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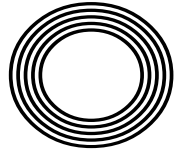
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REMEDIES**
for indigestion

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Editor's notes...

DECEMBER 2021



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** Bishop's Stortford. First, I would like to take this opportunity to wish all our readers and our clients a merry Christmas and a successful New Year. Thank you for all of your support throughout 2021.

We are currently looking at creative ways to link up with local businesses. To that end, I have recently been exhibiting at some business shows in Essex and Hertfordshire as this is one of the ways that **VISION** lets people know who we are. It was so good to see old faces and connect with new people. I am hoping to do this even more and I am looking at joining some

Chamber of Commerce groups. All this to continue supporting our local businesses.

As soon as Halloween and Bonfire Night were over, the Christmas decorations went up. I'd like to remind readers how important it is to keep your pound local and shop with local businesses this Christmas. While the convenience of shopping online is tempting, just one purchase in a local shop could make their day and give them the boost they need to keep going.

We are hoping to launch new **VISION** magazines next year to bring our style of news and targeted advertising to new audiences. 2022 promises to be a bigger and better year than any.

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 Inside pages recyclable

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GOOD COP, BAD COP

WHAT DID WE LEARN FROM THE UN CLIMATE CHANGE CONFERENCE?

For a gathering of global minds, each driven and committed to making huge strides forward in the preservation of the Earth and everything that exists on it, there was no shortage of conflict surrounding the United Nations Climate Change Conference in Glasgow, which was held in the first two weeks of November.

A 26th Conference of Parties (hence the COP26 title that most people referenced the event by), the event invited world leaders to commit to enhanced ambitions in terms of mitigating climate change. They arrived in their droves – more than 25,000 delegates from 200 different countries, including 120 heads of state. That meant there was an immediate pointing to the hypocrisy of a convention configured to help the planet, yet whose carbon footprint was one of the largest in history.

Regardless, included in the number of high-profile attendees were US President Joe Biden, German Chancellor Angela Merkel, French President Emmanuel Macron, Canadian Prime Minister Justin Trudeau, and English broadcaster and natural historian Sir David Attenborough.

Those not in attendance courted similar headlines – China's leader Xi Jinping decided not to participate and instead delivered a written address to the conference, while Russian President Vladimir Putin cited COVID-19 concerns as his reason for staying in Moscow.

Air travel aside, the summit was the cleanest in history, with 70 per cent of electricity being supplied from low-carbon nuclear power from plants in Torness and Hunterston B, while the rest mostly came from wind power. All that energy led to some impressive take-outs from COP26:



DECARBONISATION. There was the ubiquitous acceptance that decarbonisation is the way forward, and on that front a variety of targets were accepted and signed up to across the board.



1.5°C, NOT 2°C. Recognition of 1.5°C (the temperature at which we must limit global warming) as opposed to 2°C is now a revised and real climate pact target adopted by those at COP26. Scientists believe this altered figure is a far safer limit for potential global temperature increases.



THE ONE-YEAR RATCHET. Previously, a five-year ratchet system was in place, where countries were conditioned to effect positive change across a multilateral system. This has now been transformed into a yearly ratchet. The accelerated pace from making annual adjustments is thought to be a much more realistic way of succeeding in halving global emissions by the year 2030.



NATURAL RESOURCES. As a final take-out from COP26, significant attention has been placed on the preservation of natural resources, including \$20billion in commitments of public and private money for forest protection.

While critics will say these initiatives are tarnished by some of the climb-downs from the conference – including scaled-back ambitions on the phasing out of coal, and various conditions around China's role in climate change not being enforced owing to its leader's non-attendance – there are clear targets and promises in place that offer renewed hope for the planet.

Yet words will only go so far – as swathes of protesters noted as they marched through the streets of Glasgow and across hundreds of other cities around the world: now is the time for action.





H@ME & EAT
FEEL AT HOME

STOP, HANG UP AND

CALL 159

Fraudsters stole £4million a day in the UK in the first half of 2021, with the banking trade body, UK Finance, describing the level of fraud as a national security threat.

What is the 159 service?

A new emergency hotline has been launched in the UK to stop people becoming victims of fraud. Run by an industry body called Stop Scams UK, this service is supported by the Financial Conduct Authority and Ofcom.

When a potential victim dials 159, they will be automatically connected to their bank's fraud prevention service. Initially, this project is being run for a year, with the intention for it to eventually become a universal service.

When to call 159

- > Someone contacts you saying they are from your bank
- > You receive a call asking you to transfer money or make a payment
- > You receive a call about a financial matter and it appears suspicious.

The 159 number will never call you, and only a fraudster will object to you using this service.

Is the 159 number free?

Calls to 159 are charged at the national rate and are usually part of the included minutes in most phone tariffs. You can call 159 from your phone if your contract is with BT, including EE and PlusNet; Gamma; O2, including Giffgaff; Talk Talk; Three; Virgin Media; and Sky.

Which banks are taking part?

High street banks that are currently taking part in this service include Barclays, Lloyds (including Halifax and Bank of Scotland), NatWest (including Royal Bank of Scotland and Ulster Bank), Santander, and Starling Bank. TSB plans to implement the number from January 2022.

Nationwide isn't participating in the pilot 159 scheme. However, it does have its own Scam Checker Service which allows you to check a payment you are worried about with a member of its trained fraud team, either in branch or by phone on 0800 030 4057.

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FASHION



HOW TO WEAR

Sheer THIS party season



Both alluring and sexy, sheer tops have always been a fashion staple, especially during the Christmas party season.

However, there is no denying that it takes guts to rock this style.

WEAR A CAMISOLE UNDERNEATH

If you don't dare to bare and you can't think of anything worse than having your bra or chest on show, why not wear a cami or vest top underneath? Enabling you to wear sheer with confidence, this look can be worn to the office and then rocked all night long.

COMBINE WITH HIGH-WAISTED GARMENTS

For those who are worried about flashing their midriff, high-waisted trousers or a high-waisted skirt offer the perfect solution. Complete this sleek and sophisticated look with a simple crop top or bralette.

THINK ABOUT YOUR CHOSEN COLOURS

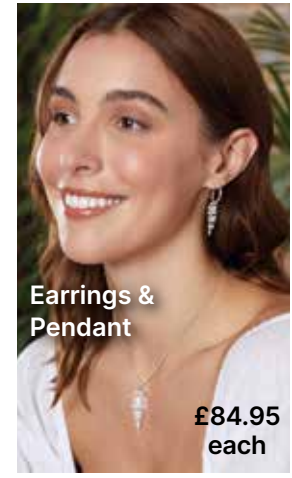
While it seems to be an unwritten rule that the undergarment you choose to wear under a sheer top should be the same colour, why not mix it up a bit? Whether you wear black under a sheer white top or you embrace colour blocking and clash bright colours such as blue and red, it's 'go bold or go home' this party season.

