

**HOW TO
MAKE
A BIRD
BATH**

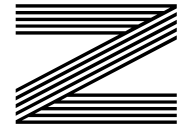
**COVID-19
HEROES**
honoured

6 UNUSUAL FACTS
about Valentine's Day

NATURAL WAYS
to boost your metabolism

Karren
BRADY CBE

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Editor's notes...

FEBRUARY 2022



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** Bishop's Stortford. Many of us will have entered 2022 with a sense of renewed optimism and hope, and that has only been buoyed by the lighter mornings and evenings. Personally, I've been focusing on adopting healthier habits and, as a result, I feel better both physically and mentally. I'm able to think more clearly and go about my day with more energy.

Recently, I've been enjoying networking face-to-face with our local clients, without whom we wouldn't be able to grow our business as we have done. There are big things on the horizon for **VISION** in 2022, and it's all down to our loyal clients and readers.

I've also been enjoying the latest series of *The Apprentice*, which never fails to inspire me to step up my game in the business world. Read our feature on the successful businesswoman, Baroness

Karren Brady CBE, in which she talks about her journey to success, in this month's issue.

Now is the time when many people will start thinking about their summer holidays. After the uncertainty of the past two years, I'm certainly among those hoping that I'll be able to spend some time relaxing on a warm beach this summer. Let's all continue the drive to make 2022 a better year and make the most of the opportunities that come our way.

Brett Shohet

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HONOURING *our* COVID-19 HEROES

In the hope that we're moving away from the dark days of COVID-19 for good, let's highlight a few of the iconic figures who have guided this nation through one of its toughest tests outside of wartime.

The battle against COVID-19 has not been a simple one. For every inspired expert, another has been chastised; for every round of applause, there has been a barrage of criticism; for every saint, there has been a sinner.

The Queen's New Year Honours List recognised many who have committed so much over the past two years, going right back to March 2020 when the world began morphing into that dark, terrifying place it became.

Recently praised by the Queen, there were a number of people who, by their own admission, were called upon to help. Here are some of those

who used their experience and expertise to help in this time of crisis:

Sir Chris Whitty: One of the first of the government's advisors, the Chief Medical Officer excelled at breaking down the science, both behind the scenes and in public broadcasts to millions of people.

Sir Jonathan Van-Tam: Professor Whitty's deputy was given a knight bachelor title not only for his services in understanding COVID-19, but also for his extensive life's work researching influenza.

Dame Jenny Harries: The chief executive of the UK Health Security Agency was another who was prepared to stick her head above the parapet, at a time when speculation and misinformation permeated news sources and social media.

Sir Patrick Vallance: The physician, scientist and

clinical pharmacologist served the government as Chief Scientific Advisor, and remains in the position today.

Meanwhile, Scottish Chief Medical Officer, Dr Gregor Smith, and his Welsh counterpart, Dr Frank Atherton, were also knighted for services to public health.

Of course, there were also those who became involved in campaigns and initiatives that were a world away from their everyday lives.

The late, great Sir Captain Tom Moore was one; Marcus Rashford canvassed the government for free school meal vouchers – and won; Kate Garraway played out an incredible personal struggle with COVID-19 in the form of her husband Derek's long battle with the virus; Joe Wicks started a home fitness revolution; while Annemarie Plas was the

brains behind the Clap for Carers initiative which, at a time of intense lockdown, reminded us all that we were only ever a few yards away from those who cared about us.

And yet, in assembling a list of people who have committed knowledge, insight or reputation to the war against COVID-19 and its many variants, it's easy to forget the very folk who are the true heroes, and without whom the death toll would be catastrophically higher – ourselves.

While the informed, powerful and inspirational people listed have given us the knowledge and tools by which we have fought the battle against COVID-19, ultimately it is our own actions, our unwavering compassion and a sense of resilience, that embodies every bit the Dunkirk spirit. For that, we salute you.



DID YOU KNOW ABOUT...

If you embrace everything about Valentine's Day, from the romance to the exchanging of gifts – even the corny love songs – then you will love these fascinating facts about Cupid's big day.

Valentine's Day was founded on rebellion

Although this popular day is synonymous with love, it actually started as the result of Emperor Claudius II not wanting Roman men to marry during war.

The x symbol originated in medieval times

While many modern lovers end their text messages with an x or two, this tradition first came about in medieval times as not many people were able to write.

Valentine's pairings used to be random

Nowadays, people tend to send Valentine's Day cards to their current partner or to someone they have a crush on. However, in the Middle Ages, the selection process was random, with single men drawing the names of unattached women from a bowl.

Juliet still receives love letters on Valentine's Day

Despite the fact that she is a fictional character – and a deceased one at that – the city of Verona, where *Romeo and Juliet* is set, still receives around 1,000 letters addressed to this leading lady each year.

Henry VIII chose February 14

Although most of his marriages ended badly, there is no denying that this infamous king was a fan of love. In fact, he was the one who declared Valentine's Day a public holiday way back in 1537.

The majority of Valentine's gifts are bought by women

Somewhat unsurprisingly, a whopping 85 per cent of all gifts purchased for Valentine's Day are bought by women. Is it because the fairer sex is more romantic? Or maybe it's because women just like to treat their loved ones at this time of year?

...Valentine's Day?



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LEATHER-FREE ALTERNATIVES

for the cruelty-free fashionista

Whether you are embracing a vegan lifestyle or are keen to explore ethical fashion, these innovative leather-free alternatives are taking the fashion world by storm.

MUSHROOM LEATHER

Made from the caps of a mushroom type called phellinus ellipsoideus, mushroom leather can be used and treated just like animal leather, but is engineered in an environmentally friendly way. As well as being sustainable, mushroom leather is water-repellent, non-toxic, durable and super soft.

PINEAPPLE LEATHER

The most widely known and widely used leather alternative, pineapple leather – also known as Piñatex – is made using pineapple leaves which otherwise would be burnt or discarded. Strong, durable, lightweight and breathable, this leather-free alternative is also significantly cheaper than animal leather.

CORK

Although not an imitation of leather, cork is a great choice for forward-thinking fashionistas. Sturdy, waterproof, recyclable and renewable, if you love to stand out from the crowd, this quirky, cruelty-free material is the one for you. It is a natural fibre that comes from cork trees, and by rocking cork, you are actively helping to prevent the desertification of cork oak forests.

