

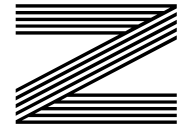
**HOW TO
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PRINCE CHARLES'
Aston Martin runs on cheese and wine

Ramesh
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Crawley-born comedian celebrating 10 years on the circuit



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Editor's notes...

NOVEMBER 2021



Brett Shohet, Editor

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

After being forced to navigate ever-changing lockdown restrictions last year, we can (hopefully) now look forward to enjoying the party season.

By the time you read this, Halloween will be over, but as I write, my home has been taken over by an explosion of spooky decorations. It used to be that very few people in the UK bothered to celebrate Halloween, but it's a habit we seem to have now borrowed from our friends in America. Maybe it's because we've been cooped up for so long that we're eager to grasp any opportunity to go big with our celebrations.

If that's the case, I can't wait to see what Christmas will bring. Here's hoping we're able to meet up with friends and family face-to-face once again.

At **VISION**, we've recently grown our team, welcoming new member of staff, Nadine Stevenson, as our key account manager. We're very glad to have her on board.

Finally, all our thoughts are with the family and friends of Sir David Amess MP, who was killed during a meeting with his constituents last month. Sir David was a welcome contributor to **VISION** Leigh Thorpe Bay, and we will miss his kindness and dedication to his role.

Brett Shohet

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

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ASTON *marvelling*

HOW HRH PRINCE CHARLES, SOME LEFTOVER WINE AND A CONSTITUENT OF CHEESE ARE HELPING THE PURSUIT OF ECO TRAVEL

It's a fine line between innovation and eccentricity, but HRH Prince Charles appears to have landed the right side of it... just.

The Prince of Wales, who turned 73 in November and is first in line to the throne, has converted his cherished Aston Martin DB6 so that it can run on cheese waste and surplus white wine. His move to decarbonise fits perfectly with a modern revolution in motoring, where electric cars, the future ban of the sale of petrol and diesel vehicles, and various road taxes designed to keep gas-guzzlers out of our city centre spaces are giving our roads a green makeover.

Charles revealed in a recent interview that he was offered the conversion some time ago and did not hesitate to accept.

"I think when opportunities and ideas come your

way, you need to judge them on their own merits," he says.

"Certainly, where classic cars are concerned, there is the temptation to leave them as they are and not tinker with them, but if we all thought like that, we wouldn't make the strides we have, and the strides we need to."

It was Gloucestershire-based firm Green Fuels – the company has since earned a Royal Warrant of Appointment – which suggested it could supply bioethanol produced from a combination of wine and cheese (whey).

Blending the fuel then adding 15 per cent unleaded petrol meant the car was more powerful than before, yet significantly greener.

Of course, this isn't

the first time Prince Charles has taken the lead where green and eco matters are concerned. He established The Prince's Trust and The Prince's Rainforests Project and has always been a passionate advocate for initiatives that put the planet's needs first. He became the first member of the royal family to adopt electric cars for official duties in 2018, and has rallied behind his son William's successful efforts with The Earthshot Prize, with its £1million bounty awarded to fund solutions to help tackle climate change.

However, Charles believes there is much still to be done. He says the world's leaders are big on environmental talk, but rarely take the actions required to back up the platitudes.

"It is time for a lot of

people, influential people, to stand up and make real decisions," he says. "They have the expertise, they have the wherewithal and they have the resources, so there is no reason why we can't be moving forward much quicker than we are."

"Green initiatives in the past always seemed to come with some sort of cost or inconvenience. A lot of those I see today have no such thing – look at my DB6, it is a better vehicle than it was before."

The classic Aston Martin emerged in 1969 and has been one of Charles's true joys. He even enlisted the services of two-time Formula One world champion, Graham Hill, to teach him how to drive the car to its maximum potential.

He added: "It gives me great pleasure every time I drive it – and to know I can do that while limiting harm to the environment is a wonderful feeling."



Photo credit: David Hartley/Shutterstock

SUPER subscriptions

THE CHRISTMAS GIFT IDEAS THAT KEEP ON GIVING

A gift isn't just for Christmas, so treat your loved ones to a subscription box this festive season and leave it to the postman to deliver the perfect package to your friend or family member's doorstep each month.

Flower and plant subscription service – If you have a green-fingered friend, what better gift than a new potted plant or bunch of flowers each month? Also suited to remote workers who could do with freshening up their home working environment. You can even find sustainable providers who only work with Fairtrade growers.

Cocktail subscription service – For your boozy bestie or a mum who loves a mojito, a cocktail subscription service makes the perfect gift. Depending on the service you select, the recipient can expect to receive ingredients and instructions to make a new cocktail each month.

Food subscription service – Whether you know someone who is a real foodie or your loved one could do with a helping hand in the kitchen, a weekly delivery of high-quality, fresh ingredients is just what they need. Choose the size of the box depending on how many people they cook for. Subscriptions are available to cater for all dietary requirements.

Gadget subscription service – Being a tech enthusiast can be expensive, but what if you could enable your gadget-loving friend to try out a new device every month? Pick between health and fitness gadgets, entertainment devices and even relationship tech.

Craft subscription service – If you are looking for a subscription service for children, then a monthly craft box is a great idea. With subscriptions available for all ages, you can find boxes that contain a range of fun science, technology, engineering, art and maths activities.

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THE LATEST FOOTWEAR TREND

Who says that your socks have to match? Showcase what makes you unique and support Anti-Bullying Week 2021 by rocking odd socks on November 15 and beyond.

No longer a fashion faux pas, odd socks may be brazen and bold, but they can also be chic and stylish.

WHAT IS ODD SOCKS DAY?

Launched in 2017, Odd Socks Day was created to deter bullying in schools. With the aim of showing children that it is okay to stand out from the crowd and to embrace what makes you different, children and adults alike are being asked to rock odd socks and to appreciate the odd socks worn by others.

HOW TO CELEBRATE ODD SOCKS DAY

Wear your oddest pair of socks. These can be colourful and bright, mismatched or have a wacky pattern. Be sure to wear them proudly and invite your friends and family to join you in your support against bullying.

HOW TO WEAR ODD SOCKS

Seen on the likes of Ant and Dec, Emma Willis and

Craig David, there are many different ways to wear this fun and frivolous trend. Check out the below top tips which should help you rock this look with confidence:

- > Embrace bold colours and prints
- > Don't be afraid to wear your odd socks with sandals or sliders
- > Wear long odd socks pulled up to your knees with boots and a statement skirt
- > Mix stripes and spots
- > Layer up two pairs of socks with two different colours, one on top of the other
- > Pair neon socks with white trainers
- > Wear clashing colours with skyscraper heels.

