

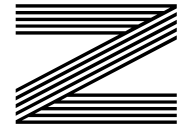
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**LIVE LONG & PROSPER**  
this Star Trek Day

# IDRIS ELBA OBE

The actor's rise to the big screen as he turns 50




**FREE**

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# Editor's notes...

SEPTEMBER 2022



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** Bishop's Stortford. Following on from the Lionesses' magnificent victory in the Euros Final, I think it's been great to see how many girls and women in our local area have been inspired to take up the sport. As the new football season begins, now is the perfect time to consider joining your local club - after all, you never know how far it might take you!

So far, this summer has been full of events that were previously cancelled owing to COVID-19 - from weddings to Festivals, Fairs to community get-togethers. And this is all the more special because it has reminded us how important it is to cherish time with family and friends.

The beautiful weather we've been having has certainly helped. I was born in the summer of 1976, famously one of the hottest on record. I think in years to come, the summer of 2022, when temperatures reached 40 degrees, will be looked back on with a similar kind of awe.

I'd like to take this chance to thank our distributors for delivering our magazines come rain, shine or snow. They are an integral part in keeping **VISION** running, and they deserve to be recognised.

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*Brett Shohet*

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# STAR QUALITY

One of the most enduring television programmes in broadcast history has certainly lived up to its famous quote – “Live long and prosper”.

And if the legacy of the iconic sci-fi series wasn't reason enough to don the Starfleet uniform, the so-called Star Trek Day – September 8 to you and me – surely is.

Legendary actor Leonard Nimoy committed almost 50 years of his life to playing the Vulcan character Spock, dating right the way back to the first *Star Trek* pilot episode in 1964. And until his death in 2015, the actor presided over a franchise that never lost its edge or appeal.

In fact, it's because the series is as admired today as it was on its original run back in 1966 that director J.J. Abrams has been tempted back for a third reimagination, expected to air sometime in 2023.

Before then, Trekkies have a special date in the calendar upon which they can hang their USS Enterprise hat. That's thanks to the growing popularity of September 8 on the sci-fi calendar, a date affectionately known as Star Trek Day.

The date mirrors when Trekkies got their first glimpse of the crew in 1966 – the result of Gene Roddenberry's vision of a drama inspired by *Forbidden Planet*, *Horatio Hornblower*, and *Gulliver's Travels*.

To say that *Star Trek* has blown apart pop culture over the course of its existence is something of an understatement – with revenue approaching £10 billion, it's certainly one of the highest-grossing media productions on record.

The 2009 *Star Trek* reboot movie by Abrams saw a new alternate timeline so as to continue with the original characters, albeit portrayed by a new cast. Indeed, the franchise has so far managed to swerve some of the prequel/sequel criticism levelled at its distant sci-fi relation, *Star Wars*.

Perhaps the reason for that is because *Star Trek* has always succeeded in showing a strong regard for humanity because it's the universe – our own shared universe – they're all fighting for. Maybe that's why it has stood the test of time for seven decades. It's certainly what fans the world over will embrace on September 8, with thousands of meet-ups celebrating characters, friendships, memories and just a bit of old-fashioned sci-fi sorcery.

Strangely, it's possible Roddenberry, the show's creator, had the Second World War to thank for his vision of space warfare; he was a brave bomber pilot for the US Army Air Force, during the conflict, and was awarded the Air Medal and the Distinguished Flying Cross, before becoming a police officer in Los Angeles.

He got his big television break soon afterwards, and so too did the likes of James T. Kirk, Dr Leonard McCoy, Montgomery Scott and others.



# STAR TREK



Photo credit: Anthony Harvey/Shutterstock

# OLD SPICE?

IT'S 26 YEARS SINCE THE RELEASE OF THE SPICE GIRLS' DEBUT SINGLE, *WANNABE*, BUT MEL C IS STILL GOING STRONG

Melanie Chisholm has stuck close to her roots – following the phenomenal success of her stint as Sporty Spice with the Spice Girls, her solo career has sparked eight albums and produced three number-one singles, and will see embarking on a UK-wide book tour.

For those of us old enough to remember it, the summer of 1996 was a golden one. Britpop had given the country a unique swagger, the Euros were here, the sun was out and beer was cheap. And riding on the coat-tails was a new thing called 'girl power', pushed by a spectacular PR machine and fronted by the Spice Girls.

The legacy of the band that followed, both musically and in inspiring a generation of girls to stand tall and be heard, is well known; though perhaps the greatest accolade you can give to Simon Fuller's creation was that each member went on to achieve great things – and Mel C is no exception.

Visually, she's a world away from the tracksuit-clad kung-fu kicking star who pirouetted around stages and *Top of the Pops* studios – these days

the singer, at 48, is stylish and motherly; yet can still mix romantic anthems with dancefloor anthems.

"For me, music has always been about evolving with the things around you," she says. "You need to follow trends, while still keeping your own sense of originality and creativity over the music you make."

Away from the bright lights, Mel C has encountered her own fair share of challenges. She's battled depression, eating disorders, and admits that up until the birth of her only child, Scarlett, in 2009, she never fully had a sense of responsibility to herself.

2022 is an exciting year for the singer, as not only has she got a number of upcoming performances, but she is also publishing her first-ever autobiography, which promises to tell all about her time with the Spice Girls as well as the years that followed. It will take readers behind the scenes of her showbiz lifestyle, as well as revealing the darker side of fame, and finally gives Mel C the chance to tell her story in her own words.