USE EMBELLISHMENTS

Embellishments create visual interest which can trick the eye and give the illusion of more coverage. They are particularly useful for sheer trousers that can leave you feeling exposed. Don't be afraid to experiment with sequins, glitter and embroidery.

EMBRACE SHEER PRINTS

This clever trick makes a sheer top appear less see-through; the busier the print, the better. Plus, animal prints are bang on trend for autumn/winter 2021.



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A recent survey has revealed that half of the population feel more tired than before the COVID-19 pandemic. This has led to an increase in naps and, in turn, an increase in the dreaded nap face.

WHAT IS NAP FACE?

Although sleep is known for its ability to improve the appearance of your skin, napping the wrong way can result in sagging, puffiness, wrinkles and outbreaks.

The most common effects of nap face include:

- > Sleep spots from friction against rough materials
- > Sagging cheeks from side-sleeping
- > UV damage from naps in the sun
- > Deep lines around your nose and mouth from squashing your face.

HOW TO PREVENT AND REVERSE NAP FACE

If you think napping has had a detrimental effect on your skin, don't worry; it's not too late to turn back the clock and prevent further damage.

Swap your pillow cases

Certain fabrics grip the skin rather than allowing it to

slide across it. This can cause facial creases, lines and imprints. Prevent this by switching to a silk or satin pillowcase.

Sleep on your back

Sleeping face down or on your side causes the skin to fold and crease, which will become permanent over time. Instead, use an anti-wrinkle pillow that is designed to ensure you sleep on your back.

Wear a sleep mask

Sleep masks can help to keep your skin in place while you sleep, so even if there is some pressure, the skin will not fold on itself. Again, a silk mask is best as this will not tug on your skin.

Use a derma roller

Minimise facial creases caused by nap face by performing microneedling at home with a derma roller, such as the Sdara Skincare Derma Roller.

Try chemical peels

If you are struggling to change your sleeping habits, a chemical peel can act as a buffer to ward off wrinkles and improve the appearance of your skin.

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INDIGESTION *be gone!*

SEVEN NATURAL WAYS TO BEAT INDIGESTION OVER THE CHRISTMAS PERIOD

While the festive season is the perfect time to overindulge, you may soon regret that extra mince pie or glass of champagne when indigestion comes knocking at your door.

PEPPERMINT TEA

Known for relieving stomach problems, peppermint tea is a great natural remedy for indigestion as it has an antispasmodic effect on the body. However, if your indigestion is caused by acid reflux, avoid this treatment as it can worsen your symptoms.

GINGER

A commonly used natural remedy for morning sickness, ginger in the form of tea, ginger ale or a boiled sweet can help to soothe indigestion. Alternatively, boil 1-2 pieces of ginger root in 4 cups of water and flavour with honey or lemon before drinking.

APPLE CIDER VINEGAR

Indigestion is sometimes triggered by not enough stomach acid, which is why apple cider vinegar is such an effective cure for this common ailment. Add 1-2 tsp of raw, unpasteurised apple cider

vinegar to a cup of water and drink for instant relief.

FENNEL SEED

Another antispasmodic herb, fennel seed can help to combat indigestion and to soothe other stomach ailments such as cramping, nausea and bloating. Drink fennel tea after a heavy meal or chew on a few fennel seeds.

BAKING SODA

Baking soda can quickly help to neutralise stomach acid, which in turn will relieve indigestion and gas after eating. To make this remedy, add ½ tsp baking soda to 4oz of warm water and drink.

LEMON WATER

Lemon water has an alkaline effect on the stomach, which can improve digestion. Simply mix 1tbsp of lemon juice in a cup of hot or warm water and drink a few minutes before eating.

WARM BATH OR HOT WATER BOTTLE

Heat can help to relax tense muscles and ease the symptoms of indigestion. Either take a warm bath or apply a hot water bottle to your stomach.



HEALTH & FITNESS



GET FIT WITH

a hop jump and skip

You probably thought your skipping days were behind you, along with pigtails and hopscotch, but maybe it's time to revisit your childhood hobby.

If you're looking for a simple cardio exercise that can boost your fitness and help you lose weight, then skipping could be for you. Loved by boxers and fitness fans alike, it's an essential move to amp up your workout routine.

WHAT ARE THE BENEFITS OF SKIPPING?

Skipping is fast-paced, high intensity and, best of all, cheap. It's also a good way of burning calories. In fact, an hour of skipping could burn as many as 1,600 calories. You can use skipping to warm up before your main workout, but doing some skipping drills can be an amazing form of cardio that will have you sweating in no time.

Skipping helps improve your strength and co-ordination, and it can help tone multiple areas of your body, including your arms, legs and core.

One of the great things about skipping is that it can be done anywhere, whether you're at home, in the park or even on holiday, as the ropes are affordable and portable. You can also mimic the action of skipping if you don't have a rope - this is often done as active recovery between sets in a workout, helping to keep your heart rate up.

If you live in an apartment or have a small space,

then give cordless skipping a try. Cordless skipping ropes are weighted and feature cool technology that will make you feel like you are skipping without the need for a rope.

ARE THERE ANY DOWNSIDES?

While skipping has a lot of benefits, there are some downsides too. For people with an injury, skipping could aggravate things, putting pressure on joints and muscles. If you have problems with your knees or feet, you should probably avoid skipping and find other forms of cardio instead.

YOUR RECOMMENDED SKIPPING ROUTINE

There are all kinds of skipping routines you can follow to help you enjoy a great workout. Beginners will want to aim for five minutes of skipping, while more-experienced skippers can skip for up to an hour. Start with a classic skip, building up to more difficult moves such as a crossover skip.

Mix up your skipping with other cardio moves such as jumping jacks, mountain climbers and burpees. Create your own HIIT (high-intensity interval training) workout with 40-seconds on/20-seconds off intervals to burn calories and get pumped.

Could skipping be the secret weapon in your fitness routine? Why not grab a rope and give it a try?



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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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DO YOU HAVE A HEALTHY

vagal tone?

Would you consider yourself a resilient person? Someone who can control their emotions? If not, it could be because your vagus nerve is not being stimulated sufficiently.

WHAT IS YOUR VAGUS NERVE?

The vagus nerve is one of the cranial nerves that connects your brain with your body. Without it, your body would not be able to carry out basic tasks such as digesting your food or speaking. Often referred to as the body's superpower, the vagus nerve is used to counteract your fight/flight system.

WHY IS YOUR VAGUS NERVE SO IMPORTANT TO YOUR OVERALL WELLBEING?

The vagus nerve is complex as it provides sensory, motor, special sensory and parasympathetic (the calming part of the nervous system) feedback to the brain.

In terms of the impact of the vagus nerve on your wellbeing, it can be used to:

1. Prevent and reduce inflammation.
2. Slow down your heart rate in times of stress.
3. Regulate the connection between your gut and your brain.
4. Strengthen your memory.
5. Keep you calm in stressful situations.

