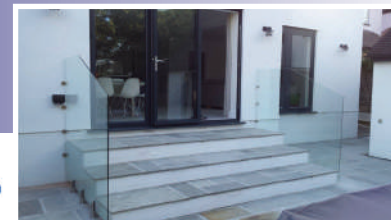
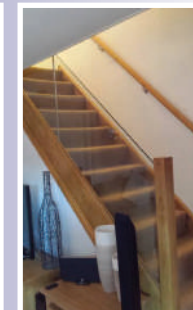
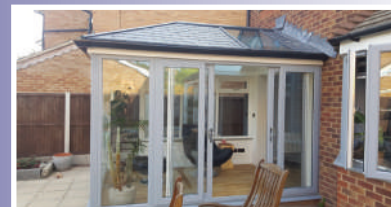
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