

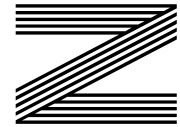
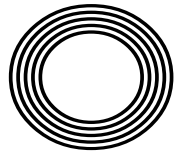
**RONALDO
RETURNS TO
THE PREMIER
LEAGUE**

Anton Du Beke
Waltzing onto the Strictly
judging panel

CELEBRATING 50 YEARS
of Walt Disney World in Florida

Emma
RADUCANU

The tennis star writing her name in the history books



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Editor's notes...

OCTOBER 2021



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** Bishop's Stortford. It's occurred to me this month how funny it is that we often don't notice what's right under our noses.

Recently, I visited a local business - a client of two years - to drop off copies of **VISION**. While we were having a chat, the owner said to me: "Did you used to live in Mawney Road?" I said yes, and it turns out he used to have a bathroom shop and refitted my parents' bathroom when I was a child. It's amazing the connections you can have without even realising it.

I also recently visited the Epping Ongar Railway. It was like taking a step back in time. After my visit, the vintage bus dropped me off at the stop right outside my house, which I didn't even realise was there. It was great to explore this local gem and I'd encourage others to do the same - you never know what you might discover.

Things are coming back to life in the business world, with the change of seasons heralding the promise of a new start even as we head into the darker months. Together with this has come a slew of invitations to weddings, gatherings and events. Let's hope that hospitality venues can now begin to recover and we can all look forward to spending more time with friends and family.

Brett Shohet

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A WORLD OF WONDER

CELEBRATING 50 YEARS OF WALT DISNEY WORLD



Photo credit: floridatoday.com

It was designed, curated and constructed with one thing in mind – a unique place on planet Earth where guests could remain forever young, where children and adults alike could swim in the pools of fantasy worlds to shake off the stresses and demands of everyday life.

The man behind this plan was Walt Disney, and his creation, Walt Disney World in Orlando, Florida, has been providing memories for visitors – an estimated two billion across five decades – ever since.

When it opened on October 1, 1971, 10,000 people gathered at the gates, each desperate to see what lay inside. The sprawling 107-acre theme park – a colossus of an entertainment wonderland – had been seven years in the making.

The park featured Adventureland, Fantasyland, Frontierland, Liberty Square, Tomorrowland and Main Street USA, had a cast of 5,500 staff members to unveil a new era of entertainment, and would not just set the precedent for an unfathomable amount of candy floss, family photos and joyous grins over the next 50 years, but would also lay down a marker for the brand itself. It created a mould by which modern culture would go on to embrace the heroes it worshipped – whether real, animated or in pixels – on TV and in cartoons and magazines.

At the helm back in 1971 was the big cheese himself, Mickey Mouse. By far the most iconic and celebrated character in the company's long history, Mickey Mouse dates all the way back to Disney's

founding in 1929. With feature films and animated classics – including *Snow White and the Seven Dwarfs*, *Fantasia*, *Pinocchio*, *Dumbo*, *Bambi*, *Cinderella*, *Alice in Wonderland*, *Lady and the Tramp*, *Sleeping Beauty* and the original *Mary Poppins* – already in the can, Walt Disney World, from day one, had an almost impossibly huge base of material to draw on to help make dreams come true.

It's little surprise then that – just like its parent company, whose ability to innovate in entertainment is unparalleled – Walt Disney World's popularity has never waned. In 2019, it was the most visited vacation resort in the whole world, with more than 60 million visitors.

While COVID-19 shrunk its capacity by 75 per cent last year, when America returns to post-pandemic normality, so too will the resort reclaim its rightful spot as the most magical place on Earth.

Of course, the ultimate irony of Walt Disney World is that the man whose name it bears was not there to see it bring joy and delight to so many people. The animator-turned-entrepreneur had been at the top table when original plans for the Florida park were conceived, but passed away after losing his battle with lung cancer in 1966, just as construction was ramping up.

As with so many of Walt Disney's other projects, though, his legacy lives on, as do the memories for those who visit.



Beke TO BASICS

He is the only professional dance partner to have appeared in every series of *Strictly Come Dancing*, but for Anton Du Beke, this is the only job worth hanging up his tap shoes for.

They say you ought to walk a mile in someone's shoes before you judge them, which is why Anton Du Beke is arguably one of the most qualified people in the country to take a seat on the illustrious *Strictly* panel.

After 18 series as a professional dance partner on the hit show, the 55-year-old performer, who previously filled in as a judge in 2020, will take a permanent seat at the top table for the upcoming series.

Taking over from Bruno Tonioli – who is unable to take his usual place on the panel owing to travel uncertainty caused by the pandemic – the Kent native will sit alongside veteran judges, Craig Revel Horwood and Shirley Ballas, along with Motsi Mabuse (sister of *Strictly* champ, Oti), who replaced Darcey Bussell in 2019.

For Du Beke, who waltzed and whirled with the likes of Kate Garraway, Patsy Palmer and Anne

Widdecombe during his tenure as a professional partner, becoming a judge is the ultimate end goal in a fairy-tale career

He says: "It's a dream come true to be judging alongside the best of the best, and I promise to be kinder to all the couples than any of them have ever been to me."

Never a man to do things by halves, the father-of-two has also signed up for his first-ever pantomime this year, where he will play the loveable Buttons in Richmond Theatre's production of *Cinderella*.

Yet for the upcoming *Strictly* contestants – set to include McFly star Tom Fletcher, *Coronation Street* actress Katie McGlynn, *BBC Breakfast* presenter Dan Walker and TV presenter Tilly Ramsay – Du Beke will be more of a fairy godfather as he decides their fates on the path to becoming the *Strictly* king or queen.