Furthermore, by stimulating the vagus nerve, you can help to treat obesity, heart disease, mood disorders, migraines, tinnitus, poor circulation and leaky gut.

WHAT CAN DYSFUNCTION OF THE VAGUS NERVE CAUSE?

If you do not have a healthy vagal tone, you are more susceptible to the following health issues:

Gastrointestinal diseases | Fainting | Anxiety and other mood disorders | Chronic inflammation | Seizures | B12 deficiency | Obesity

HOW TO SUPPORT AND STIMULATE VAGUS NERVE FUNCTION

- > Take probiotics and prebiotics to encourage healthy gut bacteria
- > Practise deep-breathing exercises to stimulate the vagus nerve
- > Gargle, sing or chant to stimulate the vagus nerve
- > Undergo craniosacral therapy, which helps to rewire the nervous system
- > Practise mindfulness and meditation
- > Splash cold water on your face or place ice cubes against your skin.



HEALTH & FITNESS



LOVE YOUR LEFTOVERS:

Christmas pudding



While no Christmas dinner would be complete without it, if there is one thing that you are guaranteed to have leftover after the big day, it's Christmas pudding.

Christmas Pudding Ice Cream – serves 10

You will need:
4 large egg yolks | 100g caster sugar | 175g leftover Christmas pudding | 2-3 tbs brandy | 300ml double cream

- How to make:**
1. Whisk the yolks and sugar until pale and thick.
 2. Stir in the pudding.
 3. Pour in the brandy and mix.
 4. In a separate bowl, whip the cream until it holds

- soft peaks.
5. Fold the cream into the mixture.
6. Pour into a freezer-proof container, cover and freeze until set.

Mini Christmas Pudding Cheesecakes – makes 12

You will need:
300g ginger nut biscuits | 100g unsalted melted butter | 250g soft cheese | 300ml extra thick double cream | 50g icing sugar | Zest of 2 clementines | 150g leftover Christmas pudding | 12-hole muffin tray

- How to make:**
1. Line the tray with paper cases.
 2. Crush the biscuits and stir in the melted butter.
 3. Pour into the cases and press down. Chill in fridge.
 4. Whisk the soft cheese and fold in the cream.
 5. Sift in the sugar and add the zest of the clementines.
 6. Combine the mixture with the leftover Christmas pudding and then spoon over the biscuit bases.
 7. Top with fruit and chill for at least 2 hours.
 8. Remove from the fridge half an hour before serving and remove the paper cases.

Christmas Pudding Souffle – serves 4

You will need:
1 tbs golden caster sugar, plus extra for coating | 4 egg whites | 150ml custard | 85g Christmas pudding | Caramel sauce to serve

- How to make:**
1. Heat oven to 180°C/160°C fan/gas mark 4.
 2. Grease 4 x 150ml ramekins.
 3. Coat each one with sugar.
 4. Whisk the egg whites until stiff peaks form.
 5. Add the sugar and whisk again.
 6. In a bowl, mix the custard and pudding.
 7. Stir in ¼ egg whites and gently fold in the rest.
 8. Pour into the ramekins.
 9. Bake for 12-15 minutes until risen and golden.
 10. Top with caramel sauce.



Photo credit: thefoodpocketguide.com, wellrose.com, greatbritishchefs.com



Buone feste e tanti auguri!



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PEARL HARBOR

remembered

LOOKING BACK TO THE BATTLE AT PEARL HARBOR, 80 YEARS AGO IN DECEMBER

Pearl City in 2021 is a pleasant enough place. It is clean, sunny, and remains very proud of its reputation as both an early site for Benjamin Franklin's railway network and a jazz hotbed in late 19th-century Hawaii.

Yet such a peaceful reputation is at odds with events in its harbour, when it came under the attack of one of the most vicious airborne onslaughts in military history.

The Japanese attack on Pearl Harbor was actually a pre-emptive move designed to limit the US army's ability to defend other areas, which were earmarked in phase two for later that day. Essentially, by ripping apart the US Pacific Fleet, it would be unable to stem the tide of attacks on British, Dutch and US territories in southeast Asia.

The Japanese began the assault on December 7, 1941. They rained down bombs on hangars and aircraft around the island, while launching torpedoes at US airships in Pearl Harbor.

Four battleships were hit immediately, with the USS *Arizona* sinking after a bomb hit its explosives stores. A total of 1,177 crew members perished.

The Japanese retreated, though as US troops began to survey the damage and regroup, a second barrage was on its way. Around 90 minutes later, 170 aircraft entered the area, again firing a devastating

array of artillery on the harbour.

By the end of the second wave, 18 US warships had been sunk or damaged, while almost 200 aircraft were destroyed.

The total number of casualties was 2,403 – all American servicemen or women.

While the attack on Pearl Harbor was monstrous and clinical, crucially the Pacific Fleet's aircraft carriers were not in the area at the time. The fact that these survived became pivotal in the Pacific War that followed, as the US made major moves in restoring balance. Eventually, they helped to tip the scales back towards the Allies and, ultimately, victory, four years later.



HISTORY

OH CHRISTMAS TREE

Get ready to break the status quo this festive season and reimagine the traditional Christmas tree. Whether you are short on space, hate the hassle of a real tree or you just want to break the mould, check out the below Christmas tree alternatives that promise to deliver the wow factor.

Minimalist metal: If you love minimalism and you don't have a lot of space in your living room, then this is the perfect Christmas tree alternative for your home. Choose to buy one online that comes complete with baubles, or make your own using some copper pipes.

Christmas crates: A budget-friendly option, you don't need to have any DIY skills to stack a selection of wooden crates into the shape of a Christmas tree. Fill each crate with your favourite Christmas décor items, such as mini wreaths, candles and stockings, and you are good to go.

Teepee tree: For households that can't have a real tree owing to pets or small children, this is a great alternative. Simply erect a child-safe teepee and decorate with Christmas ornaments and decorations. This idea has the added benefit of doubling up as a play area.

Light-up ladder: If you don't mind a tree that looks a bit rustic and you don't want to have to spend a penny, this DIY ladder tree is a cool idea. Simply use an old stepladder to create a tree shape and then hang baubles, fairy lights and whatever else takes your fancy.

Christmas card tree: Do you save all your Christmas cards from the year before? Or perhaps you always seem to get more than you know what to do with? Put these cards to good use and stick them on the wall in the shape of a Christmas tree. Hey presto – an instant contemporary tree.

Photo credit: Pinterest



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A GUIDE TO Tablescaping

TOP TIPS FOR DECORATING YOUR TABLE THIS CHRISTMAS

Instagram is awash with decadently decorated tables and, quite frankly, it's giving us a serious case of the green-eyed monster.

From choosing your colour palette to considering your centrepiece, check out our guide to tablescaping below, complete with our top festive-inspired suggestions.

