

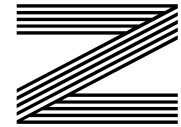
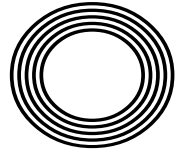
**LEARN
HOW
TO DO
PET CPR**

Dry January
The best places to visit

LEARN THE BASICS
of British Sign Language

Frankie
DETTORI

The jockey's racing success in the saddle



FREE

Photo credit: Terry Harris/Shutterstock



Rob & Liane Kemp, owners Kemphaus Kitchens

WHY KEMPHAUS KITCHENS?

At Kemphaus in Bishop's Stortford, we offer a design, supply and fitting service for your dream kitchen design and beyond. We also offer help with trades like builders, electricians, plumbers and decorators and can provide details of recommended tradesman if you require work carrying out before commencing your kitchen project.

Owner, Rob Kemp has over 30 years' experience in the building and carpentry trade and so has a wealth of knowledge to share with customers, enabling what can sometimes be a stressful time become more manageable and achievable, with as little upheaval as possible.

Liane Kemp also has experience in housebuilding, interior design, sales, marketing and PR, having worked previously in London for property developers, PR agencies and Estate agents.

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Rob & Liane are specialists in what they do. We were looking for ideas on how we could utilise our open plan kitchen space as it was an unusual shape. Rob was fantastic with providing ideas and various looks we could go for. Liane was great and very patient in helping us decide with worktops, units and appliances. They are both very responsive and patient. They are fabulous at what they do and the fit and service is an outstanding 10/10. Our kitchen looks absolutely amazing. Everyone that has come over falls in love with the design and our copper units.

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Editor's notes...

JANUARY 2022



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** Bishop's Stortford. I hope you all had a wonderful Christmas and New Year. Many people consider January to be a reset button, the chance for a fresh start. But I believe that if you want to make a change, you shouldn't wait for a set date to do it. Want to live a healthier lifestyle? Start exercising today. Want a change in your career? Make that first step today. It's all about mindset, not timing.

Similarly, getting the edge over your competitors can be as simple as having the confidence to forge a new path. If you do what everyone else has done, you'll get the same results. So have the courage to try something new.

Recently, I went to my first big event since the pandemic began. I went to see Pete Tong at the O2, and felt strangely emotional when I looked around at all the thousands of people getting together again and enjoying themselves. Here's hoping there'll be more of that to come in the new year.

2021 was a tough year, but 2020 was tougher. I'm proud of **VISION** and what we have achieved this year, and I want to acknowledge that we couldn't have done that without the support of our readers and clients. So a big thank you to you all, and I hope you have a fantastic 2022.

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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British Sign Language

basic phrases

Around nine million people in the UK are deaf or hard of hearing, with deafness being the third most common disability in the world.

Currently, there are more than 151,000 British Sign Language users in the UK, not including translators and interpreters.

Whether you know someone who is deaf or hearing impaired or not, why not make 2022 the year you learn this useful new skill?

WHAT IS BSL?

BSL stands for British Sign Language, and it is the language of the deaf community in Great Britain. BSL involves a combination of hand shapes and movements, lip patterns, facial expressions, and shoulder movements. It also has its own grammar that is structured completely differently from spoken English.

WHY LEARN BSL?

Language is key to relationships and, for those who are deaf or hearing impaired, relying on lip reading and guessing games can act as a communication barrier. By learning sign language, you will be able to interact better with the deaf community. Plus, learning a new skill can be lots of fun.

UNDERSTANDING THE BSL ALPHABET

Fingerspelling is the method used to spell out names and places using hand signals and finger adjustments. While fingerspelling on its own isn't sign language, it can help you to communicate with someone who is deaf. It is often used to spell words that do not have a sign and for instances when the other person is not familiar with a particular sign.

British Sign Language uses two-handed gestures to spell words – see BSL alphabet below:

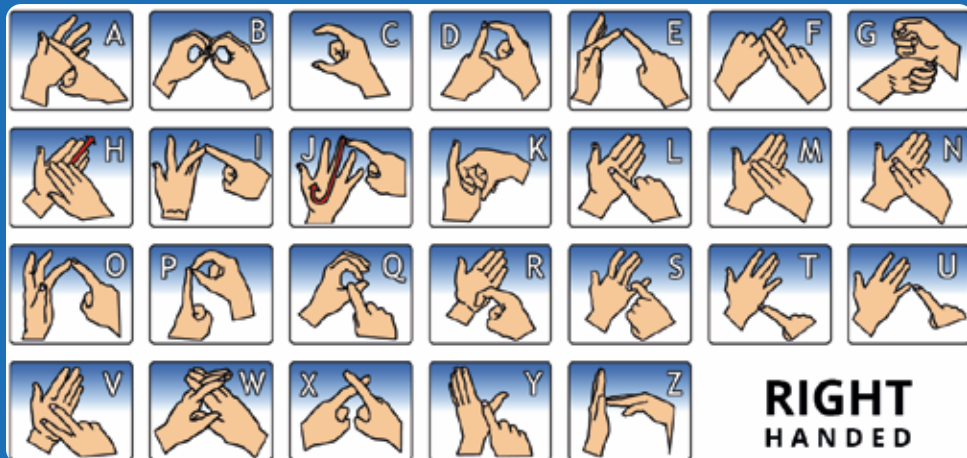


Photo credit: british-sign.co.uk

BASIC BSL SIGNS:

'How are you?'

- > With your hands flat, run your fingertips up your chest
- > Then move your hands forward with a thumbs-up gesture
- > When signing this phrase, use a questioning expression.

HOW ARE YOU?



'What is your name?'

(signed as 'name what')

To sign 'name'

- > Make the tips of your index and middle fingers (N shape) to touch your forehead
- > Then twist your hand forwards at the wrist until your fingers are in front of your face.

WHAT IS YOUR NAME?



To sign 'what'

- > Point your wrist out in front of you with your palm facing forward
- > Then put your pointer finger up and wiggle it from side to side
- > When signing this phrase, use a questioning expression.

PLEASE/
THANK YOU



'Please'

- > Place the fingertips of your dominant hand on your lips
- > Then move the hand away from your face, keeping hands in the same position
- > Mouth 'please' at the same time.

'Thank you'

- > Use the same sign as 'please'
- > Mouth 'thank you'.

SORRY



'Sorry'

- > Make your hand into a fist
- > Rub your fist against the centre of your chest in a circular motion.

FIND OUT MORE ABOUT BSL AT WWW.BRITISH-SIGN.CO.UK

HELP ME!

