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# Editor's notes...

JUNE 2022



Brett Shohet, Editor

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

I finally managed to get away on holiday recently and had a wonderful time in the Italian sun. We chose a less popular destination and found it made for a much more authentic experience, proving that sometimes it's good to veer off the beaten track and walk the roads less travelled.

I'd like to take this opportunity to once again encourage our readers to support local businesses. Before making your next purchase, consider if you could buy it from a small business rather than a multinational corporation.

I know local business owners would highly appreciate it, and you can rest safe in the knowledge that your money is making a positive difference in your community.

As well as distributing magazines to thousands of homes and businesses, **VISION** is available at various pick-up points throughout the local area. If any companies would like to be considered as a pick-up point, please don't hesitate to get in touch.

Lastly, I hope everyone enjoyed the celebrations for the Queen's Platinum Jubilee. It is truly a momentous occasion, as the Queen is the first British monarch ever to have reached this impressive milestone. It offered a fantastic opportunity for families, friends and neighbours to get together. After all we've been through over the last two years, we certainly deserved it.

*Brett Shohet*

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# SPECULATE TO ACCUMULATE

FROM FLAMETHROWERS TO SPACE ADVENTURE TO TWITTER, ELON MUSK CONTINUES TO REWRITE THE RULE BOOK

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He is a tech entrepreneur, an eco exemplar and an ambassador for how we might, as people, forge a future that combines function with fun.

Despite all his innovation – with Tesla and SpaceX particularly, but also across other projects – Elon's is a name to which we have really only become accustomed in the last decade or so.

Tesla, the brand, was incorporated in 2003, yet even after seven years only 5,000 of its vehicles were on the road. The total is now 200 times that, with the two-millionth car set to roll out of the factory this summer.

While Musk – who dropped out of Stanford University after just two days – is most renowned for the electric car revolution that promises to define us as motorists across the next generation, his exploration of space through SpaceX, the space vehicle, rocket and communications business, is just as big an achievement.

However, in April, as if yielding the power over the way we explore the world geographically wasn't enough, Musk made perhaps his biggest move yet, reinforcing his icy grip on the digital world with a buyout of Twitter that now sees the 50 year old as an overarching power of social media. Not only is he putting his and investors' money – some \$44billion – behind the acquisition, he also intends to run it himself, which spells trouble for the current incumbents who have frequently been criticised for sidelining those whose political and social values don't fit.

His move to take over the controversial platform is a shot in the arm for free speech, in an era where the entrepreneur admits he has become tired of cancel culture.

While Twitter is arguably his biggest project yet, the South Africa-born entrepreneur has sought out countless other initiatives – from creating and selling his own computer game at age 12, to launching SolarCity, which grew to become the second-biggest provider of solar power systems in the US. Then there was Neuralink, his move into integrating the human brain with artificial intelligence; plus The Boring Company, which digs tunnel systems, and through which he manufactured and sold 2,000 novelty flamethrowers, as inspired by Mel Brooks in the 1987 movie *Spaceballs*. He has even released music in the rap and dance genres.

The fact that Musk is rapidly ascending to a personal fortune topping \$300billion is by virtue of an intense entrepreneurial mind that spreads opportunity and investment across a range of projects.

His commitment to Tesla and SpaceX only came about because he'd sold previous start-up Zip2 to HP, and merged his X.com business with PayPal (which led to a payout of \$180million when the money operator was bought by eBay).

As a phrase, 'speculate to accumulate' has never seemed more apt than when applied to the journey taken by Elon Musk, and those supposing his dynamic sideways step into social media is the last piece of the jigsaw would probably do well to think again.



HAVE YOU BEEN

# SP KED?

1



## HOW TO RECOGNISE IF YOUR DRINK HAS BEEN SPIKED AND HOW TO PREVENT IT FROM HAPPENING

When you go out, can you honestly say that you watch your drink at all times? Spiking is currently at high levels in the UK and can happen to anyone.

Find out how to recognise the signs of spiking and what to do if you think your drink has been spiked below.

**WHAT ARE THE MOST COMMONLY USED ILLEGAL DRUGS TO SPIKE DRINKS?**  
The most common illegal drugs used to spike drinks are GHB, ketamine and benzodiazepines such as valium and rohypnol.

### HOW TO RECOGNISE IF A DRINK HAS BEEN SPIKED

1. It has a foggy appearance
2. It has excessive bubbles
3. The ice sinks to the bottom
4. A change in colour

It is important to know that some of the most regularly used drugs to spike drinks do not produce a smell or taste, meaning it can be difficult to know if your drink has been spiked until it is too late.

### THE MOST COMMON SYMPTOMS OF SOMEONE WHO HAS HAD THEIR DRINK SPIKED ARE...

Dizziness | Difficulty walking | Confusion the next day | Nausea or vomiting | Hallucinations | Tiredness | Blurred vision | Paranoia | Amnesia

### WHAT TO DO IF YOU THINK YOU'VE BEEN SPIKED

If you think your drink has been spiked, stop drinking it. Tell someone you trust as soon as possible as spiking substances can take effect very quickly. Be wary of asking strangers for help and instead, if you are alone, seek out security or venue staff. If you need urgent help, call 999 and tell them you think you may have been drugged.

### HOW TO PREVENT YOUR DRINK BEING SPIKED

- > Do not leave your drink unattended
- > Invest in anti-spiking lids from StopTopps, available from stoptopps.com
- > Do not accept drinks from strangers
- > Be vigilant of changes to your drink
- > Don't drink anyone else's drink.

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# BRA 101:

## style guide

**D**id you know that the average woman owns between nine and 12 bras? However, the majority purchase the same type of bra time and time again.

If this sounds familiar, maybe it's time to branch out and try a different style?

### Balconette bra

A popular shape that provides a rounded look and great support, this type of bra offers less coverage than a full cup style. With wider straps, a balconette bra is not the best choice for women with narrow shoulders. However, it is perfect for any occasion where you want to achieve great cleavage.

### Plunge bra

Offering less coverage but plenty of support, a plunge bra is best worn with low-cut outfits. A good choice for women with a fuller chest who are looking for a comfy yet sexy bra.

### Full cup bra

As the name suggests, a full cup bra provides all-over coverage and support. The straps tend to be closer-set, making them ideal for women who have narrow shoulders.

### T-shirt bra

Available with padded or non-padded cups, every woman should own at least one t-shirt bra. Offering a seamlessly smooth silhouette, this style of bra is designed to be worn under tight-fitting tops but can be worn with almost anything.

