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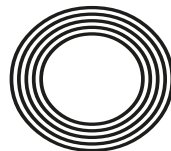
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APRIL FOOLS!

*How the day came to be*

DANI DYER

Shooting to fame after Love Island



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# Editor's notes...



Brett Shohet, Editor

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

Thankfully spring is just around the corner and I'll be looking forward to the lighter mornings and longer days.

One of the things I like about this time of year is that it feels like we all get out and about a bit more. During the winter months it's easy to come home from work and sit down watching TV.

But come spring time there seems many more events, opportunities to socialise and from a magazine point of view, more to publicise.

One of the best things about running this magazine is the role I get to play in promoting things that are happening in the community. Be that a school fete, charity event or outdoor concert. And of course, in our local news section we get to highlight all sorts of people doing great things in the community.

We thrive off the news and stories you share with us – it's what makes the local aspect of our **VISION** magazines so popular.

So, if you have any news you want to share with us please don't hesitate to drop me an email.

I can't guarantee it'll go in the magazine, but I can guarantee everything that we receive is considered and greatly appreciated.

Thanks for reading and playing a part in our magazine's continued success.

*Brett*

## Restore The Ambience, Preserve The Character, ...with all the charm of wood.

The new window system designed to replicate the 19th Century English Flush Sash Timber window.

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**“The charity’s work stretches well beyond putting a lump of foam on the end of your nozzle”**

Photo credit: Jonathan Hordle/REX/Shutterstock

# £1 BILLION

RAISED OVER THE LAST 30 YEARS

You think you nose quite a lot about Red Nose Day? Here's a potted history of a modern fundraising institution.

.....

The 1980s were a dark, crusty, sometimes snuffly period where noses were concerned. Despite being accompanied by the radiant Princess Diana, Prince Charles's hooter was seemingly on the front of every newspaper, Barbara Streisand's snorter was helping her to the top of the charts, and even the striking coal miners found themselves at the septum of nostril-led nastiness... 'What do you do if the government gets up your nose? Picket.'

But then, in 1988, something changed. Richard Curtis – for so long sticking his finger up the schnozzle of the establishment courtesy of his iconic *Blackadder* character – paired up with occasional funnyman Lenny Henry to start a new fundraising concept that had comedy at its heart.

It was called Comic Relief. It invited celebrities to challenge, entertain and host; it offered schoolkids and community leaders the chance to get their creative juices flowing; it implored TV watchers to dig deep for the less fortunate in society; and rallied around TV editors to free up screen time and resources for a total tee-hee takeover.

It's now a project that runs every two years, with merchandise, one-off specials (such as *Comic Relief does The Apprentice*) and outward-bound pursuits (notably this year it's a wealth of celebrities, including Jade Thirlwall and Leigh-Anne Pinnoch from Little Mix, *Strictly* judge Shirley Ballas, former MP Ed Balls, and TV presenters Dan Walker, Anita Rani and Alexander Armstrong, climbing the 19,000ft peak of Mount Kilimanjaro). There's also a showpiece event at Wembley Arena, with 2019 welcoming heavyweights from the comedy world: Jimmy Carr, Rob Beckett, John Bishop, Romesh Ranganathan, Alan Carr and others.

And let's not forget the noses themselves – 11 new stonkers such as Sir Schnoz III, The Abominable Snoseman and Hairy Nostroll, all of which can be brought to life with augmented reality on your smartphone through the Red Nose Day app.

Since Red Nose Day 2017, nearly 15 million people across the UK and some of the world's poorest communities have been helped, and an estimated two-and-a-half million of those are children and vulnerable adults.

While the project uses Red Nose Day as its centrepiece – and in the past 30 years has raised over £1 billion for charitable causes – the charity's work stretches well beyond putting a lump of foam on the end of your nozzle. Right now, the organisers are reaching out to anyone who wants to get involved ahead of the big day on March 15. A mobile phone Red Nose Day giving page is a simple and hassle-free platform for raising funds – past that it's just a case of how far your imagination will take you in dressing up, performing, baking, physical challenges, parties, apple-bobbing... anything goes for the red nose.

From raising £15 million in its first year, to a record high of £108 million in 2011, the growth in Red Nose Day's popularity has been Pinocchio-esque. Can it reach new heights – or is it lengths – this year?

With your help, perhaps.

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**A** look at the history of April fools, and how to get one over on your friends or family.

April 1 – April Fool's Day. It's one date on the calendar the practical jokers all come out in force for, and avoiding the traps can be tricky.

The provenance of April Fool's Day – it's not really a day as you only have until noon to construct your web of deceit – is sketchy to say the least, but some believe it originates in 16th Century France. Previously, the 'New Year' began on April 1, but once the Gregorian calendar was introduced, that annual event went back to January 1.

This calendar change was met with some resistance, leading those who took up the change to mock and play tricks on people who didn't, thus referring to them as 'April Fools'.

The first recorded reference to the day was in 1686 when the writer John Aubrey called it 'Fool's Holy Day'; and 12 years later, newsletter printer Ihabod Dawks wrote: "Yesterday being the first of April, several persons were sent to the tower ditch to see the lions washed."

That particular prank continued into the 18th and 19th centuries where those easily-led were invited to view this supposed annual ceremony... only to find that they been sent on a fool's errand.

Since the invention of the TV, the BBC have tested out a number of 'ideas' on the nation, including their famous spaghetti plants – which was so successful, viewers wanted to know where they could obtain one of their own – and 'Smell-o-Vision', where smells were to be broadcast alongside programmes!

For a simple prank of your own this year, buy a packet of a sandwich biscuits, such as Oreos or custard creams, and replace the filling with toothpaste. Offer them around your friends, family, or even work colleagues and wait for their reaction.



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**M**ineral make-up is made of natural ingredients such as zinc, mica and titanium oxide. It is known for being kinder and gentler to your skin as well as a whole host of other benefits.

## FREE FOR TOXICITY

Mineral make-up is known for being chemical-free, and some brands are also perfume-free which results in less irritated skin. This is especially important for people with sensitive or hypoallergenic skin.

## NATURAL SUNSCREEN

Mineral make-up products contain a natural sunscreen which helps protect your face from damaging sun rays. It also helps give your face a healthy glow without the need for fake or gradual tanners.

## BANISH BREAKOUTS

Mineral make-up is specifically designed to let your skin breathe by blending in perfectly with your skin's natural oils. The lack of preservative ingredients also helps prevent irritation and spots.

## VERSATILITY

Mineral cosmetics can be used by women with all skin types, from dry to oily to combination skin. It can also be mixed with your current moisturisers or creams to create different levels of coverage.

## LONG-LASTING

Both in terms of shelf life and coverage on the face, mineral make-up comes up tops. Due to its pure ingredients, no bacteria will grow on your products, meaning they will last longer, and the natural pigmentation of the make-up means it will stay put longer.