If you were in a dangerous situation, would you know how to discreetly ask for help?

Cases of domestic violence surged during the pandemic. Fortunately, there are several new services to help victims get the help they need without putting themselves in more danger.

1. SIGNAL FOR HELP GESTURE

Launched early in the pandemic to combat the rise in domestic abuse, this gesture can be silently displayed during video calls to alert family, friends or colleagues that someone needs help.

To make the gesture, put your palm up, tuck your thumb in and close your fingers.

2. PHARMACY ANI

A codeword scheme created by pharmacies to offer a lifeline to domestic abuse victims, if someone asks for an ANI (action needed immediately), a trained member of staff will take them discreetly aside to offer help or call the police. This scheme has been rolled out across Boots stores and many private pharmacies.

3. IPHONE EMERGENCY SOS

Apple's iPhones now come with a feature that allows you to discreetly make an emergency call and simultaneously share your location. From iPhone 8 handsets onwards, simply press and hold the side button and one of the volume buttons until the emergency SOS slider appears. Drag the slider to call the emergency services. To use this service on an iPhone 7 or earlier, rapidly press the side or top button five times until the slider appears.

4. ASK FOR ANGELA

Designed to prevent sexual violence in hospitality venues, all you need to do is approach a member of staff and ask for Angela if you feel unsafe or threatened and they will help you out of the situation.

5. SILENT 999

If you can't speak or you are scared you may be overheard, you can cough or tap your phone handset when ringing 999, and trained call handlers will recognise this as a distress signal. Alternatively, dial 55 once connected.

6. WHAT3WORDS

What3Words is a free smartphone app that gives every three by three square metre of the globe a unique three-word code. If you are lost, all you need to do is give the emergency services your code and they will be able to pinpoint your location almost immediately.



1



2



3



4



5



6

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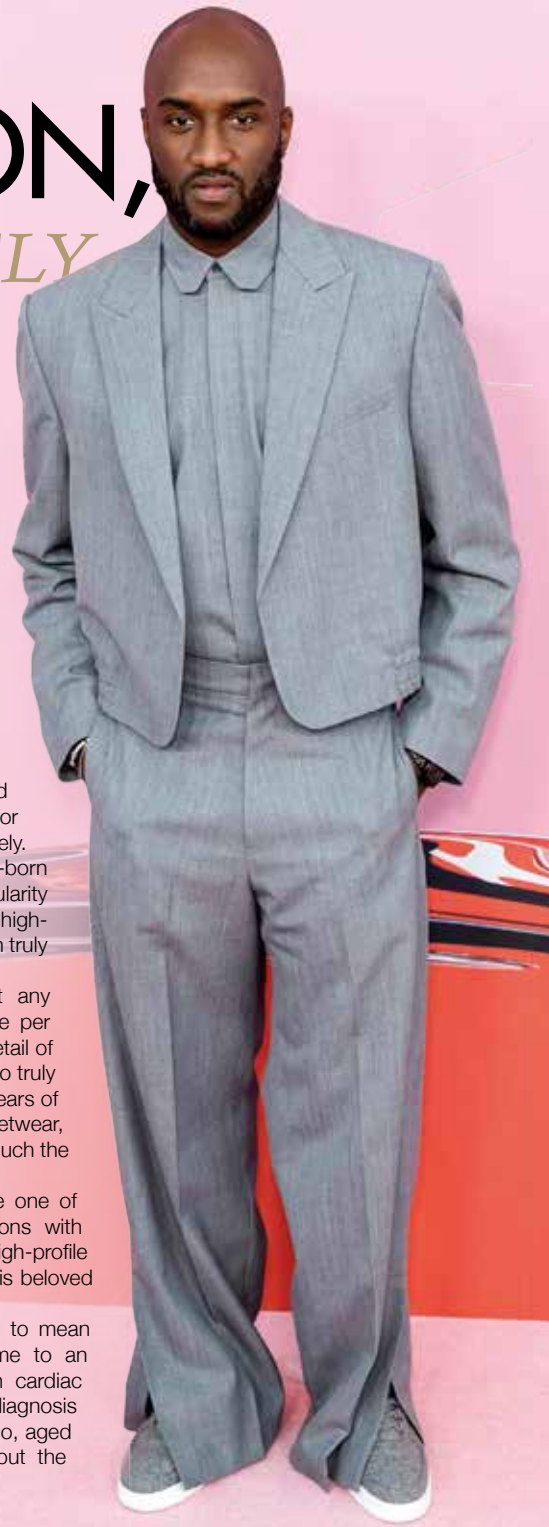
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THE LIFE OF VIRGIL ABLOH AND THE LEGACY THAT LIVES ON IN HIS MEMORY

There are many musicians, artists, and even sportspeople who have had the benefit of a notable name carrying them forward at some point in their lives.

Virgil Abloh, the American fashion designer and entrepreneur, had, by his own admission, that very platform when he interned at Fendi back in 2009 and began producing t-shirts for Kanye West.

The rap star was bowled over by such an edgy, modern, confident person, whose range of talent and influence circumnavigated not just textiles and fashion, but also engineering and architecture, for which he earned a degree and a master's respectively.

While Kanye's ability to open doors sent the Illinois-born creative into fashion houses and propelled the popularity of his first company, Pyrex Vision, it was with the high-end streetwear brand, Off-White, that founder Abloh truly excelled.

Revealing his modus operandi – namely that any product need only represent a difference of three per cent from another – proved a nod to the devilish detail of fashion and the fact that, in many ways, there are no truly original designs anymore. To that end, in the final years of his life, he was one of the first to call an end to streetwear, insisting that vintage styles were the future in very much the same way as they were the past.

The success of Off-White led Abloh to become one of Louis Vuitton's artistic directors, and collaborations with others from Nike to the US Open to Ikea saw high-profile stars such as Serena Williams laud the talent of this beloved family man.

Sadly, Abloh was harbouring a secret that was to mean his all-too-brief flirtation with fashion would come to an end. In 2019, the designer was diagnosed with cardiac angiosarcoma, a type of cancer. He kept the diagnosis private and died on November 28, 2021, in Chicago, aged just 41. The showreel may be over for Abloh, but the catwalk music plays on.

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BEAUTY

HOW TO CLEAN hair-styling TOOLS

DID YOU KNOW THAT YOUR HAIR CAN BE DAMAGED BY PRODUCT BUILD-UP ON STYLING TOOLS SUCH AS STRAIGHTENERS?

HOW TO CLEAN HAIR STRAIGHTENERS/CURLING IRONS

If you want to achieve the perfect look, you need to ensure you are cleaning your flat and curling irons frequently, as both hairspray and thermal sprays can quickly build up on your styling tools.