CHOOSE YOUR COLOUR PALETTE

The first and arguably most crucial step of tablescaping is choosing a colour palette. This will form the foundation of your table and enable you to bring your chosen theme together. As a general rule, two colours is preferable, and you should avoid any colour clashes.

Christmas colours: Red and green, red and gold, or silver and gold.

PICK THE ESSENTIALS

When setting your table, you must not forget all the essential items such as a tablecloth, plates and glassware. While white plates will always look classic, they are not suited to every table theme. Consider black plates for an ultra-modern look, or

floral plates for a vintage vibe.

Christmas essentials: Gold-trimmed plates, a moss table runner and festive napkin rings.

CONSIDER YOUR CENTREPIECE

Every showstopping table needs a centrepiece which will act as the focal point of the entire design. Depending on the time of year, flowers are a great choice, as are an assortment of different sized candles.

Christmas centrepieces: Pine cones and candles of various heights, mini potted Christmas trees, or a snow-filled glass vase complete with silver baubles.

REMEMBER THE SMALL TOUCHES

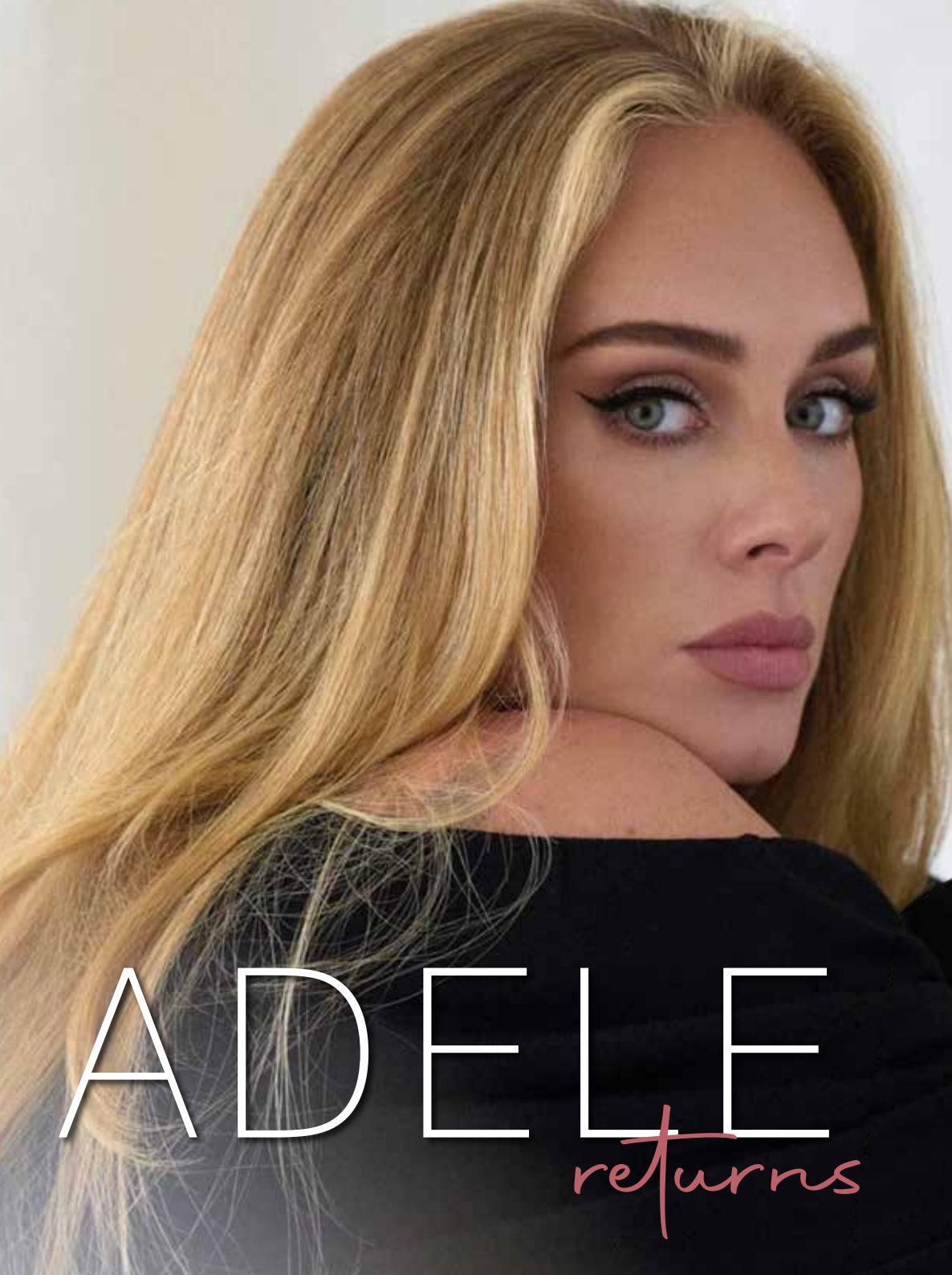
To create an unforgettable table, you need to add all the little details such as name cards, matching placemats and decorative ornaments. Remember that these all need to match your theme and colour scheme, or your setting may appear overcomplicated and chaotic.

Christmas decorative details: Pine wood card holders, stocking silverware holders, or sprigs of holly and mistletoe.

Photo credit: Brian Woodcock via countryliving.com, seamistoredesign.com, bleasithestylog.com, sayyes.com



HOME & DIY



ADELE

returns

Adele is one of the most successful female artists in history, and the universal acclaim behind *30*, her new album and the first in six years, reinforces beyond doubt the fact that in a changing, fragile, often artificial music industry, raw talent will always find a path to the top.

Perhaps what makes Adele, the Tottenham-born singer/songwriter, a cultural icon in the modern music world is an admission of her own frailties.

From relationships to confidence, through philanthropy and inclusion, the star's honesty in terms of how she positions herself is admirable. Yet there is always something real to back up the message – from the music to the five stunning *Vogue* magazine covers (three in the US, two in the UK, and the first person to achieve both at the same time), which continue to document the star's visual transformation.

From the moment the first melancholic and soulful opening lines of Adele's *Chasing Pavements* reached the world's airwaves, it was abundantly clear that the British songstress would go on to achieve big things, even if the eventual scale of her success was impossible to predict. The first single released from her 2008 debut album, *19* – named after the age at which she composed it – *Chasing Pavements* announced the beginning of a career that, some 13 years on, has seen Adele become an instantly recognisable name, face and voice across the globe.

“The first thing is to be happy with myself. to appreciate yourself – only then can you try to change things”

19 earned the star – born Adele Laurie Blue Adkins – the first of 15 Grammy Awards. More importantly, the album marked a point in time from which came the star's ever-growing list of popular records. Each is named in the same manner – *19*, *21*, *25* and *30* marking her musical milestones – and as well as the ever-increasing plaudits heaped upon their creator, each can be seen as a distinct point in Adele's journey to the elite of the musical world, littered as it was along the way with all of life's struggles.