## SHEER COVERAGE

Probably the number one factor to many women, how does this make-up make me look? In a nutshell, you on your best day. Mineral make-up creates a beautiful sheen that is lightweight in both touch and appearance.

If you are craving a cosmetic that makes you look naturally gorgeous, does not harm your skin and adapts to your changing complexion through the month, then give mineral make-up a try.



# Make-up brush MAINTENANCE

It can be easy to forget to clean your make-up tools but remember that you use these brushes on your face daily. Would you only clean your face towel once every six months? Of course not. So, treat your make-up brushes in the same way.

## How often to clean your make-up brushes

- Concealer and foundation brushes should be cleaned once a week
- Eye shadow brushes should be cleaned fortnightly
- If you suffer from breakouts, you should consider washing your brushes after every use

## How to clean your brushes

- Mix a spoonful of gentle shampoo with a cup of warm (not hot) water
- Dip your brushes, one at a time, into the liquid and gently massage the bristles to remove any dirt
- Rinse thoroughly with clean water, making sure to squeeze any excess liquid off the bristles
- Lay brushes down flat on a towel to dry

## How to store your brushes

- Make-up brushes need a clean and spacious environment in order to prolong their shelf life
- Place your brushes bristle-side up in a sterilised mason jar or container
- Do not store too many brushes in any one container
- Do not keep your brushes in the bathroom or kitchen where bacteria can be picked up

## When to replace your make up brushes

- If your brush no longer holds its original shape, then it needs to be replaced
- If shedding has occurred and your brush no longer has enough bristles to effectively apply your make-up
- If you have damaged or broken the brush handle as bacteria can form in the cracks and be transported to your face
- As a rule, you should look to replacing your brushes every three to six months depending on their condition







# MEN'S

## Fashion Trends SS19



With a combination of classic and rule-breaking trends, this season's offerings are anything but boring. If you are guilty of living in the standard dude combo of dark jeans, white tee and branded hoodie, then why not dare to be different this year and embrace one of the below fashion-forward styles?

### STATEMENT SWEATERS

Forget slogan T-shirts, this spring it's all about the statement sweater. In particular, cartoon-like images and messages preaching positivity and unity in the face of adversity will be popular and have dominated the catwalks.

### DAD JEANS

Say goodbye to intricate designs and embellished denim and embrace a simpler look. Dad jeans are medium or light wash and come in either a straight leg or a boot cut. Team with neutral blazer for a smarter look or with a vibrant shirt to stand out from the crowd.

### CLASHING COLOURS & PATTERNS

If you think bold and bright as the weather improves then you can't go far wrong. Everyone from Dolce & Gabbana to Valentino to Donatella were showcasing their new neons and clashing imagery on the runway.

### SHORT SHORTS

When we say short, we mean super-short. If you would struggle to bend over without flashing the flesh, then you've got it right. Not for the bashful, this trend would probably work best for weekend beach break or impromptu BBQ. Team with whiter than white sneakers (another SS19 trend) for a casual vibe.

### SLACK SUITS

As the weather gets warmer, it can be a struggle to look sharp in a suit without feeling like you are melting. The solution? This year's trend for baggy and relaxed style suits. Look out for styles in lightweight materials for an ever more laidback look.




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HEALTH & FITNESS

Is your fast-food addiction getting you down? Here are some great tips to help transform the foods you crave, from horribly bad for you to healthy.

#### EAT PROTEIN WITH EVERY MEAL

If you find yourself starting off the day with a big bowl of porridge, assuming this hearty, healthy meal will fend off hunger pangs, think again. It is protein that helps you feel fuller for longer. So add a handful of nuts and seeds to your bowl, or choose eggs instead, in order to avoid that 11am sugar slump.

#### DRINK MORE WATER

Quite often we can mistake dehydration for hunger, so next time you feel those pangs, have a glass of water and wait five minutes before reaching for the snacks.

#### LISTEN TO YOUR BODY

Forcing yourself to eat a salad in December is never going to end well, so try to be aware of what your body is craving. In the summer, choose fruit over ice cream while in winter months make yourself some satisfying soups and stews, in preference to stodgy chips and pies.

#### MAKE SMART SWAPS

Craving a bag of crisps? Try having a handful of plain nuts instead. Desperate for a slice of cake? Make a big box of date protein balls. With both of these alternatives, you'll be amazed at how much more satisfied and energised you feel. Remember, when it comes to change it is many small steps that make the distance.

#### CHECK YOUR MOTIVE

Quite often, snacking is done out of sheer boredom over an actual need for food. If you think you might be doing this, find some handy distractions such as a crossword puzzle, or better still, a brisk walk.

#### PLAN AS MUCH AS POSSIBLE

It's well known that entering a supermarket when you're hungry always ends in disaster, so do as much planning as possible. Whether this means preparing a whole week of lunchtime meals to take to work in advance, or simply stocking your cupboards with healthier treats, foresight is your friend.







# FIGHTING

## Inflammation



It's one of our body's greatest enemies, with age increasing your chances of encountering arthritic symptoms, from seven per cent up to the age of 45, to over 50 per cent of people in retirement. The symptoms are common and often unrelenting – joint pain, tenderness, stiffness, inflammation, weakness and muscle wasting.

But while doctor-prescribed medication can alleviate some symptoms, there are simpler, more natural ways we can help ease the pain.

**Eat** – Fatty fish such as salmon, mackerel, sardines and trout are high in Omega-3 fatty acids and are proven to decrease joint pain and morning stiffness.

If fruit and veg is more your thing, garlic, broccoli, spinach and grapes should be sought out.

Ginger is also known for its ability to block the production of substances that promote inflammation, while berries and walnuts will offer you instant improvement.

**Drink** – In recent years, tart cherry juice has really come to the fore as a rapid healing drink against the ills of arthritis. In a recent US study, participants who drank around 250ml of tart cherry juice a day significantly decreased symptoms of osteoarthritis and inflammation, compared to those who took a placebo.

**Exercise** – As with any sort of whole-body improvement, exercise must play a part alongside diet and hydration. Movement plans for arthritis are many and varied, but you need to focus on low-impact aerobics, strength training, regular stretching and subtle building of muscle mass.

The good news is many of these exercises are subtle and discreet – consider an office chair as apparatus to do seated push-ups against, take short walks, practise Pilates, yoga and Tai Chi. Also consider water-based exercises, low impact movements – such as in cycling – and suspension training. Combined, these natural remedies can significantly lessen the impact of arthritis.



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# Food Mysteries **REVEALED**

**W**hy do onions make you cry?  
Why does chilli make your mouth burn? We expose the food mysteries that have long since plagued your mind.

## *Why do onions make you cry?*

We have all experienced the burning sensation, followed by the uncontrollable flowing tears when we slice this seemingly innocuous staple ingredient. But why does this happen? It is actually very simple, cutting an onion causes its enzymes to release a pungent gas which causes irritation when it comes into contact with your eyes.

