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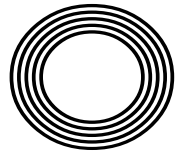
*This season's  
trends*

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THE SIGNS**

Breast Cancer  
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*Amanda*  
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- 6 MEGHAN MARKLE
- 8 X FACTOR SHAKE-UP
- 11 FASHION
- 14 BEAUTY
- 17 HEALTH & FITNESS
- 19 TRAVEL
- 21 FOOD & DRINK
- 25 PUZZLES
- 26 TECHNOLOGY
- 29 BUSINESS & FINANCE
- 31 KIDS
- 32 PETS
- 35 GARDENING
- 40 AMANDA HOLDEN
- 43 LOCAL NEWS
- 59 HISTORY
- 60 HOME & DIY
- 70 MOTORING
- 73 SPORT
- 76 THE **VISION** LISTINGS
- 78 WHAT'S ON

# Editor's notes...



Brett Shoet, Editor

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

At last, I managed to get a break and some sun last month.

It amazes me that when you start your break, it takes such

a short while to relax and

forget about life at home, but when you return it takes what feels like weeks to get back in the swing of things.

We had some lovely calls this month congratulating us on the **VISION** magazines and the content it has. These calls really make my day so please let us know if you feel the same way.

Next month we launch our seventh and eighth title of **VISION** in Essex in just over three years. These will be **VISION**EppingTheydon and **VISION**Leigh-on-Sea, taking our monthly distribution to at least 53,000 homes. Thank you for making this happen.

People ask me, do you like working for yourself and having no boss? My reply is the same... our readers and clients are our bosses. Without them we would have nothing, so thank you again.

In local news, a community garden is awarded a plaque, a shop is under investigation for selling a knives to underage customers and a teen is convicted of manslaughter.

I hope you all enjoy the October edition of **VISION**Loughton.

*Brett*

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# Has Meghan Markle lost her sparkle...

It was just 17 months ago that 1.9 billion people turned on their TV sets to watch American actress Meghan Markle walk down the aisle to marry Prince Harry.

The former *Suits* actress had already won the hearts of the British people once it was revealed that she and the Prince were dating.

Meghan, 37, could do no wrong and Harry's popularity was rubbing off on her.

But at the end of the summer a new poll on royal popularity turned out to be a shock for the young couple.

First Harry has lost his number one spot to his grandmother the Queen, who at 93, is still showing the rest of them how it is done.

He was followed by his brother William, his wife Kate and then Prince Philip, who has retired.

Then comes Meghan at number six, only slightly higher than her father-in-law Prince Charles.

So, what has gone wrong? The couple have been involved in a number of controversies, which has shaken the images of the Duke and Duchess of Sussex. They are being seen as hypocritical in their determination to become eco warriors. Their mantra has not gone down well with the public as they continue to take expensive carbon polluting private jets while encouraging the rest of us to do more to save the planet.

These included Meghan flying off to New York in George Clooney's private jet for a baby shower before little Archie was born.

And Harry did not score any brownie points by attending a climate change conference in Sicily arriving by private jet. There was also the holiday with Elton John with the couple and Archie arriving by private jet.

Needless to say there was a comparison with William who flew to Balmoral for a holiday with his family only costing £75 a head.

A number of staff have also quit working for the Sussexes for a variety of reasons, but it is earning

Meghan the nickname Duchess Difficult.

And of course, the one that was the most controversial of all was the cost of their new home, Frogmore Cottage in Windsor, which taxpayers forked out £2.5 million to refurbish.

Harry and Meghan have since tried to redeem themselves by taking commercial flights to both Rome and Cape Town recently.

Meghan has also turned to her American showbusiness pals in the hope of improving her image. She has called in a Hollywood Crisis Management company in a bid to improve her reputation.

Sunshine Sachs, who represented disgraced movie mogul Harvey Weinstein in 2015 when he was accused of groping model Ambra Battilana Gutierrez.

One of the bosses of the firm, Keleigh Thomas Morgan, represented Meghan when she was on *Suits* and is working with the Duchess and Harry on the new Sussex Royal Foundation which the couple formed after the split with William and Kate.

But this move is unlikely to go down well at Buckingham Palace, who have their own communications team in place.

The couple also recently hired highly experienced global PR Sara Lathan who was a senior adviser to Hillary Clinton's 2016 Presidential campaign.

Senior Palace courtiers have been left bemused over the last few months that the couple have ignored advice from their own highly professional team and instead listened to outsiders in Hollywood.

One courtier said: "They shouldn't need to hire expensive US PR firms. All they need to do is follow the example of the Queen and other Royals – go out and meet people, shake their hands and be nice to them."

It may pay them to follow that simple advice and save themselves a lot of money on an expensive crisis management solution.

Photo credit: Frank Augustin/AP/Shutterstock

with the British public?







Photo credit: Broadimage Shutterstock

# FACTOR OR RATED?

## BRITAIN'S MOST SUCCESSFUL TALENT SHOW IS UNDERGOING A CHANGE OF IMAGE...

**X**Factor's 15 years on our screens have been defined by one thing – it's format. Here's the deal – an unknown 'star', living in a ropey suburb of some nothing northern town with his or her parents and an undernourished cat, gets plucked from obscurity. They become a household name and ride off into the sunset with the Christmas number one and a copy of Leon Jackson's debut LP tucked under their arm, never to be seen again.

We know and love the X Factor because we know and love what to expect – the deluded, the hard done by, the emotional, the inspired.

Except, in 2019, there won't be that. With ratings having crashed below four million, master of ceremonies Simon Cowell is planning the show's biggest ever shift. Out goes the whistle-stop tour of UK auditions, in comes a two-show weekly burst with very different endeavours.

The first is a celebrity special, matching household names with classic tracks, in what sounds like a dreadful updating of *Stars in their Eyes*, though surely can't be that bad: "Tonight, Simon, I'm going to be... trending for all the wrong reasons?"

The second show taps into our love of rolling back the past, with former contestants competing to rekindle former glories.

As for the judges, it seems Robbie and Ayda Field will join Louis Walsh, Nicole, Scherzinger and Sharon Osbourne and a few others in the judges reject bin, with Louis Tomlinson's place also looking in danger.

The shake-up is evidently Cowell's last attempt at returning X Factor to its former heights.

"The biggest risk is not in doing something new, it's in doing nothing at all," he said.

For a watching audience, and for Cowell himself, it's (almost) time to face the music...

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# fashion fixes

If you are already feeling the desire to ditch the day dresses, to say sayonara to sandals or to toss out the tank tops, then these key autumn fashion trends for men and women are just what you need.

### Baggy trousers

Nope, not a homage to pop band Madness, but a distinctive steer away from the beloved skinny jeans. Not only does this look flatter most body shapes but it can also be dressed down with a jumper and trainers or smartened up with heels and a blouse.



### Statement shoulders

If you loved the '80s then you are in for a treat this season, as shoulder pads are back, baby. Or, to be more precise, statement shoulders are the look du jour. Look out for big, bold and embellished designs which will definitely see you stand out from the crowd.



### Scarf up

Men look out, this is your autumn accessory: an oversized scarf. Think thick, woolly and super long. You know, the kind your nan used to knit for you. Simply wrap nonchalantly around your neck, over a lightweight jumper.



### Go hell for leather

A biker jacket is always a must-have item for the colder months, but this year you can expect to see a plethora of leather pieces hitting the high street, from tight leather pants to loose-fit leather dresses. Men can also rock this trend by embracing their inner Hells Angel and buying a leather trench coat asap.



### Velvet galore

Luxurious and decadent, this fabric took over the men's catwalk shows with Dolce & Gabbana, Ralph Lauren and Emporio Armani all showcasing their velvety designs. Expect to see velvet shirts, suits, coats and even ties.







# FRESH

for the day ahead?  
Or did **SNORING**  
ruin your sleep last  
night (again)?

A visit to Dr Malik at Improve Your Smile could help bring back blissful sleep, happy mornings and better functioning

IN CARTOONS and television comedies, snoring has always been a source of humour. But for many sufferers and their partners, it is a serious matter. As well as damaging relationships, its effects – including poor quality of sleep and lack of sleep – can lead to far worse things. Yet strangely, research indicates that in 90% of cases, snorers go untreated; most of them probably unaware help is available.

## HOW SERIOUS IS SNORING?

Snoring is frequently, though not always, part of the condition known as Sleep Apnoea. This is characterised by a reduced capacity to breathe, or by pauses in breathing, during sleep. The pauses, called apnoea, can last from a few seconds to a few minutes, and may occur five to thirty times in an hour. Sleep Apnoea can lead to health complications such as heart disease, high blood pressure, diabetes, stroke, daytime sleepiness and difficulty in concentrating, and sufferers run a higher risk of having work-related or driving accidents.

There are three types of sleep apnoea: Central Apnoea, Obstructive Apnoea and a combination of the two (Central and Obstructive). Central Apnoea results when the brain fails to activate the muscles needed for breathing during sleep. Obstructive Apnoea results when the airways collapse or are obstructed during sleep.