### Strapless bra

Having come a long way in their design, strapless bras are now a feasible option for small- and large-chested women alike. Created to prevent slipping, strapless bras give you the freedom to wear whatever you want without any straps on show.

### Sports bra

Providing maximum hold and minimum movement, sports bras are usually made of non-stretch fabric designed to beat the bounce.



Balconette



Plunge



Full cup



T-shirt



Strapless



Sports

# 5

## NATURAL

## ALTERNATIVES TO

# deodorant

**If you are looking for a more natural way to banish body odour, then we can help you. Check out these five deodorant alternatives that are completely chemical-free and promise to keep you feeling and smelling fresh for longer.**

### Witch hazel

Not just great at soothing sunburn and stopping spots, witch hazel is also a natural astringent and an anti-inflammatory, meaning it can soak up excess moisture and kill unwanted bacteria. Plus, it gets rid of odour fast.

Simply place a dab of witch hazel onto a cotton cloth and rub it on your underarm area. Reapply as and when needed.

### Baking soda

Baking soda makes a great natural personal hygiene product and can be highly effective in banishing underarm smells. Mix 1/8 tsp with a little water and rub under your arms. Or to combat perspiration, mix one part baking soda with six parts cornflour and dust the affected area. Avoid if you have sensitive skin.

### Lemon juice

Lemon juice contains citric acid, which has the ability to naturally get rid of odour-causing bacteria. All you need to do is squeeze 1 tsp of lemon juice onto a cotton ball and apply to your underarms. Do not do this directly after shaving.

### Apple cider vinegar

This clever ingredient is antibacterial and is able to both absorb and neutralise unpleasant odours. Simply mix 1 tbsp with 1 tbsp of water and apply under your arms using a clean cloth.

### Coconut oil

Coconut oil is antiviral and antibacterial, so is the perfect ingredient for eliminating odours caused by bacteria. Take 1/4 tsp of coconut oil and rub it directly under your arms using a cotton cloth. Allow to dry completely before dressing as it can stain clothes.





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## 5 DISTURBING FACTS ABOUT *drowning*

To raise awareness of Drowning Prevention Week, which takes place between June 18 and 25 this year, we have collated five disturbing facts about drowning that you should be aware of.

### 1. YOU CAN DROWN IN AS LITTLE AS 30ML OF LIQUID

Although most people associate drowning with large bodies of water such as swimming pools and the sea, you can drown in as little as 30ml of liquid. There are reported cases of people, particularly children, drowning in buckets, toilets and even puddles.

### 2. PEOPLE WHO ARE DROWNING WON'T SHOUT AND WAVE THEIR ARMS

When people are drowning in films, they tend to be shouting for help and waving their arms in the air to attract attention. Sadly, when someone is drowning, this is not physically possible. The body goes into survival mode and prioritises breathing over all other actions.

### 3. MOST DROWNING DEATHS OCCUR WHEN SOMEONE IS INTOXICATED

As many as 70 per cent of deaths caused by drowning in adults and adolescents involve the use of alcohol. When you are intoxicated, your judgement, balance and motor skills all become impaired, which puts you at much greater risk of drowning.

### 4. YOU DROWN DIFFERENTLY IN FRESHWATER AND SEAWATER

While you may think that drowning in the sea would be more common, as many as 90 per cent of drowning cases occur in freshwater. Owing to the composition of freshwater, which is more similar to our own blood than seawater, you can drown in freshwater in as little as two or three minutes. However, drowning in seawater can take up to 10 minutes.

### 5. DELAYED DROWNING CAN OCCUR AFTER YOU GET OUT OF THE WATER

There are two types of delayed drowning: dry drowning and secondary drowning. Dry drowning occurs when you inhale water through the nose or mouth, causing a spasm in the airway and preventing air from entering the lungs. Secondary drowning results from a swelling of the air sacs in the lungs.







# BEWARE

## THE

# booze!

Struggling to lose weight? It may not be your choice of food that is holding you back from dropping the pounds but, instead, your favourite tipple that is sabotaging your weight loss efforts.

### LONG ISLAND ICED TEA

A summer cocktail that definitely packs a punch, a Long Island Iced Tea contains a whopping 424 calories. With an impressive ingredient list that includes vodka, gin, rum, tequila, triple sec and Coca-Cola, it's no wonder this boozy beverage will see you packing on the pounds.

**LOW-CALORIE SWAP:** Cosmopolitan = 100 calories

### PIÑA COLADA

Creamy and delicious, who doesn't love a Piña Colada or three when relaxing by the pool? Sadly, this summery cocktail contains a hefty 300 calories.

**LOW-CALORIE SWAP:** Fuzzy Navel = 120 calories

### ALCOPOP

Although convenient, most alcopops contain a lot of added sugar, which makes them bad for your waistline. Plus, as they tend to taste sweet rather than strong, you may find yourself knocking back more than you intended, which is bad news seeing as these contain 250 calories per bottle on average.

**LOW-CALORIE SWAP:** Rum and Diet Coke = 115 calories

### SWEET WHITE WINE

Any wine or fizz with the word sweet attached to it is going to contain more sugar, which means more calories. In fact, a medium glass of sweet white wine has around 160 calories.

**LOW-CALORIE SWAP:** Champagne = 89 calories

### CIDER AND BEER

Two of the most popular drinks in the summertime, some ciders contain as much as 210 calories per bottle and beer up to 208 calories per pint. This is the equivalent of a glazed donut or a slice of pizza.

**LOW-CALORIE SWAP:** Light beer = 144 calories



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# Your guide to the best SMALL TOWNS IN ENGLAND



Windsor Castle



Castle Combe



St Nectan's Glen



Chatsworth House

When it comes to exploring England, you probably think of taking in the big cities like London, Manchester and Liverpool. But the truth is, there are a lot of great towns in England that are worth your time. Here's your guide to the best small towns in England.

## Windsor, Berkshire

It may be home to The Queen, but Windsor is still considered a small town. You can explore the beautiful streets in the main part of the town, or travel a little further to enjoy Legoland.

Windsor Castle should be at the top of your must-visit list, as well as St George's Chapel.

## Castle Combe, Wiltshire

The Cotswolds is full of many gems, but not all have the honour of being dubbed 'the prettiest town in England'. Castle Combe offers plenty to do, including some beautiful walks where you can spot familiar settings from movies such as *War Horse*, *Downton Abbey* and *Stardust*. Many of the homes put out fresh produce in honesty boxes, which are worth visiting to collect goods for a picnic in the countryside.