**Top tip:** Refrigerate your onions prior to cutting.

## *Why does chilli make your mouth burn?*

We are a nation of curry lovers but not all of us can stand the heat. Chilli contains the chemical capsaicin which binds to the receptors in our nose and mouth causing a burning sensation.

**Top tip:** Water is not effective against capsaicin, instead try olive oil or milk, or even whiskey.

## *Why is it that once you pop you can't stop?*

Pringles and other salted potato snacks are very hard to eat in only minimal amounts. Have you ever managed to eat just one or two crisps? Or is the temptation to go back too strong to resist? This is because our bodies are designed to crave sugar, fat and salt, stemming from our caveman days when we needed to store as many calories as possible.

**Top tip:** Only buy individual packets or better still, snack on unsalted nuts.

## *Why are you hungry so soon after a Chinese takeaway?*

Many Chinese dishes contain MSG, Monosodium Glutamate, which triggers your pancreas to release insulin making you feel hungry. This popular cuisine is also high in carbohydrates such as noodles and rice which cause your blood sugar levels to crash quicker, resulting in overeating.

**Top tip:** Choose soups and protein-rich dishes with vegetables on the side.



FOOD & DRINK

Photo credit: Mateusz Scymanski/Shutterstock.com, MAHATHIR MOHD YASIN/Shutterstock.com





# SUPERFOODS

You've heard of them, and chances are you eat some of them every day... but what exactly are superfoods? And why should you be interested in them?

Anyone who has even the vaguest interest in protecting their long-term health will love the notion that one single food item can have profound positive effects on their body, and that's precisely the logic behind the superfood label. Whether packed with antioxidants which are thought to protect against the harmful effects of free radicals – chemicals which all our cells naturally produce that cause damage – or brain-boosting, heart-protecting Omega-3 fatty acids, these superior dietary choices supposedly

have the power to boost your mood, slow down the ageing process, improve physical ability and generally transform you into a super human.

The trouble with superfoods, however, is that there is not an abundance of scientific evidence to back up these claims. Mostly this is down to the fact that research is based on high concentrations of the extracts, meaning that in some cases you would have to eat an awful lot to get any real benefits. On the bright side though, it's indisputable that a diet high in foods such as berries, garlic, broccoli and oily fish, is going to reduce the risk of chronic illnesses such as heart disease and cancer, and generally help you lead a longer and happier life.

- **Garlic** – has antibacterial properties and helps reduce cholesterol

- **Broccoli** – loaded with magnesium and vitamin C

- **Kale** – high in vitamin A and C, plus it contains lutein, a skin-boosting nutrient

- **Goji berries** – powerful antioxidants

- **Wild salmon** – packed with potassium and zinc along with precious Omega-3s

- **Quinoa** – high in amino acids and protein

- **Eggs** – a perfect combination of essential vitamins and minerals including vitamin K

- **Nuts** – high in antioxidants such as vitamin E

- **Matcha** – a potent green tea powder that's high in antioxidants

- **Dark chocolate** – full of flavanols that increase blood flow



# VOLUNTOURISM

According to a recent survey, 84 per cent of millennials said they would like to travel abroad for a volunteering holiday. Brought on by a combination of wanting to truly experience a new culture and the desire to break free from the confines of excessive consumerism; voluntourism has never been more popular.

## Gain a new perspective on life

Sometimes we can all get stuck in a rut, professionally and personally. Volunteering will open your eyes to the problems and difficulties that people less fortunate than yourselves face daily. You will come home with a fresh and positive outlook on life.

## Experience full cultural immersion

You may think that you explore the local culture when you go abroad but do you really? Most volunteering holidays require you to stay with a host family; eating their home-cooked meals, taking part in their day to day lives and learning about their traditions.

## Making a difference

When choosing a volunteering holiday, don't be afraid to ask questions about sustainability and the impact your work will have on the local community.

## Opportunities available

If you are an animal lover, why not volunteer to help the monkeys in South Africa or the orangutans in the Borneo Jungle? Alternatively, you could sign up for the rebuilding programme in Nepal if you don't mind getting your hands dirty. And for those who want to give something back to the younger generation, volunteering as a teaching assistant in Kerala would be ideal.

## Learn a language

Worried about the language barrier? Don't be. The easiest and most effective way to learn a new language is to be surrounded by local people whose English may be limited. Forced out of your comfort zone, you will be surprised at how quickly you pick up common words and phrases.

Photo credit: Alzuddin Saad/Shutterstock.com, Geet Theerawat/Shutterstock.com







KIDS

# Let's get GEOCACHING



Do you want to get your child out in the fresh air but are fed up with endless trips to the same park? You want to spend time as a family but find it hard to find activities that everyone will enjoy without breaking the bank? We have the solution.

## WHAT IS GEOCACHING?

Geocaching is effectively a digital treasure hunt on a massive scale. A geocache, or cache as it is also known, is a small, sometimes tiny, waterproof box that has been hidden somewhere outside. Geocachers (players) use a global positioning system to either find or hide these caches for other users to find. Geocaching can take place anywhere outside in the whole world.

## HOW CAN I GET INVOLVED?

It is incredibly easy to get started and all you need to play is a handheld GPS and your own two legs. You can quickly create an account at [www.geocaching.com](http://www.geocaching.com) and then when you are ready to play, simply enter your postcode and locate your nearest geocache. Then get searching.

## WHAT DO I DO WHEN I LOCATE A GEOCACHE?

When you find your chosen cache, it will most likely include a log book along with a small trinket or sometimes even several trinkets. You can then write a message in the book and the date that you found it. You can either leave it at that or if you want to take one of the hidden treasures, you then replace it with a different item.

## WHAT ARE THE BENEFITS?

- Suitable for all ages and fitness abilities
- Gets participants outdoors and experiencing nature
- Opportunity to visit new places and learn about our natural surroundings
- Geocaching events are a great way to meet new people
- It's free and a great activity for families to do together

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# Giving IT BACK

## THE WORLD'S MOST GENEROUS BILLIONAIRES

### 1 Bill Gates (\$35billion)

The world's most prolific giver, 63-year-old Gates regularly donates to healthcare, education and IT sectors, as well as generously supporting developing world projects, particularly in attempting to eradicate poverty in Africa. And at the end of November he gave £727,000 to Dundee University to help male contraceptive research.



### 2 Warren Buffet (\$31billion)

Warren Buffet's contributions towards healthcare, education, AIDS prevention and sanitation in underprivileged areas make the business brain the world's second biggest philanthropist.



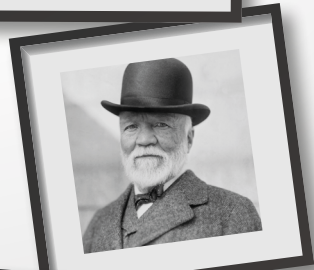
### 3 Li Ka-shing (\$10billion)

Education and healthcare are subjects close to Li Ka-shing's heart, with the 90-year-old Hong Kong business magnate the owner of a portfolio that includes transportation, real estate, financial services, retail, energy and utilities.