- Step 1:** Unplug your tool and allow to completely cool down.
- Step 2:** Wet a micro cloth with lukewarm water and squeeze out any excess liquid.
- Step 3:** Rub the damp cloth gently over the surface of the plates.
- Step 4:** For stubborn residue, pour a small amount of nail polish remover onto a cotton ball and wipe over the plates.
- Step 5:** Allow your styling device to completely dry before using again.

NB: Never use face or baby wipes to clean your hair straighteners or curling irons and never submerge them in water.

HOW OFTEN SHOULD YOU CLEAN STRAIGHTENERS AND CURLING IRONS?

Ideally, you should clean your hair straighteners and curling irons after every third use to prevent build-up from becoming ingrained in the plates.

HOW TO CLEAN YOUR HAIRDRYER

Many people wrongly believe that you do not need to clean a hairdryer. In fact, the back vent can harbour a whole host of germs and bacteria.

- Step 1:** Remove or open the back vent.
- Step 2:** Use a toothpick or tweezers to remove any dirt or debris from the filter and then wipe clean with a damp cloth.
- Step 3:** Clean the nozzle and body with a damp cloth to remove any build-up of hair products.
- Step 4:** Allow the dryer to fully dry before using again.
- Step 5:** Repeat once a week for optimum results.





Are your jeans feeling a tad tight after the festive season? Do you want to realise a healthier and happier you in 2022 and beyond? If yes, a personal trainer might be just what you need.

The motivation to succeed

January is one of the most popular times of the year for joining a gym, yet a massive 50 per cent of new members quit or stop going within six months. The beauty of a personal trainer is that you are committed to a particular time and place, and you are much more likely to work harder with a professional motivator by your side.

You can learn about health and fitness

Certified personal trainers aren't just fitness fanatics who choose to combine their passion and their job. They know about human physiology, body mechanics, exercise science, and so much more. This means that they can help you to train smarter to see the results you want.

A personalised plan

As the name suggests, a personal trainer will give you a personalised health and fitness plan that is specifically tailored to your body's needs and the results you would like to see. They will take into consideration any injuries you have, as well as any body imbalances that could be affecting your progress.

Nutritional advice

Weight loss is 80 per cent diet and 20 per cent exercise, so if you want to start shifting the pounds, you need to make sure you are eating the right foods to support your weight loss and your activity levels. A personal trainer will be able to advise you on proper nutrition, showing you how much protein you need and how to incorporate more fruit and veg into your diet.



WHAT IS CROSSFIT?

CrossFit is a lifestyle characterised by safe, effective exercise and sound nutrition. CrossFit can be used to accomplish any goal, from improved health to weight loss to better performance. The programme works for everyone - people who are just starting out and people who have trained for years.

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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LOVE YOUR LIVER



HEALTH & FITNESS

January is Love Your Liver Month, a national campaign led by the British Liver Trust to raise awareness of the importance of liver health.

One in three people in the UK is at risk of liver disease, with many people not realising they have a problem until it is too late.

What does the liver do in the body?

The liver performs a range of essential tasks, including producing proteins, storing vitamins and minerals, and breaking down toxins like alcohol and medications.

How to take care of your liver

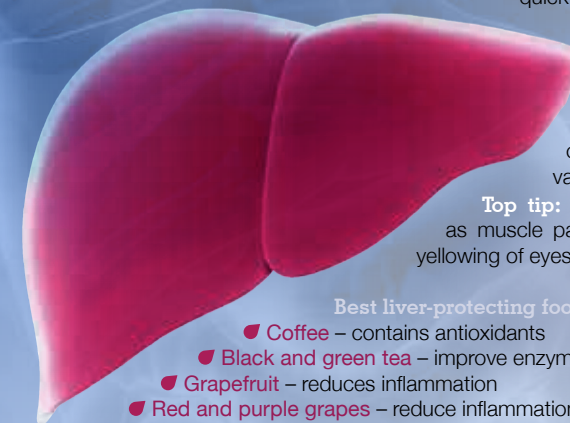
Cut down on alcohol: One of the jobs of your liver is to process any alcohol you drink. If you drink

more than the recommended daily amount (more than 14 units per week), your liver will not be able to process the alcohol quickly enough, which damages your liver cells.

Top tip: Take three days off from drinking alcohol every week to give your liver time to repair itself.

Maintain a healthy weight: A healthy liver contains very little or no fat. However, in some people, fat builds up in the liver and leads to a condition called non-alcoholic fatty liver disease. To prevent this, keep a healthy weight, eat a balanced diet, and stay physically active.

Top tip: Focus on long-term changes rather than quick weight loss.



Protect yourself from viral hepatitis:

Hepatitis is the term used to describe inflammation of the liver. Acute liver failure is one of the most common complications of a viral hepatitis infection. You can be vaccinated against both hepatitis A and B.

Top tip: Visit your GP if you have symptoms such as muscle pain, high temperature, loss of appetite, and yellowing of eyes and skin.

Best liver-protecting foods and drinks

- Coffee – contains antioxidants
- Black and green tea – improve enzyme levels and reduce fat deposits
- Grapefruit – reduces inflammation
- Red and purple grapes – reduce inflammation and prevent damage
- Beetroot juice – reduces oxidative damage and increases detoxification.

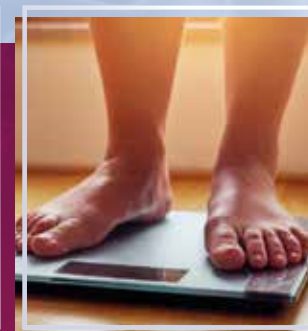


Photo credit: britishlivertrust.org.uk

All hail the BACON BUTTY!

The bacon butty has been named the UK's favourite sandwich, beating both cheese and pickle and ham and cheese to claim the number one spot. With one in five picking this British classic, let's take a closer look at what makes a great bacon sandwich.

HISTORY OF SANDWICHES

The sandwich is named after John Montagu, 4th Earl of Sandwich, who is said to have ordered his valet to bring him a piece of meat tucked between two pieces of bread. Today, the humble sandwich remains the UK's favourite lunch, with one in five Brits claiming to eat one every day.

HOW DOES THE NATION LIKE THEIR BACON BUTTIES?

More than a quarter of Brits choose sliced white as their bread of choice when making a bacon butty. Coming in second is the French baguette, with wholegrain bread in third place. Somewhat surprisingly, it's mayonnaise, not ketchup, that is the nation's sauce of choice when it comes to making a bacon sandwich, with 48 per cent of Brits favouring this creamy condiment.