RECYCLED RUBBER

If you are looking for leather-free accessories, then recycled rubber is just what you need. Created from objects like tyres and fire hoses, rubber is easy to care for and incredibly long-lasting. However, as this material does take a long time to break down, only invest in recycled rubber items if you plan to use them indefinitely.

APPLE LEATHER

Apple leather, as the name suggests, comes from apple harvesting. Made using the discarded skins and cores, apple leather is very similar in appearance to animal leather, but has a more paper-like feel. This means that it is the perfect texture for adding different backings, coatings and effects to garments.



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BANISH THE BALD

Male pattern baldness affects 6.5 million men in the UK. Although it is most common in men aged 60 and over, it can also occur in males in their 20s and 30s. It is caused by a number of hormonal and genetic factors, but you can fight back against male hair loss with the below vitamins.

BIOTIN

If you follow the keto diet, have had bariatric surgery, or you drink high amounts of alcohol, you could have low levels of the vitamin biotin in your body, which can result in hair loss. By taking a biotin supplement, you can get rid of this deficiency and should see either a stabilisation of hair loss or even a reversal.

VITAMIN D

A deficiency in vitamin D is common in vegans, people with milk allergies, those with Crohn's or celiac disease, and men who don't get enough sunlight. Vitamin D is needed to generate new hair follicles, and a prolonged deficiency can result in brittle hair and hair loss.

ZINC

Low zinc intake has been linked to a range of hair loss conditions such as alopecia and telogen effluvium, which is a hair thinning disorder that is often caused by stress. By increasing your zinc intake, you can boost sebum production, increase hair growth, and protect your hair cells from free radicals.

VITAMIN E

Vitamin E is best known for its antioxidant properties that help to protect the body's cells. Early research indicates that vitamin E can also help to improve overall scalp and hair health. More specifically, it may be able to reduce oxidative stress in the scalp, which has been linked to hair loss.

HOW TO PROMOTE HAIR GROWTH:

- > Take a supplement
- > Eat zinc-rich foods such as meat, shellfish and legumes
- > Massage a vitamin oil into your hair
- > Use a vitamin-based shampoo and conditioner.





HOW TO boost YOUR METABOLISM

If you are trying to lose weight, you may have heard about the benefits of boosting your metabolism.

While your body is constantly burning calories, boosting your metabolism can give you that extra edge when it comes to weight loss.

crucial for those wanting to boost their metabolism and burn more calories. Try investing in a standing desk or ensure you take regular breaks throughout the day.

METABOLISM-BOOSTING FOODS:

- > Protein-rich foods such as eggs, almonds, chicken breast, oats, and cottage cheese
- > Spicy foods that contain fresh or dried chilli
- > Iron-rich foods such as spinach, kale and other leafy greens.

1. FOCUS ON STRENGTH TRAINING

If you tend to stick to basic cardio when it comes to working out, you should know that this is not the best way to boost your metabolism. Instead, turn your efforts to strength training and high-intensity workouts that will keep your body burning more calories for longer.

2. INCREASE YOUR FIBRE INTAKE

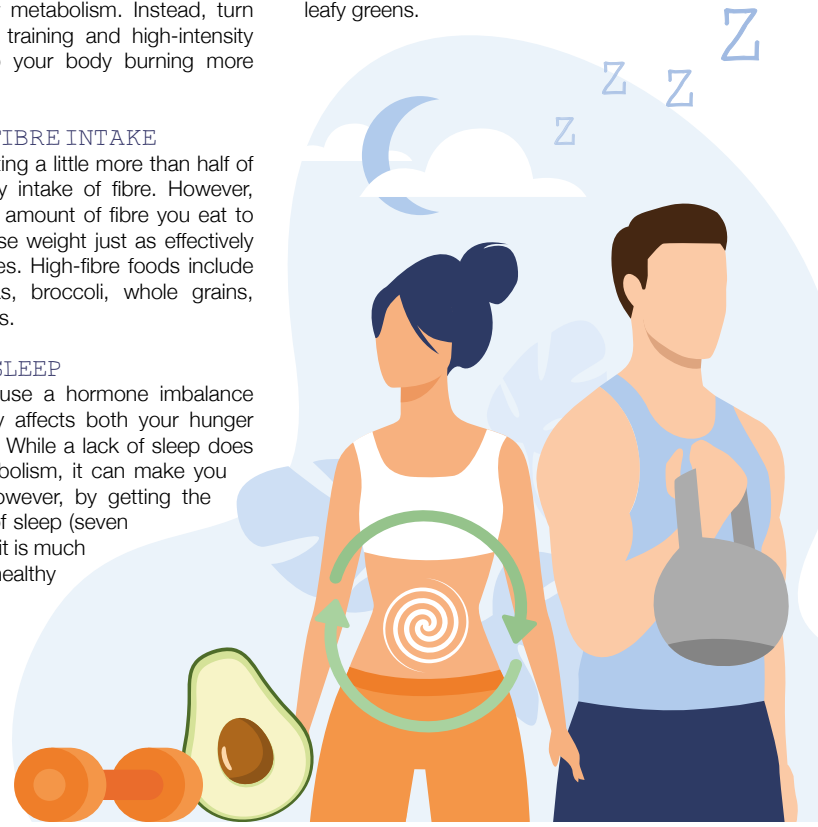
Most adults are only getting a little more than half of their recommended daily intake of fibre. However, by simply increasing the amount of fibre you eat to 30g per day, you can lose weight just as effectively as when counting calories. High-fibre foods include lentils, beans, chickpeas, broccoli, whole grains, dried fruits, and avocados.

3. GET SUFFICIENT SLEEP

A lack of sleep can cause a hormone imbalance in the body that directly affects both your hunger levels and your appetite. While a lack of sleep does not decrease your metabolism, it can make you metabolically groggy. However, by getting the recommended amount of sleep (seven to eight hours per night), it is much easier to maintain a healthy weight.