Photo credit: BBC



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HOWDY COWGIRL

Spotting at Saint Laurent and Isabel Marant, not to mention worn by the likes of Kendall Jenner and fashion influencer Camille Charrière, cowboy boots are definitely enjoying something of a renaissance this year. If you want to get the look, here's what you need to know:

DETERMINE YOUR BUDGET: As with any purchase, you first need to work out what you can afford. Fortunately, you can find cowboy boots to suit any budget, with prices ranging from £30 to more than £1,000.

PICK A STYLE: Cowboy boots come in countless different styles, which, although good for finding the perfect pair, can make the search process a little daunting. Consider the length of the shaft, the height of the heel, the toe style and the material of the sole when selecting your boots. You should also think about when you want to wear them – are you looking for an everyday style or an extravagant pair to wear to parties?

SELECT A MATERIAL: The most popular material for cowboy boots is calfskin leather, although you can find boots made out of leather from goats, bovine, snakeskin, alligators and even ostrich. For vegans, you can find cowboy boots that are made from artificial materials such as polyurethane.

CHOOSE A COLOUR: You can purchase cowboy boots in every colour under the sun, so you are guaranteed to be able to find a pair to complement your style. If you want your boots to go with almost anything in your wardrobe, opt for brown, black or tan, or, if you want to stand out from the crowd, choose a brighter colour such as purple or red.

CONSIDER EMBELLISHMENTS: The small details matter when it comes to choosing the perfect pair of cowboy boots, so make sure you consider fringe, rhinestones, stitching and inlays.

STYLE TIPS:
> Nearly all cowboy boot styles match well with blue or black jeans
> If you wear short dresses or shorts, choose a boot that stands lower on your leg
> High- or low-standing boots look good with skinny jeans or leggings
> Cowboy boots can be worn by men and women, with women's boots tending to have a narrower heel and a taller arch.



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BEAUTY

Beer beauty

Why not celebrate Oktoberfest a little differently this year and wake up looking refreshed rather than rubbish? Check out these beer beauty treatments and see a whole other side to hops.

Beer facial mask – to promote younger-looking skin

You will need: ½ tsp beer | 1 egg white | 1 drop of almond extract

How to make: Whisk all of the ingredients together | Wash your face and pat dry | Apply the mask directly to your face | Let it dry completely until your skin feels very taut | Rinse off with lukewarm water.

Beer nail soak – to strengthen brittle nails

You will need: 1 tbs beer | 1 tbs apple cider vinegar | 1 tbs warm olive oil

How to make: Mix all the ingredients together | Dip your nails in the solution for 15–20 minutes | Repeat two or three times a week.

Beer foot soak – to soften hard skin

You will need: A bowl of warm water | Half a bottle of beer
How to make: Fill a bowl with enough warm water to cover your ankles | Add half a bottle of your preferred beer and stir | Soak your feet for 10–15 minutes | Dry your feet and apply foot lotion.

Beer hair rinse – to repair damaged hair follicles

You will need: 2 tbs distilled water | 1 tbs beer | 2 tsp apple cider vinegar | 7 drops of lemon essential oil

How to make: Mix all of the above ingredients together | Wash your hair as normal | Pour the mixture onto your hair and work it through | Rinse with lukewarm water | Do this once a month for the promotion of healthy hair.

Beer bubble bath – to soften and smooth skin

You will need: An olive-based liquid soap | Half a cup of beer

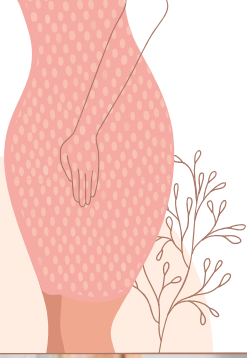
How to make: Mix the soap with the beer and add to running water | Soak for as long as you like.

Top tip: For optimum results, use an organic beer.





WHAT ARE pelvic floor EXERCISES?



Your pelvic floor acts as a sling between the pubic bone and the coccyx. Pelvic floor muscles support your spine and your abdominal muscles, as well as your bowel and bladder. While pelvic floor exercises are often recommended for women, men can also experience the benefits.



They can help you combat different conditions, including urinary incontinence, painful sex and weakened muscles following pregnancy. For women, pelvic floor exercises can also strengthen your pelvic floor before childbirth, and are generally recommended by midwives from the time you find out you're pregnant.



Doing pelvic floor exercises three times a day can help you see results in just a few weeks. Women after birth should discuss with their doctor when it's okay to resume the exercises.



Pelvic floor exercises include the following:

KEGEL EXERCISES: You can work out which are your pelvic floor muscles by stopping your urine stream mid-flow and feeling which muscles are working. To work these muscles, contract them for five seconds and then release. You can repeat this up to 10 times each time you do it.

SPLIT TABLE TOP: A basic move that can work your pelvic floor to help keep it strong.

- 1 Lie on your back, with your feet flat on the floor and your knees up. Your arms should be out to the sides, palms facing up.
- 2 Tighten your core and ensure your thighs are touching.
- 3 Separate your legs outward towards the floor to a position that's comfortable for you.
- 4 Raise your legs back up slowly to their starting position, maintaining core stability.
- 5 Do three sets of 10.

BIRD DOG: Bird dogs are ideal for toning abs, glutes, back and shoulders, benefiting your core and your pelvic floor.

- 1 On the floor, get onto all fours in a table top position.
- 2 Tighten your core and draw your shoulder blades down.
- 3 At the same time, extend your left arm and right leg, keeping everything else in a neutral position, including your head and neck. Hold for up to five seconds.
- 4 Using your core to support you and maintain balance, return to your starting position. Repeat using the opposite arm and leg.
- 5 Complete three sets of 10 reps.

Other exercises to help strengthen your pelvic floor include **SQUATS** and **GLUTE BRIDGES**.

Photo credits: Karly Treacy via prevention.com

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UNUSUAL FRUIT OF THE MONTH:

Atemoya



If you like piña coladas then this is the obscure fruit for you. With juicy, smooth flesh, the atemoya tastes both sweet and tart and has been compared to that creamy coconut cocktail that can instantly transport you to an exotic destination.

with one fruit providing around half of your recommended daily amount. They are also a good source of iron and calcium. One atemoya contains roughly 94 calories.