“Every album is a phase in my life,” she says. “Each comes with a different reputation and pressure and baggage, and that can make things tough.”

Romantic relationships have often affected Adele's more melancholic musical musings, and her new album has its fair share of these. Debut single *Easy on Me* went to number one across the world, and reflected mistakes made both in childhood and adulthood; while tracks *Cry Your Heart Out*, *To Be Loved* and *Love is a Game* offer similar themes. But the singer insists she now has the ability to focus on herself, rather than dwelling on mistakes.

“I have a greater resilience to myself nowadays,” she says.

“That's just something that comes with age. In the past, I'd sit in darkness and feel sorry for myself. I loved the drama of it all.”

Now 33, things have certainly changed for Adele. The birth of her son, Angelo, in 2012 has been stated as a real turning point in her ability and willingness to call the shots; certainly the failing of her marriage to Angelo's father, Simon Konecki, doesn't seem to perplex her.

She adds: “The first thing is to be happy with myself – only then can you try to change things.”

“My career's not my life; it's my hobby, but I'm glad I have it.”



LOCAL NEWS

from your neighbourhood



Photo credit: Google Maps



Pupil hopes to 'change the world' after partaking in event

A pupil at a Bishop's Stortford school was one of 270 young people to take part in the world's first virtual Children's Parliament.

Willow Hyatt (pictured inset), who is in Year 5 at St Michael's Primary School, took part in the online event for seven to 11 year olds, where various important issues were discussed.

The Children's Parliament focused primarily on climate change solutions ahead of the COP26 conference in Glasgow. David Davis MP, the former shadow Home Secretary and Secretary of State for Exiting the European Union, answered questions live at the debate.

St Michael's headteacher, Rachel Griffiths, said: "This was such an amazing opportunity for the school to get involved in, especially as our children are so passionate about how we can all work together to

change the world for the better.

"It is our school vision to ensure that all children have an equal chance to become happy, responsible, highly skilled individuals who can contribute positively to and shape the world they live in, which is exactly what Willow was able to do as an ambassador for our school at this event."

Willow was proud to represent Bishop's Stortford at the event.

She said: "I learnt lots of new things that I could use to hopefully change the world and had the chance to vote on important topics ahead of COP26."

The late Sir David Amess MP was due to be MP Champion for the event. The Children's Parliament mirrored Sir David's enthusiasm for getting children involved in the parliamentary process and the event will continue as a tribute to him.

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Volunteers collect 40 bags of rubbish in litter pick

A group of volunteers gathered together for a litter pick to help make Bishop's Stortford a tidier place. Tidy Up Bishop's Stortford (TUBS) members came together for the 60th time, to clean Dunmow Road and the surrounding area on Saturday, November 13. More than 40 volunteers gave up a couple of hours of their time and collected more than 40 bags of litter. Once every two months, the group gets together to spend a few hours clearing a section of the town, with

the hope of encouraging others in the town to pick up litter. TUBS coordinator, Ian Hudson, said: "Thanks to The Nags Head for the complimentary tea and coffee, which was much appreciated. Thanks also to everyone who is helping us raise funds by buying tickets in the East Herts lottery. You can do so online at www.easthertslottery.co.uk/support/tubs" For more details, visit www.tubs12.info

Community rush to help veteran who collapses

The Remembrance Sunday parade in Bishop's Stortford took a turn when a Royal British Legion standard-bearer was rushed to hospital after suffering a cardiac arrest. Arthur King, who is in his 70s, was taken ill on November 14 at The Causeway, Bishop's Stortford. The community rushed to support the former soldier, creating a screen around him. A defibrillator was used on Arthur as he lay in the street and two ambulances, as well as the Essex and Herts Air Ambulance, arrived quickly. A spokesperson for East of England Ambulance Service said: "We were called at 10.41am on November 14 with reports of a person in cardiac arrest. "We sent two ambulances, an ambulance officer,

and Essex and Herts Air Ambulance." Arthur's daughter, Sharon Bagley, said: "Thank you for all your well wishes for my dad. It has been a shocking and distressing time for us as a family. We cannot thank enough Graham Childs for performing CPR and the fire service for using the defibrillator, as well as the police, the Red Cross, and all the kind participants who formed a screen for us and Dad. "No words can ever express our gratitude. Dad will be overwhelmed by all the lovely sentiments and support for his wellbeing. Thank you all." Arthur has represented Bishop's Stortford as part of the Royal British Legion for a number of years. In 2018, he followed the route of the Great Pilgrimage to the war memorial at the Menin Gate, retracing the route of the last 100 days of the First World War.



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Police investigate incident of racial abuse in town centre



Police are investigating an incident where a woman was racially abused while walking in Bishop's Stortford town centre.

The victim was standing outside the Tesco Express on South Street on the evening of Tuesday, November 9, when the offender began to shout racist abuse from the other side of the road.

Officers are appealing for any witnesses to come forward with information.

Anyone with information is asked to contact Herts police on 101, quoting ref 41/87676/21, or via the online web chat at herts.police.uk/contact

Alternatively, you can stay 100 per cent anonymous by contacting Crimestoppers on 0800 555111 or via the untraceable online form at crimestoppers-uk.org

Voluntary support group raises more than £600

The Bishop's Stortford Breathe Easy Group is going from strength to strength thanks to generous donations from the community.

The voluntary group, which is affiliated with the British Lung Foundation, provides support and information for people living with a lung condition, and for those who look after them.

The local branch hosted a cake and coffee morning at South Mill Arts Centre recently which was its most successful fundraising event to date, raising more than £600.

East Herts Council chairman, councillor Ken Crofton, and Bishop's Stortford mayor, councillor Keith Warnell, both attended.

Bishop's Stortford South councillor Diane Hollebon, who founded the group, said: "Because of COVID-19, we haven't been able to host as many events as normal. This was our first attempt in two years. It was a really successful day, with at least 70 people there. The money raised will help us survive and continue to offer our services."

The next event on the cards for the group is a

Christmas buffet evening on Thursday, December 16, with a professional musician. The group will enjoy a singing session with a trained singer – something that is useful for individuals with lung conditions as it helps with the expansion of the lungs.

The Breathe Easy group meets on the third Thursday afternoon of every month at the Charis Centre on Water Lane. The first meeting of 2022 will be held between 2pm and 4pm on Thursday, January 20. New members are welcome.

Art society holds winter exhibition in town

Bishop's Stortford Art Society hosted its second exhibition in the town centre in November.

The five-day winter exhibition was held between November 16 and 20 at the Jackson Square Shopping Centre community space.

Group member, Gabrielle Vickery, livestreamed the exhibition on Facebook, saying: "I hope this is inspiring you guys. If you are creative or you love to draw or paint, please do take this as your sign to get down here."