### 4 Andrew Carnegie (\$10billion)

Peace through education is a concept that was particularly dear to the long deceased industrialist Andrew Carnegie, whose legacy of business trumps even Gates's, and saw him give away his entire fortune (closer to \$100billion if factoring in inflation) to charitable causes across the globe.



### 5 Azim Premji (\$8billion)

The software entrepreneur is a passionate and loyal supporter of education and healthcare projects and has so far given away over half his estimated £15billion fortune.



### The Giving Pledge

A number of billionaires, including our very own Sir Richard Branson, are part of an exclusive club put together by Bill Gates, who have all signed up to giving more than half their fortune away.

Others involved in the pledge include Vladimir Potanin, a Russian mining oligarch, tech entrepreneur Elon Musk, Facebook founder Mark Zuckerberg, and Hasso Plattner, another software genius, from Germany. Over 180 individuals have now pledged to hand over more than \$500billion in total. As Virgin chief Branson stated: "‘Stuff’ really is not what brings happiness. Family, friends, good health and the satisfaction that comes from making a positive difference are what really matter."

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▲ Before  
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# Embrace Eco Gardening

It can become all too easy to rely on pesticides and nasty chemicals to treat our garden and deal with any unwanted pests, but surely there must be an alternative that is better for us, our garden and the environment?

## Mulching beverages

Rather than buying expensive pesticides which can cause more harm than good, why not try mulching beverages instead.

Simply save up any used ground coffee or tea leaves and sprinkle around you garden or add to your compost heap. This will not only deter insects from eating your produce but also enrich the soil in your garden.

## Copper control

Slugs can be a real nuisance in the garden; munching on flowers, plants and vegetables alike. Luckily there is a common household object that can easily deter them from your prized plants.

Copper coins. Slugs just hate to crawl over copper so a border of pennies around the soil of your seedlings can protect them from these hungry creatures.

## Homemade deterrent spray

The problem with many pesticides is that they kill all insects in their proximity, even the beneficial ones. It is better for your garden to simply deter pests from the crops they will destroy rather than eliminate all bugs from your garden completely.

Make a DIY natural spray yourself by soaking chilli peppers and garlic in oil and water, leave for a few days to stew and then spray the offending insects.

## Feed your lawn with stale beer

How many times after a party have you been left with a selection of half empty beer bottles dotted around your home? Rather than throw the stale beer away, pour it onto any brown spots that have appeared on your lawn. The fermented sugars in the beer will act as a natural feed for your grass.

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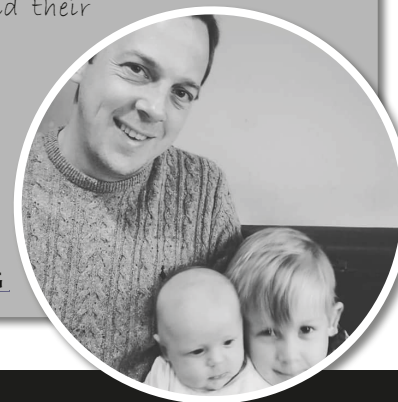
The advert in **VISION** magazine circulates to 30,000 readers in Hornchurch, Loughton and the surrounding area. The results of this advertising are extremely encouraging and we are now receiving enquiries and business from many new customers.

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

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# Dani in Demand

As father/daughter partnerships go, this one is pretty unique – they both have the same name, for starters... Kind of.

Danny and Dani Dyer have constructed between them a rather old-school assault on the senses, with the latter even looking to usurp her West Ham-supporting dad in terms of column inches and social media followers.

While Danny Dyer has evolved from terrace casual chav to Queen Vic landlord, Mick Carter's daughter, Dani, the diminutive model, has ascended slowly into the public's consciousness. And it was last year's appearance on *Love Island* that saw the Essex starlet gain equal footing alongside her illustrious father.

Along the way, the 22-year-old has become regarded as one of the leading faces for Generation Z, and has found herself a spokesperson for modern feminism.

"I don't like to take all that stuff too seriously, but I am on the side of the girls, certainly," she says. "I've always grown up with very strong role models, and I feel I have inherited that for myself. Gender doesn't really come into it – it's about who you are and what you do with it."

Speaking about her winning stint on *Love Island* – during which time she met and fell for fellow contestant Jack Fincham – Dani admits it was a positive learning experience.

She said: "Relationships in the villa are probably always going to be perfect because you're in a surreal situation. That's all you have, each other. There is nothing outside to affect that. You come out of the villa and then have to re-learn about each other."

Sure enough, she and boyfriend Jack have had their fair share of ups and downs, but embracing her father's dogged spirit has, thus far, ensured the couple have moved mountains in terms of surviving a permanently high-profile existence. That time in the spotlight was lengthened further by reality spin-off *Jack and Dani: Life After Love Island*.

Speaking of mountains, her next challenge is exactly that... climbing Mount Kilimanjaro for Sport Relief. "I'm not going to lie – I am bricking it," she says. "All I know is that it's a really big mountain and it takes ages to climb. I've never climbed anything before."

To follow, Dani has a book release set for April. Her self-improvement guide *What Would Dani do?: My Guide to Living Your Best Life* is an optimistic, positive slab of advice and experience. There's also the maintaining of her record-breaking clothing range – her collection for In The Style drove half a million visitors on its day of launch, with over 70 per cent of stock sold in just 24 hours. Add in a constant demand for media work, and Dani's worth has never been greater.

She said: "It's lovely to be appreciated and have the responsibility. Actually, I'm scared of my followers – I don't know what to do with them. It's been overwhelming, having people being kind and supportive... and I will make sure I am kind and supportive back."





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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS

Photo credit: Essex Police



## Two drug dealers jailed

Two drug dealers, caught with the Class A drugs ecstasy and cocaine, have been jailed.

Police were patrolling in Newmans Lane, Loughton on January 6 when they became suspicious of a vehicle.

They stopped the car and searched George Groom and Jack Elliott.

Elliott from Ongar handed officers a bag which he had concealed in his underpants containing more than three grammes of cocaine.

He was arrested and taken to Harlow police station where he handed over a bag containing 42 bags of MDMA.

Groom from Loughton was searched and was found in possession of a mobile phone linked to the supply of drugs and £80 in cash.

Groom was charged and found guilty of two counts of possession with intent to supply Class A drugs. He

was jailed for four years.

Elliott was charged with and pleaded guilty to two counts of possession of a Class A drug with intent to supply. He was jailed for two years and three months.

Following sentencing, Det Sgt James Paget of the West Operation Raptor team, said: "There is absolutely no doubt that Elliott and Groom were intending to sell the drugs they were found with on the streets of our county.

"Dealers like them have absolutely no regard for the law or for the harm they cause in the communities where they sell their wares.

"Fortunately, Operation Raptor are always one step behind them and we will do all we can to catch them and put them behind bars where they belong."