POST YOUR SOCKS ON SOCIAL MEDIA

Boost awareness by posting photos of your odd socks on social media with the hashtags #OddSocks and #AntiBullyingWeek.

LEARN MORE ABOUT ANTI-BULLYING CAMPAIGNS

To find out more, explore the many online resources on anti-bullying at www.anti-bullyingalliance.org.uk and share your knowledge with others.



The gift of hope

Helping children around the world escape poverty and find education, Vurchoo has launched Studs of Hope: an evergreen collection of unique and affordable earrings that represent and donate to the country they are inspired by.

Beautifully and individually designed, the pieces are first and foremost an accessible way to help those in need but are also made to be delicately desirable and effortlessly fashionable. Comprised of gold, silver and mixed metals as well as ethically sourced gemstones, Studs of Hope brings ethical jewellery to the masses for only £36 per pair - proving it doesn't need to cost the earth to make a difference.



Each design, which ranges from the colourful 'Not So Evil Eye' of Guatemala to the simple 'Lapis Lazuli' of Honduras and the 'Golden



Clover' of Uganda, comes mounted on a card which shows the region you are supporting and tells the story behind it. For every pair sold, Vurchoo gives 10-25 per cent of profits to charities in the UK and overseas, via its UK partner registered charity, *Teach a Man to Fish*.

With all brand packaging designed by Livibility, a UK charity that helps people with disabilities find work, the ethics doesn't just stop with the earrings. Already available in over 40 UK stockists, online and in the USA, Studs of Hope are the perfect gift for a loved one, or to purchase yourself as a piece of feel-good fashion.

Vurchoo, Studs of Hope available from Artico

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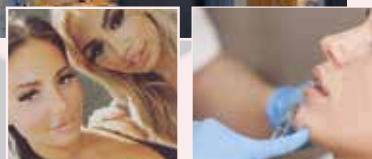
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BEAUTY

Hairband HEROES



Does your hair always fall out when you tie it up? Or perhaps you spend more time detangling your locks than enjoying your updo? If the answer is yes, you could be using the wrong hairband for your hair type.

For thin hair

Thin hair that is prone to breakage needs a hairband that is gentle on your delicate locks. Opt for a silk hairband that will protect your hair and help to keep flyaway strands in check. When removing a silk hairband, you should notice significantly less pulling on the roots.

For thick hair

If you have thick hair, you are likely to experience both tangles and a struggle to keep your voluminous hair contained. Look for spiral plastic hairbands that are specifically designed for thick heads of hair, as these are easy to use and remove without your hair becoming tangled in the tie.

For wavy hair

Do you feel like no hairband can hold back your big mane of wavy hair? Forget elastic bands and scrunchies and, instead, invest in a hair bungee. Boasting a hook on each end, a hair bungee can be easily wrapped around your hair to keep it in place all day.

For short hair

People with short hairstyles are always going to struggle to pulling their hair back into a ponytail. However, there is a solution. Polybands are great at gripping short hair and staying in place. Small and often clear, they will simply disappear into your hairstyle.

For straightened hair

Bringing back a blast from the past, if you want to tie your straightened hair back without causing kinks, you need a scrunchie. These hairbands work best directly after a blow-dry to help maintain a smooth and straight look. However, they are also effective at keeping your hair in place while you sleep.



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VICKS VapoRub
7 ALTERNATIVE USES

Known for its ability to effectively manage cold symptoms, most households have a tub or two of this mentholated ointment in their medicine cupboard. However, you may be surprised to discover what else you can use Vicks VapoRub for.

1. TO BANISH HEADACHES: When applied to the base of the skull, Vicks VapoRub has proved highly effective at relieving headaches, especially sinus headaches.

2. TO SOOTHE SORE MUSCLES: Two key ingredients in Vicks, camphor and menthol, are topical analgesics, which means they can be used to relieve pain when rubbed on to the skin. Creating a powerful cooling sensation – although the pain relief will be temporary – it can help you to get on with your day.

3. TO HEAL YOUR FEET: Vicks VapoRub is a popular home remedy for several foot conditions, including athlete's foot and fungal nail infections. The combination of its antimicrobial ingredients and the inclusion of petroleum jelly helps fight bacteria and lock in moisture.

4. TO TREAT SKIN CONDITIONS: If you suffer with either acne or eczema, Vicks VapoRub can be used to calm the skin and clear up your complexion. This is owing to its ingredients like camphor and eucalyptus.

5. TO FADE BRUISES: For minor bruises, Vicks can be used to reduce inflammation and cool the skin. The menthol can also help to reduce any pain you are experiencing.

6. TO HEAL SCRAPES AND BURNS: When applied twice a day, the petroleum in Vicks VapoRub can help to create a thick barrier on your skin so that any cuts or burns can heal. Its anti-inflammatory properties can also promote healing.

7. TO EASE EARACHE: If you are suffering with a mild earache, rub a small amount of VapoRub onto a cotton ball and gently place in your ear. This can help to reduce any pain, but will not clear up an infection.





Self-care *is not selfish*

To celebrate National Spa Week, which takes place from November 4-9, we thought we would share with you our top self-care practices that promise to leave you feeling physically and mentally rejuvenated. Plus, discover why you need to make time for self-care.

What is self-care?

While many believe that self-care is self-indulgent or even selfish, it is in fact a crucial process that allows you to tend to your physical and emotional needs. Essentially, it involves making the time to take care of yourself.

There are said to be eight main areas of self-care that you should focus on:

- Physical | Psychological | Emotional | Social | Professional | Environmental | Spiritual | Financial

What are the mental health benefits of self-care?

According to recent data from the Office for National Statistics, depression rates have doubled during the COVID-19 pandemic, with concerns growing over a nationwide mental health crisis.

When it comes to looking after your mental health, self-care has the unique ability to:

- > Manage your stress levels
- > Lower your risk of mental health conditions, such as anxiety and depression
- > Increase your overall energy levels
- > Boost your self-esteem
- > Improve your relationships.

Ten simple ways to practise self-care

1. Get a good night's sleep – ideally between seven and eight hours per night.
2. Drinks lots of water – up to eight glasses a day.
3. Go for a daily brisk walk – at least 30 minutes.
4. Take a relaxing bath using essential oils.
5. Say no to something you don't have time to do or don't want to do.
6. Listen to your favourite music.
7. Watch your favourite film.
8. Indulge in a massage.
9. Make something healthy and delicious for dinner.
10. Make a list of five things you like about yourself.