## WHAT IS THE TREATMENT?

Depending on the cause and the severity of the condition, sleep apnoea can be treated using non-surgical or surgical methods. Dr Amjad Malik encourages people who snore to attend a free initial consultation. Having identified their particular problem, he

is able to offer a number of solutions. In many cases, a simple and effective method is a snore guard. This is a mouth piece designed to allow the lower jaw to be thrust forward so the tongue does not fall back and obstruct the airway during sleep. These are custom-made for a perfect fit – superior to any ready-made ones.

## DO ONLY ADULTS SNORE?

It is rare for children to snore (and can be a cause for particular concern), but Dr Malik has successfully treated children, and believes there are advantages in treating a person while they are still growing. In children and in adults, the cause of snoring can be the relationship between the shape of the palate and the size and position of the tongue, which obstructs the breathing during sleep. This can often be remedied with orthodontic treatment to realign the upper arch of teeth to give the tongue more room, so it lies in a better position.

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# GO GO graphic EYES

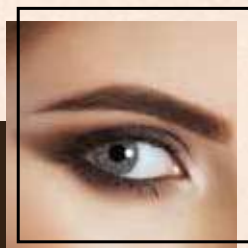


With the start of a new season comes the opportunity to revamp your look and embrace the latest beauty trends that have been showcased on the runway; with inspiration from Tom Ford, Louis Vuitton and Dior, there's something to suit everyone.

### FUTURISTIC FALSIES

Create a striking look with a set of over the top fringed, silver lashes; don't scrimp on the glitter.

Simply purchase the longest, metallic silver false eyelashes that you can find and apply to either your bottom or top lash line. Finish with a sweep of white liner.



### ULTRA-BLACK EYES

Nothing says glam more than a set of sultry eyes adjourned with the darkest eyeliner and eye shadows. This season the more smudge the better.

Prime your lids and then use a pencil eyeliner and shadow and get smudging.

### GLITTER GALORE

If you favour a more upbeat look then this Seventies style trend is for you; think disco nights with full-on glitzy eyes.

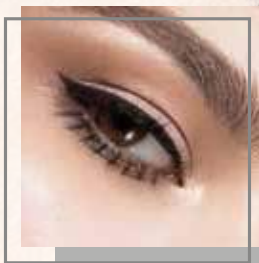
Apply a neutral eyeshadow, brush your lids with primer and then using a flat shader brush apply your glitter.



### NEON

Not for the faint-hearted, shocking shades of neon were seen splashed across the runways, with pink, orange and green featuring highly.

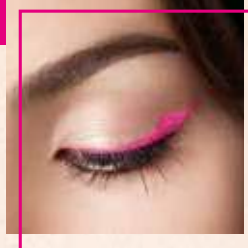
Prime your lids, then using a pointed eyeliner brush, apply your chosen shade across the crease of your lids and down towards the outer corner of your eye.



### TWIGGY-ESQUE LOWER LASHES

Who doesn't want to look like the iconic Twiggy? Take a leaf out of Dior's book and rock the painted on exaggerated lower lashes look this autumn.

But if painted on lower lashes are a bit too OTT for you then simply apply individual false lashes to your lower lash line and finish with lashings of mascara on your upper lashes.



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HEALTH & FITNESS

# KEEPING *abreast* OF THINGS

## 18 • Oct • 2019

*With October being Breast Cancer Awareness Month, is it time to reassess our perceptions of this illness?*

As a nation, our understanding of cancer has never been better, our healthcare is in its best ever place, and rates for the successful banishing of this dreadful biological disease are the best recorded.

We have so much to celebrate where breast cancer is concerned, yet the reality is someone will still wake up tomorrow, and the next day, and the day after that, and have their life ruined by this terrible disease.

Breast Cancer Awareness Month is a global campaign running across October that aims to engage as many people as possible in raising both awareness and funds in the fight against the disease. You can take part in wear it pink on Friday, October 18, and find out more on how to get involved by visiting [wearitpink.org](http://wearitpink.org)

The aims coming from the scientific world are big, with the intention that, by 2050, everyone

who develops breast cancer will live. Research is focused into four areas – risk and prevention, early detection and diagnosis, treatment, and secondary breast cancer.

By focusing on these stages of the disease and monitoring progress and results, specialists can use the most advanced techniques to save lives. In 2018, that meant the five-year survival rate topped 95 per cent; up from 82 per cent three decades ago.

So to answer the question posed at the top of this piece – no, it's definitely not time to reassess our perceptions where breast cancer is concerned. It is an affliction that ends lives, as well as causing untold pain for those left behind. It is an enemy of women of almost any age, any background, any social status, and the only thing we need to recalibrate is how we can fight in ways harder, tougher and even more stubborn than before.



breast cancer  
**now**



# SKIN TAGS... *Why they matter*

**S**kin tags are small growths that hang off your skin. They are common and essentially harmless, but can be removed if they bother you.

### What skin tags look like

Skin tags are small, soft, skin-coloured growths on your skin. They can vary in colour and size – from a few millimetres up to 5cm (about 2 inches) wide.

They are usually found on the neck, armpits, around the groin, or under the breasts, but they can also grow on the eyelids or under the folds of the buttocks.

They can look like warts, but skin tags are usually smooth and soft (whereas warts tend to be rougher with an irregular surface).

Skin tags are knobby and hang off the skin (whereas warts are usually slightly raised or flat)

Skin tags are not contagious (whereas warts spread very easily, so a sudden outbreak or cluster of growths is more likely to be warts)

**NB:** Skin tags do not usually cause any pain or discomfort.

### Why skin tags occur

Skin tags are made of loose collagen fibres and

blood vessels surrounded by skin. Collagen is a type of protein found throughout the body.

Both men and women can develop skin tags. They tend to occur in older people and (significantly) people who are obese or have type 2 diabetes.

### Why skin tags matter

If you have a diet high in carbs and sugars, your insulin will be high as a result. (Insulin controls blood sugar, so more sugar equals more insulin). But insulin has numerous actions on the body, one of which is cell-proliferation (important for example at puberty, when the body grows rapidly).

Uncontrolled cell-growth is a bad thing however, which is why people with type 2 diabetes are more prone to cancer. Skin tags are benign and harmless but they DO indicate that your insulin levels are probably too high. For more information contact Graham Phillips at Prolongevity - no pressure - just helpful qualified, professional advice, 07768 275802, graham.phillips@manorpharmacygroup.co.uk, www.prolongevity.co.uk

**NB:** Never attempt to remove large skin tags yourself because they'll bleed heavily.



TURN ON THE

# Warts

## WHERE ARE THE BEST PLACES TO SEE THE AURORA BOREALIS?

**T**he Northern Lights are one of Planet Earth's most amazing natural phenomena, having drawn in, enchanted and amazed generations of travellers to Scandinavia and North America for hundreds of years.

First witnessed by astronomers Gassendi and Galilei in 1621, the stunning, dancing sprays of neon light, almost extra-terrestrial in their appearance, form when charged particles are emitted from the sun at the time of a solar flare. These penetrate the earth's magnetic shield, then collide with atoms and molecules in the atmosphere.

The key areas for seeing these displays of nature's beauty can be found in a zone within northern Scandinavia, between 66°N and 69°N, otherwise known as the Aurora Zone. The band can become larger when there is high activity of geomagnetic action which is why the lights can, on occasions, even be visible from north-west Scotland.

Traditionally, it's been said the best places to

witness the Northern Lights were Sweden and Norway, but Finland, Iceland and Greenland can all lay claim to offering stunning tourist experiences. Much of this factors in the tranquil majesty of surroundings lakes, forests and fells which, while almost completely devoid of light pollution, also add to the mystical air of this remarkable sight.

In recent times, northern territories in Canada have also attempted to take advantage of what is now a global fascination for the Northern Lights. The Yukon provides wild animals, scattered towns and villages and delicate snowfall against a backdrop of shimmering lights.

And the display isn't just a visual treat to those in the Northern Hemisphere. The Southern Lights (Aurora Australis) are rarer in their visibility but can be spied from Australia, New Zealand and South Africa.

It's also known that similar displays can be seen above Jupiter and Saturn, although tourism numbers, thus far, have been disappointingly low.



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FOOD & DRINK

# THE RISE OF Sourdough

THE SECRET BEHIND THE ORIGINAL RAISED BREAD

They say that bread is older than metal, though the kind our ancestors made before the Bronze Age was the flat, unleavened kind. It was those clever Egyptians who were one of the first cultures to discover that grains could be fermented and turned into delightful doughy treats. But the trouble with sourdough is it's a slow rise; it takes patience. Instant yeast transformed the way we made bread when it was developed in the 19th century, thanks to its ability to guarantee fast and reliable leavening. But that speed and consistency comes at a cost, which is precisely why sourdough is popular once more. Not only does it have a lot more flavour than regular white bread, thanks to the lactic acid-producing organisms that help it rise, it will also leave you feeling less bloated. You don't even need to go to a fancy bakery to buy it, as once you've mastered a sourdough starter you can replace instant yeast in the bread you make at home. You can even use it to make pizza dough, waffles, pancakes and doughnuts, for a more flavoursome life.