After the exhibition, member Eileen Valder added: "We have just finished packing up the exhibition in Jackson Square. Our thanks go out to them for the use of the community space and to Palmer and Martin Van Hire for the transport.

"Thanks also to all the guys and girls who helped to set it up and man it. The wonderful artists who submitted their work made it all worthwhile."

Bishop's Stortford Art Society has members with a range of talents, working in watercolours, oils, acrylics, pastels, and more, with a variety of subjects. Members of all abilities are welcome, from beginners to advanced.

The group meets on Thursday evenings during the autumn and spring terms at Thorn Grove Primary School in Bishop's Stortford.

For more information on the group, visit www.stortfordartsociety.co.uk





Photo credit: Nathan Cracknell, BSFC

Blues win comfortably in second round of FA Trophy

Bishop's Stortford extended their unbeaten run to 11 games with a 5-1 victory at home to Leiston in the Buildbase FA Trophy on November 27, setting up a third round fixture against Cheshunt FC on Saturday, December 18.

The Blues blew Leiston away with a brace from Frankie Merrifield, and one each from Darren Foxley, Ryan Charles and finally Chris Harris, who scored his first goal for the club.

The first goal came from a move starting on the left, after Sam Robbins had advanced from left-back. He passed to Giles, who beat the full-back and landed the delivery on Merrifield's head, who nodded it into the top left corner. Just four minutes later and Merrifield

had doubled up, glancing home at the near post from Giles's corner from the right.

Adam Mills soon pulled one back for Leiston with a brilliant curling effort past Giddens.

After a slow start to the second half, Foxley stabbed home from close range after Henshaw and Charles had seen shots blocked following a corner.

Later in the half, Henshaw's excellent through ball down the right put Charles through on goal, only to be tackled by a defender. Foxley won the ball back, though, and slid it through to Harris, who shot low across the goal into the bottom left corner for his first Blues goal. Charles completed the victory with a screamer from 30 yards.

Witness appeal regarding car park theft

Police are appealing for witnesses and information following a theft that took place in a supermarket car park in Bishop's Stortford.

On Wednesday, October 20, between 11.30am and 11.45am in Tesco car park, on Lancaster Way, a female victim's handbag was stolen.

It was reported that a man knocked on the victim's window, stating that damage had been done to her vehicle. The victim got out to check. When she got back into her vehicle, she realised that her handbag was missing. She later found that several transactions had been made on her bank cards.

PCSO Edyta Szrajber, from the Bishop's Stortford

and Sawbridgeworth Safer Neighbourhood Team, said: "I would like to appeal to anyone who was in the area at the time who may have witnessed the incident or had something similar happen to them, to please get in touch with us.

"I'd also like to take this opportunity to urge people to remain vigilant. If you're approached by individuals you don't know, be wary and make sure your belongings are secure, politely decline any offers of help and contact police as soon as possible if you believe they are behaving suspiciously."

Anyone with information can contact PCSO Szrajber directly via email at Edyta.Szrajber@herts.police.uk

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Ways to recycle your REAL CHRISTMAS TREE

An estimated eight million Christmas trees are bought every year, yet sadly, once the festive season is over, most end up in landfill. Not only does their disposal cost the taxpayer £100 per 40 trees, but each tree generates around 16kg of carbon dioxide. Here are six ways to recycle your tree – better for the planet and your pocket.

TURN YOUR TREE INTO MULCH: Use a shredder to turn your Christmas tree's branches into mulch and place around the base of your garden trees and shrubs to help prevent soil erosion and treat compaction. Make sure you wear safety glasses and gloves.

USE AS AN ANIMAL HABITAT: Help the wildlife in your garden over winter by providing them with shelter using your Christmas tree. Simply place in an unexposed corner of your garden and secure it so that it doesn't blow over. Alternatively, you could cut the tree up and create a hotel for insects.

REPLANT YOUR TREE: Not many people know that you can replant a Christmas tree, but you can, even if the roots have been chopped off. Place your tree in a pot of soil and leave to become established.

CREATE EDGING AROUND YOUR GARDEN: If you are looking to landscape your garden, why not cut the trunk of your tree into small circles and use them to create an edge around the perimeter? Alternatively, you could varnish these circles and use as coasters.

MAKE A BIRD FEEDER: Create your own superior bird feeder by placing your old tree in a heavy pot and decorating the branches with bird-friendly, edible decorations such as pine cones covered in peanut butter and bird seed, or half a scooped-out orange filled with nuts.

DONATE YOUR TREE: If you don't want to do anything with your old tree yourself, the next best thing is to donate it to your local garden centre, who will use it for chippings. Some local councils also offer Christmas tree recycling schemes.



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Presenter Arit Anderson and a celebration of open spaces

Arit Anderson is the garden designer, writer and presenter who takes the resplendent, relaxed vibes of our outdoor spaces and wraps them in an extra layer of green-fingered greatness.

Perhaps it's her soft voice, her welcoming tone, or just the fact that the 55-year-old flora and fauna fanatic has such a deep and delightful knowledge of the subject in hand. Whatever it is, Arit is one of a modern breed of horticulturalists taking a holistic view of our open spaces.

"For me, it's as much about enveloping yourself in the space around you, as it is focusing on individual flowers or plants or species," she says.

"The outdoors is a celebration in its totality – I think, in many ways, we are all a level on from the real precision prettiness of gardening that we used to have in the 1980s. We're a bit more rugged and

rustic now, and I love that."

That rustic element certainly helped as far as reshaping, restyling and breathing new life into people's gardens went on the hit BBC show *Garden Rescue*. With a simple premise to reinvent a homeowner's outdoor space, Arit and her trusty team worked craft and creativity in abundance.

While fans were disappointed to hear of Arit hanging up her secateurs on the series, the spare time gained does reinforce her focus on *Gardeners' World*. The presenter is also set to co-host the Hampton Court Palace Garden Festival next year.

She added: "Our gardens have been one of the things that have felt ever-present through the mire of lockdown, but being out, talking about them and sharing everything that's so exhilarating about the outdoors is the most special thing, and it's a pleasure to be doing that again."

Photo credit: Arit Anderson via thraistroutyedge.com

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BRUCE KING

on public speaking with confidence



In his latest column, sales mentor and personal growth coach, Bruce King, discusses how to speak and present – in any setting and situation – with confidence.

I did it every time I first walked on stage. I paused, saw a sea of people sitting on their toilets with their trousers down and their skirts up, and it put such a big smile on my face that the audience warmed to me immediately.

I started public speaking more than 25 years ago at the insistence of the BBC, who had just published my first book and wanted me to travel around the country promoting it.

Of course, they didn't know what I was smiling at. The third thing she taught me was not to get intimidated by people you are presenting to with impressive job titles. They are just people like you and me. And they also go to the toilet.

I was terrified – so much so that I hired a speaking coach to help me learn how to present with confidence.

Big businesses are nothing more than the sum total of many individuals, all working under the same umbrella. They have the same or similar concerns as you and me.