## Tintagel, Cornwall

Tintagel is found on Cornwall's Atlantic coast, an incredible town with a lot to offer. A hike to St Nectan's Glen – which has been voted an area of outstanding natural beauty – will take you to the stunning 60-foot waterfall.

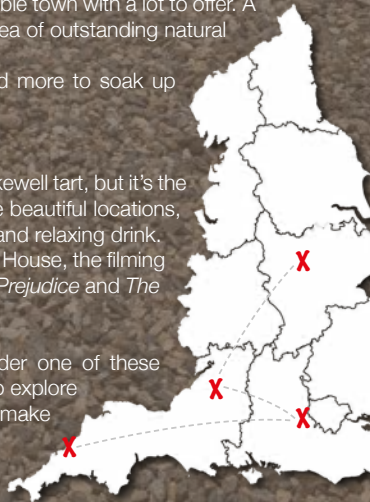
Explore different tea rooms, pasty shops, cafés and more to soak up everything Tintagel has to offer.

## Bakewell, Derbyshire

Bakewell is a charming town that is famous for the Bakewell tart, but it's the scenery that will really resonate with you. It has some beautiful locations, as well as plenty of pubs to dine in and have a quiet and relaxing drink.

While you're in Bakewell, be sure to visit Chatsworth House, the filming location for many period dramas, including *Pride and Prejudice* and *The Duchess*.

Next time you're looking to plan a day out, consider one of these fabulous small towns. There are so many great spots to explore in England, so be sure to find out what's out there and make the most of this incredible country.



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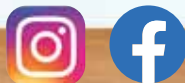
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FOOD & DRINK

**A**re you fed up with finding soggy, slimy and generally sorry-looking salad in your fridge? Keep your leaves looking (and tasting) lovely for longer with our top tips for how to keep salad fresh.

**GIVE IT SOME TLC:** If you fling your salad in your shopping bag with heavier food and drink items such as tins and bottles, then your leaves are highly likely to become bruised and battered. Instead, handle your salad with care and it will be less likely to spoil.

**DRY YOUR SALAD:** Pre-packaged salads are usually ready to eat and do not require washing. However, sometimes the leaves can look a little damp. If this is the case, give them a quick spin in a salad spinner to remove any excess moisture. Alternatively, gently pat them with a dry cloth or tea towel.

**REMOVE ANY SPOILT LEAVES:** When you get

your salad home from the supermarket, open it up and remove any spoilt or squishy leaves that could potentially cause fresher leaves to wilt. It can also be a good idea to fluff up your salad before storing.

**PLACE IN AN AIRTIGHT CONTAINER:** Store your salad leaves in an airtight plastic container that has been lined with a paper towel. This will help to absorb any moisture and keep your leaves fresher for longer.

**STORE IN THE FRIDGE:** Salad leaves should be kept in the crisper drawer of your fridge as this provides the optimal temperature for fresh fruits and vegetables. This should also help to ensure that your salad does not become partially frozen.

**FOLLOW THE SEVEN-DAY RULE:** Even if you follow the above tips, bagged salad leaves are not designed to last longer than a week. After this time, it is usually a case of use it or lose it.



# CHINTZ

*is making a comeback*

If you're a millennial or younger, you'd be forgiven for not knowing the word chintz. Often regarded as a dated decor trend, you'll be more likely to see it in your grandmother's house than on Instagram or Pinterest. But could chintz be making a comeback?

## WHAT IS CHINTZ?

Chintz has a very long and fascinating history. It's a cotton textile dating to 4,000 years ago, originating in the Indus Valley between India and Pakistan. Made using a specialist dye method, chintz fabrics typically feature colourful floral designs. As the fabrics were traded around the world, they soon found their way into home textiles, made popular in more recent times by designers such as William Morris.

## WHERE DID IT GO?

In more recent times, chintz was seen as a dated fabric, and it has been declining in popularity since the 1980s. IKEA caused a stir in the 1990s by encouraging people to "chuck out your chintz" in favour of its own interior products, based around simple details and block colours.

For a long time, neutrals have reigned supreme, but now chintz is starting to reappear. This time around, colours are bolder and brighter and patterns are even more lavish.

## BRINGING CHINTZ INTO YOUR HOME

There are a lot of great ways to bring chintz into your home, including:

- > Chintz sofas and upholstery add a contrasting detail to neutrals and solid colours
- > Curtains in floral patterns add a little romance to your space
- > Patterned chintz-inspired wallpaper can add some colour and character to a room, bringing fantasy and fun to a child's bedroom or creating a feature in a cloakroom or dining room
- > Invest in cushions, table linens and other accessories to add a subtle hint of chintz to any interior style.

Incorporating some chintz into your home brings a modern take on a classic style. Keep an eye out for chintz-inspired décor making its way to a homeware section near you.


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## GUIDE TO CLEANING

# PAINTED WALLS



There is nothing worse than noticing a dirty mark or stain on a freshly painted wall. Keep your painted walls looking fresh and fabulous for longer with our handy guide.

### HOW TO CLEAN PAINTED WALLS

1. Dust off any excess dirt using a lint-free cloth or a soft broom for hard-to-reach areas.
2. Fill a bucket with warm water and a gentle detergent.
3. Apply to the walls using a sponge mop or soft sponge.
4. Do not oversoak your sponge or mop as this can result in water stains.
5. Leave the solution for 10-15 minutes.
6. Rinse with clean water and a sponge or mop.
7. Dry by placing a microfibre cloth onto a flat-headed mop and gently rubbing over the wall.

### HOW TO CLEAN PAINTED KITCHEN WALLS

Painted walls in the kitchen are prone to grease. To combat this, apply a gentle degreaser to any affected areas before following the same steps as above.

### HOW TO SPOT CLEAN PAINTED WALLS

To get rid of small stains or marks on your painted walls, apply a mixture of water and baking soda or bicarbonate of soda to the affected area using a soft cloth or towel. Half a cup of baking soda or bicarb in a bucket of warm water will do the trick.

### HOW TO REMOVE OIL STAINS FROM PAINTED WALLS

1. Mix one cup of white wine vinegar into a bucket of warm water.
2. Soak a soft sponge and apply to the stain.
3. Rub gently until the stain has disappeared.
4. You do not need to rinse the area.