4. STAND UP MORE

Office workers spend an average of 75 per cent of their day sitting down. However, standing up is



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HOW TO GET INVOLVED.
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FROM OUR
NUTRITIONAL THERAPIST,
Natalie Lamb

Get the hang of the HANDSTAND

Instagram is awash with Lycra-clad ladies and muscled men perfecting the art of the handstand without even breaking a sweat.

Unfortunately, for us mere mortals, it takes a little bit more practice to enjoy living the upside-down life, but the below exercises should help you get there eventually.

THE HOLLOW HOLD

How to do:

- > Lie face up on the floor with your arms overhead, your biceps by your ears and your legs outstretched
- > Lift your legs and your arms so that both your feet and your shoulders are off the ground
- > Try to keep your head in a neutral position to avoid strain
- > Hold for 30 seconds and repeat twice.

THE PIKE HOLD

How to do:

- > Find a box or chair that can comfortably support your weight
- > Crouch facing away from the box or chair with your hands shoulder-width apart on the floor
- > Slowly step one foot up on top of the box and then the other and lift your hips upwards
- > Walk your hands closer to the box, aligning your hips over your shoulders and over your wrists
- > Gradually straighten your legs to form an L shape
- > Hold this position for as long as you can and repeat three times.

THE WALL WALK

How to do:

- > Get into the plank position on your hands with your feet next to a wall
- > Walk your hands back a few inches until you can step your feet up onto the wall
- > Continue walking your feet up the wall and your hands closer to the wall until you are in the handstand position
- > Try not to lean your hips against the wall
- > Hold for two to three seconds and repeat three times.

TOP TIPS FOR A BETTER HANDSTAND

- > Try to activate your glutes before kicking off
- > Push through your shoulders when kicking off
- > Lock your arms straight by your ears
- > Keep your legs tight and point your toes.





Did someone say PANCAKES FOR ALL?

Whether you are trying a new diet, suffer from food allergies, or have become intolerant to a certain ingredient, the below alternative pancake recipes are just what you need

GLUTEN-FREE PANCAKES – serves 4

You will need:

- 125g gluten-free plain flour | 1 large egg | 250ml milk

DAIRY-FREE PANCAKES – serves 4

You will need:

- 125g plain flour | 1 large egg | 300ml hemp or coconut milk

How to make:

- > Put flour into a bowl and make a well in the centre
- > Crack in the egg and add 100ml of milk
- > Whisk until you have a smooth paste
- > Add another 100ml of milk and whisk again
- > Mix in the remaining milk.

HOW TO COOK PANCAKES:

1. Leave the mixture to sit in the fridge overnight if possible, or for at least 30 minutes
2. Set a non-stick frying pan or crêpe pan over a low to medium heat
3. Carefully wipe the pan with a piece of oiled baking paper
4. When hot, pour in a small amount of batter and cook for 1-2 minutes on each side until golden
5. Do not flip when bubbles start to appear, but when the bubbles start to pop and form holes.

SUGAR-FREE PANCAKES – serves 4

You will need:

- 125g plain flour | 1 large egg | 250ml milk | ½ tsp baking powder | ½ tsp vanilla extract | Pinch of salt | Generous pinch of cinnamon

How to make:

- > Mix all the dry ingredients in a bowl
- > Mix all the wet ingredients in a separate bowl
- > Pour the wet mixture into the dry ingredients and whisk together.



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70 YEARS

THE ACCESSION TO THE THRONE FOR QUEEN ELIZABETH II



HISTORY



The Queen's accession to the throne, which occurred on February 2, 1952, and of which the 70th anniversary is being celebrated this year, is perceived to be one of the happiest points of Elizabeth's life.

Sure enough, in the seven decades since, her dedication to her title, her responsibilities and her people has never once been called into question; and while members of the royal family all around her have been losing their heads, the now 95 year old oversees this great nation with every bit the same level of finesse and fortitude that she did in those early post-war years.

And yet the events that led her to take the throne were, ultimately, very sad, not least because it was her father King George VI's death that triggered her accession to the throne in the first place.

The Queen was staying in Kenya with her

husband, Prince Philip, when news broke that George had died at the age of 56. Elizabeth was only 25, and returned home immediately to be given the title of Queen at an Accession Council, held at St James's Palace.

It would be a full nine months before Elizabeth attended her first State Opening of Parliament, in November 1952, when the final formalities of her assuming the throne were complete. Sure enough, by the time she made her first speech to Parliament, you may suppose she had been afforded ample time to come to terms with the death of her father. Yet, as the celebration and fanfare of a new, young, beautiful, fashionable Queen filled airwaves and column inches the world over, inside she was still mourning her loss.

Fittingly, then, the die was cast for a life in which personal disappointments would always have to be put to one side in favour of the greater good.

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HOME & DIY

AN EASY GUIDE TO

distressing

FURNITURE

There are a lot of great reasons to distress furniture. It adds character and charm and can be a simple way of making your pieces look more unique and expensive.

Distressing furniture is part of the upcycling trend that is seeing people ditch the flatpicks and pick up quality items that last. And the good news is, it's simple to do yourself. Check out this easy guide.

paint is to use some furniture wax and sandpaper to buff the furniture to the desired finish. A final coat of wax will give added protection to your furniture.

GO LUXE WITH GOLD LEAF

With some sheets of gold leaf, you can give furniture a luxurious, distressed look that's perfect for adding a little glamour. The leaf is brushed onto the furniture and buffed to the desired finish with furniture wax.

USE CHALK PAINT

Chalk paint is one of the most popular methods of distressing furniture. Simply apply two coats of chalk paint – either in the same shade or in a combination of two different shades – and allow it to fully dry. Take some furniture wax and a cloth to buff away at the paint to create a distressed look. It's ideal for furniture with edging, moulding, or other raised details.

APPLY A COLOUR WASH

A subtle wash of colour can add a distressed look to furniture without covering the original grain. Apply a coat of diluted paint to the furniture to create the desired look. The colour can then be sealed using wax or varnish.

SAND AWAY

An alternative method to distress furniture with chalk

Distressing furniture can be a lot of fun and is an easy way to give a new look to your items. Which technique will you try first?



Photo credit: bhg.com, amiesloan.com, doodsondesigns.com, ninered.blogspot.com



Easy Peasy Lemon Squeezy

Did you buy a few too many lemons to go with your pancakes? Don't let them go to waste; instead, use them to freshen up your home. As lemons are naturally astringent, they are the perfect chemical-free cleaning aid.