Here are three tips, which were the most valuable she gave me:

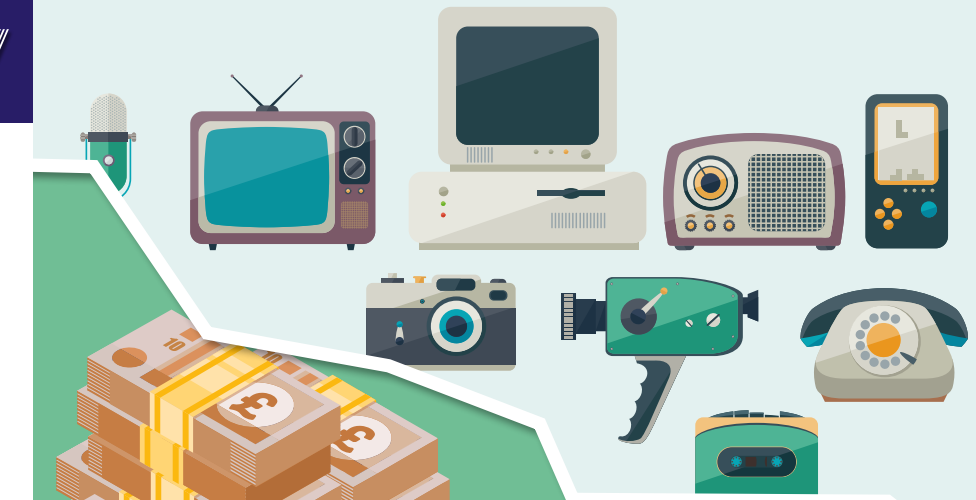
If you can help them in any way whatsoever, they will truly appreciate you.

First of all – be prepared and practise. The larger the audience you're speaking to and the more important your presentation, the more you need to prepare. There was never a truer expression than 'practice makes perfect'.

More information:

Secondly, to overcome nerves, she told me to imagine all the audience were sitting on toilets with trousers rolled down or skirts pulled up. That worked a treat.

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



How to sell UNWANTED TECH DEVICES

Did you know that the average British adult has just under £600 worth of unwanted technical devices gathering dust in their homes? From smartphones to tablets, games consoles to wearables, here's how to make some money from these highly sought-after items before it's too late.

WHERE TO SELL UNWANTED TECH
You have several options available to you when it comes to selling unwanted or unused tech:

SELL ON THE HIGH STREET
Second-hand shops such as CeX or Cash Generator will give you cash for smartphones, wearables, satnavs, speakers, headphones, laptops, cameras and sometimes even TVs. To sell on the high street, your devices need to be working but you do not need the original packaging.

SELL ONLINE
Websites such as Mazuma and musicMagpie will buy your old tech items, and they don't even need to work for you to make some cash. You can sell old laptops, consoles, smartphones, tablets and wearables.

MusicMagpie also buys CDs, DVDs and video games.

TRADE IN
Many retailers such as Apple, Amazon and Carphone Warehouse allow you to trade in your old tech for money or gift cards. How much you get will be dependent on the age of the device and its condition, although most places will accept broken gadgets.

SELL ON SOCIAL MEDIA
More than 450 million people use Facebook Marketplace to buy and sell goods, making it a quick and easy way to offload any unwanted tech. Craigslist is another option, although this selling site can be a bit hit and miss.

WHAT TO DO BEFORE RECYCLING OR SELLING YOUR TECH
> Remove the SIM card and micro SD card if there is one
> If using iCloud, sign out before passing on the device
> Use the factory reset tool to remove photos, music, documents, etc, and to erase social media accounts.



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SPORT



Photo credit: Tom Oldham/Shutterstock

Nicola Adams: HEAR HER ROAR

In her riveting new documentary, *Lioness: The Nicola Adams Story*, it's revealed that the boxing champion was both a fighter and a survivor long before she ever stepped foot in the ring.

The 2012 Summer Olympics were remarkable in so many ways for the UK, as host city London became the global epicentre for sporting greatness. Medals were won, young athletes were discovered and legends were forged in the eternal flames of the Olympic torch. But of all the many moments of glory, 29-year-old Leeds native, Nicola Adams, becoming the first female boxer ever to win a gold medal is surely one of the most memorable.

Since her triumphant debut as an Olympian almost a decade ago, the charismatic firebrand has cemented her status as a national treasure. After winning a second gold at the Rio 2016 games, Adams turned professional, where she held the World Boxing Organisation female flyweight title two years in a row and retired undefeated.

Then, in 2020, the LGBT icon made history once

more by starring on the 18th series of *Strictly Come Dancing* as part of the show's first same-sex couple, alongside professional Katya Jones. Sadly, Adams's dancing dreams were cut short when she tested positive for COVID-19.

Yet despite her acclaim, very little has been known about Adams's journey before that momentous day in 2012, until now...

Named after Nicola's nickname in the ring, 'Lioness', the Amazon Prime Video documentary – which is available to watch now – not only features exclusive early footage of her career, but also paints a tragic portrait of her childhood, including a violent father and her mother's struggle as a single parent.

It becomes evident that the boxing ring was a refuge for the young athlete, and though she may have faced many challenges since – misogyny, racism and homophobia all feature in her quest for greatness – it was there in that Leeds boxing club where Nicola Adams found her true self, and several years on, became an inspiration to others.

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SPORT

BRITAIN'S GREATEST SPORTING MOMENTS...

HEAVYWEIGHT CHAMPION of the world: Frank Bruno

FRANK BRUNO CELEBRATED HIS 60TH BIRTHDAY IN NOVEMBER, SO WE'RE LOOKING BACK TO 1995 AND THE BIGGEST FIGHT OF HIS CAREER

In many ways, Frank Bruno seemed too much of a gentle giant to ever be a serious contender for Heavyweight Champion of the World. Certainly, that was the way the experienced fighter was portrayed in the press – he was the pantomime king with a big laugh and a kind heart.