HOW TO MAKE THE ULTIMATE BACON BUTTY

While everyone has their own personal preferences when it comes to making a bacon sandwich, below is our go-to recipe for creating the ultimate bacon butty.

You will need: A white or brown bloomer loaf or even a roll | 4 slices of smoked back bacon | Ketchup or brown sauce | Butter – ideally salted Lurpack.

How to cook the bacon: Always pan fry your rashers rather than bake them in the oven | Fry over a medium heat so that the fat renders down and the meat caramelises | Fry until the bacon is fairly crispy but do not let it shrink too much.

How to make: Gently toast one side of the bread/roll in the leftover bacon fat | Generously butter the other slice | Add the bacon | Top with either ketchup or brown sauce | Sit back, relax and enjoy.



Credit: Brazen via foodhub@wearebrazenpr.com

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The NECESSARY NEEDLE

THE 100 YEAR ANNIVERSARY OF THE FIRST INSULIN INJECTION



LEONARD THOMPSON
First patient to receive insulin in Toronto.



As humans whose interest in and ingenuity towards science has saved hundreds of millions of lives – whether by trial, error or good fortune – our ability to look around us in using plant and animal matter as a product for life-saving or life-changing medicine is truly a marvel.

A hundred years ago, one such milestone was reached when a 14-year-old boy named Leonard Thompson, who was dying of type 1 diabetes, received the first ever insulin injection.

The shot was administered by scientists Frederick Banting and Charles Best. The duo had practised under the tutorship of John Macleod at Toronto University, and were aided by another chemist, James Collip.

Over the course of the previous year, they had refined a treatment that involved extracting and purifying the hormone insulin from bovine pancreases.

Up until the point of the first insulin injection, people suffering from diabetes had no choice but to adapt to a strict low-calorie, no-carbohydrate diet, where in some cases food intake could not exceed 500 calories per day. Not only was such a diet incredibly difficult to stick to, but those who did abide by it endured low energy and strength, and in many cases a slow starvation.

The connection between pancreatic secretions and diabetes had been known for a while, but Banting, Best and co. were the first to advance the theory, and by the autumn of 1921 had succeeded in keeping alive a diabetic dog using injections of an extract made from duct-ligated pancreas prepared in saline.

Collip subsequently purified the extract for use in humans. The injection was given to Leonard Thompson, and his blood sugar immediately lowered. Subsequently, his urine cleared of sugars and other signs of the disease.

Banting and Macleod received the 1923 Nobel Prize in Physiology or Medicine for the discovery of insulin, and split their awards with Best and Collip respectively.



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As interior design enthusiasts everywhere waited with bated breath, Pantone announced its colour of the year – and it wasn't what anyone was expecting.

What is the Pantone colour of the year for 2022?

For the very first time, Pantone created a new shade that didn't already feature in its existing catalogue of colours. Described as "a dynamic periwinkle shade of blue hue with a vivifying violet red undertone", Very Peri marries the constancy of blue with the excitement and energy of red.

What does this colour symbolise?

According to Pantone, Very Peri is a symbol of the transitional times that we are going through as the world emerges from lockdowns and experiences unprecedented change. Its unique colour combination is meant to deliver dynamism, creativity, imagination and moving forward. Furthermore, as our physical and digital worlds become more intertwined, Very Peri is a shade that looks just as at home in the natural world as it does on screen.

How to incorporate Very Peri into your home

Very Peri is an incredibly versatile shade that is suited to many different materials, textures and finishes within the home. If you are worried about using too much colour, Very Peri is a great shade for creating a feature wall, either with a splash of paint or some playful wallpaper. It also works just as well in transitional spaces, such as the hallway, as it does in the main rooms of your home. Alternatively, you could invest in a few periwinkle home accessories or refresh some old wooden furniture with this warm and uplifting shade.



The season of COSYING UP

TIPS ON GIVING YOUR BEDROOM A WINTER MAKEOVER ON A BUDGET

As temperatures plummet and the dark nights set in, you won't be the only one contemplating hibernation this winter. While you might not be able to spend the whole season in bed, you can at least make it a little cosier to help you get through the winter months. Check out some budget-friendly ways of giving your bedroom a winter makeover.

CHANGE UP YOUR COLOUR SCHEME

One of the easiest ways to add a winter touch to your bedroom is to change up your colour scheme. Think grey tones or muted shades of pink and red. Cushions, curtains and ornaments can help you add some colour without going overboard with your spending.

EMBRACE WARMING TEXTILES

Bringing in some warming textiles can make your bedroom feel much cosier. Fluffy or bouclé throws, along with cushions, are perfect for this time of year, adding that hygge touch that will also keep you warm at night.

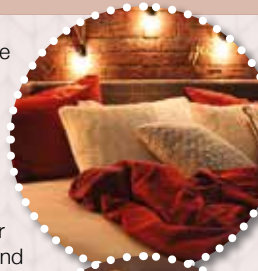
SOFTEN YOUR LIGHTING

Some softer lighting is just what you need to hide away from those dark winter evenings. If you don't have a dimmer switch, buy dimmable smart bulbs so you can lower your lights to create a warmer tone while also saving some energy. Adding candles or fairy lights can also create a winter-friendly ambience to help you settle in at night.

EMBRACE WINTER FRAGRANCE

Fill your room with winter fragrance to make your bedroom even more relaxing. Popular winter fragrances include warming vanilla, amber and tobacco, while spicy cinnamon and clove will help you capture the essence of winter.

Giving your bedroom a winter makeover is the perfect way to embrace nights in and rest up. With some simple changes, your bedroom will have that cosy Scandi vibe in no time.



HOW TO PERFORM CPR ON PETS



If you own a pet, you should make it a priority to learn how to deliver CPR to them in the safest possible way. While pets with underlying health conditions are unlikely to recover, if your healthy animal's heart has stopped, then CPR could save their life.

HOW TO CHECK IF YOUR PET NEEDS CPR

- 1. Check their airway:** Pull their tongue forward and check to see if there is anything lodged in their throat. If there is, remove it.
- 2. Check their breathing** Look and listen to see if they are breathing. Can you see their chest rising and falling? Can you feel breath from their nostrils? If not, check immediately for a heartbeat.
- 3. Check their circulation** Place your hand or ear over their chest where the elbow meets the ribcage. Can you feel or hear a heartbeat? If no heartbeat is found then start CPR.