### HOW TO MAKE A SOURDOUGH STARTER:

- ✦ Grate one organic apple (skin but not core) and mix with 1kg strong white bread flour and 360ml tepid water. Tip into an airtight container and mark the level outside. Leave to ferment for three days.
- ✦ Discard half the mix and add another 250g bread flour and 170ml water – this is called 'feeding'. Mix thoroughly in the bowl. Tip back into the container and leave for a further two days.
- ✦ Once your starter is active, discard half of it, as before, and mix in another 250g bread flour and enough water to return it to the consistency of a very wet dough. Leave for 24 hours.
- ✦ Provided your starter is bubbling, it is now ready to use.
- ✦ Cooking temperatures and timings may vary depending on your plan on using the dough, double check specific recipes before baking.







# shakshuka

Are you looking for a quick midweek snack or a lazy weekend breakfast? Shakshuka, which literally means “all mixed up”, is a popular Middle Eastern dish full of flavour.

This recipe contains a large amount of tomatoes which have numerous health benefits. These include improved eye sight, a good stomach health and reduced blood pressure.

Tomatoes contain a large number of antioxidants that have been proven to fight different forms of cancers. They are also a rich source of vitamins and minerals.

### SHAKSHUKA - serves 6

#### INGREDIENTS:

- > 2 tbsps olive oil
- > 2 diced onions
- > 2 red peppers, cut into strips
- > 3 tins chopped tomatoes (1.2kg)
- > 1 1/2 tsp garlic purée
- > 1 tbsp tomato purée

- > 6 tbsps SPICE WAY Shakshuka Fast Gourmet [www.spicewayuk.com/product/shakshuka](http://www.spicewayuk.com/product/shakshuka)
- > 6 large eggs
- > Salt and pepper to taste
- > Handful fresh parsley

#### METHOD:

- > In a lathe deep frying pan, fry the onions in the olive oil until translucent.
- > Add the peppers and continue frying until they are soft.
- > Stir in the tomatoes, Shakshuka Fast Gourmet mix, tomato and garlic purée, salt and pepper and simmer for 30 minutes. The mixture will thicken.
- > With the back of a ladle, make six small indentations in the sauce and break the eggs into them.
- > Cover the frying pan with a lid and continue to cook for approximately 5-6 minutes, depending on how you like your eggs.
- > Sprinkle chopped parsley on top and serve with crusty bread or pita.



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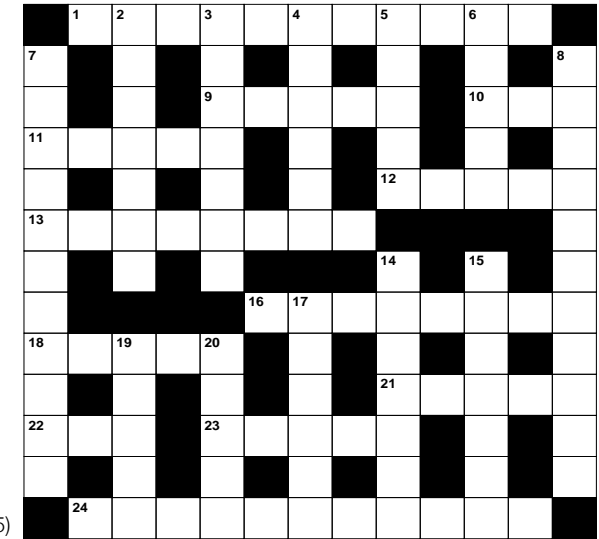
### ACROSS

1. American actress (5,6)
9. Suffuse with colour (5)
10. Pub (3)
11. Walked at a steady speed (5)
12. Showered with love (5)
13. Sufficiency (8)
16. Figure of speech (8)
18. Financial resources (5)
21. Edge (5)
22. Bun (anag) (3)
23. Awake (5)
24. Tumultuous (11)

### DOWN

2. Prophets (7)
3. One of the platinum metals (7)
4. Material; textile (6)
5. Role; office (5)
6. George \_\_\_\_ : *Middlemarch* writer (5)
7. Act of making peace (11)
8. Unintentional (11)
14. Upstart; one who has recently gained wealth (7)
15. Henry David \_\_\_\_ : US author and poet (7)
17. Follows (6)

19. Stroll casually (5)
20. Device used to sharpen razors (5)



### DID YOU KNOW?

- ▶ The 2022 Commonwealth Games will be held in Birmingham
- ▶ Tiger Roll become the first since Red Rum to win the Grand National race back-to-back
- ▶ The 2018 Netball Commonwealth Games was the first final since netball was introduced at the 1998 Games that didn't feature both Australia and New Zealand
- ▶ Wheelchair rugby was originally known as murderball
- ▶ Abe Mitchell is depicted on the top of the Ryder Cup trophy
- ▶ The FIFA World Cup was first held in 1930 and Uruguay was crowned the winner after beating Argentina 4-2 in the final

### SUDOKU

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4					3	6		



# PLAIN SITE

TELLTALE SIGNS THAT THE WEBSITE YOU ARE VISITING IS DODGY

**S**taying one step ahead of the fraudsters isn't a battle just reserved for those who patrol the internet. The unregulated nature of the world's biggest information source means we need to take control of our own vigilance. But by following a few easy steps, you can protect yourself from the dark forces at work across the web.

## One S for security

When visiting a site, in the web address at the top, look for an 's' after 'http' at the beginning of the line. The lack of an 's' doesn't directly imply you are on a scam website, but it is telling you that the security certificate is inadequate, and you should refrain from entering personal information.

Some browsers – Google Chrome being one – add a padlock icon denoting any website that is fully secure, or the web address could be shown in green. The highest form of encryption for any site will also show the website name before the address.

Two

## Too good to be true?

On the internet, just as in real life, if something you see online appears too good to be true – particularly if you've clicked on an advert or had a pop-up appear on your screen – it probably is.

Three

## You have my word

Consider as well the trustworthiness of sites that have poor spelling or grammar. Very few scammers are fully adept in the finer workings of the English language, particularly if that site is being run many thousands of miles from the UK. Authentic marketing will almost always look professional in style and content.

Four

## Google away

Finally, if a site looks suspicious, put its name into Google. If it's a known rogue business then there's a good chance it's being discussed across the web.

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BUSINESS & FINANCE

# 5 easy ways to £earn extra money



Who couldn't do with some more money in the run-up to Christmas? And what if you could do this without disrupting your daily life or causing yourself any additional stress? You'd be crazy to say no.

### 1. Sign up for online surveys

You won't make a fortune by signing up to these sites that offer cash or shopping vouchers in return for your information and opinions, but you can make around £50 per month if you put in the work.

### 2. Become a mystery shopper

This is a great option for those who love to shop and aren't afraid to be honest. Most companies are free to sign up to and there is no commitment to carry out assignments. The only drawback is that you sometimes have to pay for goods or services up front and wait to be reimbursed.

### 3. Rent out your home (or housesit someone else's)

If you are planning some winter sun, why not rent out your home while you are away? Popular destinations such as London, coastal areas or cities that have a particular seasonal attractions demand the highest fees. Reputable companies like Airbnb will cover insurance in case of any damage.

### 4. Make money from your skillset

Did you know that more than a quarter of workers in the UK have some sort of secondary income? But if the thought of a second job seems too much, consider offering your services as a freelancer.

### 5. Become a dog walker

With the cold weather setting in, many people will want to outsource the task of walking their dogs, so if you don't mind the outdoors and are comfortable around our four-legged friends, why not give it a go?