WHAT DOES ATEMOYA LOOK AND TASTE LIKE?

Atemoyas are either round or heart-shaped and average between eight and 12 inches long. Their skin is typically a pale bluish green or pea green, which turns more yellow the riper it gets.

The flesh is white, and inside you will find several large black seeds which should not be eaten.

Their texture is similar to a firm custard apple, and they taste like a combination of pineapple, vanilla and cream.

WHAT ARE THE HEALTH BENEFITS OF ATEMOYA?

This fruit contains diuretic fibre and niacin, which can be helpful for lowering your cholesterol. Atemoyas are also very high in vitamin C.

HOW TO EAT ATEMOYA

Atemoya is best eaten chilled or fresh directly out of its shell with a spoon. Its flavour also pairs well with other tropical fruits and fruit juices, such as oranges and limes. It can be blended with fruit juice and cream and frozen to make ice cream, or cooked to make a sweet jam.

HOW TO STORE ATEMOYA

Ripe atemoyas store well in the refrigerator for up to one week. You may notice the skin start to darken, but the fruit within should still be good.

For long-term storage, remove the skin and seeds and freeze the flesh for up to six to eight months in an airtight container.



FOOD & DRINK



PETRIFYING PIZZAS

Whether you're planning on throwing a spooktacular Halloween party or you simply want to create a frightening feast for your family, these petrifying pizza ideas are guaranteed to impress.

THE PUMPKIN

To make this scary snack, the only toppings you need are pepperoni and sliced Red Leicester cheese. Simply cut two pepperoni triangles and two cheese triangles for the eyes, one smaller triangle of each for the nose and a crooked pepperoni smile for the mouth.

THE VAMPIRE

For this creepy creation, you will need black olives, green olives stuffed with peppers, and pepperoni. Finely chop the black olives and arrange on the top third of the pizza as the vampire's hair. Then create the eyes using the green olives. Finally, create a fanged mouth using one long strip and two triangles of pepperoni. If you're not a fan of olives, you could use cherry tomatoes for the eyes and caramelised onions for the hair.

THE SPIDER

Send shivers down your kids' spines with this eight-legged freaky feast. All you need is black olives and bacon. Create the head and body of the spider using black olives and then cut strips of cooked bacon for the legs. You can also use vegan bacon for a meat-free alternative.

THE MUMMY

A spooky vegetarian option. To make the menacing mummy, you will only need mozzarella sticks and some green olives stuffed with peppers. Simply slice the olives to create the eyes and then place the strips of mozzarella over the pizza to look like bandages.

WITCHES' FINGERS

If you want to make some Halloween-themed finger food, these are a great idea. Just cut a cheese and tomato pizza into long strips to make the fingers and then cut triangles out of cooked red peppers to make the fingernails. Arrange on a plate in a circle with a pot of blood (ketchup) for dipping.



Photo credit: familyfreshmeals.com



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HOME & DIY

5 ALTERNATIVE USES FOR HAND

sanitiser

If you went a bit overboard buying hand sanitiser, you will be pleased to hear that there are many uses for this trending item other than just disinfecting your hands.

1. TO CLEAN YOUR EYE/SUNGLASSES

Eyeglass cleaner fluid can set you back a pretty penny, but with some retailers giving away hand sanitiser for free, you can now clean your glasses without having to worry about busting your budget. Simply apply a small amount with a microfibre cloth and wipe clean.

2. TO POLISH SILVER

Whether you have tarnished silver cutlery or silver jewellery, hand sanitiser can help. Just squirt a few drops onto a soft cloth and gently rub away the tarnish. You can also use this multi-tasking liquid to clean diamonds, although you should avoid gold- or silver-plated settings.

3. TO CLEAN YOUR KEYBOARD

Did you know that your keyboard can be just as dirty as your toilet seat? To rectify this, unplug your computer or laptop, turn it off and then wipe down with hand sanitiser and a microfibre cloth. It can also be used to clean your computer mouse and to remove fingerprints from your mobile phone screen.

4. TO REMOVE STAINS

If you have stubborn stains on your walls or counters, hand sanitiser works a treat. In fact, it is even strong enough to remove permanent marker from hard surfaces. Apply directly to the surface and wipe clean with a damp cloth. Do not apply to granite or quartz surfaces as rubbing alcohol can damage these materials.

5. TO REMOVE STICKER OR GLUE REMAINS

Rubbing alcohol is known for removing adhesives, but if you don't have any of this lying around, hand sanitiser is your next best option. Simply spread onto the affected area, let it sit for 20–30 minutes, then rub the surface firmly until the glue comes off.





Find your FLOORING

Are you feeling floored when it comes to the flooring in your home? From linoleum to luxury vinyl, carpet to ceramic, tiles to timber, discover all the different flooring options available to you below – plus, how to choose the right one for each room in your home.

CARPET: Warm, comforting and quiet underfoot, carpet is suitable for all rooms bar the bathroom and kitchen, and is an affordable option for most households.

PORCELAIN TILES: Long-lasting, strong and available in a wide section of styles, porcelain tiles are low maintenance and low cost and are best suited to bathrooms, kitchens and outdoor patio areas.

SOLID TIMBER: Real wood flooring is a common feature in period properties and can add style and value to your home. One of the most expensive flooring options, use in busy spaces such as the living room, dining room and hallway.

LAMINATE: Laminate flooring is tough, easy to install and much more cost effective than real wood or stone. With options from as little as £6 per metre square, laminate is ideal for living areas and hallways.

LINO AND VINYL: Known as two of the most cheap and cheerful flooring options, these materials provide many benefits, such as water-resistance, durability and affordability. Perfect for use in the bathroom, kitchen or conservatory.