MAKE YOUR TAPS SHINE: Remove any hard water build-up or mineral deposits from your taps by spraying lemon juice on the affected area. Wait 10-15 minutes and then wipe off with a clean cloth. This can also work to clean a dirty showerhead.

DESCALE THE KETTLE: When was the last time you looked inside your kettle? If it's been a while, you may be shocked at what you see. Fortunately, to remove all that nasty limescale, all you need to do is cut a lemon in half, place both halves in a full kettle, and then boil. Leave overnight and simply empty in the morning.

CLEAN THE MICROWAVE: If your microwave is looking more crusty than clean, then a leftover lemon is just what you need. Simply fill a bowl with water and the juice of one lemon and then microwave for 3-5 minutes. Wait a further five minutes to allow the lemony steam to work its magic, and then carefully remove the bowl and wipe clean.

CLEAN A CHEESE GRATER: Stop shredding your sponges and instead cut a lemon in half and run the pulp over the holes of your cheese grater. Once any leftover food has been successfully removed, rinse your grater under hot water.

REMOVE STAINS ON LINEN: To eliminate stubborn stains on linen, mix 1/3 cup of lemon juice and 2/3 cup of water. Apply to the affected area and gently rub. Once the stain starts to fade, wash your clothing and bedding as normal.




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BARONESS BRADY OF KNIGHTSBRIDGE CBE

Baroness Karren Brady of Knightsbridge CBE has proved herself to be the perfect antidote to Lord Sugar on the return of *The Apprentice*, and with the executive's impressive business career, she continues to be a true inspiration.

COVID-19 thwarted so much of what we took for granted, and in that description it's fair to include the BBC's seminal reality business show, *The Apprentice*.

For those who may have feared Lord Sugar's unique delivery of entrepreneurial entertainment might have returned somewhat changed in this 'new normal', you need not have worried. Within a few minutes of series 16 commencing in the first week of January, the former Amstrad chief was back in the boardroom barking a heady concoction of criticism and creative wordplay at a bevy of terrified young business hopefuls.

The former Spurs owner is the star of the show, no doubt, yet his sidekick, Karren Brady, is every bit the mirror image of the man – perhaps with even greater finesse and flair. The 52-year-old London-born businesswoman is upmarket to Lord Sugar's 'Saturday market', a reputation she has garnered across three decades of being one of the country's most successful and inspiring women in commerce.

Brady's is a prolific business brain, a cornerstone for the elevation of women in the workplace, and someone who relished the prospect of battling off sexism and chauvinistic attitudes when she first strode into the public consciousness at the start of the 90s.

At Birmingham City, she became the football industry's first-ever female managing director, at the age of just 23. Now vice-chairman at West Ham United, Brady was awarded a CBE for services to entrepreneurship in 2014, and finds herself at the very top tier of women in business.

Her commercial gravitas places her alongside the likes of Deborah Meaden, Mary Portas, Jacqueline Gold CBE and Baroness Michelle Mone OBE. Yet the cameras and flashbulbs shouldn't conceal a hard business edge that has helped West Ham United elevate themselves into an accomplished, established Premier League side, who now harbour genuine ambitions of Champions League football.

"In the early days, I had to overcome all those judgements, all that behaviour, but I loved getting stuck in and proving I had what it took," she says.

"I never doubted myself, not for a single second, and as the saying goes, if you can prove yourself at a football club, you can probably do it anywhere.

"For me, it's about innovation and hunger," she continues. "I've always had ideas, but they will only take you so far. What really gets you across the line is knowing how to formulate those bits of inspiration and then get them actioned."

Brady admits that time away from business offers her the best chance of crystallising those innovative thoughts – yet this is someone who returned from the birth of her second child after just six weeks, and was back working within a month of a potentially fatal cerebral aneurysm.

She added: "The moment business stops thrilling me is the moment I will walk away. You look at the good contestants on *The Apprentice* and they are thirsty for it – you can just see it in them. I love the process. Each time, I sense something special, and that's what makes it such great television, and such a great industry to be involved in."



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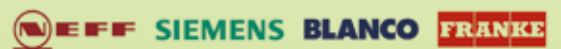
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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Residents issued with incorrect fines for using car park

A number of motorists have incorrectly been issued with parking fines when dropping off and picking up people from Bishop's Stortford Station Car Park.

Vehicles dropping off or picking up family and friends can stay for 20 minutes in the car park, which is covered by automatic number plate recognition (ANPR) technology.

Resident Peter Lemer received a hefty parking fine for leaving his car overnight in the car park – when he had actually visited two evenings in a row for less than five minutes each.

Peter posted on the Bishop's Stortford Community Facebook Group and said: "Just got busted for leaving our car overnight at the station car park, when in fact we came to pick up the night before and drop off the following evening. Both visits were less than five minutes. Does National Car Parks (NCP) have a form for this sort of thing? I've appealed of course."

He later confirmed to **VISION**Bishop'sStortford that after he appealed the ticket, the penalty was cancelled.

Another resident, Ria Wheaver, said that she also received a £100 fine in error at the same location.

She told **VISION**Bishop'sStortford: "I dropped my daughter off at about half one and then picked her up again at about six. The parking company said I'd been there the full 5.5 hours when I hadn't. So I disputed it."

Resident Darren Linard runs a local taxi firm in Bishop's Stortford and says he has also been issued parking fines incorrectly at the station car park.

A spokesperson for NCP, which manages the car park, said: "Customers using Bishop's Stortford Station Car Park can use the drop off/pick up point on Dane Street. There are two spaces in front of the taxi rank where people can stay for up to 20 minutes.

"Customers are also permitted to wait in the main car park for up to 20 minutes. The car park on the London Road side of the station is a permit holders only area. Anyone who believes they have been incorrectly issued a Parking Charge Notice should follow the appeal process detailed in the notice."

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Photo credit: Nathan Craeknell Photography

Blues left deadlocked against opposing Leatherhead

Bishop's Stortford FC had a minor hiccup in their current fantastic league run on Saturday, January 29, when they were held to a 0-0 draw against Leatherhead away.