### WHAT NOT TO USE

You should not clean your painted walls with any cleaning products that contain alcohol or harsh chemicals, as these ingredients can break down your paint surfaces and leave your walls looking a mess.





# OUT OF MANCHESTER

STYLE AND A SMILE, WITH DESIGNER  
MATTHEW WILLIAMSON



Matthew Williamson, by his own admission, doesn't perhaps have a name that screams 'style, exuberance and panache', and considering this is someone who grew up in the murky confines of 1970s Manchester, there was no indication of the creative elevation that was to come.

And yet, in art just as in physics, equal and opposite reactions can provoke explosions of inspiration from very simple ripples of provenance. That is certainly the case with Williamson, who for more than two decades now has specialised in the wonder of colour.

He is an interior designer of great originality and acclaim, as his recent work with John Lewis determines. He is someone whose passion for colour, aesthetics and design was catalysed by his mother, but who has taken those principles to another level of optimism.

"If you're going to use colour, you have to be an optimist," he says. "You have to look at the beauty

of contrast and the potency of the shades and tones you put together.

"There is no point being afraid of trying things, and you should never enter a project imagining something isn't going to work. Only by trying will you know, and only through knowledge can you grow.

"Of course, it's about mixing up tones, but also enabling a background to act as a template for the colour detail you want to layer on top."

Replicating Williamson's colour-driven style of interior design is no easy task. It has, after all, taken the designer the best part of half a century to refine an interior design ethos that even he admits is still a work in progress. But the Central Saint Martins graduate insists the way to use colour is to follow your smile.

"If it makes you happy, it's working. If it paints pictures and provokes memories and inspires in you ideas to move forward, then you probably have what is right."

Photo credit: BBC/Darlow Smithson Productions and matthewwilliamson.com

Photo credit: Uncredited/AP/Shutterstock



OUR QUEEN

Perfectly Platinum



## CELEBRATING THE QUEEN'S PLATINUM JUBILEE

Few would dispute the notion that Queen Elizabeth II is our most impressive monarch ever. She has presided not just over seven decades of exemplary rule, but also across a social and cultural timeframe in which so much has changed and evolved. This summer's Platinum Jubilee is not only a celebration of Her Majesty's time at the top table of British society, but also recognition of a job that's been done impeccably.

Even in the last year, in the wake of the passing of her husband Prince Philip, the scandal involving son Prince Andrew, and the turning of public opinion against her grandson Prince Harry, Queen Elizabeth, now aged 96, has presided over her nation with faultless grace and dignity.

And while the Queen still values her privacy, she respects too the need to be visible and approachable, and perhaps this relatability is what makes her so endearing, so popular and so special.

It was way back in February 1952 that the death of Elizabeth's father, King George VI, triggered her accession to the throne. The Platinum Jubilee marks the 70 years she has served the United Kingdom, and 70 years from when, upon her coronation, she declared herself fully at the service of the nation she served.

She said, in that characteristic crisp and measured voice: "I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong."

---

*“I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong.”*

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Taking strength from those around her, the Queen has never professed to have all the answers. She has admitted that trial and error has often been the way forward, and that sense of humility permeates right up to the present day. "I know of no single formula for success," she said, "but over the years I have observed that some attributes of leadership are universal and are often about finding ways of encouraging people to combine their efforts, their talents, their insights, their enthusiasm and their inspiration to work together."

Certainly she has excelled in that, with the Platinum Jubilee, beginning on Thursday, June 2, stretching across a weekend of celebrations. Queen Elizabeth II, family, friends and the nation will look back over seven decades of exemplary rule, and forward to the future.

From Trooping the Colour, which marks the Queen's birthday celebrations with more than 1,400 parading soldiers, 200 horses and 400 musicians, to the traditional RAF fly-past, the 1,500 Platinum Jubilee beacons that have been distributed across the UK in a tradition that dates right the way back to 1897, to a thanksgiving service on Friday, June 3, at St Paul's Cathedral, to The Derby at Epsom Downs, the events over Elizabeth's special weekend are as memorable as the thousands of others held during her years on the throne.

And yet the Platinum Jubilee is about much more than just Queen Elizabeth II. It is an opportunity for people across the UK to share in what it means to have a strong, proud, resilient monarch, particularly in an era where so much around us feels restricted or under threat.

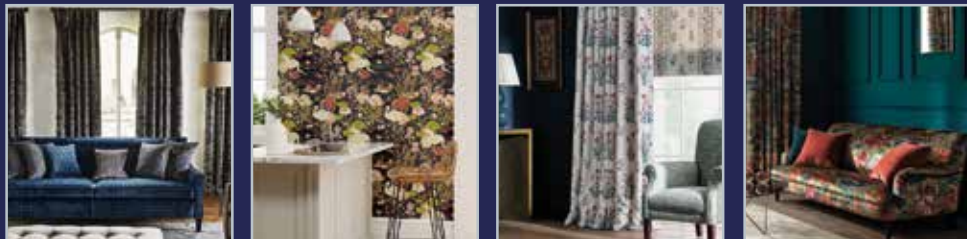
With communities encouraged to head into their streets to mark celebrations of the seven-decade reign in their own special way, the Platinum Jubilee is a universal event that celebrates not just the Queen, not just royalty, but also the people of this country.





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HISTORY

# 40 years since the FALKLANDS WAR

A LOOK BACK ON THE FALKLANDS WAR, WHICH ENDED IN JUNE 1982

The commencement of the Falklands War, when Argentina landed on the small island situated 500 miles from its lower-east coast, represented more than simply a country looking to reclaim what it thought it rightfully owned.

On the face of it, that was Argentina's ploy. The Falklands, a modest 4,700 square miles, comprising little more than rocky terrain, cliffs, birdlife and cattle, had been appropriated by the British back in 1765.

Within five years, a Spanish commander from Buenos Aires landed with five ships and 1,400 troops to claim possession of the land. And that remained the case until 1883, when the British returned.

The constant power struggle has raged on, though when Argentina relit the blue and white striped touchpaper in 1982 with severe territorial aggression, it surprised many.

A deeper explanation, away from the geographical claims and disputes, lay in the political situation in Argentina, and the economic

struggles that besieged South America in the 1980s.

The three-man military junta that had assumed power in Argentina in 1976 had evolved over the years, and as it looked to build support and legitimacy by claiming a territory that still held considerable emotional ties to the Argentine people, seizing the Falklands was a clever political move.

On April 2, Argentina invaded, kicking off just over two months of conflict, where the British, led by Margaret Thatcher, responded with air, sea and land attacks. A series of bloody battles raged, with the Battle of Goose Green perhaps the most famous.