If you are struggling with your mental health, there are several UK charities that can help, including Mind and YoungMinds, which is aimed at children, young people and their parents. To find out more, visit www.mind.org.uk or www.youngminds.org.uk




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IS IT FOR EVERYONE?

YES! In both our locations, we have a range of members with varying ages, abilities and fitness experience. Every workout is scaled to each persons individual ability so it doesn't matter if you've been with us 10 years or 10 days, we all workout alongside one another in a supportive inclusive environment, with our knowledgeable, caring coaching team, ensuring you get the optimum from your hours session every time you walk through our doors.

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We welcome members and non members to Monday Muscle. We hope to see you soon!



HEALTH & FITNESS

JUST breathe



IMPROVE YOUR QUALITY OF LIFE WITH THREE EASY BREATHING TIPS

You don't need to be a philosopher to know that people can spend their days navigating between a negative inner critic and a more positive and less apparent inner believer. Allowing the latter to express itself more is a key part of healthy living, positive self-image and good self-esteem.

Well, imagine if something as simple as breathing could be the key to being more positive, more confident, less stressed and more physically strong to boot.

Check out these three easy ideas and get started today.

Five deep breaths

If you are feeling stressed or self-critical, take five deep inhalations and exhalations through the nose. Clear your mind and focus on the sensation of breathing. This is part of breaking the negative inner dialogue. Closing your eyes can also help. When ready, you can go back to what you were doing.

Diaphragmatic breathing

Another easy win is to breathe diaphragmatically. This means using the belly muscles to fully fill and empty the lungs with each breath. As well as being calming, this can help with public speaking, as it allows you to control your breath and voice far more effectively.

This breathing also helps the body discharge waste and take in more oxygen, which boosts brain activity.

Quick energy

For a short, sharp boost that will make you feel up for anything, take a deep breath and hold for a second or two, then make a loud 'hmm' sound on breathing out. Not only does this break negative thought patterns, but it will also provide you with a welcome mental lift.

Breathing is something we do every minute of the day - it's time to make it work for us more than ever before.

Whether you want to give the gift of gin this Christmas or your motives are a little more self-focused, making your own flavoured gin is simple to do – and it can save you money.

How to make flavoured gin

Step 1: Choose your gin

If you want to create a high-quality flavoured gin, you need to pick one that is both clean-tasting and uncomplicated. Any gin that already has a flavour will not mix well, so try to stick with a classic London dry variety.

Step 2: Pick your flavours

As Christmas is fast approaching, you may want to choose a seasonal flavour such as cinnamon, nutmeg or cloves. However, you can pick pretty much any fruit, vegetable or herb that takes your fancy, such as strawberries, damsons, rhubarb, chilli, mint or elderflower.

Step 3: Bottle your gin

Pour your gin into a sterile sealable container, such as a Kilner jar, and then add your chosen infusing ingredient. You can sterilise your glass container either on a hot rinse cycle in the dishwasher or in the oven for 15 minutes at 160°C. Use around 300g of produce per litre of gin.

Step 4: Leave to infuse

Depending on the potency of the fruit or herb you choose to add, you can leave your infusing ingredient in for anywhere from one day to one month.

- > Strong flavours such as chilli, vanilla and citrus = less than one day
- > Hardy herbs and strong-flavoured fruit such as rhubarb and lavender = five to seven days
- > Berries and other potent fruits = three to four weeks
- > Milder ingredients like apple or pear = up to one month

Step 5: Strain and store your gin

Once you are happy with the intensity of your gin, strain it through a filter or muslin cloth. Pour into a well-sealed bottle and store for up to one year in a cool, dark place.



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Whats On in November at South Mill Arts



BSA Performing Arts: We Will Rock You

Wed 3rd Nov - Sat 6th Nov | 7:30pm & 2:30pm Sat matinee

Featuring chart-topping songs WE WILL ROCK YOU Young@Part® is a musical for our time: a fist-pumping, foot-stomping anthem comical show. Brought to South Mill Arts by BSA Performing Arts (12-18 yr group)

Storytime

Wed 3rd Nov | 10:30am

Sitting comfortably? Then let us begin! Storytime at the museum falls on the 3rd this month. Enjoy a story, songs and some colouring or craft! Suitable for 2.5 - 5 years olds.



Ian Waite and Vincent Simone... Act Two

Fri 12th Nov | 7:30pm

The Ballroom Boys double act Ian Waite and Vincent Simone return with a brand new show. The fabulous Strictly Come Dancing stars promise another wonderful evening of old-fashioned variety - dance, comedy and song!

Dangerous Liaisons

Fri 19th Nov | 7pm | For Ages 12+

Two bored aristocrats spin a web of heartbreak in 18th century France. Northern Ballet's bodice-ripping retelling of Dangerous Liaisons is performed and filmed by their incredible dancers in a cinema first that pulls you into their stage.



Shakatak

Sat 27th Nov | 7:30pm

In a very special 40th Anniversary show, Shakatak will perform the complete Nightbirds album in running order with the original personnel who recorded that seminal milestone recording.

30 years since the death of the icon FREDDIE MERCURY



HISTORY

It's somewhat peculiar that Freddie Mercury's only solo UK number one hit was in 1993, two years after his death – a remix of his track, *Living on My Own*, originally recorded eight years previously.

And yet, in many ways, with its choral line, "I don't have no time for no monkey business", it provided the perfect posthumous legacy for a man who lived, created and inspired like every day was his last.

Naturally, solo work wasn't ever at the crux of what made Freddie Mercury great. As a founding member of rock bastion Queen, he was a singer, songwriter and producer with a four-octave range, a breathless flamboyance and a creative lilt that put him in the same bracket as David Bowie, Sir Elton

John, Sir Paul McCartney and others.

Born in Zanzibar as Farrokh Bulsara, to Parsi-Indian parents, Freddie spent his early life in India. Having moved back to his place of birth, the family fled Africa when he was 18 as political violence erupted. His arrival in Feltham and subsequent commencement of his studies at Ealing Art College saw him meet bandmates, Brian May and Roger Taylor. Very quickly, an iconic sound was born.

From prog-rock masterpieces such as *Bohemian Rhapsody* and *Killer Queen*, to perfect pop songs *Bicycle Race* and *Somebody to*

Love, through cross-genre experimentation – think the Elvis sound of *Crazy Little Thing Called Love* and the electronic essence of *Radio Ga Ga* – Freddie pushed the boundaries of Queen's sound across two and a half decades, 15 albums and 23 Top 10 hits.