The home side still sit languishing at the bottom of the Isthmian League's Premier Division, having not won a single match in the 13 home games they've played so far, but a draw against the high-flying Blues will certainly lift some spirits.

Despite excellent attempts from Bishop's Stortford and occasionally Leatherhead, neither team was able to make anything of the goalscoring opportunities.

Stortford also faced the annoyance of having to play a good portion of the second half with 10 men, after Darren Foxley received his second booking of

the game for a shoulder challenge on an opposing defender, shortly after being shown the door.

In general, the match proved a feisty one, with seven yellow cards being shown overall.

However, the Blues shouldn't dwell too long on the negative aspects of the draw, which earned them a point and a move up the table into the third spot. This leaves them just one place and five points behind Enfield Town and seven points behind Worthing, league leaders and current promotion spot holders.

As of the time of writing, Bishop's Stortford's next game is a home match against mid-table Corinthian Casuals on Saturday, February 5.

This will be followed by a Tuesday evening bout against Potters Bar Town away on February 8.

Appeal for witnesses following a disturbance

Police are appealing for witnesses and information as part of ongoing enquiries into an incident in the High Street.

A call was made to police just after 2.10am on Saturday, January 22, reporting a disturbance in the High Street area of the town, near the George Hotel.

It was reported that a number of people were involved and that a vehicle had struck a building. A man has been charged and witnesses are being asked to come forward.

Officers attended and there was no sign of a fight, but a vehicle was stopped and a man was arrested on suspicion of a number of offences.

No one is reported to have been injured. Sergeant Luke Collyer, from the Intervention Response Team, said: "We believe a number of people had left the area before police attended. We'd like to speak with them, as they may have vital information which could assist our ongoing enquiries. If you saw what happened, or have any other information, then please contact us."

Any witnesses or anyone with information about the incident is asked to please contact PC Collyer by email at luke.collyer@herts.police.uk

You can also call the non-emergency number 101, quoting crime reference 41/5834/22.

Planning inspector to decide on 'eyesore' phone mast



Photo credit: LSP EM Shutterstock.com

A government planning inspector will decide whether a controversial 5G phone mast will be erected in Bishop's Stortford.

East Herts District Council (EHDC) previously refused the application for a 15-metre 5G mobile phone mast (example pictured above right) at the junction of Elizabeth Road and Havers Lane.

In the refusal decision, planning officers said the telephone mast was "visually intrusive and detrimental to the character and appearance of the street scene".

Councillor George Cutting, former mayor and current Bishop's Stortford town and East Herts district councillor, previously urged EHDC to reject the scheme "in the strongest possible terms".

He said: "The location is unsuitable for a structure of this height and mass, which is twice the height of the surrounding houses. I am of the opinion that this structure is overbearing to residents, out of proportion to existing structures and frankly is an eyesore."

Developer Hutchison 3G UK has now appealed to the Planning Inspectorate.

It said: "Rather than the council's view that alternative sites have not been fully considered, there is a lack of suitable alternative sites and this has been fully investigated."

The Planning Inspectorate will now consider evidence from the company, the council and other parties in reaching its decision.

Police appeal for information after road traffic collision

Officers investigating a road traffic collision in Bishop's Stortford are appealing for witnesses, information and CCTV footage.

Police were called at around 12.50am on Friday, January 14, to a report that a blue Volkswagen Transporter van had collided with three parked vehicles in Apton Road, before making off.

The van was discovered parked outside a nearby address a short time later.

A number of vehicles were subsequently found to

have been damaged in Newtown Road and Cemetery Road. It was also reported that something appeared to have struck the wall of a house in Royal Oak Gardens.

PC James Sorce, who is investigating, said: "Our enquiries are continuing and we are appealing for anyone who thinks their vehicle may also have been damaged and hasn't yet reported it, to come forward."

"We'd also like to hear from anyone who may have captured any CCTV, doorbell cam or dashcam footage in the area."

Anyone with information is asked to contact PC Sorce via email at james.sorce@herts.police.uk

A man has been arrested and enquiries are continuing at this time.

Archaeologists to be brought in to investigate hotel site

Plans to create a 29-bedroom hotel in Bishop's Stortford have been approved, on the condition that archaeologists investigate the history of the site before building begins.

East Herts District Council (EHDC) has approved the budget hotel at Woodlands Lodge on Dunmow Road, with one of the conditions of planning permission being that archaeologists fully investigate and record the plot before any building work commences.

The decision notice stated: "No development shall take place within the proposed development site until the applicant, or their agents, or their successors in title, has secured the implementation of a programme of archaeological work in accordance with a written scheme of investigation, which has been submitted to the planning authority and approved in writing."

"This condition will only be considered to be discharged when the planning authority has received and approved an archaeological report of all the required archaeological works."

The developer must also comply with other planning conditions, such as retaining all existing trees and hedges and providing biodiversity enhancement measures prior to the occupation of the development.





Popular pizza parlour expanding to new central spot

A popular pizza restaurant in Bishop's Stortford has relocated to new premises as part of expansion plans for the business.

On January 20, Dough&Co relocated from Anchor Street Leisure Park to the former Zizzi restaurant in Market Square.

Speaking to **VISION** Bishop's Stortford, Dough&Co CEO Christopher Sharman said: "We are relocating to Market Square owing to searching for a more prominent site in the town to boost our presence in the area.

"We are very excited to be opening this location. Our building oozes history and has been refurbished to a very high specification."

Christopher previously worked in the town as a chef at The Thatchers in Hatfield Heath and is now using

his catering skills within his own business, Dough&Co. The pizza chain is already established in 10 locations and Christopher hopes to open five more this year.

He added: "Bishop's Stortford has always supported us as a small independent business. Since we opened, we have changed many things and so feel that relocating and refurbishing our restaurant is very important to be able to provide the best service.

"In the beginning, we chose Bishop's Stortford owing to its proximity to Stansted Airport and the new development for the retail park which is located near the station."

Takeaway orders will continue to be handled at the former premises for around one month while staff get to grips with service in the new Dough&Co branch.

Police still investigating two assaults in town

Police are currently investigating an assault at a bar in Bishop's Stortford.

The incident occurred at Bacchus Bar, in Anchor Street, between 11.45pm and midnight on January 8.