Finally, on June 14, Argentina surrendered after British troops yomped across punishing terrain, arriving at East Falkland to find their enemy waving white flags.

While conflict ceased, the ongoing antagonisation between Argentina and the UK (and England in particular) has continued, mostly in sporting rivalries.

Photo credit: Olive Limpkin/Daily Mail/Shutterstock







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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS



Photo credit: Herts Police



## Class A drug dealer imprisoned for six years

A drug dealer who controlled a county line into Bishop's Stortford was jailed for six years on Friday, May 13.

Darrell Skeete (pictured left), 22, of Patrick Road, East Ham, arranged for runners to supply cocaine and heroin to users in the east.

Prosecutor John Waller told St Albans Crown Court that Skeete, who was known as Sam, sent couriers from East Ham to a house in Bishop's Stortford.

He was identified as the line's controller through an undercover police operation which established that he was sending out regular drug marketing messages from three mobile phones and was directing drug runners.

Skeete appeared for sentence having pleaded guilty to two charges of conspiracy to supply class A drugs between October 21, 2021, and February 23, 2022.

He tested negative for drugs on his arrest and gave a

'no comment' interview when questioned.

Defending, Andrew Corcut said: "He has a qualification as an electrician but could not take it forward because of the COVID-19 emergency."

He said Skeete's family had been under severe financial pressure, turning to food banks and charities.

Mr Corcut added: "The defendant was not working, and he sought the assistance of others. Some were involved in the drug world. He was loaned money, and he became involved in this conspiracy. He is deeply remorseful."

Jailing Skeete, Judge Richard Foster said: "You're intelligent and, I am told, well educated. This is not a typical profile of a drug dealer.

"You knew full well what you were doing. It was purely a commercial decision to make money. That is no excuse. Many people have fallen on hard times, but they do not turn to drug dealing."





# Concerns about car parks ahead of closure



Photo credit: East Herts Council

Concerns have been raised about what will happen to two Bishop's Stortford car parks when they close this month.

The Causeway and Charrington House car parks will close on June 13 as part of conditions of the new neighbouring Northgate End multi-storey (pictured), which will open on the same day.

The car parks that are set to close currently have 288 spaces between them, while the new multi-storey will have 546 spaces.

However, what will happen to the two car parks in the short term is still unknown, raising fears that they could become an eyesore.

Bishop's Stortford Business Improvement District (BID), which supports shops and services on the High Street, says it is in discussions with East Herts District Council (EHDC) about what happens next.

Eventually, EHDC is looking to create a cultural quarter with an arts centre, a public square, homes, restaurants and shops the site of the two car parks.

EHDC says it expects building work to begin in mid-2023 and continue until 2025.

A spokesperson for Bishop's Stortford BID said: "We do not want to see the car parks simply left and have been exploring with EHDC ways it can make the best out of the space to benefit all users of the town."

Leader of EHDC, councillor Linda Haysey, said: "Given its town centre location, we're discussing ideas with the BID to see how the space can be used to encourage people to visit and shop local."

## Residents go back to the 1980s with fun music event

Bishop's Stortford residents took a trip back to the eighties this month with a celebration of the decade's most popular music.

Organised by theatrical production company Total Productions, residents were invited to attend Total 80s at the South Mill Arts Centre in the town.

The show, which took place on June 10, celebrated timeless hits from the eighties, including songs by Wham!, Madonna, Spandau Ballet and many more.

Speaking before the show, a spokesperson for Total Production described what audiences could expect.

They said: "It's time to backcomb that hair and slip on the shell suit as we take you back to the 80s with an all-new production. No other era has had such a colourful and diverse influence."

"Performed by an incredible seven-piece band that recreates the magic to take you back in time to when it was cool to be different."

Find out more about Total Production and its upcoming events at [www.totalproductions.co.uk](http://www.totalproductions.co.uk)

## MP praises campaign urging parents to turn on subtitles

A Bishop's Stortford-based campaign to encourage children to read more has been praised by Julie Marson, MP for Hertford and Stortford.

Turn on the Subtitles was founded by Bishop's Stortford-based Henry Warren (pictured below) and entrepreneur Oli Barrett MBE. The campaign aims to encourage parents to turn on the subtitles when their children are watching television, as this can increase the chances of a child becoming good at reading.

Speaking in the Commons during a debate on education funding in low-performing areas on Monday, May 23, Mrs Marson MP said she was supporting the Turn on the Subtitles campaign.

Referencing charity Nesta's A Fairer Start campaign, which aims to narrow the outcome gap between children growing up in disadvantage and the national average, the MP said: "Raj Chande, the director of Nesta's A Fairer Start mission, said that the campaign's evidence is compelling, and it has Nesta's seal of approval—an important endorsement."

A spokesperson for Turn on the Subtitles said: "The campaign is going well and we hope that this latest positive response to Mrs Marson MP's question will help further our work."



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Photo credit: East Herts Council

# Bench initiative to give mental health support

To help tackle mental health issues, East Herts District Council (EHDC) has introduced Chatter Benches in four of its parks, including one in Bishop's Stortford.

The scheme is designed to help start conversations and get residents talking to each other.

EHDC launched the benches during Mental Health Awareness Week, which ran from May 9 to 15, and they are located at Southern Country Park, Pishiobury Park, Castle Park and Hartham Common.

The idea is simple – by sitting on one of the benches, which are marked by plaques, you are letting people know you are happy to chat if they sit next to you.

Councillor Eric Buckmaster (pictured right), executive member for wellbeing at EHDC, said: "I have mentioned the concept of the new Chatter Benches to many people and the idea has been extremely well received.

"It is exciting to finally get the plaques installed and give residents who might be feeling lonely a way to find someone to have a chat with.

"It is so important people can reach out when they are feeling low and the introduction of these new benches is a small step towards supporting people who might be feeling isolated. I do hope residents will look out for people sitting on our new Chatter Benches and take time to stop for a quick chat."

# New Lidl granted licence despite objections

Council planners have approved a licensing application for a Bishop's Stortford supermarket.

East Herts District Council (EDHC) gave the green light for Lidl's new supermarket on Stansted Road to sell alcohol.

EDHC heard evidence and discussed residents' concerns about traffic and antisocial behaviour.

However, the chairman, councillor David Andrews, dismissed the complaints and cited a lack of evidence.