If you have information about drug or gang-related crime in your community contact Essex Police on 101 or Crimestoppers anonymously on 0800 555 111.





# School choir among thousands to sing at O2

The Thomas Willingale School Choir from Loughton were among almost 9,000 children who performed at the O2 Arena, as part of the biggest choir in the world, recently.

They sang backing vocals to *Gold* with Spandau Ballet's Tony Hadley and received a very special message from Hugh Jackman from *The Greatest Showman*.

Music teacher Rachel Bartels said: "The children

were fantastic. I was very proud of them."

Head Teacher Teresa Phillips said: "The 2019 Thomas Willingale Choir are one of our best yet and they were privileged to be able to sing as one of the world's biggest choirs in the world's busiest music venues. What an experience.

"Keeping them on track were three guest artists – Tony Hadley, from Spandau Ballet; Sharlene Hector and Beau Dermott."

## Charity bags a share of the fund

A Loughton charity has received a £1,000 grant as part of Tesco's Bags of Help Scheme.

Spark, a branch of Worth Unlimited, based at Loughton Youth Centre, was shortlisted to receive a cash reward after shoppers were able to place their vote for who they thought should take away the top grant.

The charity's goal is to support young people on their journey to improved mental and emotional well-being and ultimately increase their community engagement.

They offer affordable counselling and mentoring service as well as an after-school youth club.

Young people can self-refer or parents/family/friends can do the referral.

A spokesperson from Spark said: "We are

delighted that Tesco has supported our application and any money that we receive from the bag fund initiative is going to directly impact the lives of the young people we work with locally."

Alec Brown, head of community at Tesco, said: "Bags of Help has been a fantastic success and we've been overwhelmed by the response from customers.

"It's such a special scheme because it's local people who decide how the money will be spent in their community.

"There are some fantastic projects on the shortlists and we can't wait to see these come to life in hundreds of communities."

Spark can be contacted on 020 8508 6743 or by emailing [spark@worthunlimited.co.uk](mailto:spark@worthunlimited.co.uk)

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Photo credit: Everything Local News



## Students attend Careers Fest

Students at Debden Park High School in Loughton attended the tenth Careers Fest recently. The event was held at the New City College Epping Forest campus. With more than 70 exhibitors the evening was a great success with students and parents taking the opportunity to speak to a variety of exhibitors including national and local employers, industry experts as well

as further education providers and universities. Head of careers Jaci Hammond was delighted to be part of the event held in collaboration with the Epping Forest schools and college. She said: "It was a pleasure to welcome so many of our students and parents to this exciting event with the opportunity to find out about the different career pathways for young people."

## Five members of drug gang sentenced

A man from Loughton was one of five members of a drug dealing gang, which supplied Class A drugs across parts of Epping Forest, to be sentenced. Tom King, from Loughton, admitted supplying a Class A drug and was given a two-year jail term suspended for two years. Chelmsford Crown Court heard how the gang, known as the Chris line was targeted by Essex Police's Operation Raptor West team during a six-month investigation. Chad Morris, from Walthamstow, was one of the key members of the gang. He would organise the supply of Class A drugs, using runners to carry out the deals. During the investigation Morris was caught dealing crack cocaine in Barfields, Loughton on various occasions in August 2018.

Morris admitted four counts of supplying a Class A drug and was jailed for three years. The court also heard how Jordan Young was also a key member of the Chris line. Like Morris he too was a key organiser, arranging for drug deals to be carried out by runners. On various occasions in July last year, Young was caught dealing rocks and wraps of the Class A drug crack cocaine. He also admitted a charge of supplying a Class A drug and was jailed for three years. Salim Adam, from Leicester admitted two counts of supplying Class A drugs and was given a two-year jail term suspended for two years. And Joel Young, from Walthamstow admitted possessing a Class B drug with intent to supply and was given a nine-month jail term suspended for a year.



## Dramatic Society performs Pygmalion



This March the award-winning Loughton Amateur Dramatic Society brings George Bernard Shaw's most popular play to Lopping Hall.

*Pygmalion* is both a witty attack on the British class system as well as statement of Shaw's own feminist views.

Henry Higgins believes that he can transform the cockney flower seller Eliza Dolittle.

He accepts a challenge to pass her convincingly off as a Duchess among English high society.

What he fails to consider is that Eliza has a mind of her own; unlike her counterpart in Greek mythology, she is not merely a beautiful statue to be admired.

## Hospice named as supermarket's partner

Loughton Town Mayor Stephen Murray has named St Clare Hospice as his Charity of the Year.

St Clare Hospice is a charity providing specialist palliative care for people living with terminal or life-limiting illnesses across West Essex and East Herts border.

Partnerships with local organisations are a vital source of income for the hospice, with last year's Charity of the Year programme generating approximately £30,000.

These year-round fundraising partnerships see organisations and businesses pledge to fundraise for their chosen charity for the 12-month period in any way they choose.

St Clare Hospice's community fundraising lead Dani De'ath commented: "We are humbled by the support we receive from local organisations

throughout the hospice's catchment area.

"Every year, these generous local businesses and town councils raise thousands of pounds in vital funding for us, so that we can continue to offer our compassionate care, free of charge, to those who need us in their local communities.

"We'd like to say a huge thank-you to everyone who has chosen us as their Charity of the Year – together, with their support, we are making a difference to local people who are facing one of life's most difficult journeys."

## Add some extra sparkle to charity walk

Residents in Loughton are being encouraged to join Haven Hospice in raising money.

The charity, which supports families across North and North East London, West Essex and East Hertfordshire, is bringing back the Sparkle Walk, and it's bigger, brighter and packed with more glitter.

With a new 10k route, Haven House's women's walk is not one to be missed.

Grab a team of friends, family and colleagues, reach for some glitter and get your sparkle on for an unforgettable night out.

The event is being held on May 10, with arrival from 6pm and a 7pm start.

Participants will start at Christchurch Green, in Wanstead, and finish at The Cuckfield, in Wanstead.

The 10k route encompasses Epping Forest, South Woodford and Wanstead, with a new halfway Sparkle Station on the grounds of Haven House.

Entry is £15 per person, which includes a glass of fizz and a T-shirt.

For more information and to sign up, visit [www.havenhouse.org.uk/sparklewalk2019](http://www.havenhouse.org.uk/sparklewalk2019)



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



Congratulations and a warm welcome to our newest member Geoff Towesy, careers advisor at West Hatch School. Geoff has been supporting Rotary for six years and we're very pleased to have inducted him as an honorary member.

We hosted our free monthly Memory Cafe in Loughton for people with memory issues and their carers recently.

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 to noon at The Loughton Club, 8 Station Road, Loughton, IG10 4NX.

The next free session is on March 8. Everyone is welcome. Please contact Pesh for further details on 07973 166940.

## Student lands scholarship

A student from Debden Park High School in Loughton has received a highly competitive scholarship.

Year 12 pupil Noor Martin gained a scholarship worth £435 to attend the prestigious Headstart course, which is run by inspirational leaders and academics from top universities.