HOW TO PERFORM CPR ON YOUR PET

- > Place your pet on their right side on a firm and flat surface
- > Dogs that have a barrel-shaped chest can be

- placed on their backs
- > Compress the chest at two per second at the widest part of their chest
- > For large dogs, use both hands interlocked
- > For small dogs, use one hand
- > For cats, use one hand to compress the chest from both sides while they are lying on their side
- > Make sure that each compression depresses the chest by a half to two-thirds and allow the chest to return to normal after each compression
- > After 30 compressions, extend their neck, close the mouth and blow down their nose
- > Give two breaths, allowing one second for the chest to fall
- > Check for a heartbeat again
- > If no heartbeat, repeat the process, giving 30 compressions and two breaths until veterinary help arrives.

TOP TIP: Use the beat of the song *Staying Alive* to keep the right pace



FRANKIE DETTORI

riding HIGH

A book, a film and a few more hundred rides – Frankie Dettori's love affair with racing continues.

As sporting icons go, Frankie Dettori betters most, in spite of his diminutive 5ft 4in frame. Having turned 51 in December, the Milan-born jockey continues to push his place in the sport.

There's a new book, *Leap of Faith* – an autobiography detailing the passion, positivity and perseverance of someone still going strong.

There's the documentary movie, *Dettori* – a stunning showcase of a life as the rock star of racing.

Mostly, though, there is a competitive reality that many lose under the radar. So used are we to seeing Dettori on our screens, across entertainment shows and as a genuinely likeable celebrity face, it's easy to forget this is someone still powering around racecourses on a weekly basis.

In 2021, Dettori has had more than 200 rides, and more than one-fifth of those saw the charismatic Italian come home to the sound of victory cheers.

Dettori has succeeded off the back of something very simple – he is a fierce competitor, a charmer and an entertainer. From the early days of stardom in 1990, when in one season he became the first teenager since Lester Piggott to ride a hundred winners, to his legendary seven victories achieved at Ascot in September 1996, to finally breaking his Epsom Derby jinx at the 15th time of asking, the rider has always embraced what it is to live in the spotlight that shines so brilliantly over the sport of kings.

"I know how lucky I am to be living this life," says Dettori, who was sent by his father to the UK in 1984, aged just 14, to work for Luca Cumani, the Italian thoroughbred horse trainer and breeder. The premise was simple – become the world's best jockey.

"It is good days and some bad days, like everyone else, but I am grateful every day at what the sport has given me, and as much as I can pay back, I will."

A fixture on the racing card for more than three decades, and someone who has prolonged his freelance riding career since parting company with Godolphin Racing in 2012 in the wake of a six-month drugs ban – something he has described since as "a moment of weakness that I will always feel shame for" – Dettori can claim to have lived through multiple generations and incarnations of the sport.

"There is always an interesting balance between the jockey, the horse and the trainer," says Dettori. "Everything is configured around that axis and if at any point one of those three things begins to deteriorate, you simply won't win races."

Dettori, who lives near the Newmarket course with his wife, Catherine, and their five children, knows that retirement may be nearing. When that day comes, the jockey may console himself in the knowledge that his career in the media will continue to flourish. He is already a regular on Racing TV, and away from the track has spent many years exploring entrepreneurial pursuits, not least his chain of restaurants.

"I've always been someone who wants to have a lot of fun," he says – how else would you describe his stint in the *Celebrity Big Brother* house in 2013? "I have a passion for life and a thirst to reach out and take the next project, and I'm sure I'll always carry that on."

“There is always an interesting balance between the jockey, the horse and the trainer”





LOCAL NEWS

from your neighbourhood



Roofer raising money to build boat to row across Atlantic

A Bishop's Stortford resident hopes to row from Portugal to French Guiana in South America to raise money for charity.

Pete Beatty, a local roofer, has dreamed of rowing the Atlantic Ocean since the age of 28, when he read *A Fighting Chance* by John Ridgway and Chay Blyth, which details the pair's own sea voyage.

Now 58, Pete will finally realise his dream in December 2022.

He aims to raise more than £100,000 for two charities close to his heart: mental health charity Tough Enough To Care, and Prostate Cancer UK.

Pete is asking for donations to assist with the building of a £67,000 boat, which he will use to complete his 3,800-mile solo journey in 100 days.

The boat will be sold after the challenge, with the

proceeds also going to the charities.

Businesses, including Radleys and Dontel Roofing Supplies, have helped raise £20,000 so far.

Pete aims to have the boat completed by April so that he can test it out at sea.

When talking about his choice of charities, he said: "If I can help stop one man from committing suicide, that's going to be my job done."

"I believe we're all walking a tightrope of mental illness and it's so important that people talk, and that they are helped and listened to."

"Mental health is hidden. If people had a plaster on their brain, people would see it, and they'd understand."

For information on how to donate, email Pete at Indiansummer@gmail.com

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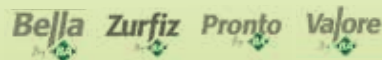
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Schoolteacher praised for dedication to conservation

A former schoolteacher has been given an award for championing the protection of wildlife in and around Bishop's Stortford.

Bob Reed, a retired biology teacher, received the award from the Hertfordshire Natural History Society, which recognises his more than 60 years of dedication to the local environment.

In particular, he has been recognised for his efforts to safeguard the county's rare chalk streams and for helping with the reintroduction of water voles.

During his decades of environmental work, he has used his role as chair of the Bishop's Stortford Natural History Society to promote conservation techniques.

His achievements include a successful seven-year campaign to have Pishiobury Park designated as a

Local Nature Reserve and advising Sawbridgeworth Town Council as its eco-auditor.

Upon receiving the award, he said he hopes to persuade others to appreciate their local environment.

He said: "I have lived in the same area for more than 70 years and thought I knew it pretty well. But doing the recent eco-audit for Sawbridgeworth was a revelation in terms of finding out what we have on our own doorstep. If I can only persuade people to appreciate what they have locally, then I'll have achieved my aim."

A self-confessed gadget fan, he is also the inventor of camera traps used to monitor water wildlife, and Bob's Bailing Box for stacking hay on ecologically sensitive grassland – a solution that has been adopted by other conservation groups.

Business owners' good deed goes a long way

Two Bishop's Stortford business owners have stepped up to help the victim of a pickpocket.

Philip and Martin Zelle (pictured with Jo Gill from St Elizabeth's Centre), who own Bishop's Stortford-based F. J. Zelle Jewellers, have reimbursed a disabled woman in her 80s after a thief stole money from the back of her wheelchair.

After hearing of the crime, Martin also set up a JustGiving page, with all the proceeds raised going to St Elizabeth's Centre, where the victim is a resident.