While flamboyant on stage, the singer was shy and sometimes even reclusive off it, and never more so than when discussing his homosexuality and life partner, Jim Hutton.

Freddie Mercury died of bronchitis resulting from AIDS on November 24, 1991. He was just 45, yet the legacy, influence and admiration that follows his work has never waned.

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How to use brake cleaner

If you have used brake cleaner on your car, then you won't have any problems using brake cleaner in your home as the application process is the same. However, if you haven't used brake cleaner before, simply follow the below steps:

- > Shake the can thoroughly to activate the formula.
- > Hold the can about 30cm away from the surface and apply.
- > Allow the brake cleaner to soak in and evaporate.
- > Reapply to stubborn areas and wipe away any excess dirt with a clean cloth before it evaporates.

Always wear gloves and use in well-ventilated areas. Do not allow brake cleaner to come into contact with plastic or rubber, and keep away from any open flames.

To clean windows: With the ability to cut through grease without leaving any residue, apply sparingly when using brake cleaner to achieve streak-free

windows. Wipe with a microfibre cloth for optimum results.

To remove stains from a driveway: Unsightly oil stains can ruin the look of your concrete driveway, but can be easily removed by throwing down some cat litter or sawdust to get rid of the worst of the spill and then applying brake cleaner.

To remove ink and paint: Brake cleaner can effectively remove stains made by permanent markers, paint and nail polish on surfaces such as walls, tables and countertops.

To remove stains from fabrics such as tablecloths: Perchloroethylene, a chemical that is commonly used in chlorinated brake cleaners, is also used by professional dry cleaners to remove food and oil stains. Always test in a non-conspicuous spot first and wash the fabric as usual after application.



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DULUX COLOUR OF THE YEAR

Bright Skies

OPEN YOUR EYES TO BRIGHT SKIES



It's perhaps peculiar that Dulux waits for the time of year when the summer skies begin to seep away, and the radiant, elegant blueness of those warm months is dissipating, to name its much-heralded Colour of the Year... as blue.

The reveal of Bright Skies as a shade that is set to transform our homes for the next 12 months coincides with an autumnal browning and greying of life outside our windows. Yet the paint expert's choice has been met with approval for its ability to extend our elevated, enlightened view on the year for just a little bit longer, as winter gradually approaches.

Dulux's choice has much to do with the brightness and optimism that is being felt in the wake of the end of lockdown. The brand speaks of uplift and progression, with the colour working as an alternative to the mass of light grey shades that have

been so prevalent in offices.

The ability of Bright Skies to blend with all manner of other tones makes it stand up to scrutiny. Its pastel essence draws in other colours instead of repelling them, so use it in living spaces, against light or medium woods, and even on ceilings. Alternatively, pick out the colour on cushions or fabrics.

In the kitchen, a Blue Skies splashback can offer incredible contrast to silver or copper pots and pans; while in the bathroom, ditching formal white for this breathless, brilliant blue will give 'big sky' thinking to every groggy winter morning.

Where, in the past, light blue could feel cold and frosty, particularly when temperatures begin to drop in the winter months, Dulux is asking us to view it from a new angle, accompanying it with textures and tones to help us decorate even the gloomiest of days with bright, sunny, uplifting moments.

Photo credit: dulux.co.uk



HOME & DIY

ARE YOU
HAVING
A
LAUGH

ROMESH RANGANATHAN

CELEBRATES 10 YEARS ON THE COMEDY CIRCUIT

Romesh Ranganathan is evidence personified that it's never too late to change direction in life. The 43 year old is a regular on the live circuit, on chat and panel shows and, from the end of this year, will take on the role of host of *The Weakest Link*. He is vastly experienced, wholly respected and has within his armoury the poise and potential to become one of this generation's stars of modern entertainment.

And yet, little more than 10 years ago, the Crawley-born-and-raised comedian was still a maths teacher. While his stock on the stand-up circuit was rising all the time, Ranganathan was another year away from turning professional. Instead, he was teaching at The Beacon School in Banbury and Hazelwick School in his home town, where he was once a student.

Indeed, Romesh – real name Jonathan – owes a lot to the West Sussex town. Rarely has Crawley found itself so namechecked in popular culture, yet Ranganathan has a peculiar affinity with it.

"I've just never seen the point in leaving," he says. "It's where I grew up, it's where my family are, it has a League Two football team. What more can you really ask for?"

The dad-of-three also launched a career as a rapper, under the name Ranga, and made it all the way to the finals of a UK freestyle competition.

The double BAFTA-winning star of his own series *The Ranganation*, *The Misadventures of Romesh Ranganathan* and *The Reluctant Landlord*, to name but three, Romesh's appeal is in his irreverent, somewhat sneering take on the world. In a world of increasing wokery, he's unafraid to examine and celebrate racial and societal differences, always with an undercurrent of self-deprecation.

Yet this is nothing new, nor an act. At school, he was the same, happy to deliver put-downs (or "slap downs" as he would call them), yet just as willing to accept them back from classmates.

"We've got to be able to take the mickey out of ourselves first and foremost," he says. "I think when you meet people who do that, you realise that the conversation is only ever going to be good."

"I often tell people who are easily offended not to come to my gigs. I don't set out to insult people, but I will highlight our failings as human beings – all of us."

"We need to get away from this veil of perfection, or the insinuation that if anyone pokes fun at us they must be racist or sexist or mentally damaged."

"I want us all to get back to having a laugh at ourselves and each other – I'm like a schizophrenic, Asian Jerry Springer. We should all have a set of put-downs ready to fire off at any moment."

There appears little danger that Romesh's refreshing brand of comedy is going to fall by the wayside. As he prepares to celebrate a decade in his entertainment career, his first move into quiz show hosting is an interesting diversion, with *The Weakest Link* returning to our screens after a 10-year absence.

"Obviously I've done stuff like *8 out of 10 Cats* and a couple of one-off projects such as *Have I Got News for You*, but this is the big one," he says. "I'm watching old shows with Anne Robinson wondering how I can possibly emulate this institution of TV."

"She's certainly much better than me at put-downs."



LOCAL NEWS

from your neighbourhood



Photo credit: Bishop's Stortford High School

Construction officially begins on new school campus

Building work for a new secondary school campus which has been 20 years in the making is officially under way.

A breaking ground ceremony recently took place at The Bishop's Stortford High School site at St James' Park, which forms part of housebuilder Countryside's plans for its new 750-home estate.