The licence means Lidl will be able to sell alcohol from 7am to 11pm seven days a week.

A spokesperson for Lidl said: "The scheme will deliver new investment in the Stansted Road area and will create up to 40 new jobs for local residents."



Photo credit: Lidl

# Councillor elected as new mayor and council chairman



Photo credit: Bishop's Stortford Town Council

Councillor Dave Anderson (pictured right) has been appointed as the new mayor for Bishop's Stortford.

He was chosen at Bishop's Stortford Town Council's (BSTC) statutory annual meeting on May 9.

The position of mayor is ceremonial, and the holder of the position is also chairman of the council.

Mayor Anderson will organise many events throughout the year in aid of his chosen charity, and will also attend events organised by a variety of organisations.

He joined BSTC after the 2019 elections and most recently acted as deputy mayor to councillor Keith Warnell.

In accepting his new role, he congratulated cllr Warnell for all he achieved as mayor.

Mayor Anderson said: "Thank you to my fellow councillors for the trust and faith you have put in me.

"I also want to thank you, Keith. I've been watching what you've been doing as you are a hard act to follow."

Mayor Anderson is joined by councillor Toby Garrett (pictured left), who is the new deputy mayor.

# Four people arrested after car stolen during burglary

Four people have been arrested in connection with a burglary in Bishop's Stortford, during which a vehicle was stolen.

In the early hours of Thursday, May 5, a property in Gerard Avenue was broken into.

Keys, a wallet and cash were stolen, along with a Renault Megane which was parked outside the address.

Enquiries were carried out in the area, which led to officers identifying a second vehicle of interest, a Hyundai, which had previously been stolen from the area.

Later that afternoon, the Megane was found parked in a street in Rainham and was recovered by police.

Two men from London, aged 23 and 22, were

arrested nearby and taken into police custody.

Later that evening, the Hyundai was spotted driving past as officers were conducting searches of an address in London as part of their investigation.

Following a pursuit, the vehicle was abandoned in Barking and a 19-year-old male from Bedfordshire and a 17-year-old female from London were arrested.

All four have been released on bail pending further enquiries.

Detective Constable Karen Warner, from the constabulary's Specialist Investigation Team, said: "Thanks to some fast enquiries and great partnership working with our colleagues in the Met, we were able to make four arrests within 24 hours of the burglary taking place. Our investigation continues at this time."

# Charity founders complete challenge to raise £50,000

Two community champions have raised more than £50,000 for 12 children's charities after completing an epic walk which started and ended in Bishop's Stortford.

Jim Tatchell (pictured left) and Gordon Morrison (pictured second from left), co-founders of Helping Herts and members of the Stort Valley Rotary Club, successfully completed the 180-mile charity walk last month.

They set off from Bishop's Stortford and trekked around Hertfordshire before returning to a welcoming party on May 7.

Gordon said: "I'd like to say a big thank you to everyone who has donated; this is a fantastic amount which will be shared equally between the 12 charities involved and will make a real difference to them.

"We were delighted to be supported by some very busy people from across the county who encouraged us every step of the way."

For more information and to donate, visit fundraising.helpingherts.com/fundraisers/jimandgordonwalk



Photo credit: Helping Herts





# Create your own outdoor CINEMA

There's no better way to spend a warm summer evening than watching a film under the stars. Outdoor cinemas have become very popular in recent years, and with just a few simple steps, you could build one in your own garden.

Get ready to make those summer nights even better with your own outdoor cinema.

## CHOOSE THE RIGHT SPOT

First, you'll need to find the perfect spot for your cinema. You'll want somewhere that's dry, preferably flat, and where you can easily set up your screen.

## BUY A PROJECTOR, SCREEN AND OTHER ESSENTIALS

Find a projector that fits your budget. Anything over 3,000 lumens is ideal for being able to see a film in bright conditions. There are a lot of budget projectors that produce a high-quality image that's ideal for home theatre use. You may also need to invest in a screen (or a white bedsheet) and some speakers or headphones.

## GET YOUR KIT SET UP

Get everything connected and ready. You'll need to choose how you're connecting your projector, whether that be wireless, Bluetooth or via a game console/DVD player.

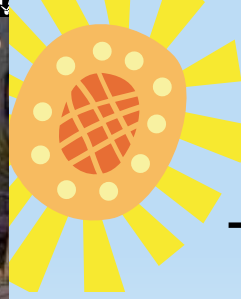
## CREATE A COMFY SETUP

Make your setup nice and cosy with plenty of cushions and blankets. Use your garden furniture, deckchairs or even outdoor beanbags. Cushions from your garden furniture also make excellent seating if you fancy perching on the ground. You might want hot water bottles to hand to keep you warm if things get a little chilly.

## GET YOUR SNACKS READY

Finally, get your snacks ready. Popcorn and sweets are a classic, or you could opt for nachos, burgers, hot dogs or pizza for something a little more filling.

An outdoor cinema is the perfect addition to any garden, providing night after night of entertainment in the comfort of your own home.



## AS THE WEATHER HEATS UP, MAKE SURE YOU DO YOUR BIT FOR LOCAL WILDLIFE

The temperature is hotting up, and while most of us welcome these sunnier days, the same isn't always true for our community critters. The good news is that there are a lot of things you can do for wildlife in the hot weather to help keep them safe from the sun.

**Provide fresh water:** Spells without rain can mean that a lot of natural water sources have dried up for your garden visitors. Putting out some fresh water will help thirsty animals and insects. Keep it shallow and put some rocks in there to help insects get out if they fall in.

**Put in a bird bath:** A bird bath is a great way for birds to keep clean and cool. You can buy them at garden centres and other retailers, or you could make your own as a fun DIY project.

**Fill up your feeder:** Birds can find it tough to find food when the ground is dry and worms are scarce. Keep your bird feeder topped up and put out some fruit, such as apples and soaked raisins, for animals on the ground.

**Create shaded spots:** Animals may struggle to find shade on a hot day, but you can help by putting logs, large rocks or wooden planks around your garden to help create shade.

**Keep your pond topped up:** Remember to keep an eye on your pond and top it up if needed. This will help any fish that you have, as well as other visitors who use your pond as a water source.

These simple steps will make a big difference to your local wildlife.



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**WHAT YOU NEED TO KNOW ABOUT HIRING A PROPERTY MANAGEMENT COMPANY**

Renting out a property and being a landlord is not an easy job. If you have a property to let, hiring a property management company could be one way of making the job a little easier.