CERAMIC TILES: Available in many different colours and styles, ceramic tiles are designed to emulate real stone while being both lighter and more cost effective. As well as being useable on any floors within your home, ceramic tiles are great for placing on the walls.

LUXURY VINYL TILE (LVT): A high-end version of standard vinyl, LVT comes in planks or tiles rather than a single roll. Warm underfoot, waterproof and slip resistant, this flooring is ideal for use in the bathroom and the kitchen.



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MODERN CLASSICISM:

Making the old new again



Photo credit: Unsplash under Creative Commons, @lileathomewithemma, @Natiuzzi

Interiors trends are constantly evolving, but sometimes it's nice to see a return of the classics. And where better to look for classical touches than to Ancient Rome and Greece?

Bringing a touch of classicism into your home adds a luxury feel. From subtle accessories to bolder statements, you can blend the old with the new to create a stylish interior for your home.

Use accessories to add detail: One of the simplest ways to embrace classicism is through accessories. You can buy some beautiful bust sculptures in various sizes, which can be mixed with your existing decor to create a look that has a classic touch while being right on trend. Consider ornate frames, mirrors and vases to add further texture and detail.

Make your dining table an inspiring centrepiece: The classicism trend can work its way into your main interior, creating stand-out looks. Your dining area can really shine here with the addition of an ornate marble table, or some dining chairs with carved detailing.

Create texture without expensive architecture: Textures are a key element of classicism. Ridged pillars, Grecian-style vases and even your glassware can add a sophisticated touch without the need to redo your entire home. The neutral/white colour palette makes it easy to match with your existing decor, and it's also the perfect opportunity to get creative with upcycling, breathing new life into pieces you already own.

Don't forget the natural details: While the classicism look is centred on rich detailing and bright whites and neutrals, it's also the perfect excuse to add a touch of greenery. Think potted lemon trees and olive trees – classic Mediterranean plants that add some class to your home. Plants can help to break up the white to give your home a fresh, modern look.

Modern classicism gives you the chance to merge vintage details with more modern decor. As a trend that's set to take off this season, keep an eye out in stores for all the classic accessories that are just waiting to be displayed in your home.



HOME & DIY

RADUCANU



TOTAL TENNIS HERO

How Emma Raducanu's ascent from nowhere to Grand Slam winner has shocked the sporting world, making an instant hero out of the British 18-year-old.

Supporting fairy tales seem to be coming thick and fast right now, but there was something mesmerising about the way Britain's Emma Raducanu strode to US Open glory on September 11.

Perhaps it was the fact that this charismatic yet modest teenager went into the New York tournament ranked 150th in the world, a 400/1 outsider for the title; perhaps it was the fact that she had to go through qualifiers to even be there; or that at 18, she was one of the youngest competitors. And let's remember, very few of us had even heard her name before this year's Wimbledon tournament, when she made it through to the fourth round.

And yet, through a first-round win over Stefanie Vögele (6-2, 6-3), and on past Shuai Zhang (6-2, 6-4), Sara Tormo (6-1, 6-1), Shelby Rogers (6-2, 6-1), Belinda Bencic (6-3, 6-4), there became an impervious inevitability about Raducanu's goal.

Rarely troubled and having not even dropped a set, she glided into the semi-finals at the Arthur Ashe Stadium, drawing each home crowd into her battles while playing with an increasing sense of expression and ease. Maria Sakkari (6-1, 6-4) was powerless to stop her.

When she defeated Leylah Fernandez 6-4, 6-3 to pull off one of the greatest-ever championship wins, Raducanu hadn't just become an iconic Grand Slam champion; she'd also laid the path for a career that appears packed with promise and potential. As Brits, we've waited far too long to enjoy a British female tennis champion – 44 years, in fact – and the women's game was well overdue a shot in the arm after the domination of the Williams sisters brought a staleness and sterility.

It may be too early to suggest a culture shift is on its way, but the Federer/Djokovic/Nadal triumvirate is worn now; maybe it's time for the fairer sex to drive forward a new era, with Raducanu behind the wheel.

Certainly off the court, she appears a marketer's dream. She is young, attractive, big on personality and apparently fearless, bouncing off press and reporters and clearly thrilled to be living the moment.

Raducanu was born in Toronto, Canada – her parents, Ian and Renee, are from Romania and China respectively – though the family moved to the UK when she was two. She attended grammar school in Orpington, Kent, and was always academically brilliant, mixing exemplary studies with a passion for golf, go-karting, motocross, skiing, horse-riding, tap dancing and ballet.

She discovered tennis at the age of five and was an impressive talent, yet was still playing the junior game as recently as 2019.

In some sense, Raducanu may look back and thank the blank COVID-19 year of 2020 for the way she has leapt from nowhere into pole position as most talked-about tennis player in the world (even if her world ranking of 13 needs to catch up).

She sat tight throughout lockdown, practised hard, moved her game from junior to professional and kept under wraps the devastating improvements in power, accuracy and athleticism that now see her feared in all quarters.

At both Wimbledon and the US Open, she was an unknown quantity, though as Grand Slam champion that privilege is now gone.

"The hard work begins now," she said in the acceptance speech as she lifted the championship trophy, and never a truer word has been spoken by a talented 18 year old with the world at her feet.

Photo credit: Ella Ling/Shutterstock



LOCAL NEWS

from your neighbourhood



Photo credit: Google Maps

Four men charged following violent altercation

Four men, including one from Bishop's Stortford, have been charged following an incident in Sawbridgeworth last month.

Police were called shortly before 5.30pm on Saturday, September 11, to reports that a violent altercation had occurred in the Budgens car park, off London Road.

Officers attended and found a man suffering from several wounds. He was taken to hospital for treatment and his injuries were not deemed to be life-threatening.

Following the incident, a vehicle made off from the scene before being stopped by officers near junction 22 of the M25 motorway.

Four men were arrested. Among them was Vigan Murtati, 23, from Bishop's Stortford, who has been charged with assault occasioning actual bodily harm

and possession of an offensive weapon in a public place.