Among those in attendance were headteacher Dale Reeve and the senior leadership team; chairman of the governors, Alan Fordham; his predecessor, Rodney Stock; Bishop's Stortford Mayor, councillor Keith Warnell; Leader of Hertfordshire Council, Richard Roberts; members of the parent, teachers and friends association; governors, and representatives of construction firm ISG.

Dale Reeve said: "We have been working on this

project for such a long time and to finally reach the construction stage is very special. We're extremely grateful to all those who have supported the project along the way.

"I am really looking forward to seeing this superb new facility take shape. To be in a position to provide our students with the kind of learning environment that genuinely reflects the high-quality education they receive is very exciting."

The move will enable the Ofsted 'outstanding' rated school to admit an extra 180 pupils per year, with 900 pupils in Years 7 to 11 and 400 Sixth Form students at the new site off Whittington Way.

Construction is set to be completed by November 2022 and the new school building will officially open in January 2023.

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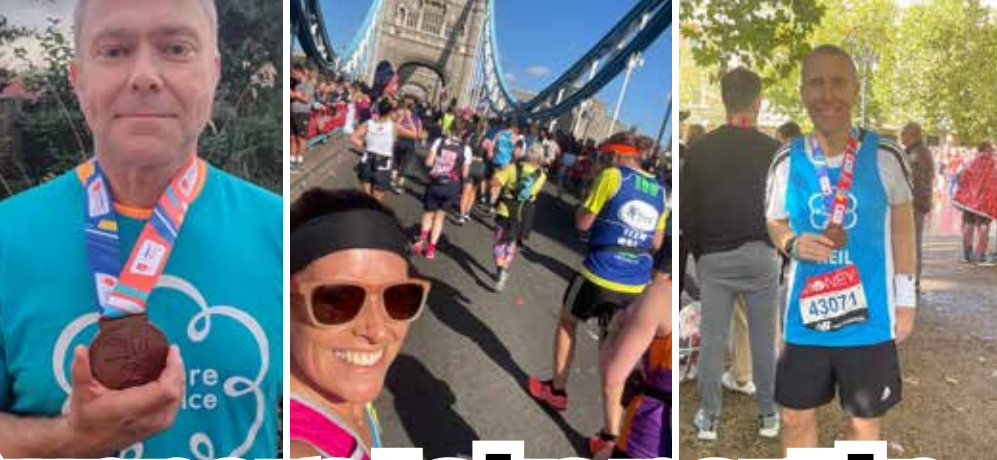
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Runners take part in marathon in support of hospice

A man from Bishop's Stortford, along with a team of runners and walkers from Essex, completed the London Marathon and Virtual London Marathon on Sunday, October 3, for charity, St Clare Hospice.

Nine of the team took on the 26.2-mile route around the city, while two ran the distance around Harlow and one walked it around Halstead.

They managed to raise more than £20,000 for St Clare Hospice, which provides free care to adults with life-limiting illnesses and their families in West Essex and East Herts.

Gary Miles (pictured left), from Bishop's Stortford, said: "The atmosphere was amazing, and you forget the pain when you're having fun.

"I had my name on my St Clare Hospice running

vest and everyone was calling my name out as I was running; it really spurred me on."

Gary is recovering well from his marathon effort and has already entered next year's ballot.

St Clare Hospice challenges and events fundraiser, Dani De'ath, said: "I'm the proudest challenges and events fundraiser to have had 14 runners who all competed the London Marathon with smiles on their faces, covering more than 350 miles between them.

"We'd like to thank everyone who helped to raise money for our hospice through the London Marathon 2021, including everyone who donated."

For further information on how to fundraise for St Clare Hospice, contact Dani De'ath on 01279 773738 or fund@stclarehospice.org.uk

Sports clubs to receive share of £250,000 grant

Local sports clubs and bodies are preparing to apply for a share of £250,000 from Bishop's Stortford Town Council (BSTC).

Eight contenders will pitch their schemes and plans for new facilities, ranging from £12,595 to £150,000, at the council-led event on Saturday, November 20.

After hearing about how each sports organisation would spend the money, councillors will ask questions and score each team based on predetermined targets.

BSTC said applicants must demonstrate that there is a need for the investment requested, that it will directly benefit the residents of the town, and how the project contributes to sustainability. The grants will be

awarded to fund capital projects that have been fully costed and must be completed by the end of 2023.

Councillor Keith Warnell, Mayor of Bishop's Stortford, said: "This is a first step by BSTC in stimulating the next phase development of the town's sports facilities.

"It complements the activities of East Herts District Council and, of course, the excellent sports bodies in the town. It's pleasing to be able to plough back some of the proceeds of development in this way and we are looking forward to hearing from the sporting bodies with their plans and aspirations."

To find out more, visit www.bishopsstortfordtc.gov.uk/grants



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Schoolchildren donate to food bank for harvest festival



Bishop's Stortford Food Bank received many generous donations from local schools, organisations and individuals over the harvest festival period.

Students at The Christian School in Takeley were among those to give generously, donating a range of items as part of their harvest festival celebrations.

A spokesperson for Bishop's Stortford Food Bank said: "We had a wonderful donation of food from the harvest collection from Takeley Christian School. Thank you so much."

The charity provided a list of the most in-demand items, and staff, students and parents at The Christian School brought them into an assembly, where pupils learnt more about the food bank's work and shared their harvest-themed artwork.

Other local schools, including Hillmead, St Michael's, Thorn Grove, Thorley Hill and Hatfield Heath, also donated to the food bank.

The Bishop's Stortford Food Bank, based at Bishop's Stortford Methodist Church on South Street, first opened in February 2013 and offers a valuable service to individuals and families in the area who are in need of assistance.

To find out more about the foodbank, visit www.bishopsstortfordfoodbank.com

Application for fast-food restaurant given green light

East Herts Council has approved an application for a fast-food chain in Bishop's Stortford.

Pizza Hut has won planning permission to convert the former Halfords shop on South Street into a restaurant. The chain previously had a branch in Jackson Square.

The decision was approved recently for change of use from retail to hot food takeaway. The new Pizza Hut on South Street will be open daily from 11am to 11pm and will employ 10 full-time and 15 part-time

members of staff. The shop will be based between the Sue Ryder charity shop and Co-op Funeralcare.

The delegated officer report concluded: "The proposed use is appropriate for the town centre location and the external alterations proposed will maintain the character of the Conservation Area."

To read the planning application in full, search 3/21/1153/FUL on East Herts Council's planning portal.

Student picks up bronze at athletics competition

A 16-year-old Bishop's Stortford student achieved third place in a prestigious national athletics event last month, after a difficult year recovering from COVID-19, tonsillitis and injury.