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KIDS

# SCIENCE

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### FIZZING RAINBOW

Difficulty rating: Very easy

#### YOU WILL NEED:

- Baking soda • Vinegar • A syringe
- Food colouring

#### WHAT TO DO:

- Mix 4 tbs baking soda with 3 drops of colouring and 1 tsp water
- Set aside on a tray
- Fill the syringe with vinegar
- Squirt on the soda and watch as it fizzes

### FANTASTIC PLASTIC

Difficulty rating: Easy

#### YOU WILL NEED:

- 1 cup milk • 4 tsp white vinegar
- A bowl • A strainer

#### WHAT TO DO:

- Heat up the milk (with adult supervision)
- Pour the milk into the bowl
- Add the vinegar and stir for 1 minute
- Pour the milk through the strainer
- You will be left with lots of lumpy blobs
- Leave to cool slightly and rinse
- Mould into your desired shape
- Leave for 2 days to completely harden

### BEND WATER

Difficulty rating: Medium

#### YOU WILL NEED:

- A plastic comb • A tap • A head of clean hair

#### WHAT TO DO:

- Turn on the tap until you have a very thin stream of water
- Brush the top of your hair 15 times
- Closely bring the comb towards the water. Do not touch the water with the comb
- Watch as the water bends towards the comb as if by magic

### BUILD A BALLOON INFLATOR

Difficulty rating: Medium to hard

#### YOU WILL NEED:

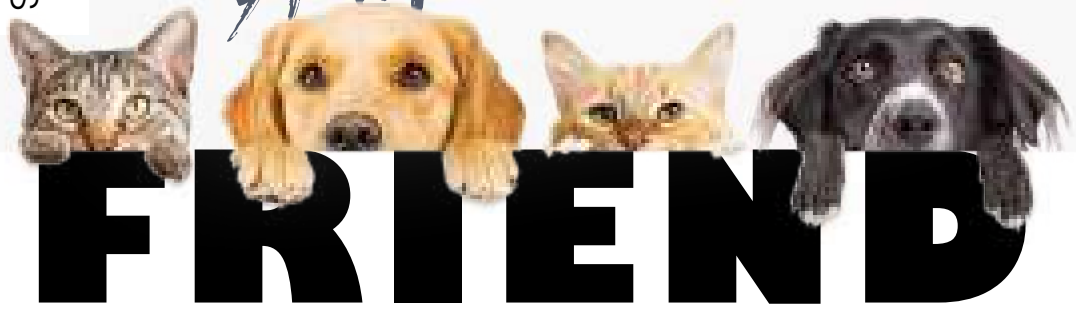
- 1 empty plastic bottle • ½ cup vinegar
- Baking soda • A funnel

#### WHAT TO DO:

- Pour the vinegar into the bottle
- Stretch the balloon a few times and then, using the funnel, fill it half way with baking soda
- Place the neck of the balloon over the bottle top.
- Lift the balloon up so that all the baking soda falls into the bottle and mixes with the vinegar
- Watch as the balloon fully inflates itself



# A Man's Best



# FRIEND

The results are in – this year saw the publication of the largest ever pet census in the UK, and it seems, as expected, we are truly a nation of dog and cat lovers... with the odd rodent thrown in for good measure.

### ONE: DOGS

It's little surprise to hear that dogs topped the most-kept pet list with 67 per cent of the 60,000 people surveyed owning a canine. The 12 per cent caring for Labrador Retrievers made the breed the most popular in the country, and in total it's believed there are approaching nine million dogs in the UK.

### TWO: CATS

In second place is the humble feline, although a published poll by the leading vet charity PDSA last year had cat ownership just above that of dogs. In any case, just over half of our feline friends are moggies, with one in four a British Shorthair. Cats typically get a bad press, and are accused of being selfish and antisocial, but most owners know differently.

### THREE: FISH

Low maintenance, low cost and endlessly enchanting, fish come in third on the list. The simple goldfish is the country's most popular, though Bloodfin Tetras and White Clouds have seen popularity boom in recent years.

### OTHERS (in order):

**FOUR:** Rabbits | **FIVE:** Horses | **SIX:** Reptiles  
**SEVEN:** Rodents | **EIGHT:** Birds

Overall, it's supposed there are 51 million pets in the UK – on average, over one per household. The survey also brought up a few interesting findings. For instance, 31 per cent of pet owners have both a dog and a cat; while 84 per cent of those who own horses also keep a dog. In addition, the only place in the UK where there are more cats than dogs is London.

In terms of our psychology towards pets, 49 per cent of respondents regard their pet as a fully-fledged part of the family and only one per cent regard them as less important than humans.



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# To pond OR **NOT TO POND?**

THERE ARE APPROXIMATELY THREE MILLION GARDEN PONDS IN THE UK, BUT SHOULD YOU JUMP ON THE BANDWAGON?

## **PROS:**

### *Ponds are aesthetically pleasing*

Probably the most obvious benefit and the reason why people are tempted to install a pond in their garden is that, put simply, they look good. Think colourful fish, exotic plants, waterfalls and statues.

### *They provide relaxation*

On the simplest level, the soothing sound of water can create instant calm in your garden.

### *Opportunity to encourage education and interaction*

If you have children, a pond offers a great platform for discussions about nature. Watch tadpoles turn into frogs and spot any birds that come to visit.

### *Great for the environment*

Fancy yourself as a bit of a conservationist? Then a pond is a great way to help support your local habitat. The moisture that ponds provide can help surrounding soil stay moist which is beneficial to nearby plants.

## **CONS:**

### *Ponds can be expensive*

You need to dig your pond, invest in pond liner, a pond pump and a filter and choose plants, all of which adds up. And don't forget fish – more expense, especially if you have your heart set on some eye-catching Koi carp.

### *They require a strong commitment*

A pond is very high maintenance. It requires constant cleaning to prevent the water from becoming contaminated by plant debris. The pond's filtration system will also need to be cleaned, inspected and repaired when necessary.

### *Safety can be an issue*

As with any open water, you need to be vigilant and take the necessary precautions when any small children are in the vicinity. If you are worried about your children or grandchildren around water, then perhaps a pond is not for you.



GARDENING







# FOXES AND worms



## friend or foe?

DEBUNKING THE MYTHS OF TWO OF OUR GARDEN REGULARS

It's fair to say foxes and worms come in for a fair amount of flak. Our auburn bushy-tailed buddies are a peril for chickens and rodents, while the slimy worm is a squealer's delight. But perhaps we've been misunderstanding these garden dwellers for too long?

Ask any wildlife expert and they will tell you foxes are actually just curious, nocturnal creatures on the lookout for food. They are playful, like dogs and cats, and can become surprisingly comfortable around humans and other animals. They can be docile, only ever showing aggression when threatened, and will more likely flee at the first sign of trouble.

If rabbits and other pets are locked away, the only threat a fox may pose is to your outside space, but don't think they have it in for you – the average fox's territory will encompass 40 acres and 400 gardens. Plants, flowerbed and lawns may all show signs of a fox's presence, but by blocking off entry points

and using an ultrasonic deterrent, you can protect your space.

If you've no animals to protect, welcome them in – they are nature's own pest controllers when it comes to rats and feral pigeons. Remember too, foxes are simply looking for food and shelter. Their presence in our urban areas reflects their bravery, but they largely want to keep to themselves.

Worms are a less obvious presence and have a much more obvious benefit on soil and earth. Their burrowing and tunnelling helps break up ground matter, allowing water and air to get to roots of plants and new seedlings.

Worms also eat leaves, decaying insects and minute pieces of food, including the peel of fruit and vegetables, egg shells and even tea bags.

They are a creature that should be welcomed into your garden... entirely good for the soil, if not the temperaments of small children.



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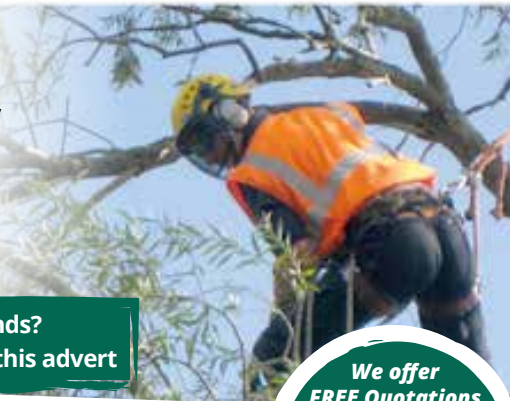
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GARDENING

PLANT OF THE MONTH:

# Galanthus

AKA SNOWDROP



More commonly known as the snowdrop, Galanthus is one of those flowers that can brighten up your garden (and spirit) after a long, cold winter by signalling that spring is well on its way. Materialising en masse, snowdrops can create a white blanket of beauty across any garden or woodland area.

### What type of plant is Galanthus?

The snowdrop is an herbaceous plant that belongs to the Amaryllidaceae family. It is recognisable by its snowdrop appearance that appears early on during flowering between January and April each year. Each snowdrop can grow to approximately 7-15 cm tall with each bulb producing two leaves and one flowering stalk.

### How many different varieties of snowdrop are there?

There are 20 different snowdrop species including the Galanthus Nivalis which you are mostly likely to see in your local woodland area, the Galanthus Atkinsii, recognisable by its honey scent and longer outer petals and the Galanthus Magnet, a hybrid variety that sports an unusually long and elegant stalk.

### How do I plant snowdrops?

Great for beginners and pros alike, the snowdrop is a hardy plant that is easy to grow and flowers quickly; plant in October for flowers in late winter/early spring.

- ▶ Find a spot in your garden where the soil is well drained and there is moderate shade
- ▶ Plant your bulbs 3 inches apart, with their pointed tops 2-3 inches below the surface
- ▶ Water well directly after planting

### What does the snowdrop symbolise?

The name Galanthus Nivalis actually means 'milk flower of the snow' but has gone under many other names over the years including 'February fairmaids' and 'Candlemas bells.' The flower is said to symbolise purity, optimism, virtue and sympathy, making it the perfect plant to kick start a new season.



# Holden

## ONTO TOP SPOT

Throughout an impressive career, Amanda Holden has consistently wowed her fans with a breezy, no-nonsense personality and stunning looks. Vivacious and charming, buoyant and brutally honest, it comes as no surprise that the bubbly beauty is also on one of TV's top earners.