Speaking to VISION Bishop's Stortford, Martin said: "I regularly say it's nice to be nice. I want to thank those who have given money so far. It's a nice time of



year to remember that there are people who might be in greater need than yourself."

To donate, please visit www.justgiving.com/crowdfunding/martin-zelle-stelizabethscentre

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Application reveals plans for a new takeaway

A new takeaway could move into the premises of a former Bishop's Stortford travel agent, a planning application has revealed.

In the application, submitted by Cem Camak to East Herts District Council (EHDC), documents reveal plans to convert the former TU premises in Market Square into a hot food outlet with flats above.

The premises has been empty since the travel agent closed in 2019, with Mr Camak stating that the takeaway will promote healthy eating.

The application form states: "While there is a choice of à la carte restaurants, there is a distinct under-

provision of hot food takeaway outlets catering to the working classes on the go, but particularly one with emphasis on healthy eating."

Talking about the proposed flats in the application, Mr Camak said: "The flats on the upper floors will cater for the town centre workers who need appropriate accommodation. There will be minimal alterations to the ground or upper floors.

"The proposal will have no adverse impact on the existing characteristics of the area."

Find the application by searching 3/21/3116/CLUP on the EHDC planning application section.

Resident creates safe space for LGBTQ+ people

A Bishop's Stortford resident has created a safe space for members of the LGBTQ+ community.

Chelle Peppiatt, 32 (pictured), who came out as gay around six months ago, decided they wanted to create a sanctuary in the town for people to come and feel comfortable.

After launching an appeal to find a venue, one local business owner came forward to help. The group has proved popular so far, with meetings taking place once a month.

Speaking to **VISION**Bishop'sStortford about why they decided to set up the safe space, Chelle said: "The goal is to enable those from the LGBTQ+ community to come and be their authentic selves.

"Speaking about my own journey and using they/them pronouns, having that safe space will create the space to exercise those sorts of things.

"A lot of people from the LGBTQ+ community have got in touch, which has been great because I wasn't expecting that so quickly."

The group meets every third Wednesday of the month from 7.30pm to 9.30pm. Email stortfordlgbtq@gmail.com for more information.





Photo credits: Nathan Cracknell Photography and BS FC

Blues bring in the new year with impressive victory

Bishop's Stortford FC began the new year in style, beating nearby rivals, Cheshunt, 3-1 at home to move up to second in the Pitching In Isthmian League Premier Division.

The Blues won on New Year's Day for the first time since 2013, ending a 16-match unbeaten streak for the visitors through Ryan Charles, Ryan Henshaw and Chris Harris' first half goals.

Ben Marlow ensured the Blues started on the front foot, flashing a shot just wide of the post from 25 yards after 15 seconds. Henshaw got his head to a Jonny Giles free kick, but it was defended for a corner, from which Marlow had a low shot blocked.

Soon after, Giles curled a free kick in from the left to

Henshaw in space, but he could only rattle his header off the crossbar. Charles made no such mistake from the next cross, nodding home into the top left corner.

Giles was the provider for the second goal, with Henshaw heading home at the back post from a left-wing corner. The next goal came when the opposing goalie's kick was chased down by Harris, who finished calmly from a tight angle.

The home side continued to dominate the second half, but after a flurry of chances, James Thomas went off injured, meaning the Blues finished with 10 players as all three changes had already been made.

Cheshunt eventually got a consolation, with Miles firing into the top corner from 20 yards.

Music store issues appeal for donations

A charity shop in Bishop's Stortford has launched an appeal for donations of popular vinyl records.

The St Clare Hospice charity shop, on Devoils Lane, sells a variety of vinyl, but is running very low on stock. The hospice is now appealing for donations of records that residents no longer listen to or want.

Dave Whyte, who has been working in the shop for the last five years, said residents who donate will be helping to raise funds for the local hospice.

He said: "In all my time here, there has always been a steady flow of good vinyl records coming through. But in the last four months, we have seen a 75 per cent reduction in donations, impacting on sales dramatically."

If you have a vinyl record you would like to donate, you can take it to your local St Clare charity shop, where it will be passed on to the shop in Bishop's Stortford, or to the hospice in Hastingwood.



THE BEST PLACES AROUND THE WORLD TO SPEND DRY JANUARY



Did you overindulge a little during the festive period? Are you more than ready to get on the wagon and give Dry January a try?

If yes, then these sober-friendly holiday destinations are just what you need to stay on the straight and narrow.

SANTORINI, GREECE

Beloved by honeymooners and those wanting a romantic getaway, while you can still buy booze in Santorini, this stunning beach destination is better known for relaxation, eating, and exploring the local villages.

MALAYSIA

If you want a holiday destination where it is too expensive to drink alcohol, then Malaysia is the country for you. With one of the world's highest alcohol taxes and alcohol highly restricted and even banned in some places, you won't have much choice but to find other ways to have fun.

PERU

For those who are seeking delicious alcohol-free alternatives, this South American country certainly delivers. Choose from nutrient-rich juices made

from local fruits, or chicha morada, a Peruvian speciality made from dried purple corn.

THE MALDIVES

One of the most popular destinations for winter sun, it is forbidden for locals to drink alcohol in the Maldives, and they are instead used to drinking tea and coconut water. While you can still indulge in the island's resorts, why not enjoy a truly authentic experience and go booze-free?

MOROCCO

Unlike us Brits, alcohol is not really part of Moroccan culture, so you won't see many offerings in local bars, hotels and shops. Instead, focus on exploring its ancient cities and stunning architecture, as well as its many markets, which are perfect for grabbing a bargain or two.

TOKYO, JAPAN

Although alcohol is easy to get hold of in Japan, like Morocco, this country does not have a strong drinking culture, so you won't feel pressured to drink. Instead, check out the high-tech entertainment or visit a sumo stable and see the country's national sport live in action.

GO GREENER

WITH YOUR ECO-FRIENDLY OUTDOOR SPACE

When it comes to helping the environment, every little helps. There are a lot of things you can do to build greener habits, starting with your own garden.

Creating an eco-friendly garden is the perfect way to support the environment from home – no matter the size of your space.

Make your garden more sustainable with the following tips.

USE RECYCLED MATERIALS

Using recycled materials is one of the major ways you can make your garden more eco-friendly. This could include wooden pallets, old plant pots, and plastic food containers. You could also consider upcycling dated or discoloured garden furniture.



SUPPORT NATURE'S POLLINATORS

Nature relies on bees and insects for pollination. The growing decline in their populations could have serious consequences for food production and much more in the future. Planting some bee-friendly flowers could help you play your part in boosting their numbers, while also bringing some colour to your garden. Popular bee-friendly flowers include lavender, honeysuckle, snapdragons, bluebells, and primroses.