Danny Raymond, a Year 12 pupil at The Bishop's Stortford High School (TBSHS), took part in the Schools International Athletic Board (SIAB) U17 800m final, held in Derby.

Danny placed third with a time of 1.54.24, just a second behind the winner, Kai Crawford, from Scotland. Danny's bronze performance was one second short of his own personal best.

TBSHS subject leader for PE, Mr Peter Harris, said: "This is a fantastic achievement for Danny.

"We hope that come the summer term, Danny will get the chance to represent TBSHS and inspire younger students."

Former participants in SIAB events include Steve Cram, Paula Radcliffe, Mo Farah and Colin Jackson.

Alongside training six times a week under coach John Stow, Danny is an A Level student studying PE, economics and psychology. Looking to the future, he wants to research sport scholarships in America for further study after finishing his A Levels.





Photo credit: NSC Media UK

Blues' fab form produces promotion hope and FA Trophy joy

A five-game unbeaten run for Bishop's Stortford FC was capped with a well-earned win in the FA Trophy to progress to the competition's first round.

This good form puts the Blues up to seventh in the Isthmian League.

Coming off a disappointing 3-1 loss to current league leaders Worthing at the beginning of October, a 1-1 draw with Haringey saw both teams with a chance to win, but both had to settle for a point each.

It was an edgy 1-0 win against fellow play-off hopefuls Margate that got things going, thanks to a calm and controlled goal from substitute Frankie Merrifield at the very beginning of the second half.

Another win against East Thurrock United pulled the

Blues to their current league position, with another late strike from Merrifield winning the game with two minutes to spare.

A 10-man Horsham side was next, holding Bishop's Stortford to a tough 1-1 draw. This was followed by a solid 2-0 win against Corinthian Casuals, courtesy of a first-half brace from Jake Cass.

It was then another 2-0 win for Bishop's Stortford, this time in the FA Trophy against Lewes. Jake Cass once again remained the only name on the scoreboard.

The Blues hope to continue this form in their next league fixtures, while they're set to play Surrey side Chipstead in the next round of the FA Trophy.

Council launch campaign to prevent fly tipping

Bishop's Stortford residents are being warned of the consequences of fly tipping.

The latest data has revealed that fly tipping is on the rise, with 17,963 incidents of fly tipping recorded across the county in the 2020/21 financial year, 59.8 per cent higher than the previous year.

East Herts Council is part of the Hertfordshire Fly Tipping Group, a multi-agency task force including the county, district and borough councils, police, Herts Fire & Rescue Service, the Environment Agency, National Farmers' Union and Keep Britain Tidy.

Hertfordshire County Council has launched a county-wide 'SCRAP' campaign to make people aware of the steps they need to take to avoid fly tipping:

> **Suspect** all waste carriers. Don't let them take your rubbish until they provide proof of registration.

> **Check** that a waste carrier is registered on the Environment Agency's website.

> **Refuse** any unexpected offers to have rubbish taken away.

> **Ask** how your rubbish will be disposed of – seek evidence of this.

> **Paperwork** must be obtained: a proper invoice, waste transfer note or receipt, including a description of the waste and the carrier's contact details.

To report fly tipping in East Hertfordshire, visit www.eastherts.gov.uk/bins-waste-recycling/dumped-rubbish-fly-tipping/report-fly-tipping-form

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Following last month's article on "How to build a raised bed garden", in this edition we are going to show you how to turn your raised bed into a cold frame. Ideal for hardening off seedlings, growing cool-weather crops and protecting tender perennials, a cold frame can extend your gardening season well into the winter months.

WHAT IS A COLD FRAME?

Essentially, a cold frame is a removable glass or plastic-covered frame that fits over the ground or over a raised bed garden. It is predominantly used to protect plants from the elements by keeping them warm using natural heat sources.

HOW TO ADD A COLD FRAME TO A RAISED BED

- > **Step 1:** Find a salvaged window frame that is roughly the same size as your raised bed. If it is slightly bigger, this is fine, but it cannot be smaller. Wooden frames work best as these provide ample space to affix the hinges.
- > **Step 2:** Drill holes into the window frame and the edge of the raised bed to match the holes on the hinge. Affix either one large hinge or two smaller hinges to the edge.

- > **Step 3:** Affix a handle to the opposite edge so that you can easily open and close the frame. You can find handles for this in your local kitchen design department.

TOP TIPS:

- > Choose a salvaged window that has small panes rather than one large pane if possible, as these are less likely to break.
- > Regularly check your cold frame over winter. If it snows, remove any build-up of snow straight away.
- > Keep a brick or stick nearby for hot days so that you can prop the lid open and prevent your plants from becoming overheated.
- > Remember to water your plants as they will not receive any rainwater.



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GARDENING

HORTICULTURAL HEROES: Monty Don



Even after almost four decades studying the flora and fauna of our gardens, green-fingered expert Monty Don's passion shows little sign of waning.

A love affair with the outdoors that has lasted a lifetime might be taking its toll physically on the 66-year-old broadcaster and writer Monty Don OBE, who suffered a bout of peritonitis in 2007 and a stroke that could have killed him a year later. But the everyday rigours of flowering and weeding, pruning and digging have left his body "happily weathered", as he puts it.

"It comes with the territory when you get to my age," he says matter-of-factly. "I'm not going to start complaining – by the very nature of gardening, you are outdoors, filling the lungs up with oxygen and experiencing what it is to be around plants and trees and flowers. If that isn't good for the soul, I don't know what is."

Monty's garden at Longmeadow in Herefordshire has undoubtedly provided an antidote to seasonal depression, which the presenter has battled with for a long time.

"It's tremendous for clearing away the debris in my mind," he explains. "There is nothing better."

Monty has published 26 books during his career and still pens a number of popular newspaper columns. He became the welcoming, enthusiastic, all-knowing expert on BBC's *Gardeners' World* between 2003 and 2008, returning again in 2011, and is now completing a full decade of stewardship. He also took on lead presenting duties for the flagship Chelsea Flower Show in 2014.

Well dressed in his 'painterly' style and with a sparkling demeanour, Monty's delivery to camera is composed and natural, charismatic yet down to earth, knowledgeable yet easy-going – through to the fact that he refuses to call himself a professional gardener.

"I'm an amateur gardener, that's the truth," he says. "I taught myself how to garden. That's why I say to people, 'Don't worry about the process – do it your way, try it out; just make sure you enjoy yourself'."