Having spent almost three decades in the spotlight – her first television appearance was as a contestant on *Blind Date* back in 1991 – you could forgive Amanda Holden for running out of steam when it comes to career opportunities. However, far from scaling back, the luminous 48-year-old is working harder than ever, pursuing new projects in radio, music and fashion, whilst also retaining her crown as queen of primetime TV thanks to her enduring role as a judge on *Britain's Got Talent*.

With her down-to-earth charm, brilliant wit and stunning looks, Holden is the epitome of the woman the girls want to be and the boys want to date.

Long gone are the days when she was best known as the wife of gameshow host Les Dennis – the Portsmouth native is now an icon in her own right. And though Chris Hughes, husband and father of her two daughters – Alexa, 13, and Hollie, seven – is himself a successful record producer, there is little doubt who the primary breadwinner is in their London household thanks to the announcement in August that Holden had beaten the likes of Holly Willoughby and Claudia Winkleman to be named

television's highest paid female star.

Though she has been steadily maintaining her starry status since joining the judging panel of BGT back in 2007 – the debut season of the talent show – her recent rise to the top of the money tree is thought to be thanks to her new role as a Heart Radio DJ. Replacing Emma Bunton as the co-host for the breakfast show opposite Jamie Theakston, it is rumoured that the blonde beauty is raking in a £1.5million for the pleasure of rousing millions of Heart listeners every weekday morning.

Proving that Britain really does have talent, the former actress turned presenter is embarking on her own pop career after a clip of her and her two daughters singing *Tightrope* from the hit film *The Greatest Showman* went viral. Meanwhile, her foray into the world of fashion has seen her style a critically admired wardrobe with Fenn Wright Mason. Flattering, affordable and perfect for the coming party season, the seven-piece occasion wear collection with the British brand looks set to spell out many more style-based endeavours for the savvy entrepreneur.

Having proved she is far more than just a pretty face, you can be certain we won't be seeing the back of Amanda Holden anytime soon... which is ironic really, as she also recently added 'Rear Of The Year' to an already long list of awards.





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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



## Garden awarded plaque from Royal Horticultural Society

Volunteer gardeners in Loughton got some well-deserved national recognition last month for transforming an abandoned allotment site into a community garden.

The plaque from The Royal Horticultural Society (RHS) recognised the contribution that the GROW Community Garden (GCG) makes to the community and the local environment. The event was attended by councillor Tessa Cochrane, Loughton deputy town mayor as well as councillors Carol Davies, Stephen Murray and David Wixley. Friends and family of GCG Community Garden volunteers also attended.

Heidi Chow, coordinator at GCG, said she was delighted with the award.

She commented: "We are so pleased to be recognised by the RHS National Garden Scheme (NGS) and we are grateful for the funding that we have received from the scheme to develop our sensory garden area.

"We are a community-based project run by volunteers and our vision is to enable as many people from the local area to benefit from community food growing, which is great for physical and mental

health, building community cohesion and promoting a sustainable environment."

Cllr Cochrane praised all the work carried out.

She said: "I am amazed that an abandoned allotment suite, full of weeds, brambles and litter, has now been transformed into what we see here today. I am very pleased that GCG is receiving recognition from the RHS and that this award recognises their contribution to the community."

Doug Copeland, NGS Community Garden award supervisor, joined in the praise.

He added: "We have been at the vanguard in championing the benefits of gardens and we support relevant charities as well as those that help people with special needs and so the involvement of GCG with those with special needs is very dear to our hearts. We are delighted by all that has been achieved at GCG."

GCG opens on Saturday and Wednesday every week and brings people from across the community to grow organic fruit and vegetables together. Everyone is welcome to come along and no knowledge or experience is needed.



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LOCAL NEWS

# Fundraising boost for disabled children's group

Over £3,500 was raised for a charity which supports children with disabilities in Loughton.

Team Upgrade, a group of professionals from Exertis, held the Charity Casino Night at Canons Brook Golf Club in aid of Accuro, which runs the Loughton Youth Group on Tuesdays as well as a host of other similar support networks across the county.

The night had casino games including roulette, blackjack and a wheel of fortune.

There was also an auction, which included top prizes such as Arsenal V Man United tickets and a round of

golf at Manor of Groves.

Team Upgrade worked together to organise the successful fundraising event, which had 135 guests and raised £3,622.80.

Natalie Emuss, business development manager at Accuro, commented: "We are so grateful for the support of Team Upgrade and Exertis. It was such a well-organised and different evening. This is an amazing amount and will really make a difference to supporting the children, young people and adults that use our services."

## Know someone worthy of recognition?

Residents are being encouraged to get their nominations in for the 2020 Loughton Citizenship Awards.

Loughton Town Council is looking to celebrate those special individuals in our town who go the extra mile for their fellow citizens. This may be through long service for a voluntary organisation or local charity, good neighbourliness, running a campaign to improve community facilities or cohesion, or by an act of courage or bravery.

Any Loughton resident or a Loughton employer, educational institution, group or society may submit a nomination but please do not let the nominee know at this stage. The closing date for nominations is Friday, January 31, 2020.

There are three categories:

> Acts of courage or bravery in the year in question that have resulted, for instance, in the prevention of a serious crime or the rescue of individuals from danger.

> Voluntary Service

(i) for people aged 25 or over

(ii) for people under 25

For each category, winners will be presented with a silver bowl, an illuminated scroll and a cheque for £250 made payable to their favourite local charity.

For more information, contact the town council or download a nomination form from the website [www.loughton-tc.gov.uk/Documents\\_\\_and\\_\\_Forms\\_\\_and\\_\\_Policies\\_2583.aspx](http://www.loughton-tc.gov.uk/Documents__and__Forms__and__Policies_2583.aspx)

The awards will be presented in March next year.



Photo credit: Met Police

# Teenagers convicted following Brixton murder

Two teenagers who stabbed a man to death in front of children in a youth club have been convicted. Chibuzo Ukonu, 18 (pictured left), from Loughton, was found guilty of manslaughter and Rishon Florant, 17, from Waltham Forest, was found guilty of murder. Police were called at around 6.45pm on February 21 to reports of a stabbing inside Marcus Lipton Youth Centre in Brixton. When the emergency services arrived, they found 23-year-old Glendon Spence suffering from stab wounds. He died at the scene at 7.27pm. Homicide detectives from Specialist Crime Command reviewed CCTV footage of the incident. Officers established that the culprits arrived together in a BMW. Glendon sought refuge in the centre, which he knew well and had attended for several years. Ukonu and Florant followed with large knives in open view. They attacked Glendon after he was knocked

down by a table tennis table. Children as young as 10 were inside the youth club at the time. Ukonu and Florant then returned to the same car they arrived in and drove off. The car was later found abandoned; an attempt had been made to set it alight. The day after the attack, Florant tried to fly to Uganda. He was detained by police officers at the airport and was arrested on suspicion of murder. On February 27, Ukonu was arrested on suspicion of murder. Both were charged with Glendon's murder and remanded in custody before being convicted. DCI Richard Vandenberg, said: "Youth clubs are a sanctuary for young people to be themselves and develop their skills and talents. The two males who burst in, each armed with large knives, turned that on its head with their actions which were sadly witnessed by so many other people."

## Essex-based, experienced reporter needed

Are you a journalist with an eye for a story? Are you a good talker, but an even better listener? Are you as in touch with the parcel delivery lady as you are the town mayor? And most importantly, can you sort the wheat from the chaff? If so, you could be the Essex-based journalist we are looking for. VISION magazines' rapidly expanding Home Counties portfolio means we need even more journalists at the heart of communities ready to put into print the stories that matter. Whether breaking

news, reporting community updates or discussing upcoming issues, our writers are thirsty, dedicated and well-rewarded. At first, this will be a part-time/freelance position – perfect for the kind of flexibility needed in local journalism, but with a view to scaling up as our network of titles continues to increase. To be considered for this Essex-based position, drop Nik an email at [nik@visionmag.co.uk](mailto:nik@visionmag.co.uk) including your CV.



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LOCAL NEWS



## Town council hands out its gardening gongs

Green-fingered residents received some well-deserved recognition last month when Loughton Town Council held its second horticultural show at The Murray Hall, Borders Lane on Saturday, September 7.

The event proved popular with double the entries from last year's inaugural show.

Exhibits included summer themed floral arrangements, beautiful blooms, an array of assorted flavoured chutneys and jams, home baked Victoria sponge cakes and tables laid full of prize-worthy vegetables and fruit.

Winners of the Best in Show were Pat and John Thompson, with their basket of seasonal vegetables grown at their allotment plot on the Roding Road Allotments and Leisure Gardens Association.

Young Samuel Hurst won the Best Decorated Biscuits.

The winner of the Town Mayor's Best Allotment in Loughton, now in its 11th year, was also announced.

The winner was Brian Smith from the Loughton Potato Ground. This is his fifth time of winning the award.

Brian was presented with the Horticultural Association Challenge Cup by Town Mayor, councillor Stella Murphy, along with a £25 garden voucher and a certificate.