Neighbourhood Inspector Mark Collins said: "I fully understand that this incident will have caused alarm among local residents. However, I'd like to try to reassure people that we believe this to have been a targeted attack, involving people who are acquainted and mainly live outside the area.

"No members of the public were harmed during the incident. Arrests were swiftly made and charges have now been brought.

"Owing to the severity of the incident, I would ask that videos and images from the scene are not shared on social media, as this may harm the integrity of the investigation and subsequent court case as we move forward. It is vital that the case is allowed to proceed unimpeded. Thank you."

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Married police duo retire after 60 years' service

A husband-and-wife policing duo who have more than 60 years' service between them have retired from the constabulary.

Bishop's Stortford's Neighbourhood Inspector Chris Hunt and Sergeant Nicola Hunt have both retired within the past couple of weeks, after spending the majority of their careers policing in East Herts.

Chris joined the force as a police constable (PC) in 1992, having previously worked as a carpenter. His father had also been a PC and Chris was honoured to take over his warrant number.

Nicola joined Herts Police as a special constable in 1988 and was stationed in Bishop's Stortford. Two years later, she applied to join the regulars and

completed her probation at Stevenage, before moving to the Welwyn Hatfield Intervention Team, where she spent the next 10 years. It was here that Chris and Nicola first met.

Speaking on the pair's behalf, Chris said: "Our time as police officers has been challenging, but very rewarding, and we've both made some lifelong friends.

"I am proud to have followed in my father's footsteps and now hand over the baton to my daughter, Annabel, who is a special constable in Welwyn Hatfield.

"Meanwhile, Nicola and I are now looking forward to new challenges outside policing."

A spokesperson for Herts Police wished them a long and happy retirement.

Care home residents enjoy visit to garden centre



Residents of Hazel End Care Home in Bishop's Stortford were delighted to go on their first day trip since the start of the COVID-19 pandemic, with an outing to Van Hage Garden Centre in Ware last month.

The pandemic put a halt to many of the residents' favourite pastimes while the country was in lockdown.

Despite residents being able to make use of the care home's on-site facilities, they missed their regular outings and so were thrilled to finally be able to head out on a trip to Ware in September.

A spokesperson for Hazel End said: "This week, we finally got the green light for an outing, a trip on the bus to the Van Hage Garden Centre. We were beyond excited. This trip was more than just a day out; it was an indication that we are over the worst of this pandemic, and that is a very reassuring thought."

Officers host community engagement events

Officers in Bishop's Stortford held a series of engagement events at St Michaels Mead Community Centre in September.

The events gave residents the chance to meet with local officers to discuss any issues or concerns. They were also able to receive crime prevention advice on a range of topics, with a particular focus on how to secure keyless vehicles.

PCSO Clare Andrews, who organised the events, said: "We have seen a real spike in keyless vehicle thefts across the town in recent weeks and we want to make sure that motorists are aware of this and do all they can to help keep their vehicles more secure.

"The events also gave chances for residents to tell us what issues they think we should be prioritising."

If you were unable to attend the event, you can use the police's community voice platform, echo, to let them know what you think they should be prioritising in your area. To give feedback, visit capture.rantandrave.com/s3/EastHerts

Hockey team hosts first game in 18 months

The girls' hockey 1st XI from Bishop's Stortford College hosted the Old Stortfordians (OS) last month for their first competitive hockey fixture since March 2020.

It was the OS who triumphed at the match, which took place on Friday, September 10, regaining the trophy they last won back in 2016.

The college side belied their youth and inexperience at this level by starting the game strongly. They passed the ball through the lines with confidence and pace and were unlucky not to take the lead when Issy S's shot went wide.

As the college attacked, they were left vulnerable, and it was from one of these counterattacks that the OS took the lead through Abbie B.

They doubled their lead just before half time after a goalmouth scramble had seen college goalkeeper, Ibbby, make a number of fine saves only to be beaten on the fourth rebound.

The second half saw the OS side up their intensity and, while the college's defence stood firm, they were unable to prevent the OS from adding to their lead. Although the score line was in the OS's favour, the college team showed great promise, with Vibha M, Sophie M and Issy S all having strong games.

Imogen B was voted the college's player of the match after a tireless performance in midfield, and Harriet M took the accolade for the OS.

Nick Prowse, director of sport and head of girl's hockey at the college, said: "Many thanks to Jennifer Law and her team for organising such a brilliant evening, and to Steve Salter and his Chartwells catering team for providing amazing food and refreshments. We are looking forward to 2022 already."



Image released following theft of sweet jar

Police investigating the theft of a charity sweet jar in Bishop's Stortford have released an image of a man they would like to speak to for help with their enquiries.

The jar was stolen from the Spar convenience store, on the corner of Stortford Hall Park, at around 12.15pm on Wednesday, September 8.

The store had been challenging customers to pay to guess the number of sweets in the jar on the counter, with all proceeds of the game raising money for the National Society for the Prevention of Cruelty to Children (NSPCC).

If this is you, or you recognise the man pictured, please email PCSO Martin Doidge at martin.doidge@herts.police.uk

You can also report information online at herts.police.uk/report, speak to an operator in the Force Communications Room via their online web chat at herts.police.uk/contact or call the non-emergency number 101, quoting crime reference 41/70983/21.

Alternatively, you can stay 100 per cent anonymous by contacting the independent charity, Crimestoppers, on 0800 555 111 or via its untraceable online form at crimestoppers-uk.org





Photo credit: NGSportUK

Club announces new commercial sponsorship deals

Bishop's Stortford FC has announced new sponsorships with both RVL Properties and DeVines Accountants for the 2021/22 season.

Making the announcements within a day of each other, the club first confirmed that RVL Properties will be sponsoring the Town End stand for the season, before announcing the following day that DeVines Accountants will be sponsoring match days and player of the month awards throughout the season.