It was reported that a 30-year-old man was punched in the face, causing him to momentarily lose consciousness. He sustained bruising and a cut, as well as a bloodshot eye.

Sometime between 1.30am and 1.50am on Sunday, January 9, two male friends of the victim were walking

along Riverside, near The Port Jackson, when they were approached by a group of people.

They began talking to one another, before one member of the group reportedly punched the two men in the face. The victims managed to run away.

Enquiries are continuing into both incidents and anyone with information that may assist is asked to call the non-emergency number 101, quoting crime reference number 41/2968/22 for the first incident and 41/2604/22 for the second incident.



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BUILD YOUR OWN BIRD BATH

There are a lot of great reasons to build a bird bath for your garden. It gives birds a place to have a drink and keep their feathers clean, and encourages more winged visitors to your garden.

Inviting birds to your garden is also a great way to help the local environment. They will bring you a lot of entertainment, and they'll even take care of some unwelcome visitors to your garden, like slugs and caterpillars.

Here's how to build your own bird bath in five easy steps, using a common garden plant pot.

1. Prep the plant pot

Make sure your plant pot is scrubbed clean and is sturdy enough that it won't be knocked over easily.

2. Attach the saucer to the base of the pot

Turn the plant pot upside down, so that the base is at the top. Using a strong adhesive, attach the base of the saucer to the base of the pot.

3. Find the perfect location for your bird bath

Place your bird bath somewhere accessible and high away from cats and dogs.

4. Add stones to make a perch

Adding some stones will give birds somewhere to perch so that they can have a drink, dry their feathers, and watch for predators. They're handy for any insects that decide to have a drink too.

5. Fill with water

Add water and simply wait for your feathered friends to arrive.

Your bird bath should stay topped up with rainwater, but if you experience a dry spell, remember to top it up to keep your garden visitors happy.



Top LGBTQ+ DESTINATIONS for 2022

To celebrate LGBT+ History Month, we have sought out the top six most welcoming cities across the globe for LGBTQ+ visitors.

1. SAN FRANCISCO, UNITED STATES

One of the most progressive cities in the United States, San Francisco is known as the LGBTQ+ capital of America and boasts a rich history of gay rights activism.

Head to the Castro District, or visit in June to enjoy the annual Pride parade.

2. COPENHAGEN, DENMARK

Denmark was one of the first countries to legalise same-sex civil partnerships and has a long reputation for inclusive social attitudes.

Visit Centralhjørnet, one of Europe's oldest gay bars, or celebrate Pride in August.

3. SYDNEY, AUSTRALIA

Welcoming and open-minded, Sydney is a great destination for LGBTQ+ travellers. Whether you are single or coupled up, head to Oxford Street to experience this city's vibrant nightlife with an

abundance of LGBTQ-friendly clubs and bars.

Book a flight for late February/early March to enjoy Sydney's famous Gay and Lesbian Mardi Gras.

4. TORONTO, CANADA

Canada has some of the most progressive laws on LGBTQ+ rights in the world, so you can expect an accepting attitude when you choose to holiday here.

Make a beeline for the lively Church and Wellesley district to experience a thriving LGBTQ+ scene.

5. BRIGHTON, UNITED KINGDOM

If you want to stay in the country, Brighton is often considered the LGBTQ+ capital of Britain. With no shortage of LGBTQ-friendly bars, clubs and hotels, as well as an annual Pride parade in August, you will feel right at home in this vibrant seaside town.

6. MANCHESTER, UNITED KINGDOM

Another UK destination, Manchester's notorious Gay Village is a must-visit for any LGBTQ+ traveller. Known for its lively nightlife, Manchester has also received global recognition as one of the most LGBTQ-friendly cities in the world.

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How to make a homemade kite



KIDS

No childhood would be complete without learning to fly a kite, but why go to all the expense of buying one when you can easily make your own? Plus, your kids will love creating their own bespoke design.

YOU WILL NEED:

- > ½ inch (90cm) round wooden dowel
- > Ball of string
- > Small handsaw for cutting
- > Lightweight craft paper
- > Scissors
- > Glue
- > Roll of ribbon
- > Craft paints and brushes
- > A toilet paper roll

HOW TO MAKE:

- > Cut the dowel into two pieces – 1x30cm and 1x60cm
- > Carefully cut grooves into the ends of each dowel using the handsaw. Adult supervision is required for these first two steps
- > Arrange the dowels into the shape of a cross with the horizontal piece north of the centre
- > Wrap a piece of string several times to secure and tie off with a double knot
- > Run a length of string around the outside of the frame, tucking it into each groove, to create the kite frame
- > Secure the ends with a knot and cut off any excess string
- > Cut a piece of craft paper slightly bigger than the kite frame, allowing around 2-3cm excess on each end
- > Use scissors to cut around the kite, leaving a 2-3cm border
- > Fold the edges over the string and secure with glue.
- > Allow to dry and then paint your design
- > Once dry, cut a 30cm piece of string, fold it in half and tie a loop at the end
- > Tie the loose ends onto the horizontal dowel
- > For the tail of the kite, cut 6x10cm pieces of coloured ribbon and a piece of string 45cm long
- > Tie each ribbon around the string, knotting in the centre

- > Tie one end of the string around the wooden dowel at the bottom of the kite
- > Take a long length of string (depending on how high you want to fly your kite), tie around the toilet paper roll and secure with a knot.





BRUCE KING

on 'The convincer'

Parrot PHRASING



In his latest column, sales mentor and personal growth coach, Bruce King, discusses an easy technique to help bring people round to your way of thinking.

There are so many ways to get people on your side, so let me share just one technique. It's the use of paraphrasing and parrot phrasing.

Paraphrasing means you repeat something back to someone in your own words; alternatively, when a prospect hears you using their words, that's parrot phrasing.

Here's an example from when my wife and I were visiting a car showroom.

I said to the salesman: "We're off on a skiing holiday and I'm looking for a car that's safe in snow, has a built-in roof rack that will take at least three pairs of skis, and a big boot for luggage. And I need one with some speed for the autobahns and power to get me up steep hills in the snow."