The Town Mayor's Best Newcomer award was given to Gina and Alan Plenderleith from Willingale Road Allotments, who received the newcomers shield and a certificate and also the Best Allotment on site award for the Willingale Road Allotments.

Also receiving an award for Best Newcomer and Best Allotment on site at the Roding Road Allotment was Duncan Ives. Best Newcomer on the Potato Ground went to Amy and Hari Singh.

## MP promises 'fresh approach' if elected

Dame Eleanor Laing MP for Epping Forest, including Loughton, has confirmed she will be standing in the election to become the next Speaker of the House of Commons.

The announcement came shortly after current speaker John Bercow MP announced he would step down on October 31 after 10 years in the position.

Dame Eleanor MP, Deputy Speaker, said: "Speaker Bercow has said that he will step down. He has been a friend of mine for 32 years and has achieved an

enormous amount during his tenure. I wish him well.

"There will be a vigorous campaign to succeed him and I am happy to confirm I will be a candidate.

"I think it's time for a fresh approach.

"I want to see rather more dignity in the House of Commons, respect for rules and respect for all members of the House of Commons regardless of where they come from or what they think and I consider it important in exercising authority that it should be done with kindness."





# Scam gang appear in court with TOWIE star

TOWIE star Lewis Bloor appeared in court along with several men from Loughton and Brentwood recently and denied plotting to defraud investors in a £3million diamond scam.

The 29-year-old, who also featured in *Celebrity Big Brother*, is said to have duped 50 victims into buying the coloured gems.

Joseph Jordan, 26, of Waltham Cross, Max Potter, 23, of Enfield, George Walters, 27, of Beckenham, and Nathan Wilson, 25, of Brentwood, also denied conspiracy to defraud.

Simon Akbari, 25, from Loughton, faces the same charge but is yet to enter a plea.

The charge alleges they conspired 'to defraud

investors by dishonestly marketing and selling coloured diamonds for investment purposes, knowing those diamonds did not represent a legitimate investment opportunity' between May 2013 and June 2014.

Jordan, alongside a sixth man, Danny Chappell, 52, also denies possession of criminal property.

The allegation is that in 2014 they 'entered into or became concerned in the arrangement with others, namely by seeking money for allegedly completing renovation works knowing or suspecting that this arrangement would facilitate the acquisition, retention, use or control of criminal property, as no such renovation had been or could have been undertaken.'

# Library plans causing concern

Plans to build 27 flats on Loughton Library are causing concern in the local community.

Sarah Thomas, who lives in the town, has started a petition calling for the scheme to be scrapped on website Change.org, and, as **VISION**Loughton went to press, it had been signed by 2,948 people.

The plans, put forward by Gagan Mohindra, county councillor for Chigwell and Loughton Broadway, will see the library demolished and replaced with temporary provision elsewhere.

It's also thought a new library will be a third smaller and in the basement of the new block of flats.

The petition reads: "The project will cause air and noise pollution to the closeby children's playground, and will deprive local people and children of the current library, sensory play area and natural light during and after construction. Cllr Mohindra's proposal has been passed and is now with the inspector for a report. It must not go ahead. Loughton library and its current services and size must be preserved."



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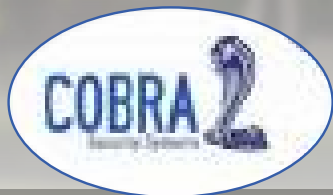
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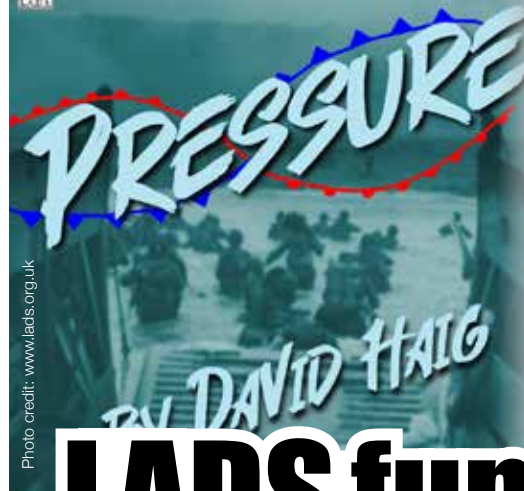


Photo credit: [www.lads.org.uk](http://www.lads.org.uk)



LOCAL NEWS

# LADS fundraise for limbless veterans charity

Later this month, Loughton Amateur Dramatic Society (LADS), will be launching its 2019/2020 season with a gripping new play, *Pressure*, by David Haig. *Pressure* explores a very significant backstory to the D-Day landings.

*Pressure* is set in June 1944 at Southwick House, the HQ of Operation Overlord – the D-Day landings. The Allied Expeditionary Force stands ready to launch for the Normandy beaches. Supreme Commander, Dwight Eisenhower, is under pressure to give the right command. His decision hangs upon the weather. British meteorologist, James Stagg, is under pressure to produce the correct forecast. He is studying the air pressure over Europe and the Atlantic.

The wrong conditions could jeopardise 350,000 lives and put the effort to defeat the Nazis in danger.

This decision is critical.

In 2019/20, LADS will be supporting BLESMA, the limbless veterans' charity. Since the Second World War, BLESMA has helped many servicemen to regain their lives after suffering life-changing injuries. There will be charity box collections at performances and the proceeds of the programme sales for *Pressure* will go to support BLESMA members, like Roy Hayward (pictured). Roy, now 94, lost both his legs when his tank was shelled just after D-Day.

LADS are offering a complimentary ticket to any BLESMA member who wishes to come and see *Pressure*. LADS will be performing *Pressure* at Lopping Hall, High Road, Loughton at 8.00pm on October 31, November 1 and 2. Tickets available from 07552 736110 or [www.lads.org.uk](http://www.lads.org.uk)

## Shop sells knives to underage customers

A shop in Loughton is being investigated by trading standards officers after staff twice sold a knife to someone underage.

The incidents are one of eight across Essex where knives were sold to young customers who were working with Essex Police.

After concerns over increases in the national level of teenage gang associated knife crime, Essex Trading Standards and Essex Police carried out underage test purchasing across the county.

Between May and August, 52 underage test

purchases were carried out and a knife was sold to underage volunteers, without challenge, on eight occasions.

The Loughton shop, which will not be named unless it is successfully prosecuted, is under investigation after it failed a re-test. Six businesses are also due to be re-tested.

Anyone with concerns about the sale of knives, or any other age restricted product, to an underage person should report this via Citizens Advice on 03454 040506.





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LOCAL NEWS

# Hospice seeks helping hands from the community

A hospice that has a charity shop in Loughton is asking the community to consider volunteering.

St Clare Hospice, a charity providing specialist palliative care for people living with terminal or life-limiting illnesses across West Essex and East Herts, is looking for helping hands to find a new opportunity with the hospice this autumn.

Rob Wallace, voluntary services manager at St Clare, said: "When the kids have gone back to school, and everyone has settled in, we know that some parents find themselves with a little extra time on their hands.

"That why we're asking you to come and lend a hand in any of our nine charity shops throughout

West Essex and East Herts. Each shop has a different character or specialism - from books and music, to vintage and retro; designer fashion to beautiful homeware.

"Could you spend a couple of hours a week helping us raise hundreds of thousands of pounds in vital income?"

St Clare Hospice benefits from the support of approximately 300 volunteers who lend a hand in their nine charity shops.

For more information, visit [stclarehospice.org.uk/volunteervacancies](http://stclarehospice.org.uk/volunteervacancies)

Alternatively, call Rob Wallace on 01279 773722 or email [rob.wallace@stclarehospice.org.uk](mailto:rob.wallace@stclarehospice.org.uk)

# Accountants to host murder mystery dinner

A Loughton accountancy firm will be holding a murder mystery night in aid of several local causes.

Haslers Chartered Accountants and Business Advisers are hosting an event at the Hallmark Hotel London, in Woodford, on Thursday, November 21.

The event will raise money for the Haslers Foundation – the in-house charity of the accountancy firm.

Guests will enjoy a three-course dinner, before being set the task of finding out who the murderer is.

Haslers' chairman, Jon O'Shea, said: "We are on the lookout for the next Miss Marple or Poirot to join us on this intriguing investigation. Our murder mystery promises to be a really fun night out and will help to raise hundreds for our foundation.

"We would like to thank Hightower Wealth Management and West Essex Life for their support of this event."

Tickets for the event cost £75 per person or £700 for a table of 10. All money raised by the Foundation on the night will go to local causes.





LOCAL NEWS



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

Welcome to our latest member, Marty Kramer. He and his wife moved to Buckhurst Hill from Mexico – Rotary Club of Playa del Carmen Seaside. Recently we were joined by the very talented Amanda Hall Photography, who very kindly took some professional photos of the club members for a magazine we are launching.



If you would like one, please contact us for a free copy about Rotary and the history of the organisation. You can read all about it and find out about the work we do locally and across the globe.