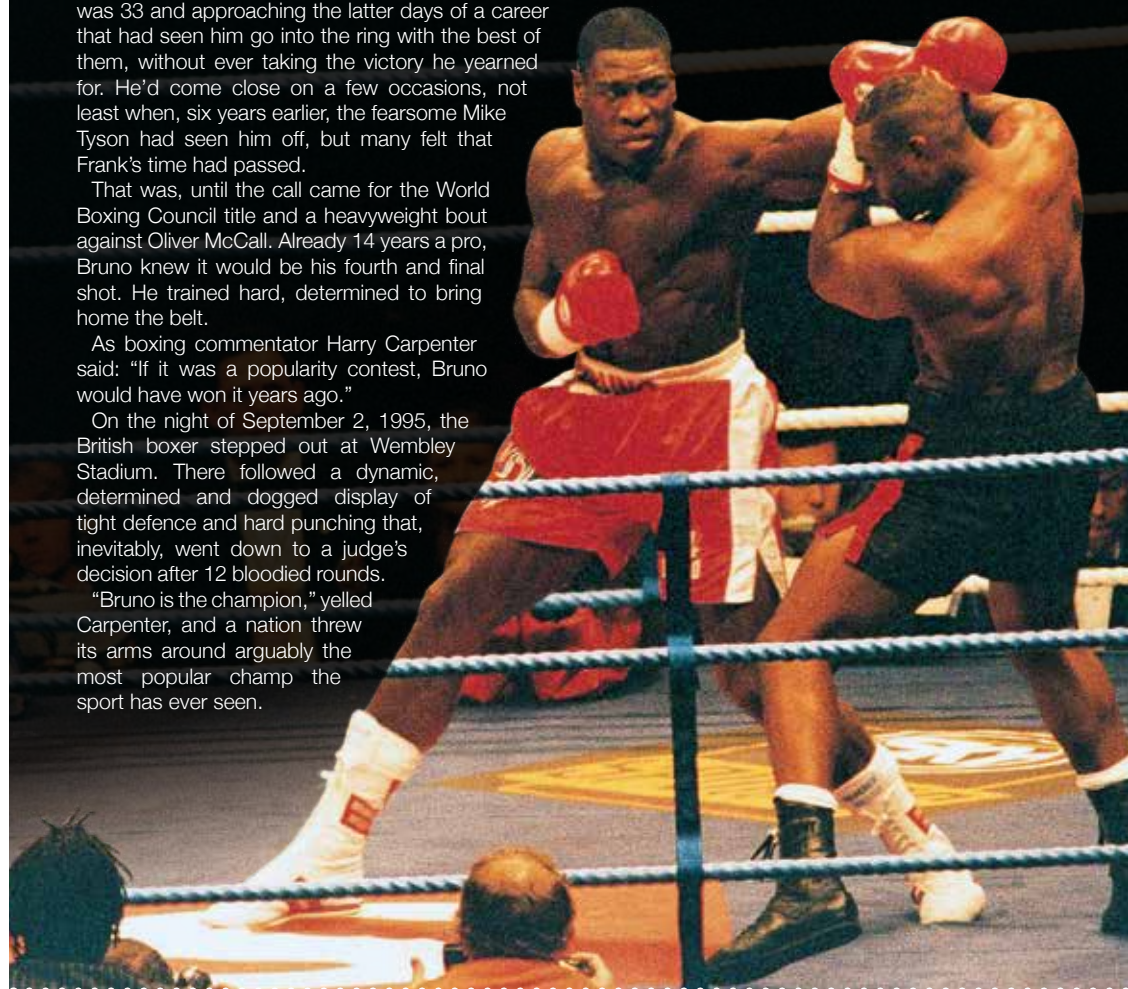
By the time September 1995 came around, Bruno was 33 and approaching the latter days of a career that had seen him go into the ring with the best of them, without ever taking the victory he yearned for. He'd come close on a few occasions, not least when, six years earlier, the fearsome Mike Tyson had seen him off, but many felt that Frank's time had passed.

That was, until the call came for the World Boxing Council title and a heavyweight bout against Oliver McCall. Already 14 years a pro, Bruno knew it would be his fourth and final shot. He trained hard, determined to bring home the belt.

As boxing commentator Harry Carpenter said: "If it was a popularity contest, Bruno would have won it years ago."

On the night of September 2, 1995, the British boxer stepped out at Wembley Stadium. There followed a dynamic, determined and dogged display of tight defence and hard punching that, inevitably, went down to a judge's decision after 12 bloodied rounds.

"Bruno is the champion," yelled Carpenter, and a nation threw its arms around arguably the most popular champ the sport has ever seen.



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DRIVERS FACE NEW MOBILE PHONE FINES FROM 2022

New laws are set to come into force from next year to crack down on mobile phone usage while behind the wheel, with 81 per cent of people supporting the tightening of driving rules in the UK.

HOW MANY ACCIDENTS ARE CAUSED BY DRIVERS USING MOBILE PHONES?

According to the Department for Transport, 17 people were killed on the road last year in crashes that involved drivers being distracted by their mobile phones. A further 114 were seriously injured and 385 were slightly injured. More than one in six of those killed or seriously injured were either pedestrians or cyclists.

HOW IS THE LAW CHANGING?

Under current UK laws, drivers are banned from making a phone call or texting using a handheld device, unless there is an emergency. However, from 2022, drivers will also not be allowed to take photos or videos, scroll through music playlists, or play games on their phones when driving. This includes

when stationary in motorway jams and at traffic lights.

WHAT WILL HAPPEN IF YOU ARE CAUGHT BREAKING THESE NEW LAWS?

Anyone caught using their handheld device while driving will face a £200 fixed penalty notice and six points on their licence.

ARE THERE ANY EXCEPTIONS TO MOBILE PHONE USAGE WHILE DRIVING?

Drivers can still use devices such as sat navs and mobile phones using satellite navigation, but these must be secured in a cradle. They can also make contactless payments using their mobile phones when stationary.

WHEN DO THESE LAWS COME INTO EFFECT?

These new laws will start to be implemented from next year, with the government planning to revise the Highway Code to clearly explain the new measures to drivers. More information on the new changes to road mobile phone usage can be found at www.gov.uk

FROM 2022, DRIVERS ARE NOT ALLOWED TO...

- ✗ Make a phone call/text
- ✗ Take photos/videos
- ✗ Scroll through music playlists
- ✗ Play games



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PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

ACROSS

1. Skin irritation (4)
3. Assembled (8)
9. Allocations (7)
10. Small dust particles (5)
11. Drivel; nonsense (3)
12. Exit (5)
13. Long-handled spoon (5)
15. Ellipses (5)
17. Steep slope (5)
18. Intentionally so written (3)
19. Buffalo (5)
20. Become less intense (4,3)
21. On the outer side (8)
22. Examine by touch (4)

DOWN

1. Not capable of being restrained (13)
2. Destroy (3,2)
4. Utterly senseless (6)
5. Vagrancy (12)
6. Take back (7)
7. Rude and discourteous (13)
8. Metal device for removing tops (6,6)

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14. Receiver (7)
16. Ratio of reflected to incident light (6)
18. Heating apparatus (5)

DID YOU KNOW?

- ▶ An adult male lion's roar can be heard up to five miles away
- ▶ Elephants often use their trunks as 'snorkels' when swimming to help them breathe when they're underwater
- ▶ Female turkeys can occasionally develop their eggs into embryos without the need for sperm. This is a form of reproduction called parthenogenesis
- ▶ Owing to the position of horses' eyes, they can see almost 360 degrees. Their only blind spots are directly in front and behind their body
- ▶ Leopards' tails are so long so they can act as counterbalances when running, jumping or climbing trees
- ▶ Honey badgers have been listed in *Guinness World Records* as the most fearless animal on the planet.

SUDOKU

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