He led me over to a car and said: "This car goes like a rocket, has four-wheel drive, will easily take

skis, and has a big boot too"
That was paraphrasing. I was not convinced he understood precisely what I wanted.

What he should have said is: "Here's the Audi XYZ, ranked number three on the safe car list, four-wheel drive – really safe when driving in snow. There's a built-in roof rack with plenty of room for skis and a massive boot for your luggage and ski equipment. It has a powerful but economic engine with tremendous speed when you want it, and lots of power to get you up steep hills."

That's parrot phrasing. It tells me what I want to know, in words I used, and builds up great rapport.

So, from now on, don't paraphrase. Instead, be a parrot when convincing people.

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



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EACH MONTH, WE LOOK AT A SIGNIFICANT EVENT IN BRITISH SPORTING HISTORY. THIS MONTH, WE RECOUNT AN INCREDIBLE NIGHT AT ANFIELD ON MAY 26, 1989

That the 1988/89 season came down to the final fixture, Liverpool vs Arsenal at Anfield, and almost the final kick of a tumultuous league campaign, was horribly cruel on home supporters who had seen their lives, their club and their community ripped apart by the Hillsborough tragedy just six weeks previously.

Some questioned whether the season should have been completed at all following the tragic incident in which many fans lost their lives on the Leppings Lane terrace. But finished it was, and despite a horrendous backlog of fixtures, Liverpool bridged a 16-point deficit to lead Arsenal by three points going into the final game.

Arsenal required a two-goal victory in order to take their first league title in 18 years, and although Alan Smith's first-half header gave them the lead, Liverpool sat back and defended their

deficit in the second half.

Into the final minute, and Lee Dixon's long ball to Michael Thomas took a double deflection, bouncing ahead of the Arsenal man to send him clear on goal. As the ball approached home keeper Bruce Grobbelaar, time appeared to slow down, as legendary ITV commentator Brian Moore muttered those immortal words: "It's up for grabs now."

The midfielder arrowed the ball to the keeper's left and the Gunners had pulled off the most remarkable season finale.

Liverpool fans stayed behind to clap the victors as well as their fallen heroes, and the iconic match has been the basis of many books and dramas since, not least Nick Hornby's *Fever Pitch*.

It was a conclusion to a torrid season that will never be forgotten, nor beaten.

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Who is the face behind the brand?

My name is Karen Tait, a former city worker in a previous career, my life was faced paced and frenzied however once I left the city and started on my own, I knew that I needed to continue my professional approach yet maintain a level of authenticity for myself.

When did you set-up The Residence Coworking?

After setting up my VA business six years ago and working from home, it soon became clear that not only were my boundaries between work and home becoming blurred, but I was also starting to feel isolated, lonely and was missing my busy office.

When searching my local area I couldn't quite find exactly what I was looking for so I decided to create my own, and here we are four years into our journey with our second

space open at Wickham Hall in Bishop's Stortford.

What are your future plans?

The pandemic has caused many of us to steer clear of commutes into city centre locations, and as a result to rediscover our local areas.

This significant reduction in travel into centralised workplaces has sparked an increase in the utilisation of our local high streets and nowhere is this more prominent than in London, due to the sheer size of its commuter belt. So in short, what I am trying to say is, watch this space to see where we might open next!



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UNUSUAL SPORT...

KNOB THROWING



Photo credit: www.dorset-knobthrowing.co.uk

Only in Dorset would the gift of a hearty, wholesome biscuit be rewarded with the recipient promptly throwing it as far as they possibly could into a field.

Yet rather than taking the position of a biscuit besmircher, the matter in hand – or rather, out of it – is all part of the sport of Knob throwing, the Dorset Knob being the name for a traditional biscuit baked in the south-west. And while you may attempt to stifle that snigger, consider the fact that we've all been eating Hobnobs for years without even a second thought for the name.

While the biscuits have been in production since the end of the 19th century, the sport itself is a relatively new entity. It was first held in 2008 at the Frome Valley Food Festival in Cattistock, with the intention of promoting local specialities and producers – although how this translated into unceremoniously launching the produce around a field remains unclear.

It's said that the idea came about thanks to a documentary from actor Robbie Coltrane, which featured people throwing Yorkshire puddings. And it's fair to say the Dorset Knob has now gone on to supersede its Northern edible cousin. The event has taken place every year since, with the exception of the last two iterations when the festival was cancelled because of COVID-19.

During the sport, three Knobs are thrown from a designated line, with the longest effort recorded. There are no age restrictions, and the record for the longest throw is in excess of 30 metres.

The festival also encompasses Knob eating, Knob painting, a Knob and spoon race, guess the weight of the big Knob, Knob darts, and a Knob pyramid, and is scheduled to take place this year on May 1.

With normal life returning to both our city and rural areas, don't be surprised to see copycat Knob throwing up and down the country – it's a (biscuit) barrel of laughs.

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50 years of
RENAULT 5



MOTORING

**ICONIC, ANGULAR AND LIKE NOTHING THE UK CAR MARKET HAD SEEN BEFORE,
WE LOOK BACK ON THE LAUNCH OF THE RENAULT 5 50 YEARS AGO**

The Renault 5, for a long period, would be regarded as one of the most iconic run-around cars on the road.

Its launch on January 28, 1972, ushered in an era of convenience motoring, where the ranging, gas-guzzling saloons were finding themselves put to one side in preference for modern machines that would set the trend for years to come. They were a world away from the old-fashioned Hillman Imps, and became the precursor for the trendy hatchback.

The original 5, which would stay in production for 14 years, with more than five-and-a-half million being produced, almost never happened at all. Michel Boué, a Renault employee, sketched a design for the car in his spare time and outside his normal duties.

It was only because Renault executives heard

about the popularity of his drawings that they asked to take a look. So impressed were they that they authorised an immediate development programme.

The public was similarly taken with a model that combined sharp lines with Gallic flair – a so-called 'supermini' with a hatchback design that contained the unusual feature of taillights that progressed right the way up from the bumper.

The model's launch price in the UK was £4,149 – that's around £60,000 today factoring in inflation – though despite the hefty figure, sales were good.

In the years that followed, Renault would cement the status of its iconic model by launching a number of variants, including an Alpine model, a US version called Le Car, and even a Turbo option that competed successfully in motorsport events.