CONSERVE WATER

Taking steps to conserve water will help the environment, as well as keep your bills low. Having some water butts will help you collect rainwater that you can use for watering flowers, topping up your pond, and other garden tasks. You should also avoid sprinklers and over-watering your garden to help reduce your water use.



MAKE YOUR GARDEN WILDLIFE-FRIENDLY

There are different things you can do to encourage wildlife visitors to your garden. This helps increase biodiversity and gives you your own chemical-free pest control. Build a pond, put up some bird boxes, and provide some food sources to encourage these welcome visitors to your garden.

You can prevent pests and weeds without having to resort to chemical methods. Some herbs, such as chives, rosemary and mint, make excellent pest deterrents, while you can manually remove weeds to keep them from taking control of your garden.



GET COMPOSTING

Instead of buying compost from the garden centre, why not make your own? Start collecting your vegetable peelings, lawn cuttings, teabags, egg boxes, shredded newspaper, and cardboard to cut down on waste and put it to good use.



Photo credit: www.gardenersworld.com

ECO-FRIENDLY POTS

Want to make your green fingers even greener? You could try making your own plant pots

Plant pots made from newspaper are an excellent way to recycle, and because they're biodegradable, you won't need to transfer your plants when they're ready to be planted outside.

Simple and quick, you can get the whole family involved in making DIY plant pots.

What you need:

Newspaper | A mould | A seed tray | Compost | Seeds

How to make:

1. Find a suitable mould: Find something that could work as a mould, like a tube or a tin. You may need a range of moulds if you're planting different types of seeds.

2. Cut newspaper strips to size: Cut strips of newspaper that are long enough to wrap around the mould multiple times. You could also fold newspaper into narrow strips to boost the layers. You're aiming for four to six layers of newspaper.

Making your own paper plant pots helps you reuse materials and gives you a solid structure for planting seeds. Give it a try and do your bit to be greener.



3. Wrap your strips tightly around the mould: Wrap the paper around tightly, securing the sides to keep the structure rigid. You'll need to fold the paper over the bottom of the mould so that you can keep everything securely in place. Folding the ends down tightly means you won't need any other materials to secure your pot.



4. Remove the paper carefully from the mould: Slide the paper off the mould, taking care not to cause any tears.

5. Plant your seeds: Transfer your paper pot to a seed tray and plant your seeds. When they've outgrown the seed tray, you can transfer your paper pot to another pot and let the newspaper break down naturally.

Making your own paper plant pots helps you reuse materials and gives you a solid structure for planting seeds. Give it a try and do your bit to be greener.

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BRUCE KING
on getting and staying motivated



BUSINESS & PROPERTY

KNOW YOUR
WHY



In his latest column, sales mentor and personal growth coach, Bruce King, discusses how to wake up and stay motivated.

Motivation is so often thought of as something you have done to you, or you do to yourself to get yourself moving, usually in the direction of achieving your goals.

If you struggle with motivation, there are thousands of personal development coaches out there who will happily take your money and do what they can to motivate you. But in most cases, the results will only be temporary.

The most important thing you need to understand is what motivation really is.

Motivation comes from the word 'motive' (reason).

Your motivation comes from your motive, your 'why', your reason for wanting to achieve your goals.

Doesn't that put a totally different light on it?

Without a why, no goal will be very inspiring or motivating.

Yet when you define your why - what it will really

mean for you, how amazing you'll feel, what you'll have and be able to do when you've achieved your goals - you will be massively more motivated, most if not all the time. And you probably won't need anyone's help to motivate you.

So, to define your why, here's an exercise I use with many of the people I coach.

Invest at least half an hour (it's going to be one of the most valuable half-hours ever), think about the following question and write down your answers. And don't stop until you cannot think of anything else to write, no matter how long it takes.

Ask yourself - why do I do what I do?

Keep that piece of paper with you and whenever you need motivating, read it.

That's all the motivation you should ever need.

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



CONSERVATORY VS Orangery

If you are thinking about adding to your home, you may be wondering about the difference between an orangery and a conservatory. While they can both provide you with a versatile and attractive space, there are several key differences between the two structures.

WHAT IS A CONSERVATORY?

A conservatory is characterised by:

- > Having half of each side wall made from glass
- > At least three-quarters of its roof made from any type of translucent building material or clear glass
- > Being built against the wall of a house with a closing door or window

- > A standalone heating source that is separate from the main house.

WHAT IS AN ORANGERY?

An orangery can be defined by:

- > Large, tall windows on one side – usually south-facing
- > A brick or stone structure
- > A flat roof with a central glass lantern that can span part or all of the roof
- > An independent heating source, such as a stove.

WHAT IS THE DIFFERENCE?

One of the key differences between a conservatory and an orangery is the roof. As mentioned above, a conservatory must have at least 75 per cent glazing on its roof. An orangery, on the other hand, tends to have a standard roof. A conservatory is seen more as a mid-point between your home and your garden, whereas orangeries are more visually comparable to an extension as they can be stand-alone or built against the side of your property.

BENEFITS OF A CONSERVATORY

More natural light | Better view of your garden | More affordable | More relaxed vibe | Long lasting | Can be used all year round.

BENEFITS OF AN ORANGERY

More elegant look | Better insulation | More consistent temperature | Reduced glare and sunlight | Long lasting | Can be used all year round | Adds more value to your property.



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SNOW WAY!



FROM WOK RACING TO ICE YACHTING – THE WINTER SPORTS YOU PROBABLY NEVER KNEW EXISTED

We watch the Winter Olympics partly with admiration, partly for slightly comedic entertainment. Whoever thought riding down an ice track on a glorified metal tea tray at 80mph was a good idea?

To pull off any kind of sporting prowess with icy, snowy and bitterly cold conditions is impressive, but the peculiarity of winter sport stretches far beyond gliding across a frozen lake on two blades of steel.

Here are five winter sports you probably never knew existed – now all you need is for the temperature to drop below zero so you can partake:

SNOW SCOOTING – The scooting trend has transformed our towns and cities. A simple adaption to remove the wheels and curate a more aerodynamic board to stand on, with a handlebar unit that responds to left and right pushes, means you are ready to embark on a whole new form of scooting... on ice.

WOK RACING – Sometimes the name alone is enough to fill in the gaps. Competitors sit on a round-bottomed Chinese wok and speed down a variety of courses, from a bobsled track to a steep bank. Handles are optional.