Photo credit: BBC/Germ Deating



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BRUCE KING

on how to sell yourself and what you do



BUSINESS & PROPERTY

Sales mentor and personal growth coach, Bruce King, begins an exclusive monthly column designed to help you organise, improve and maximise everyday life.

Individuals and companies are suffering from – some of which they may not have known existed – and opportunities they could exploit, and showing them how your product or service can help them solve the problems and take advantage of the opportunities.

It's often said that people do business with people they like and trust, and that's most certainly true.

Therefore, we need to ask as many questions as possible to identify those problems and opportunities before presenting our products and services.

Let's face it, if you look scruffy and unprofessional, have poor body language, won't make eye contact and look suspicious, it's unlikely anyone will want to talk about doing business with you.

Even if they come to you with a problem and ask you to solve it, still question them further. It's likely you can discover other problems and be of even greater benefit to them.

But if you do exhibit any of those characteristics and you want to sell something to somebody, those are fairly easy to fix.

This is called consultative selling. It's the best and easiest way to sell.

From there on, successful selling is nothing about you personally. In fact, most people have no interest in you whatsoever. The only thing they really care about is what the product or service you are selling can do for them.

More information:

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit bruceking.co.uk

Let's focus on what you sell and how to sell it. Here's a definition of selling I wrote many years ago: selling is the process of identifying problems

Equity Release: The Myths and The Misconceptions!

The most common feedback about equity release often prompts an angry retort, citing it as a con, a scam and a rip off. Social media is littered with comments about companies involved in it as thieves, and that you will lose your home.

The actual truth is a far cry from these unfounded comments. Indeed, in the past there were products called Home Income Plans and Shared Appreciation Mortgages that were not fully regulated and generally it is from bad experiences with these now nonexistent products that you will find the basis for the negativity towards equity release

Today, modern equity release centres around a product called a Lifetime Mortgage. A fully regulated product, under the Financial Conduct Authority, it offers clients over the age of 55 who own their home a flexible way to access their property wealth through a cash-free lump sum or a combination of a lump sum and a drawdown facility. You remain the owner of your home and the lifetime mortgage is a first legal charge on the property, just in the same way as a traditional mortgage.

Interest rates have been at an historically low level and whilst we are seeing some small rate rises, it is still possible to obtain rates below three percent. The interest rate is also fixed, so there is no danger that you will be back to a standard variable rate and suffer a hike in interest in later years.

A lifetime mortgage requires no contracted repayment. Interest will roll up and compound and the amount borrowed will increase. However, it is often overlooked that property prices continue to increase year-on-year and this offsets the impact on the erosion of equity in a property.

My clients initially are concerned that there will not be any equity left in their property and are surprised when they find that with the current interest rates, the amount borrowed will only double in about twenty years! So, if you have heard that the amount doubles every seven years, you are being misled



Nick holds the London Institute of Banking and Finance qualifications to advise on mortgages and equity release. CFS Equity Release is a member of the Equity Release Council.

by outdated and inaccurate information.

Retirement lending does require expert financial advice as a lifetime mortgage may not be the right solution for you. I would encourage you to book an appointment with me, and I can provide you the facts you need to make an informed decision.

I am on hand to provide my clients the support and financial advice they need to meet their retirement objectives. Please give me a call anytime for a chat! 07453 084137 or email: nick.lovell@cfsequityrelease.co.uk



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SPORT

THE BOXING

King



Photo credit: Chase Stevens/AP/Shutterstock

TYSON FURY TAKES ANOTHER MAJOR STEP TOWARDS THE ULTIMATE PRIZE

Many judge Tyson Fury as the best British fighter we have, even as the tormentingly long wait for him to prove that – when he steps into the ring with Anthony Joshua – goes on.

And yet, across two weekends, the armchair experts who decreed the Gypsy King as the ultimate number one added considerable weight to their argument.

First, on September 25, at the Tottenham Hotspur Stadium, Anthony Joshua lost his multiple heavyweight belts to Ukrainian Oleksandr Usyk. The manner of the defeat had echoes of Andy Ruiz Jr all over again, with Joshua looking unthreatening, hesitant and stuck in first gear. Subsequently, he lost to a unanimous points decision to take a major step back.

Then, just 14 days later, Tyson Fury stepped up once more against Deontay Wilder. After a draw in the first epic against the brazen American and a comprehensive victory in the first rematch, the

33-year-old Brit was looking to cement his reputation as the leader of the pack. And while, by his own admission, he was “rusty”, Fury again showed power, guile, craft and the ability to pick himself up off the canvas as he despatched Wilder, finally seeing off his opponent in the 11th round with a devastating blow.

So over the course of a couple of weekends, we learned a bit more about how the heavyweight division would play out. We also have a new champion in Usyk, although many will speculate his victory had as much to do with the poor performance of Anthony Joshua.

As far as the prospect of a Fury v Joshua fight goes, we still seem some distance away. The most anticipated British heavyweight boxing bout of all time slipped through the promoters’ fingers against Usyk.

Joshua will need to get past his dogged, clever and unrelenting opponent in the rematch for serious talk of the all-British showdown to restart.



Advertising Feature

REMINDER: FINANCIAL ADVICE SHOULDN'T BE STRESSFUL

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SPORT

BRITAIN'S GREATEST SPORTING MOMENTS...