RVL director, Richard Harris, said: "We are all very proud to be involved with Bishop's Stortford FC. They're a fantastic side and a true inspiration for the young people of Bishop's Stortford, with their success

and clear passion for the sport, their enthusiasm, dedication and commitment.

"It's a privilege for RVL Properties to play a role in helping the club grow and prosper as they embark on the next stages of their rise to the top."

DeVines Accountants director, Clive Purdy, said: "Having sponsored the FA Cup match last season, we are delighted to be involved again with the club this season, but this time for the whole of the campaign.

"We are looking forward to a successful season with both league and cup success. Football at this level is so vital to the game and we are pleased to be able to contribute to its growth."

New on-demand bus service and app launched

A new on-demand bus service was launched in September as part of Hertfordshire County Council's (HCC) plans to improve transport in the county.

Residents will be able to use the new HertsLynx app to order rides from virtual bus stops along routes where normal bus services are infrequent.

The HertsLynx service is designed to improve connections between rural villages and larger town centres, making it easier for people to get to work or school, go shopping, or travel to appointments without needing to use a car or taxi.

There are no fixed routes on the service; instead, passengers can be picked up and dropped off at

a vast number of stops within the operator zone. Passengers can also travel to designated locations in Bishop's Stortford, Stevenage, Royston, Baldock, Hitchin and Letchworth.

Councillor Phil Bibby, cabinet member for highways and transport at HCC, said: "I am really pleased that we're launching this new on-demand bus service. We want Hertfordshire to be a cleaner, greener and healthier county, and part of that means providing practical and affordable alternatives to the car."

To find out more, visit www.intalink.org.uk/hertsllynx. Journeys can be booked through the HertsLynx app, online at bookings.hertsllynx.co.uk or over the phone on 01992 555513.

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Build a bug hotel

Whether you are looking for a green-fingered activity for you and your kids to enjoy together or you want to provide a safe haven for local wildlife, a bug hotel is the perfect autumn project for your garden.

WHAT YOU WILL NEED:

You can pick and choose from this list depending on what you have the easiest access to.

Wooden pallets | Strips of wood | Straw | Moss | Dry leaves | Woodchips | Old clay pots, bricks, roofing tiles or logs | Bark | Pine cones | Soil | Roofing felt | Any other natural materials you can find

HOW TO BUILD:

Step 1: Choose your location: Ideally, your bug hotel needs to be on level and firm ground so that the structure remains intact. Depending on whether you pick a sunny or a moist spot, you will attract different residents. Woodlice, frogs and toads are drawn to cool, damp conditions, whereas bees, butterflies and ladybirds love the sun.

Step 2: Build the framework: If you want to build a large hotel, wooden pallets are ideal as they are sturdy and already have gaps. Start by laying some bricks on the ground as corners and then add three or four layers of pallets. You can secure these together with nails or with wood glue if you are using smaller pieces of wood.

Step 3: Fill the gaps: Insects and other wildlife love nooks and crannies, as well as cosy beds, so now is the time to fill the gaps with materials such as bark, dry leaves, straw, tiles and sticks.

Step 4: Add a roof: Finally, you need to make a roof so that your bug hotel stays dry. Old roof tiles or some old planks of wood that are covered in roofing felt are ideal for this.

Step 5: Plant flowers: If you want to attract butterflies, bees and other pollinators, surround your bug hotel with nectar-rich flowers and herbs such as wisteria and lavender.



Raise me UP

Are you looking for a low-maintenance yet highly effective way to grow your own fruit and vegetables?

If the answer is yes, a raised bed garden is the perfect solution for you.

What are the benefits of raised bed gardens?

- > Better drainage
- > Enhanced root health
- > Easier to manage
- > You can match the soil to your plants
- > Improved access for people with mobility issues
- > Tidier than a standard veg plot
- > More vigorous growth.

How to create a raised bed garden

In their simplest form, raised bed gardens are just containers for soil that can be built to suit whatever space you have available. Ideally, beds should be placed on grass or soil to make the most of soil depth. However, if your bed has sufficient height, it can be placed on a hard surface.

The easiest way to build a raised garden bed is with planks of wood and timber stakes for support, although you can buy ready-made ones at your local garden centre or online. To prevent weed growth, line your raised bed with either landscape

fabric, plastic tarp or canvas.

What can I grow in raised beds?

You can grow almost any vegetable in a raised bed, as long as you have sufficient depth for their roots.

- > **Shallow root veg 12–18 inches:**
Broccoli | Brussels sprouts | Cabbage | Cauliflower | Leeks | Potatoes
- > **Medium root veg 18–24 inches**
Broad, French and runner beans | Beetroot | Carrots | Cucumber | Aubergine | Turnips
- > **Deep root veg 24–36+ inches**
Jerusalem artichoke | Asparagus | Parsnips | Pumpkin | Winter squash | Sweet potato

If you want to grow fruit in your raised garden bed, you should stick to soft varieties such as strawberries, currants, raspberries and blackberries.

Top tips:

- > To save money, use soil scooped from paths to fill beds and fill your paths with bark or gravel
- > Bury any turf removed in making the beds in the lower levels of soil in the bed to enrich it
- > When building on a hard surface, ensure a depth of at least 45cm.

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GARDENING

HOW TO SPRUCE UP YOUR AILING GARDEN USING OLD CAR TYRES

They're the tired, grubby, worn-out relics of thousands of miles on the road and seemingly only good for releasing plumes of dirty smoke into the atmosphere. Yet car tyres could have a second life beyond the wheel if the growing emergence of them as a clever, original and even attractive addition to our gardens is set to continue. And the good news is, they cost virtually nothing.

For most types of car tyre, you may want to paint, coat or treat them in order to improve appearance. Durable, non-toxic paints are available – these are waterproof and won't crack, and can be sprayed or applied with a brush.