Our next free monthly Memory Cafe in Loughton is Friday, October 11, for people with memory issues and their carers. It's an activity session with singing, a quiz, bingo and games with free refreshments. We hold it every second Friday of the month from 10am

to 12pm at The Loughton Club, 8 Station Road, Loughton, IG10 4NX.

Please contact Pesh if you would like to get involved with Rotary in any capacity. Email pesh@londonresidential.co.uk or call 07973 166940.

## Funeral held for crash victim

Mourners gathered for the funeral of Max Halcrow, one of two victims of a crash on Goldings Hill, Loughton recently.

The 21-year-old was pronounced dead in the early hours of August 24 while 16-year-old Sophia Khan from Loughton was also killed.

A 21-year-old man from Loughton was arrested at the scene on suspicion of causing death by dangerous driving, for causing serious injury by dangerous driving and for perverting the course of justice.

Max and Sophie both attended Roding Valley High School and headteacher Sharon Jenner paid an emotional tribute to both of them.

She said: "We are shocked and devastated by the news of the tragic loss of student, Sophia Khan. She was a bright, friendly, fun loving 16-year-old girl, who had only just completed her GCSEs with us. She had her whole life ahead of her and big aspirations.

"We are extremely saddened that 21-year-old Max Halcrow also lost his life in this tragic road accident. Max, a former Roding Valley High School student, left the school in 2014. It is a terrible tragedy to have lost such lovely young people from the school community."

Max was also a footballer for Debden Park FC



and his teammates set up a GoFundMe page in his memory.

It reads: "Max was a young footballer who played for Debden Park Football Club, who was always a great team player and friend to all. Please donate any money you can towards this page and all proceeds received will be donated to Max's family to give Max the send-off and celebration of his life that he truly deserves."

To donate, visit [gofundme.com/f/max-halcrow-memorial-tournament](http://gofundme.com/f/max-halcrow-memorial-tournament)



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HISTORY

# TIME *on our side*

The time-bearing standard that defines the world, and it's just an hour away.

Many of us go through the odd moment of wishing we could turn back the clock, but the power of time is something only very few have ever had in their command.

And yet, the meeting of 25 nations in Washington DC 135 years ago this month will always be marked as a monumental moment against which we've been setting our watches ever since. On October 22, to be exact, the great and the good at the International Meridian Conference decided that the Royal Observatory in Greenwich would become the site of the Universal Time meridian of longitude.

It's positioning of Greenwich Mean Time (GMT) as a standard bearer for the world is most probably a reference point that will never be changed. Subsequently, the delineation of world time zones has always been either plus or minus a specified quantity of hours - the furthest time zone being that of the Baker and Howland Islands in the Equatorial Pacific, which rank a full 12 hours behind us.

Of course, these time zones are subject to significant shift. When lines marking time boundaries are drawn on a map, a number of peculiarities can be found, often arched around small islands.

The most extreme example of time difference is at the Diomed Islands, which sees us return to the Pacific. Big Diomed dwarfs Little Diomed, which

sits two-and-a-half miles away. With one being the furthest east you can go and the other being the furthest west, and the international date line running down the middle, they are, in effect, one day apart (21 hours, to be exact). That means if you stand on one with a pair of binoculars and look at the other, you are viewing tomorrow... or is it yesterday?

More pertinently, given that one is owned by Russia and the other by America, the Diomed Islands appear a chink in time even GMT won't be able to resolve.



Photo credit: Tom Meaker/Shutterstock.com

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Want a bold and beautiful colour to transform your home for the coming winter months? Well, this latest trend might surprise you...

As the nights draw in and the days become darker it can be tempting to replicate the outdoor mood inside your home. Greys, navy blues and maroons are common styles that appear as the colder months loom, as we become inclined to hibernate ourselves in a cave-like

hideaway, waiting patiently for the sun to come out once more.

The problem with this gloomy palette, however, is that it offers no relief from the winter blues. Even the darker purple and red shades, though rich and luxurious like ripe midwinter berries, can become stifling. Consider then, fuchsia. Bright, bold and full of promise like the late spring blooms from which the colour derives its name.

Like a neon sign on an otherwise unlit road, fuchsia is a surprisingly refreshing alternative for anyone who wants to go a little bolder and more daring with their interiors. Bringing a depth and lushness which no other pink can measure up to, its blue undertones are actually a perfect match for winter's dramatic persuasions while also hinting at the softness to come as we melt into spring.

The other good thing about fuchsia? It holds its own against the more rugged materials. Rustic woods, heavy metals and dark velvets all come to life against this deep, dark pink backdrop. You'll need lamps and candles as well of course for those long nights when you just want to bed-in with a glass of wine and a good book.

So ditch the dour hues this winter and paint your walls in this glorious and shameless shade. And when the sun finally returns, you'll have barely felt the chill at all.



Photo credit: Interiors by color



Photo credit: www.susanjablon.com



Photo credit: Interior Design Ideas



Let's go fuchsia walls

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### ✓ GO GREEN

Plants bring life and colour to an otherwise drab space. They also improve your air quality, making them well worth the extra care and attention they require. And breathe...

### ✓ HANG OUT

Art is a great way to really personalise your home and you don't need to spend a fortune. Whether it's a favourite record, childhood photo or quirky cartoon that made you smile once, it belongs on your wall.

### ✓ SHELVES IT

As well as an excellent way to maximise storage in a room, shelves also become a feature in their own right if you fill them with interesting books and mementos – the kookier the better.

### ✓ REFLECT

Mirrors aren't just for gazing at yourself adoringly, they can also bring light and space to an otherwise gloomy room.

### ✓ MAKE A STATEMENT

A really unique piece of furniture can bring to life an otherwise unremarkable space, which is why you need to hunt down that vintage cocktail globe or shabby chic chaise longue, pronto.

### ✓ GO THROW

Is your sofa looking a little tired? Has your bed seen better days? Then throw a throw on it my friend, the bold and brighter the better.

### ✓ BELLS AND WHISTLES

From vintage doorknobs to bespoke light switches, it is this attention to detail which sets the style savvy and the style-less apart.

### ✓ RUG DOCTOR

Not only does a decent rug 'tie a room together' – according to *The Big Lebowski's* 'the Dude' – it can also effectively hide that wine stain from last Christmas.

### ✓ MAKE IT PERSONAL

You can spend a fortune and still not feel entirely comfortable somewhere, because if it doesn't reflect who you are, it won't feel like home. So find your quirk, embrace your inner weirdness, then frame it and put it on your wall.





# pretty PLATES

The humble plate – where would we be without it? But just because it's a functional item doesn't mean it can't also be a fun and frivolous one. We've found the best decorative designs out there and we are even going to show you how to create your own.

**FLORAL FEVER**  
Who doesn't love a bit of flora and fauna in their home? And what better way to brighten up your dining table than with a set of beautiful flower detailed plates?

**ABSTRACT**  
For contemporary art lovers out there, why not invest in a set of abstract style plates that will reflect your modern style? Look for designs that do not restrict themselves to a standard shape and instead embrace layering techniques such as this offering from American modern ceramics designer Pigeon Toe Ceramics.

**RECYCLED**  
Eco-friendly tableware is all the rage at the moment with an increasing number of businesses catering for those who want sustainable products throughout their homes. Disposable bamboo plates are an attractive option, but we favour those made from palm leaves.

**ANIMAL ANTICS**  
Ideal for families with a sense of humour or those wanting to unleash their inner party animal, these fun and frivolous Wild Dining plates will turn any occasion into a celebration. We love the Sara Miller collection, which is colourful, vibrant and the perfect antidote to the winter blues.

**DIY DESIGNS**  
If you are a fan of Kate Spade plates but your budget doesn't quite stretch that far then why not create your own version at a fraction of the cost. All you need is a stencil of your chosen design – whether that be an animal, piece of fruit or even a feel-good motto – and some coloured acrylic paints.



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# Nicky NICKY

*A dalliance with design that has lasted 50 years*

**N**icky Haslam has assumed many guises throughout his life - designer, show horse breeder, global socialite, friend to the stars. The inspirational designer even waited until his 73rd birthday to release his debut album, finally indulging one of his boyhood daydreams with the assistance of industry heavyweights such as Nick Mason (Pink Floyd), Helena Bonham Carter, Bryan Ferry and the late Cilla Black.

But it is clearly for his immaculate take on style and fashion that we have become most absorbed in Nicky Haslam's work. The Buckinghamshire-born icon has been the creative auteur and driving force behind London institution NH Design, and while he admits his workload has reduced in recent years as he fights against the idea of retirement, his hunger for interiors has never abated.

"We're slaving away on a wonderful house and a wonderful restaurant in New Orleans, a big project in New York, a place in the south of France outside St Tropez, plus some wonderful penthouses in Park Lane, with 360-degree views of London. We're busy."

The designer, who has written for *The Telegraph*, *Vogue* and *Tatler*, and has properties scattered across London, believes the key to good interiors is detail and control. He fills space with objects, blends styles without fear and constructs a 'lived-in' vibe that is brave yet relaxed.