The course is perfect for finding out more about

what exciting career opportunities a STEM degree course might lead to.

The scholarship will cover tuition, accommodation, evening activities and meals.

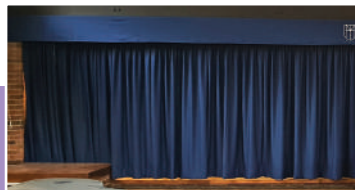
Debbie Blain, the school's director of development, said: "What an exciting opportunity for Noor who wrote a strong application. This is a well-deserved scholarship."



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## ADD A SPLASH OF COLOUR

Turn something mundane – such as a row of hanging utensils – into a feature by painting the wall behind them, or simply choose a statement wall to paint in your favourite hue.

## CHOOSE BRIGHT ACCESSORIES

A bright red kettle or mint green fridge is a great way to perk up your cooking space, particularly if you're mired in a sea of oak.

## AS ABOVE, SO BELOW

Kill two birds with one stone and cover up those chilly kitchen tiles with a vibrant rug (select one with durable fibre to sustain spills), or if that's not your style, paint the ceiling instead.

## LIGHT IT UP

Get yourself a gorgeous pendant light, or vintage lamps with coloured cords and exposed bulbs; or even just some colour-changing fairy lights.

## GET EDGY

Sideboards, door frames and windowsills are the perfect way to add colour when your choices are limited.

## COLOURFUL CROCKERY

Dishes, serving plates and even cooking utensils are a brilliant way to bring the colour – just try to stick to similar shades to stop it from feeling messy and chaotic.

## TILES FOR MILES

Fill in small spaces between units with hand-painted tiles for a unique and quirky feel.

## BECOME THE ATTRACTION

You know what they say: if you want a job done, do it yourself. In which case, don your most bombastic kitchen apron and brightest pair of marigolds and become the star of the breakfast bar.







Photo credit: www.konmari.com

## CLUTTERED HOME?

## SOLVE IT MARIE KONDO STYLE



Okay, so Chinese stole a march with their adoration for fengshui, but look sharp and get tidying, because Marie Kondo is here to change all that.

Marie Kondo is the clean queen wowing homeowners with a message that is as full-on as it is reserved. Is it her slight frame, her softly-spoken voice, or perhaps just a persona that almost effortlessly pushes homeowners towards minimalist magnificence? However she does it, the impact of her KonMari method – inspired by the spiritual practice of Shintoism and built on the premise of surrounding oneself with things that bring joy and satisfaction fairness... plus a little help from Netflix – represents a genuine cleaning revolution.

"It comes down to making home a warm, joyful place," she says, attempting to crystallise what, for some, is a seething, simmering mass of mental and physical torment, all brought about by a failure to be able to stay on top of housework.

"There are many different strands to what we do,

but to condense it, we represent what is contained in a house in five distinct sections: clothing, books, paper, komono (kitchen, bathroom, garage, miscellaneous) and finally sentimental."

Kondo, 34, who originates from Tokyo but now lives in LA with her husband and two children, asks people to decide if an item sparks joy or not. If it doesn't, it should be thrown away.

She also believes the house has its own part to play. A petite woman with an abundance of energy – the Mary Poppins of cleaning as she has become known in some quarters – will always thank a house for allowing people to exist and flourish in it... that is, before binning its contents in a whirlwind of cleaning expertise.

Subsequently, Kondo has been embraced by an ever-increasing global gathering of home junkies, spreading warmth, homeliness and a joyful Japanese aesthetic across the Western world.

And as for that language barrier... "Let the cleaning do the talking," she says... and it does.

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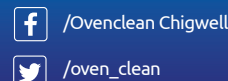


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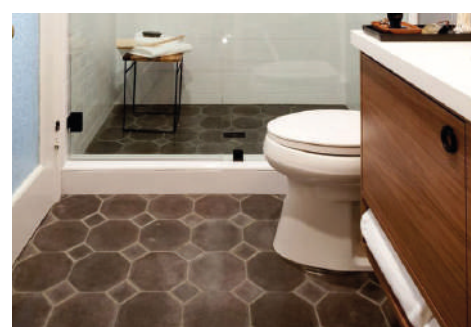
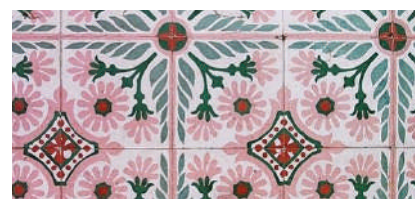
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# Trendy TILES



HOME & DIY

From kitchen flooring to bathroom walling, tiles can transform a room from dull to decadent. And this year sees the emergence of tiles featuring in every room in the house; from being used as a feature wall, to a chimney breast, even as a headboard in the bedroom.

Let's check out this year's top trends.

## Patterned Tiles

Moving away from last year's preference for monochrome and neutral greys, 2019 sees bright and bold patterned tiles dominating the showrooms. Tribal patterns are bang on trend and work well in primal shapes and rich, earthy colours.

As well as individual patterned tiles, creating your own patterns using a selection of tiles will also be popular and allows homeowners to put their own stamp on their interiors.

## Artisan Tiles

Homemade style tiles are ideal for use in period properties or for those wanting to create more character in a modern home. Use this trend in your kitchen to create a more rustic feel or in the bedroom for a relaxed, sensual vibe. Vintage patterns are a popular choice and are ideal for lovers of all things retro.

## Geometric Tiles

By introducing different shaped tiles into your home, you can maximise or minimise space depending what you want from a particular room. Geometric tiles can be used in a small bathroom to make the space appear bigger and hexagonal tiles work brilliantly on the floor to create a unique focal point.

## Textured Tiles

3D tiles are set to be massive this year, especially with those wanting a more futuristic feeling in their home. Use sparingly as a feature in the chosen room and team with a neutral décor to avoid overcomplicating the overall look. Alternatively, sculpted surface or embossed tiles can completely transform a space.

Photo credit: www.lillemountain.co.uk and boeadoobo.com





PANTONE COLOUR OF THE YEAR

Living  
Coral

Living Coral has been chosen as the Pantone Colour of 2019; but how can this cheery tone be incorporated into the home, and what mood does it create?

So, it's that time of the year when one team of boffins, situated in the otherwise nondescript town Carlstadt, New Jersey, begin a global influencing campaign that affects our lives more than we might imagine.

Yes, the Pantone Colour Institute has chosen Living Coral (16-1546) as shade tone to represent 2019. It's said it conveys a calm feeling of warmth, with its marine qualities offering freshness, invigoration and femininity.

Executive director at the institute, Leatrice Eiseman, had this to say about the panel's selection: "Colour is an equalising lens through which we experience our natural and digital realities, and this is particularly true for Living Coral."

"With consumers craving human interaction and social connection, the humanising and heartening qualities displayed by the convivial Living Coral hit a responsive chord."