Once you do that, you'll find a whole world of possibilities, including:

HANGING CONTAINERS

Suspended from a wall with a small amount of earth in the bottom and some drainage holes, these containers allow light to get to the plant, and by choosing ivy, jasmine or clematis, greenery can spill out to make a unique feature.

CHAIRS

Simply use a tyre as the seat for a chair or go the whole hog with arms and a backrest too. Either way, these versatile pieces of rubber are definitely more comfortable than seating yourself on a block of unforgiving wood.

FLOOR PLANTERS

Forget expensive plant pots or complicated wooden bordering – tyres act as the perfect decorative surround for flowers.

OBSTACLE COURSE

For kids of all ages, tyres can provide balancing lengths to negotiate – you'll even be assured of a soft landing should they lose their footing.

RAISED WALL

If being creative with living matter is a step too far, just consider the effectiveness of a good old-fashioned tyre wall. You may never have thought about constructing one in your garden, but you can add colour and decoration aplenty.



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WHY YOU SHOULD BE AWARE OF GAZUMPING

Buying a new home, especially if you are a first-time buyer, can be a complete minefield, with underhand tactics rife between buyers and sellers. If you haven't yet heard of gazumping, now is the time to find out. Remember, forewarned is forearmed.

WHAT IS GAZUMPING?

Arguably one of the most frustrating – not to mention disappointing – incidents that you can experience as a buyer, gazumping is when you have your offer on a property accepted by the seller, but before the sale goes through, they accept a better offer from someone else.

IS GAZUMPING LEGAL?

Unfortunately, gazumping is a perfectly legal aspect of property-buying in England, as an agreement to buy or sell a property does not become legally binding until written contracts are signed and exchanged.

HOW CAN I AVOID GAZUMPING?

Although there are no guarantees when it comes to

gazumping, there are steps you can take to minimise your risk. These include:

- 1. LINE UP A SURVEYOR**
Arrange a survey on the property as quickly as possible so there is less opportunity for you to be gazumped.
- 2. OBTAIN A MORTGAGE IN PRINCIPLE**
If you obtain a conditional mortgage from your lender, you can significantly speed up the process of buying a property.
- 3. ASK FOR THE PROPERTY TO BE TAKEN OFF THE MARKET**
As part of your offer, ask that the property be immediately taken off the market so that no one else will be able to make a higher bid.
- 4. GET A LOCK-IN AGREEMENT**
A lock-in agreement, also referred to as a lock-out or exclusivity agreement, is a binding agreement that prevents the seller from negotiating with other interested parties for a fixed period of time.

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What is BLIND HIRING?

According to the latest research, nearly one in four Brits has experienced discrimination during an interview for a new job.

Blind hiring is the new recruitment trend that promises to banish bias for good.

What exactly is blind hiring?

Blind hiring is a recruitment technique that reduces biases during the talent acquisition process by removing information such as a candidate's name, age, gender, religion and socioeconomic background. It can also eliminate academic qualifications and experience, so that a person is solely judged on their skills.

What is unconscious bias?

Also known as implicit bias, unconscious bias refers to the associations that are made between qualities and social categories such as race, gender or disability without conscious awareness.

What are the advantages?

- > Removes unconscious bias and allows talent to shine through
- > Ideal for remote workers
- > Steers recruiters towards facts rather than gut instinct
- > Increases employee retention rates

- > Creates a better company culture
- > Results in a more diverse and innovative workforce.

Are there any drawbacks?

- > Can be too anonymous and affect the overall harmony of a team
- > May lengthen the hiring process
- > Diversity does not automatically result in an inclusive workplace.

What are the best processes?

1. Use inclusive job descriptions
2. Remove demographic data from candidates' CVs
3. Obscure academic information
4. Carry out pre-employment assessments to determine skills and personality traits
5. Avoid social media pre-screening
6. Consider anonymising initial interviews
7. Educate your team about unconscious bias.

Diversity and discrimination stats you may be interested to know

- > "Women are 123 per cent more likely to experience gender discrimination when applying for a job than a man." - PwC
- > "Job descriptions with gender-neutral wording attract as much as 42 per cent more responses." - Zip Recruiter
- > "Only one-third of employees say they know about any diversity initiatives where they work." - Glassdoor.





PAINT YOUR PUMPKIN

Let's be honest, carving a pumpkin can be a bit of a nightmare, so why not paint your pumpkin this Halloween instead? With many designs to choose from and ideas to suit all ages, see our favourites below.

FRANKENSTEIN PUMPKIN

YOU WILL NEED: Green, black and white acrylic paint | A paintbrush
HOW TO MAKE: Apply a coat of green paint to the pumpkin | Paint a black zig zag shape around the top of the pumpkin and fill in to create the monster's hair | Paint two white circles for the eyes | Paint a smile on the pumpkin and add a row of stitches to either side of the face | Paint black dots in each eye | Paint the stalk black.



SPIDERWEB PUMPKIN

YOU WILL NEED: White and black acrylic paint | 1 large paintbrush | 1 small paintbrush
HOW TO MAKE: Apply a coat of white paint to the pumpkin | Allow to fully dry | Using the right size brush for your pumpkin, paint on a black spiderweb design | This will need a steady hand, so young children may need adult help.



MONSTERS INC PUMPKIN

YOU WILL NEED: Light green, white, blue and black acrylic paint | A paintbrush | Grey felt | A pencil or pen | Glue
HOW TO MAKE: Apply a coat of light green paint to the pumpkin | Paint a large white circle one-third of the way down the front of the pumpkin | Paint a blue circle within the white circle and then a black circle within the blue one | Allow each circle to fully dry before painting the next one | Trace on a grinning mouth with teeth before filling in with paint | Cut out two grey felt pointy ears and glue to the top of the pumpkin | Paint the stalk black.



COMETH *The hour*



Love him or loathe him, Cristiano Ronaldo has always been a man with big achievements – big transfer fees, big personality, big goals, big moments, big clubs, big ego.