A second generation came about in 1984, with production finally ceasing in the mid-90s. Sadly,

Boué died of cancer in 1971, just months before the car he designed hit the market, but his legacy continues to live on.



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PUZZLES & TRIVIA

PUZZLES

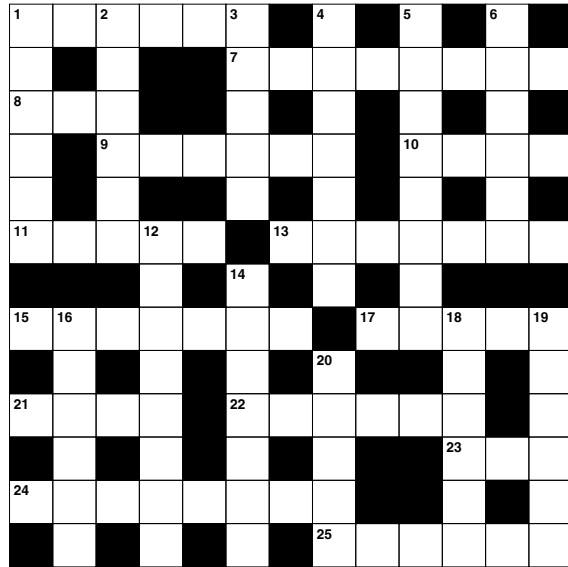
Answers: see end of The VISION Listings

ACROSS

- Set fire to (6)
- Extremely tall (8)
- Arrest (3)
- Relating to a wedding (6)
- Main island of Indonesia (4)
- Discharge (5)
- Writing implements (7)
- Rise into the air (of an aircraft) (4,3)
- Determine the quality of an ore (5)
- Unit of length (4)
- Capital of Germany (6)
- Pecan, for example (3)
- Reference point; norm (8)
- Hearts (anag) (6)

DOWN

- Refuse to acknowledge (6)
- Take small bites out of (6)
- Composition for a solo instrument (5)
- Be too hot (7)
- Protrudes (8)
- Cry and sniffle (6)



- Infectious (8)
- Unconventional (7)
- Inborn (6)
- Poem of fourteen lines (6)
- Young people (6)
- Newly-wed (5)

DID YOU KNOW?

- ▶ A black bear has 42 teeth
- ▶ After digesting a meal, rabbits will sometimes eat their faeces to process the food for a second time
- ▶ A cat spends most of its life sleeping
- ▶ Giraffes' tongues are so long they can clean their own ears
- ▶ A koala sleeps for between 16 and 20 hours every day
- ▶ Birds require gravity to be able to swallow their food
- ▶ A narwhal tusk is actually just an inside out tooth
- ▶ Sloths can take up to a month to completely digest a single leaf
- ▶ Spiders are arachnids, not insects.

SUDOKU

		8	6				5	7
		1		7	5		3	
			4					2
								6
	7			5			8	
3								
4					9			
	6		8	1		4		
5	1				2	9		

Whats on at...

South Mill Arts



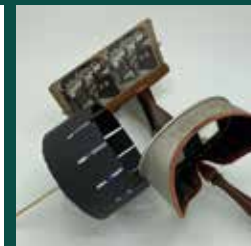
Morgan and West: Unbelievable Science
 Mon 14th Feb, 2pm
 Fun for all the family science extravaganza! Ages 6+



Thaumatropes - Magic Spinning Pictures
 Tue 15th & Wed 16th Feb, 10am - 2pm
 Make your own version of this popular Victorian toy



Woman Like Me: The Little Mix Show 2022
 Tue 15th Feb, 7pm
 A high energy show bringing a full pop concert experience!



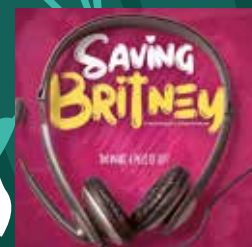
Discover and Make: From Pics to Flicks
 Thurs 17th Feb 10am & 1pm
 Try our historical optical toys & make your own zoetrope



MARVELus
 Thu 17th Feb, 7pm
 Squeezing (almost) all the MARVEL movies into an action-packed evening of laughs



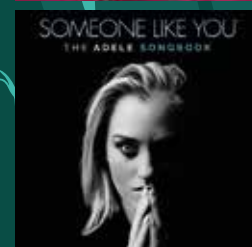
The Three Billy Goats Gruff
 Fri 18th Feb, 12pm
 An interactive, family fun show! The perfect half-term treat for little ones (and big kids!)



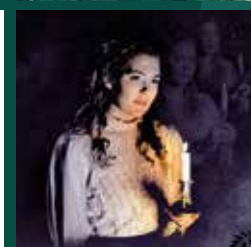
Saving Britney
 Thur 24th Feb, 7pm
 A hilarious and heartbreaking look at celebrity obsession, sexuality and growing up in the early noughties



NT Live: The Book of Dust - La Belle Sauvage
 Thur 3rd March, 7pm 12A
 A gripping story set 12 years before 'His Dark Materials'



Someone Like You: The Adele Songbook
 Fri 4th Mar, 7.30pm
 A stunning live concert show, celebrating the music of Adele



Mary Rose
 Thur 10th Mar, 7.30pm
 A hauntingly beautiful and witty play, from the creator of Peter Pan

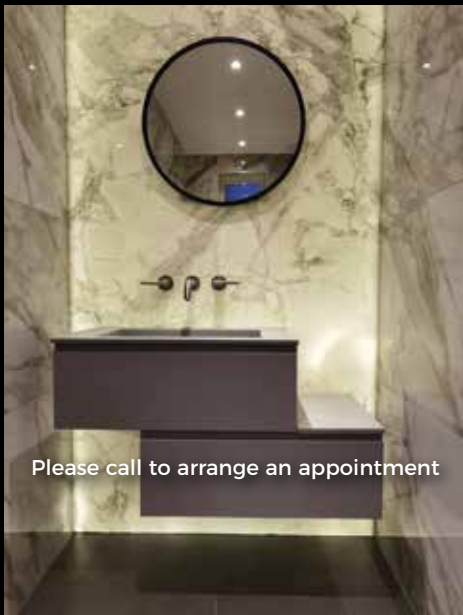
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