With our oceans and wildlife under constant threat of pollution, and a hot topic of discussion that will play itself out across the year, it is perhaps fitting that this colour has been chosen.

And in terms of how this choice will influence our daily lives? Consider everything from interior furnishings, phone designs, wallpapers, nail varnishes and, especially, the fashion market, whose job it is to be continually responsive to emerging trends.

And for those who think this year's tone is perhaps a bit, well, pink, consider Pantone's final observation: "Living Coral is evocative of how coral reefs provide shelter to a diverse kaleidoscope of colour."

So, basically, if you don't like it, just use it as a base for other colours.



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# PICK A PET TO

*match your personality*

**C**hoosing the right pet to suit your lifestyle is vital. You don't want to be impulse buying a snake if you plan to start a family in the next couple of years.

## Why do you want a pet?

If you want companionship, then a cat or a smaller breed of dog is the best option.

Or if you are looking for a family pet, pick a friendly dog such as a Labrador or Cocker Spaniel. Or for a smaller option, rats make great pets for kids as they are, contrary to belief, clean, intelligent and love human contact.

## How active are you?

If you are an avid runner you need a dog who can keep up with you such as a Dalmatian or Greyhound.

However, if you prefer the indoors, you are more suited to a pet such as a domestic bird or a selection of tropical fish.

## How much space do you have?

If you live in a small flat with little outdoor space, then a dog is pretty much out of the question. Instead opt for a smaller pet such as a hamster which only requires a small cage. Be warned, they are not afraid to bite. Or for something a bit different, sea monkeys only require a clean, salt water-filled container to thrive.

## Do you travel often?

It goes without saying that if you travel a lot you need to pick a pet that is happy to be left alone for long periods of time or who can be easily cared for by others. The African Pygmy hedgehog, a domestic variety, is quiet and prefers its own company so makes the ideal pet for someone who works away or long hours.



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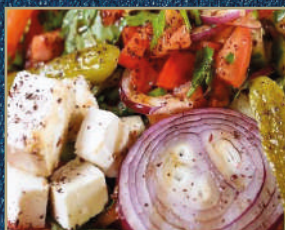
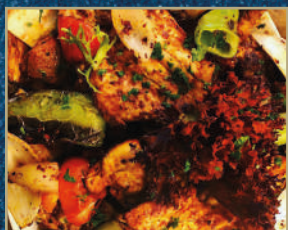




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# PUZZLES & TRIVIA



PUZZLES

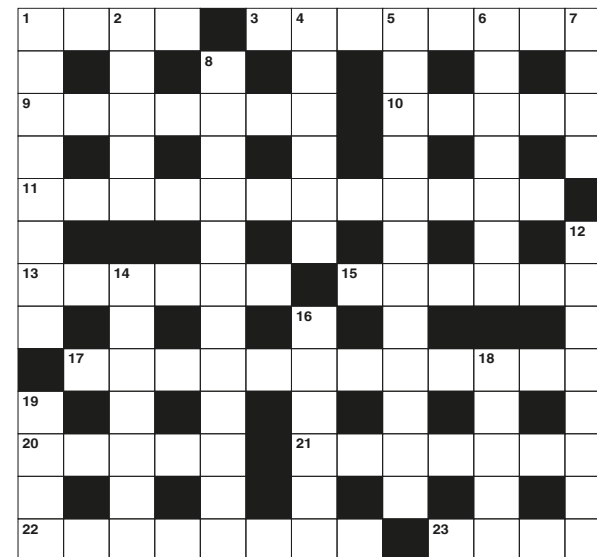
Answers can be found on the Contents Page 4

### ACROSS

1. After the beginning of (4)
3. Allocated (8)
9. Mythical being (7)
10. Gaped (anag) (5)
11. Style of blues (6-6)
13. Embody (6)
15. Measure of heaviness (6)
17. Unhappy (12)
20. Imitative of the past (5)
21. Organic nutrient (7)
22. Moving at speed (8)
23. Sums together (4)

### DOWN

1. Sit on eggs (of a bird) (8)
2. Ballroom dance (5)
4. Narrow drinking tubes (6)
5. Enhancements (12)
6. Pestering constantly (7)
7. Fathers (4)
8. Adequate (12)
12. School pupils (8)
14. Artist (7)
16. Not level (6)



18. Shy (5)

19. Curved shape (4)

### DID YOU KNOW?

- ▶ The largest bone in the body is the femur
- ▶ Your nose and ears will continue to grow for your entire life
- ▶ Over 700 strains of bacteria have been detected in the human mouth
- ▶ More than 10 muscles are working at the same time when walking
- ▶ Like finger prints, tongues also have their own unique print
- ▶ The average speed of a sneeze is around 100mph
- ▶ Fingernails grow around twice as fast as toenails
- ▶ Your skull is made up of 22 bones

### SUDOKU

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



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SPORT

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## AN ORIGINAL ENGLAND ICON

**T**he passing of Gordon Banks in the middle of February offered the nation a chance to reflect and admire arguably the most iconic keeper the England football team has ever had.

Across two World Cups the Sheffield-born stopper wrote his name into Three Lions folklore – first, repelling West Germany at Wembley in 1966 as Sir Alf Ramsey's men lifted the Jules Rimet Trophy; then four years later, in Mexico, making a seemingly impossible save to thwart the great Pele.

In truth, England's World Cup win on July 30, 1966, was built around 10 other footballers, and as for the best save ever, it's doubtful... and these are facts the impossibly modest Banks reminded people of regularly in what is half a century since.

His humility was only one part of his character. Banks was a dominant, strapping, resilient, battling keeper from an altogether different era, where footballers were everyday folk, and retirement often led to opening a pub rather than going after the much-vaunted 'media work'.

He starred for Leicester City at the time of England's greatest game, and despite surprisingly being allowed to leave the Foxes little more than a year after that Wembley win, went on to make almost 200 appearances for Stoke City, prolonging his international career until the age of 35.

His retirement from the game was ultimately forced on him after a car crash in October 1972. He lost the sight in his right eye, and with it, the ability to perform fully as a keeper, despite stints thereafter in the US and Ireland.

Although he took up coaching and management roles, his experiences were never going to match those as a player and he left the game, returning later as an ambassador for Stoke City and regular member of the Pools Panel.

Banks passed peacefully away in his sleep on February 12, 2019.



# FALLING

*with style*

Be it careening down cascading waterfalls or leaping into rapids from a helicopter, Tao Berman has consistently pushed the boundaries when it comes to extreme sports.

When it comes to white water, there's extreme... and then there's Tao Berman. The Washington State native, who turns 40 this year, made his name as one of the most fearless kayakers known to the sport, capable of descending near-vertical waterfalls and performing incredible stunts.

"I never had the objective of doing the extreme stunts," he admits. "As I progressed I was just constantly looking for new ways to push against my abilities, and as I got better at it I needed to take greater and greater risks to push my skill set to continue to get better."