Should you hire a property management company to take care of your rental? Take a look at the pros and cons to help you make the right choice for you.

## Pros of hiring a property management company:

- > Ease the responsibility of property management. From collecting rent to maintenance, they'll take care of everything on your behalf.
- > Property management companies will source and vet tenants, taking the responsibility off you.
- > Management companies with their own vendors and contractors could save you money on maintenance costs compared to sorting the work yourself.

## Cons of hiring a property management company:

- > You'll pay a fee to use a property management company, which will affect how much money you take home from rental fees.
- > As property management companies manage multiple properties, tenants might not get the same attention a hands-on landlord would provide.
- > Using a property management company could

make you less aware of what's going on with your property.

## Why hire a property management company?

Ultimately, hiring a property management company saves time, helping you benefit from a rental income without the hassle of dealing with tenants or maintenance. It's not a choice for everyone, but it could be the ideal solution if you don't have much time on your hands. Make some enquiries and find a company you can trust.





# Cashback CATASTROPHE?

DO CASHBACK CREDIT CARDS REALLY WORK? AND WHAT SHOULD YOU LOOK OUT FOR WHEN USING THEM?

Offering incentives to put purchases on one card over another is an obvious way of engaging consumers, but the psychology behind cashback cards means you can very quickly be sucked into a trap where the pursuit of a discount becomes a cost, not a reward.

## THE PREMISE

For every pound you spend, you are paid a percentage back by the card provider. Typical rates are one per cent, but bigger rewards and other initiatives are available if you shop around.

## WHEN CASHBACK CREDIT CARDS WORK

Cashback credit cards should only be used for things you are going to buy anyway, and never as a method for justifying a purchase because it in effect offers a small discount.

Consider your ability to clear the credit card balance, too – if what you're putting on a card is

going to be paid off, then there's no reason not to sign up to a cashback deal... providing you only buy things you'd be equally happy to purchase for cash.

The harsh reality is lenders will quickly tap into the psychology of people not only getting money back on a purchase, but also not having to pay for 30 days or more, and that leads to treating ourselves when there's little justification, and making expensive purchases that we may come to regret. To ensure you are clearing the balance, consider setting up a direct debit.

## WHEN CASHBACK CREDIT CARDS DON'T WORK

If you're not clearing your balance each month, or you pay an annual fee for your card, the amount you will pay will very likely wipe out the cashback earned on your card, making it a false economy. Explore the various rates and do the maths.

A cashback credit card needs to be handled by someone who is regimented, knows their numbers and can exercise self-control. Many of us just aren't configured that way... and if that's you, steer clear.



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BRITAIN'S GREATEST SPORTING MOMENTS...

## BORG AND MCENROE

Each month we look at one of the most significant events in British sporting history. This month, it's the epic encounter between Björn Borg and John McEnroe at Wimbledon on July 5, 1980.

The Championships at Wimbledon have provided countless dramatic sporting memories over the years, and none more special than when British heroes of the ilk of Ann Jones and Andy Murray have lifted the coveted trophy.

Yet perhaps the most remarkable encounter – certainly for sheer blood, guts, aggression and an unrelenting desire for victory – came in 1980 when a Swede faced an American.

Björn Borg had long been painted as the iceman, a Scandinavian purveyor of perfect tennis who was clinical and elegant in his despatching of opponents. John McEnroe, meanwhile, was the sweaty, unkempt brat of the game, with a confrontational,

aggressive game and a temperament to match.

That they collided so spectacularly on that sunny Saturday afternoon on July 5 will go down in SW19 folklore. McEnroe gained the upper hand by winning the opening exchange 6-1, before Borg fought back with 7-5 and 6-3 sets, giving him a 2-1 lead.

Looking to close out the match in the fourth set, Borg had five Championship points in an epic that went well past any reasonably expected distance. Finally, in the 34th game of the set, McEnroe broke the reigning champion – who was looking to win a fifth successive title – and took it 18-16.

Even in the deciding set, the duelling athletes made it to 6-6, though this time Borg broke McEnroe's steely serve, and his resolve, to take the set 8-6, and with it the Wimbledon title.

The epic was recently relived in a 2017 biopic, *Borg vs McEnroe*, starring Shia LaBeouf and Sverrir Gudnason.





# HAND OF WAD

## DIEGO MARADONA'S ICONIC HAND OF GOD SHIRT SELLS AT AUCTION

When England midfielder Steve Hodge swapped shirts with Argentina double-goalscorer Diego Maradona at the end of the World Cup quarter-final at the Estadio Azteca in Mexico in 1986, he was derided by fans, sections of the press and even his own teammates.

The Argentine wizard had just knocked the Three Lions out of the World Cup with a Jekyll and Hyde display of sporting brilliance and brazen opportunism – one of the best goals ever scored at a World Cup, coming minutes after the Hand of God goal that we've all seen replayed hundreds of times.

In swapping shirts, to some, Hodge crossed the line.

Wind forward three-and-a-half decades, and Hodge has the last laugh, after that prized number 10 shirt recently sold at auction for more than £7.1million.

Perhaps one of the most iconic items of sporting memorabilia – the value of which soared after Maradona's death in November 2020 – the shirt made almost twice its guide price, and was sold to someone from Abu Dhabi with links to Manchester City.

The Sotheby's auction process had all the usual twists and turns befitting of Maradona's life. In the lead-up to its sale, the infamous star's family insisted that the shirt was a fake, supposing that the striker swapped shirts at half-time during the game on June 22, 1986, and that Hodge was in fact in possession of the shirt worn in the first half.

In addition, a late plea materialised from an Argentinian delegation for the shirt to be returned to South America. The group failed with its own bid as the auction price rocketed, though the request remains to display the shirt in Buenos Aires in October, for what would have been Maradona's 62nd birthday.

The sale price mirrors the previous record for any sports memorabilia – the original autographed manuscript of the Olympic Manifesto from 1892, sold by Sotheby's in December 2019.



Photo credit: Shutterstock, Amer Ghazal/Shutterstock

# The LONGEST WORDS that exist

What would be the longest word you can think of right now? Perhaps it could be **Llanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogogoch** – the village on the Isle of Anglesey? At 58 letters, it's actually the second-longest place name in the world after New Zealand's **TaumatawhakatangiHangakoauauotamateaturipukakapikimaungahoronukupokaiwhenuakitanatahu** at a whopping 85 letters, which translates to 'St Mary's Church in the Hollow of the White Hazel Near to the Rapid Whirlpool of Llantysilio of the Red Cave'.