"People are still looking at image and opulence, but these days there is much more attention being paid to comfort and possessions, probably because we are working so hard and we just want to be settled in our own spaces.

"Minimalism is old hat as far as I am concerned. Just surround yourself in what feels right. Don't splash colour around or re-wallpaper because everyone else is doing it; instead, be inspired by things in your locale - reflection is important - and want to learn. Even having practised design for decades, I am still picking up new ideas."



HOME & DIY

Photo credit: nh-design.co.uk



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Putting together some brilliant artwork for us, Brett has helped us continue the professional image we're looking for and established us as something of a force locally.

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# On the road again? why not check out **BRITAIN'S BEST ROADS**

For the motoring enthusiast, there are few things in life more pleasurable than an open road, a fast car and a bit of Canned Heat on the stereo.

While many of the UK's best roads wind their way through, along and on top of stunning geological features, mostly in the north of England or Scotland, there may be some 'must-drive' routes a little closer to home:

### ONE: A838, Laxford Bridge to Tongue, Scotland

Let's start right at the top, and a road that pivots through the Highlands' incredible natural beauty. At 77 miles long it is the perfect distance to savour sea vistas and mountain landscapes, yet with an average of just 96 vehicles using it each day, you really will feel you have your own slice of tarmac.

### TWO: The M6 Toll

For those who have driven through the mess that is the M6, the sheer joy of gliding along the M6 Toll is a sensation like no other. Always clear of incidents, its winding, graceful curves allow fast and satisfying driving. In fact, a recent poll found the average speed of all vehicles on the road to be 76mph, a full 6mph above the speed limit.

### THREE: A40, Wales/England Border

On the face of it a dual carriageway linking two countries, the road that skips through Pencairig, Whitchurch and Monmouth burrows deep into the Wye Valley, flanking its river and can be likened to the experience of a rollercoaster ride through the Canadian Rockies.

### FOUR: A592, Windermere to Penrith

Better known as the Kirkstone Pass, this incredible route reaches almost 1,500ft, with spectacular valley views, drystone walls and wonderful winding roads.

### FIVE: The Snake Pass

Edging through the Peak District towards Glossop, the Snake Pass is true to its name in offering a slithering track often seen on car adverts. The tranquillity of the spot is what draws drivers in, with elevation and adverse cambers testing driving skills to the max.



## Everything you wanted to know about leasing but were afraid to ask!

Leasing a new car used to be something that businesses did, and if an individual wanted a new car it would mean going to a main dealer. Times have changed along with buying habits, it is not unusual for people to shop for vehicles online without actually test driving the vehicle or speaking with a salesperson.

At Planet Leasing in Loughton, we adopt a unique approach. Internet pricing but with the ability to come into our office and actually talk with someone who knows what they are doing!

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Three-time Formula One World Champion Ayrton Senna died on May 1, 1994 after his car crashed into a concrete barrier while he was leading the 1994 San Marino Grand Prix at the Autodromo Enzo e Dino Ferrari in Italy. Photo credit: Shutterstock

# LEAVING IT ALL on the track

The recent death of young Renault driver Anthoine Hubert brought home the startling reality that although motor racing is as safe as it's ever been, the race track remains sport's most dangerous arena.

August 31, will go down as a sad day for motor racing. Anthoine Hubert, just 22, lost his life following a horrific 170mph crash at Spa-Francorchamps circuit in Belgium. It was a reminder of the perils that these individuals face every time they step into a high-performance car, with the Frenchman becoming the 52nd driver to have been involved in a fatal car accident in high-performance competition since 1952.

UK test driver Cameron Earl was the first – the Yorkshireman was killed at the MIRA circuit in Nuneaton. A total of 14 drivers would lose their lives during the 1950s alone, with the Indianapolis Motor Speedway responsible for more than a third.

In 1982, Canadian Gilles Villeneuve also passed away following a crash in Belgium, but at the older Circuit Zolder. The most notable loss of life came in a horror weekend at the San Marino GP at Imola 12 years later, when three-time world F1 champion and legendary Brazilian driver Ayrton Senna died instantly when his steering column broke.

His death came just 24 hours after the Austrian Simtek driver Roland Ratzenberger was also killed.

Hubert's death was, at least, the first since Jules Bianchi succumbed a full nine months after injuries he sustained in a collision with a track rescue crane at the Japanese Suzuka circuit, in 2014.

The truth is, manufacturers are being pushed to ensure their machines are as safe as they can possibly be, and while performance has been affected by the imposing of new controls, you can be sure no dying driver would ever want the sport to die with him.



The helmet of late-Formula 2 French driver Anthoine Hubert is placed on the ground at the end of the funeral procession, at the Chartres cathedral, in Chartres, south of Paris. Photo credit: Thibault Camera/AP/Shutterstock





SPORT



Photo credit: Paul Currie/BPI/Shutterstock

# DEAD AND BURY-D

The sad demise of a once proud football club and what it means for 91 other Football League members.

In September, and in a scenario football fans have seen played out countless times, most expected the white knight to ride in and save Bury Football Club's 125-year membership of the Football League.

The nearer the deadline became, perversely, the more belief grew that things would resolve themselves. And yet, there was no white knight, there were no further stays of execution, and having failed to prove funds were in place for them to survive the season whilst taking care of the Company Voluntary Arrangement agreed a few months previously with creditors, Bury Football Club were expelled from the world's richest football league.

On the face of it, to let a former FA Cup winner wilt for the equivalent of two weeks of Alexis Sanchez's wages is preposterous, but the Shakers' plight is a

stark reminder that self-sufficiency is a requirement, not an option, and the Lancashire club's drive for higher division football – and the wages that accompany it – must be a salient warning to all clubs.

Emotionally, the situation was made worse for the Gigg Lane outfit by local rivals Bolton Wanderers' survival, though this isn't necessarily the end for Bury. They exist still as a business, with owner Steve Dale seemingly desperate to relinquish all ties as the club seek entry at a much lower level – probably the Northern Premier League – for the 2020/21 season.

What's left is very much the same as before. The pursuit of the riches at the top of the game is as fervent as ever in English football, and clubs will continue to gamble big time in pursuing that. What's changed is that chairman and owners know the trap door is no longer bolted shut.

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WHAT'S ON

# WHAT'S ON

*in your area*

**We Make Footballers**  
Debden Park High School, Willingale  
Road, Loughton, IG10 2BQ  
October 5, 2pm – 4.30pm



We Make Footballers Loughton have organised a Talent Identification Event with scouts from a number of Premier League football clubs, as well as local grassroots clubs, to help players from our local area find pathways ways into teams and beyond.

They will have scouts from Arsenal, Chelsea, Crystal Palace, Fulham, and Leyton Orient in attendance on the day, as well as representatives from local grassroots clubs.

Five to eight-year-olds are set to play at 2pm until 3pm and nine to 12-year-olds are set to play at 3.10pm until 4.10pm.

£5 to take part, visit [www.wemakefootballers.com/loughton/](http://www.wemakefootballers.com/loughton/) or call 07878 680482.

**Brexit: What you need to know**  
Haslers, Old Station Road, Loughton, IG10 4PL  
October 7, 6pm – 8pm

Haslers & Essentia Global Services are holding a free seminar on what you need to know about Brexit and leaving the EU from a VAT and customers perspective.

Whatever happens on October 31, this seminar will help you understand what you need to know going forward.

If Brexit is confirmed, they will focus on trade in the new regime and if it is delayed or cancelled, they will focus on the coming 2020 changes that will then apply to the UK.

Email [events@haslers.com](mailto:events@haslers.com) to book and register for your free ticket.

**Night music**  
Lopping Hall, 189 High Road, Loughton,  
IG10 4LF  
October 19, 7pm – 11pm

Residents are in for a treat with a twilight variety show, with performances from Redbridge Music Lounge original singer/songwriters, the baritone of Mr Will Petrou-Nunn, Augenhaus performing *The Zone of Silence* and *The Blue Hearts* with some soul, rock and blues.

Tickets can be bought online at [www.eventbrite.co.uk/e/augenhaus-presents-night-music-tickets-69408397385](http://www.eventbrite.co.uk/e/augenhaus-presents-night-music-tickets-69408397385)

**Chasing Pumpkins run**  
Haven House Children's Hospice, Woodford  
Green, Essex, IG8 9LB  
October 27, 11am

Chasing Pumpkins is back for a second year, this is an official chip-timed trail run, where the 5K and 10K course will take you through Epping Forest and around Higham's Park Lake.

The trail route is multi-terrain through the forest, with some uneven ground, such as tree roots and mud. This exciting route is perfect for beginners or a test for those more experienced runners trying to beat their personal best.

Entry fee is £15 and includes an official chip time, pumpkin medal and treats. Sponsorship target is £50 per runner.

For more information or to join, visit [www.havenhouse.org.uk/Event/chasing-pumpkins-5k-10k-run](http://www.havenhouse.org.uk/Event/chasing-pumpkins-5k-10k-run)



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