This is the man who, as a 15-year-old amateur kayaker, was already starting to "run waterfalls and things of that nature". In 1997, Berman ran an 83ft descent on the El Tomata River in Mexico; by 1999, at age 19, he'd conquered the Upper Johnston Falls in Banff National Forest – all 98 feet of its thundering vertical drop – and landed a coveted place in the Guinness Book of World Records.

At the turn of the decade, however, Berman decided to hang up his paddle and retire from the world of extreme kayaking, having "accomplished every goal" he had set for himself.

"When I first got into it, I was pushing and progressing into the extreme end of the sport and after setting several world records in the extreme end, including the highest waterfall ever kayaked, I then got into freestyle kayaking," he explains. "After being ranked number one in the world, by winning the three world championships, I was looking for a new challenge so I got into extreme racing – which is racing down white water for a time – and after doing a couple of undefeated seasons doing that, there wasn't much left in the sport to excite me."



Photo credit: Richard Hallman/Fred Bull Content Pool

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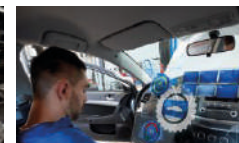
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# Journey Juice

Travelling the length of the country or just popping to the local shops... regular maintenance is essential to avoid motoring melancholy.

**One: TYRES**

Check there's a spare tyre, a jack, its handle and the wheel brace for your vehicle. Remember too, the minimum legal tyre tread is 3mm. Make sure tyre pressures are correct – this will help handling and avoid you using excess fuel. It may also keep you on the road.

**Two: LIGHTS**

Check all of the lights, indicator, brake, dip, full beam and fog individually. Ask someone to stand out in front to help you make sure there are no faulty bulbs. Alternatively park by a clear wall or shop window in the night to see for yourself.

**Three: WINDSCREEN**

Make sure windows are washed and clear, and top the water for the windscreen wipers. Also check the wipers for any wear and tear... a smear on the window is the clearest sign your wiper blade needs replacing.

**Four: OIL**

Check engine oil or things may overheat. Do this

by checking the dipstick when the car has been dormant, and ensure you're on a level surface. Top oil up via the cap and don't overfill.

**Five: FAN BELT**

Check the fan belt for any cracks or slippage.

**Six: RADIATOR**

If your car has been bought within the last decade, it should have the overflow bottle marked with a minimum and a maximum water level. Older vehicles will have a radiator cap. Make sure the engine is switched off and cool, then top up with an equal mix of water and antifreeze coolant.

**Seven: EQUIPMENT**

Always have emergency equipment in the car – so, torch, screwdrivers, pliers and adjustable spanner. Fire extinguishers are always useful, and your car should contain a medical kit and reflective jacket if you breakdown, plus bottles of (unopened) water.



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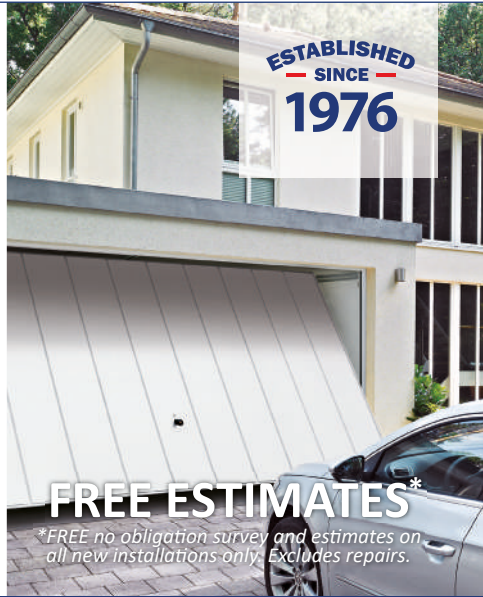
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# WHAT'S ON

*in your area*

**HPDT Loughton Puppy School**  
**Heath's Personal Dog Training, Roding Road, Loughton, IG10 3EJ**  
**March 4, 7pm – 7.45pm**



The new Loughton Puppy School course.  
 For full details, please complete an inquiry form available under the Contacts page at [hpdt.co.uk](http://hpdt.co.uk)

**EBF: William Clegg QC**  
**Loughton Library, Traps Hill, Loughton, IG10 1HD**  
**March 7, 7pm – 9pm**

Join William Clegg QC talking about life as a QC and his book *Under the Wig* as part of the Essex Book Festival.

William Clegg revisits his most notorious and intriguing trials, from the murder of Jill Dando to Britain's first Nazi war criminal. He lays bare the secrets of his profession, from the rivalry among barristers to the nervous moments before a verdict – and argues how our right to a fair trial is now in great peril.

For more information and to book visit [essexbookfestival.org.uk/event/william-clegg](http://essexbookfestival.org.uk/event/william-clegg)

Please note: There has been a change of this event listing which is now March 7 and not March 12 as published in the Essex Book Festival brochure and online

**Stamp Club Meeting**  
**The Dining Hall, Roding Valley High School, Alderton Hill (entry from Brook Road), Loughton, IG10 3JA**  
**March 12, 7.45pm – 10pm**

The United Nations (L.C. Stanway). Organised by Epping Forest & District Stamp Club. Organiser contact: Roger Pearce (chairman). Potential new

members welcome.  
 Membership fees apply.  
 Contact 0208 2811 386 for more information.

**Live Wrestling**  
**Lopping Hall, 189 High Road, Loughton, IG10 4LF**  
**March 16, 7pm – 9pm**

The superstars of WrestleForce return to Loughton for another evening of incredible high-flying action that the whole family can enjoy.

In a highly anticipated rematch, The O.J.M.O and Connor Mills take on Captain Peng: Hakan and Jaden Williams after their thrilling tag team encounter late last year in Dagenham.

In a heavyweight contest: one half of the Roman Dynasty: K.B. Violence goes one on one with Yorghos.

The other half of the Roman Dynasty, Miss Monica, will also be in action in a ladies match.

The Project Jordan Saeed faces 'Oli Oli' Peace. And the head coach of the Knucklelocks Gym Dazzler Darrell Allen takes on one of the Knucklelock's academy's most promising students Keanu.

Visit [www.wrestleforce.com](http://www.wrestleforce.com) to book tickets.

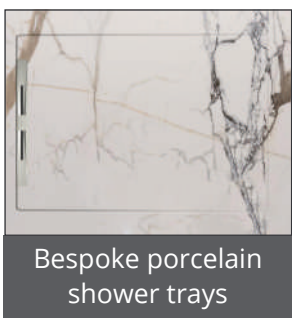


**Pygmalion by Bernard Shaw**  
**Lopping Hall, 189 High Road, Loughton, IG10 4LF**  
**March 28 – March 30, 8pm**

Loughton Amateur Dramatic Society (LADS) performs *Pygmalion* by Bernard Shaw.

Tickets are £10. Call 07552 736110 or visit [www.lads.org.uk](http://www.lads.org.uk) for tickets.

See the Local News section for more information.



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