- Eighty-five letters is a lot for one word, so what are the other longest words that exist?
- Pneumonoultramicroscopicsilicovolcanoconiosis** (45 letters)  
This is a type of lung disease caused by inhaling quartz dust or silica.
  - Hippopotomonstrosesquippedaliophobia** (36 letters)  
Of course, the word for a fear of long words would be long.
  - Supercalifragilisticexpialidocious** (34 letters)  
While it may have been a word invented for the film *Mary Poppins*, it does appear in the dictionary. As the title character says, it's a word to say when you have nothing else to say.
  - Pseudopseudohypoparathyroidism** (30 letters)  
A mild form of pseudohypoparathyroidism, a genetic disorder in which the body fails to respond to the parathyroid hormone.
  - Floccinaucinihilipilification** (29 letters)  
This means the estimation of something having no value or being worthless.
  - Antidisestablishmentarianism** (28 letters)  
This word was once used to describe opposition to the disestablishment of the Church of England, but now refers to the opposition to withdrawing government support for a religion or church.
  - Honorificabilitudinitatibus** (27 letters)  
Seen in Shakespeare's *Love's Labour's Lost*, this means 'the state of being able to achieve honours'.
  - Thyroparathyroidectomy** (22 letters)  
The name for the process of removing the thyroid and parathyroid glands.
  - Incomprehensibilities** (21 letters)  
A word that you might actually be able to use, this means something that is difficult to understand or comprehend.

With so many of the longest words irrelevant to daily conversation, we think we'll stick with the shorter words.





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THERE IS NOTHING LIKE THE LOOK OF A CLEAN CAR. HOWEVER, IT TAKES MORE THAN JUST A BUCKET OF WATER AND AN OLD RAG TO ACHIEVE A SHOWROOM FINISH

## Always carry out a pre-wash

This is one of the most important tricks of the trade – any professional car washer worth their salt will remove as much dirt as possible using a hose or jet wash before they start to use their hands to clean a vehicle. This is because both dirt and grime can drag along the exterior and damage the paintwork.

## Use multiple buckets

You should always have two buckets to hand, one that contains your washing solution (ideally you should use car shampoo) and one filled with water for rinsing. It is also advisable to use a grit guard to catch the dirt.

## Invest in a wash mitt

Although you can use a large sponge and still achieve a good finish, if you want optimum results,

you need to invest in a wash mitt. Typically made from lamb's wool or microfibre, these are much less likely to leave surface scratches as the deep and fluffy fabric absorbs the dirt better than a sponge.

## Do not leave to dry naturally

Never leave your car to dry naturally. Instead, use a purpose-built blower, or even a leaf blower, or a triple-layered microfibre cloth to dry your car.

## Avoid extreme heat and direct sunlight

Although you may think that the ideal time to wash your car is when the sun is shining, this is actually not the case. Not only will you have to work harder and faster as your car will dry quicker than normal, but extreme heat can affect the strength of the chemicals in the products you are using. Instead, wash early in the morning or after 5pm.



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# PUZZLES & TRIVIA

PUZZLES

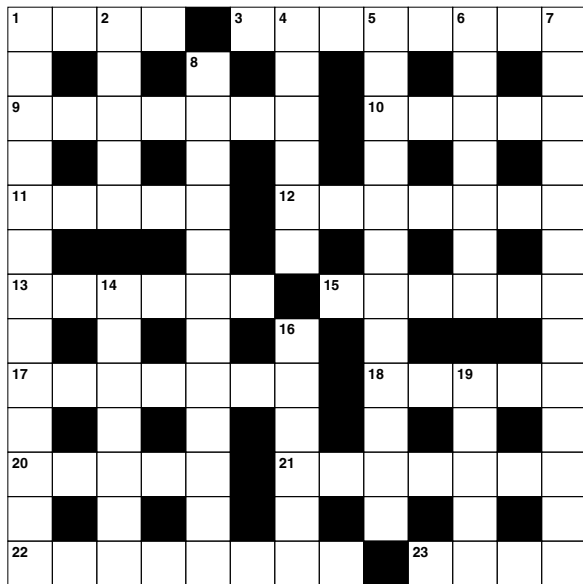
Answers: see end of The VISION Listings

## ACROSS

1. Eurasian crow (4)
3. Excessively emotional (6,2)
9. Time off (7)
10. Sudden movement (5)
11. Steer (anag) (5)
12. Wicked look that causes harm (4,3)
13. Possessing (6)
15. Wind instrument (6)
17. More sugary (7)
18. Freight (5)
20. Deduce or conclude (5)
21. Currents of air (7)
22. Disregarding oneself (8)
23. Depend on (4)

## DOWN

1. Connections or associations (13)
2. Willow twig (5)
4. Complied with a command (6)
5. Children's toy (12)
6. Medieval cell (7)
7. Affectedly (13)
8. Occult (12)
14. Necessary (7)
16. Eats grass (6)
19. Verse (5)



## DID YOU KNOW?

► There are more than 500 species of shark, with around 143 of them listed from vulnerable to critically endangered by the International Union for Conservation of Nature.

► Great white sharks are partially warm-blooded, meaning they can move faster when hunting prey.

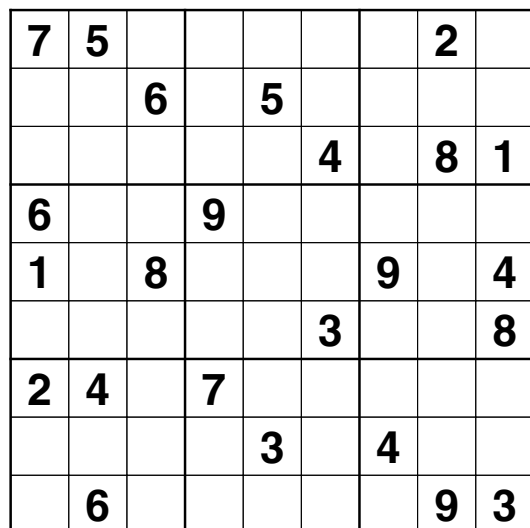
► Less than 10 per cent of whale sharks are thought to survive to adulthood, but those who do can live up to 150 years old.

► The Antarctic blue whale is the largest animal on the planet.

► Humpback whales in the Southern Hemisphere don't eat for much of the year. They live off fat reserves for around five-and-a-half to seven-and-a-half months each year as they migrate.

Facts courtesy of WWF-UK

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