With all great players who have played the game – and CR7 is truly one of the greatest ever – they carry with them a sense of sentimentality; yet for a player who has always sought out new challenges from a perspective of simple self-projection, Ronaldo's return to Old Trafford is maybe a little puzzling.

Clearly burning the last embers of an incredible career, the former Real Madrid and Juventus man is looking to reignite the fires from when he last played for Manchester United, back in 2009.

Not only are the Red Devils a different entity now – they haven't won a league title in eight years, for starters – but the Premier League has moved on considerably. In playing out the last couple of years of his career, Ronaldo has arguably chosen his toughest challenge yet. But with Ron, you wouldn't expect it any other way.

The romance of him scoring on his Old Trafford return – twice – on September 11 was as perfectly scripted as so many of the other achievements in Ronaldo's career, be that the five Champions League titles, seven domestic league wins or Euro 2016 victory with Portugal, and whatever comes next, he will always have that.

The real test for the £13.5million man is now in what follows. These days it's less about whether you can do it on a rainy Tuesday night in Stoke, and more about whether you can do it in the Manchester derby, or at Anfield, or in a six-pointer at Stamford Bridge.

Whether he still can remains to be seen, but whatever happens with Cristiano Ronaldo, one thing is guaranteed – excitement.

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There is no athlete in the world who hasn't experienced the pain and frustration that comes with setbacks, yet when your whole sporting career comes about because of a refusal to accept the cards disability has dealt you, there is surely an extra level of stamina, bravery and determination at play.

That's why Paralympian Baroness Tanni Grey-Thompson DBE, DL, paralysed from the age of seven, is rightly revered as one of the finest athletes we have ever produced. The wheelchair speedster's record speaks for itself – 11 Paralympic golds, six world titles and a colossal 30 world records.

It all began back in Barcelona in 1992. Disability athletics was already on the rise, but her domination at that year's Paralympics accelerated wheelchair sport at almost the same speed at which her wheels turned.

She was already Wheelchair Games champion from the previous year when landing in Barcelona in September 1992, so her confidence was well placed as she powered to 100m success in the first race, holding off the challenge from Denmark's Ingrid Lauridsen, and in doing so setting a new world record.

Her win in the 200m race marked another venture into the record books, this time almost one second clear of the Dane.

The margin of victory increased again as Tanni romped to 400m success, and Lauridsen again had to settle for second place in the 800m despite another photo finish.

Four races, four golds, four world records.

A total of 2,999 para athletes competed in Barcelona, with Tanni's record-breaking contribution a big reason why the 1992 games became regarded as a significant turning point for disability sport globally. Within a year, Tanni had received the MBE for services to the sport, yet in truth her legacy of success had only just started.



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GB

PLATING UP

If you're a driver planning a trip overseas, the time has come to peel off that trusty GB sticker

In a recent move announced by Transport Secretary Grant Shapps, drivers venturing overseas have been told they need to substitute their iconic 'GB' stickers or magnets with UK-branded equivalents after September 27, 2021.

The same change applies to number plates – drivers who have 'GB' on their plates will need to either get a new one produced which states 'UK', or simply just apply a UK sticker on the back of their vehicle.

Displaying country of origin is a stipulation for drivers of any country when venturing abroad on the roads, and our move from GB to UK is being taken as a show of solidarity with Northern Ireland in the wake of Brexit. That's because, while the UK is comprised of England, Wales, Scotland and Northern Ireland, as GB, our friends across the sea were excluded.

The move only applies to UK drivers and doesn't

extend to other overseas territories, and the removal of the term 'GB' on our roads is just one example of where the signifier 'UK' is being taken forward as the preferred term in the wake of Brexit.

In an unrelated move, the new green number plates have enjoyed a huge rise in popularity on the roads, with one in five cars now electric. Meanwhile, the UK government has been forced to back down on the rise of fashionable 3D and 4D plates, which have been swamping the market.

Many readers will remember licence plates from the 1980s and earlier, where 3D lettering was the norm. In 2020, the government petitioned to ban them as the trend re-emerged, but the Department for Transport has clarified the position, stating that as long as 3D gel and 4D laser-cut letters meet the requirements of the current standard (BSAU 145d), they are legal – 'GB' references notwithstanding.

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PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

ACROSS

- 1. Four-wheeled vehicles (4)
- 3. Vessel for molten metal (8)
- 9. One of the planets (7)
- 10. Shadow (5)
- 11. Raves (5)
- 12. Undoing a knot (7)
- 13. Room attached to a church (6)
- 15. Bow and arrow expert (6)
- 17. Nasal opening (7)
- 18. Smallest quantity (5)
- 20. Where one finds Rome (5)
- 21. Turned over; became very angry (7)
- 22. Gibberish (8)
- 23. Wet with condensation (4)

DOWN

- 1. Violation (13)
- 2. Become ready to eat (of fruit) (5)
- 4. Expressing regret (6)
- 5. Circle amount (anag) (12)
- 6. Infantile (7)
- 7. In an inflated manner (13)
- 8. Short tale told to children (7,5)

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- 14. Support or strengthen (7)
- 15. Common edible fruit (5)
- 16. Fissures (6)

DID YOU KNOW?

- ▶ It's thought that margherita pizza was colour-coordinated to represent the Italian flag – tomatoes for red, cheese for white and basil for green
- ▶ It's estimated that there are more Indian restaurants in the UK than there are in Mumbai
- ▶ In 2015, NASA astronauts on the International Space Station sampled outredgeous red romaine lettuce. This was the first time fresh food grown in the microgravity environment had been eaten
- ▶ It is illegal to throw food scraps in the bin in Seattle. Instead, they must be composted
- ▶ Some Eskimos use refrigerators to keep their food warm. In the winter, it's so cold that food can freeze if left out
- ▶ White potatoes are around 80 per cent water.

SUDOKU

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