SHOVEL RACING – For a sport that does what it says on the tin, shovel racing is a lot of fun, with the flatness of the metal providing a comfortable yet speedy base for descent.

ICE KARTING – We're told to avoid driving in freezing conditions, but ice karting capitalises on our thrill for negotiating unpredictable hazards and, of course, powerslides.

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BRITAIN'S GREATEST SPORTING MOMENTS...

CANTONA'S KUNG FU KICK



SPORT

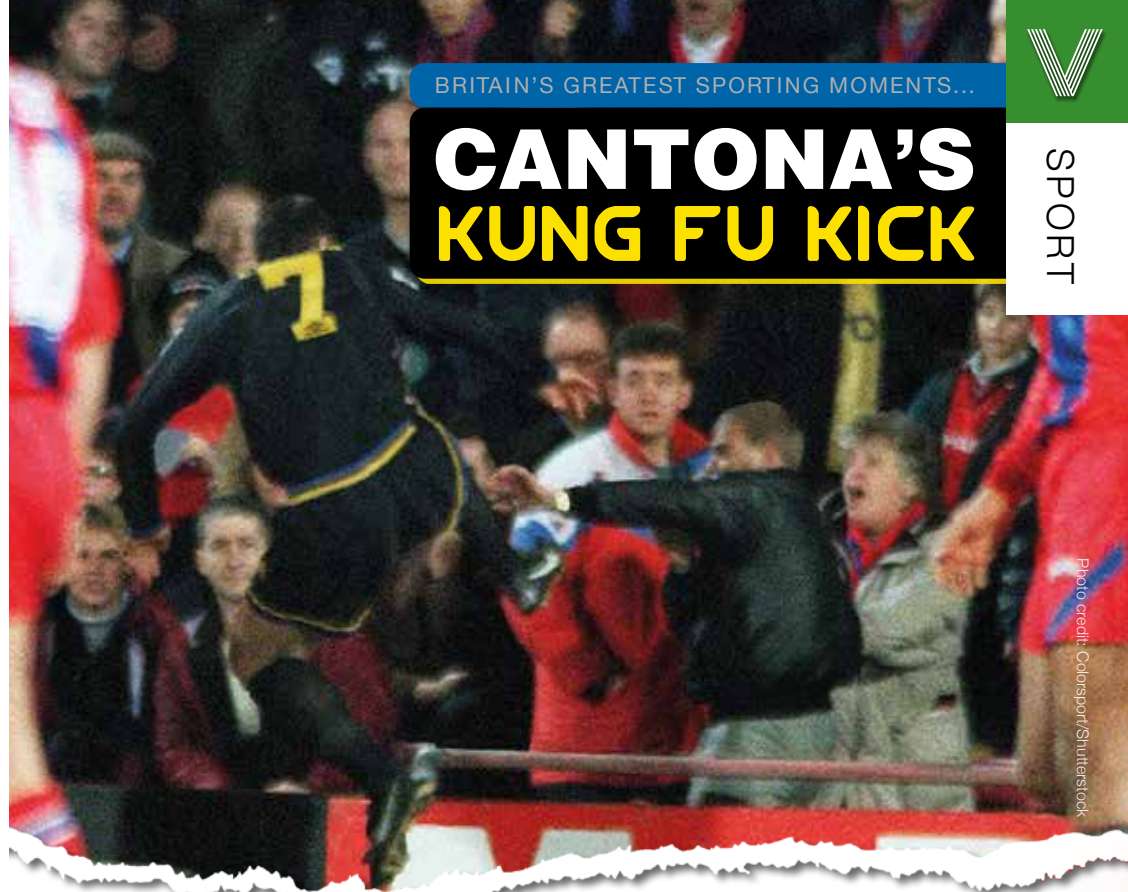


Photo credit: Colorsport/Shutterstock

EACH MONTH, WE LOOK AT ONE OF THE MOST SIGNIFICANT EVENTS IN BRITISH SPORTING HISTORY. THIS MONTH, IT'S ERIC CANTONA'S KUNG FU KICK AT SELHURST PARK

Eric Cantona's kung fu kick at abusive Crystal Palace supporter, Matthew Simmons, on the night of January 25, 1995, will go down as one of the Premier League's most remarkable moments.

The fiery Frenchman had just been dismissed after clashing with Palace's Richard Shaw, as United toiled in South London. As he walked along the touchline towards the changing rooms, the entrance for which is located at the corner flag, Simmons came down a flight of steps to verbally abuse the striker.

That, in itself, is nothing remarkable for footballers of any era, but Cantona's temperament, demeanour and lack of tolerance were already hot topics, and he lurched into the crowd, studs first, in pursuit of his abuser.

While Crystal Palace dished out a life ban to the supporter, somewhat harshly, Cantona had clearly crossed a line and was subsequently barred from

football for nine months by the Football Association.

It says a lot for United's backing of one of their leading stars that, during that period, they renewed the Frenchman's contract. In interviews since, he has largely dismissed the incident, although did at one point claim that he was fighting back against "the hooligan's BNP [British National Party] background", not that the footballer would have known that at the time of the incident.

Without Cantona, United lost the league title by a solitary point to Blackburn Rovers. His return came the following season in a home match with Liverpool when his late penalty rescued the hosts.

In a parallel universe, he may even have been playing for the Merseyside club – three decades ago, in 1991, and a year before he signed for United, Cantona was offered to then-Liverpool manager, Graeme Souness. He turned down the offer to sign the controversial player given his fiery reputation back in France.

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ahead if you do have a long journey.

However, the development of rapid electric chargers seems capable of dramatically reducing this time, in some cases down to as little as half an hour.

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Electric

An electric car is, quite simply, a fully electric vehicle. It will never require a trip to the petrol pump, and that means the cost of running it is significantly reduced compared to its fuel-hungry cousins – in fact, the estimated running costs of an electric car are just 25 per cent of what it costs to run a petrol or diesel vehicle.

The downside of an electric car is the need to recharge the battery. This can typically take several hours, which can cause a headache when it comes to long road trips, so you need to plan

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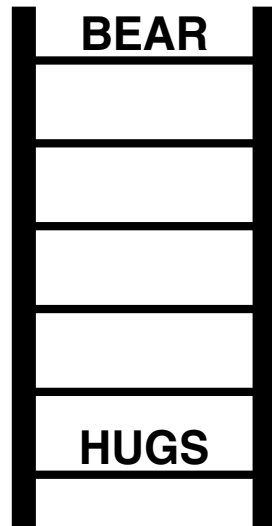
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DO NOT rearrange the order of the letters.

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

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