DENNIS TAYLOR

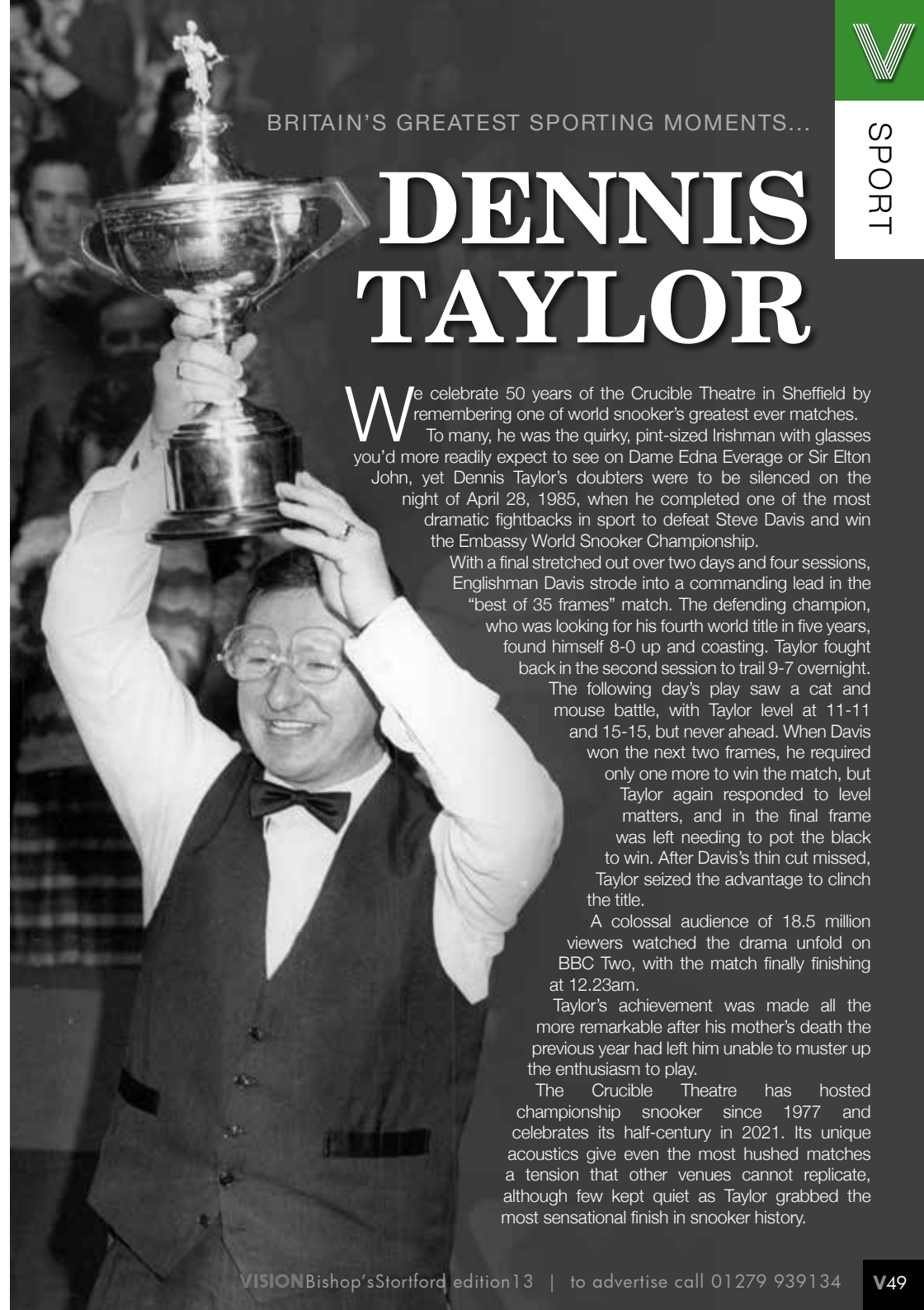
We celebrate 50 years of the Crucible Theatre in Sheffield by remembering one of world snooker's greatest ever matches. To many, he was the quirky, pint-sized Irishman with glasses you'd more readily expect to see on Dame Edna Everage or Sir Elton John, yet Dennis Taylor's doubters were to be silenced on the night of April 28, 1985, when he completed one of the most dramatic fightbacks in sport to defeat Steve Davis and win the Embassy World Snooker Championship.

With a final stretched out over two days and four sessions, Englishman Davis strode into a commanding lead in the "best of 35 frames" match. The defending champion, who was looking for his fourth world title in five years, found himself 8-0 up and coasting. Taylor fought back in the second session to trail 9-7 overnight. The following day's play saw a cat and mouse battle, with Taylor level at 11-11 and 15-15, but never ahead. When Davis won the next two frames, he required only one more to win the match, but Taylor again responded to level matters, and in the final frame was left needing to pot the black to win. After Davis's thin cut missed, Taylor seized the advantage to clinch the title.

A colossal audience of 18.5 million viewers watched the drama unfold on BBC Two, with the match finally finishing at 12.23am.

Taylor's achievement was made all the more remarkable after his mother's death the previous year had left him unable to muster up the enthusiasm to play.

The Crucible Theatre has hosted championship snooker since 1977 and celebrates its half-century in 2021. Its unique acoustics give even the most hushed matches a tension that other venues cannot replicate, although few kept quiet as Taylor grabbed the most sensational finish in snooker history.



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LEGISLATION ANNOUNCED TO HAVE CHARGING POINTS IN ALL NEW BUILDS

The UK government recently cemented legislation that will make our rapid adoption of electric and hybrid cars all the more attractive, with new builds now bound by law to provide electric charging points for vehicles.

While the charging of a car by use of a lead from a ground-floor home or office is straightforward, the government realises access is more complicated for those living in flats or working in office blocks with no private charging point access. As a result, it is moving forward with the Department of Transport's guidance that states any new work or residential construction projects must have built-in charging points. These directives could come into force as early as 2022.

As it stands, there are almost 26,000 electric charging points in the UK. Yet the number of electric and hybrid cars on our roads is doubling every six

months and an estimated 10 times the number of current charging points will be required by 2030, the target date for when petrol and diesel cars will stop being sold in the UK.

In the UK, the cost of charging an electric car from flat battery to full is around £7 (depending on your supplier). For an average vehicle, this would produce a range of around 180 miles. The equivalent petrol or diesel cost would be around two and a half times that amount.

Despite the challenges ahead, the UK is still one of the countries leading the way in the adoption of electric cars. As well as a rapid increase in charger provision, it is investigating moves to make night-time charging a preferred option for cars – this will ensure users don't overload the grid, and also means they can take advantage of cheaper electricity prices.

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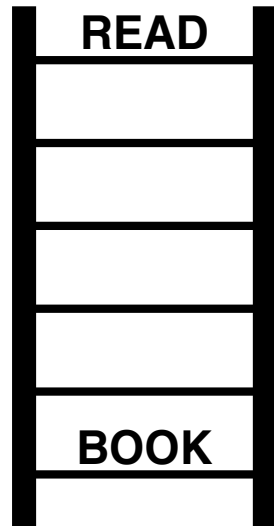
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- ▶ The acronym ISS stands for International Space Station
- ▶ Before applying to be an astronaut, a pilot must have completed 1,000 hours of flying time in a jet aircraft
- ▶ Neil Armstrong was the first human to walk on the surface of the moon
- ▶ According to NASA, the Space Shuttle travels around 17,600 miles per hour when orbiting the earth
- ▶ Most of the elements found in the human body originated in stars that have gone supernova
- ▶ The Space Shuttle makes one complete orbit around the earth approximately every 90 minutes
- ▶ Alan Shepard hit a golf ball on the moon during the Apollo 14 mission

WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.



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