*Who I Am: My Story* is available to purchase from September 15.



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# FRINGE FASHION

*is back in town!*

Fringe is back with a vengeance this autumn and has already been spotted on stars such as Charlize Theron and Olivia Palermo. From tasseled denim jackets to fringed mini-dresses, there are so many stylish ways you can embrace this trend in 2022.

### WHAT IS FRINGE FASHION?

Fringe first came into fashion in the 1920s as part of the flapper look, with dresses that were typically cut from luxurious materials and ornamented with fringed trim. Over the decades, fringe has gone in and out of fashion, but is now back bigger and bolder than ever before. It can be found in many different styles on garments made out of a variety of fabrics, from leather and suede to denim and silk.

### HOW TO ROCK FRINGE THIS AUTUMN

#### 1. Fringed midi leather skirt

Why rock only one autumn 2022 fashion trend when you could embrace two? Leather is a great material for fringing and, when showcased on a midi skirt, guarantees you will look super stylish.

#### 2. Fringed denim jacket

The denim jacket is the perfect wardrobe staple to take you from summer to autumn, and adding a little (or a lot) of fringe detailing can inject a touch of fun to any outfit. Look for an oversized and boxy shoulder with plenty of fringe for maximum effect.

#### 3. Fringed wrap dress

Ideal for taking you from shopping to a hot date, a fringed wrap dress promises to make you look sophisticated and stylish. Pair with some strappy shoes and minimal accessories for an effortlessly glam vibe.

#### 4. Fringed accessories

If fringed clothing is a little bit too far outside your fashion comfort zone, then why not try adding a few fringed accessories? For your first foray, fringed earrings are a great choice, or why not pick up a tasseled handbag?



HOW TO MAKE YOUR OWN

# eyeliner

EYELINER IS A MUST-HAVE MAKE-UP ITEM FOR MOST, BUT SHOP-BOUGHT VARIETIES CAN CAUSE A WHOLE HOST OF ISSUES, INCLUDING IRRITATED SKIN

### HOW TO MAKE EYELINER USING ACTIVATED CHARCOAL

- > Break a few capsules of activated charcoal into a small dish.
- > Dip your eyeliner brush directly into the charcoal and apply.
- > You do not need to add any other ingredients as the charcoal will naturally mix with the oil on your skin and stay in place once applied.

### HOW TO MAKE EYELINER USING ALMONDS

- > Use a pair of tweezers to hold an almond while you burn it with a lighter. Make sure you wear heatproof gloves to protect your hands.
- > Continue to burn the almond until half of it has turned to soot.
- > Scrape the soot into a dish using a butter knife.
- > Try to avoid scraping any large chunks of unburned almond into the dish.
- > Dip your eyeliner brush into the soot and apply it in your preferred style.
- > If you prefer a more gel-like consistency, you can add a few drops of jojoba, almond or coconut oil.

### HOW TO MAKE DIFFERENT COLOURED EYELINER

**1. Cocoa to make brown eyeliner:** Mix unsweetened cocoa powder with a few drops of water or jojoba oil and apply.

**2. Spirulina to make green eyeliner:** Pour spirulina powder into a dish and apply directly or mix with water or oil for a gel effect.

**3. Beetroot to make red eyeliner:** Add beetroot powder to either activated charcoal or cocoa powder to create a reddish hue.

**4. Mica powder to make a rainbow of colours:** Mica powder can be bought online and comes in every colour of the rainbow. Use this powder the same way you'd use activated charcoal.

### EYELINER HACKS YOU SHOULD KNOW

- > Draw small dots on the top of your lash line with a pencil and then join with liquid liner
- > Use a magnifying mirror
- > Always start with the eye you find the most difficult.



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HEALTH & FITNESS



It's all about

# Balance

**B**alance Awareness Week takes place from September 18-24 and aims to broaden the understanding of inner ear disorders and how they can affect someone's daily life.

Most people take balance for granted, yet without it, you can suffer a whole host of health problems.

### Why is balance important?

Balance is needed to perform everyday activities, including walking, going up and down the stairs, and even just standing upright. It is particularly important in older adults, as good balance can help to prevent falls. Some of the main benefits of improving your balance include:

- > Preventing injuries
- > Improving posture
- > Strengthening muscles
- > Improving coordination
- > Improving cognitive function

### How to improve your balance

There are several exercises you can do at home to improve your balance, and you don't need a single piece of equipment to do them.

### Single leg lift

Stand upright with your feet close together. Keep your head straight, take a deep breath and slowly lift your right leg off the floor. As you gain confidence, bring your leg higher so that your knee is as close to your chest as you can comfortably manage. Repeat with your left leg.



### Single leg lift side version

Stand upright with your feet close together. Keep your head straight and your eyes forward, then slowly lift your right leg to the side. Make sure you keep your body upright as you do this. Do not lean to the side. Repeat with your left leg.



### Balance walk

Find a straight line or place a piece of tape on the floor. Extend both arms to your side, keep your feet straight and place your right heel at the tip of your left toes. Next, place your left heel at the tip of your right toes. Continue placing one foot in front of the other without straying from the line.





# Know your NAILS

## DISCOVER THE SIX MOST COMMON NAIL PROBLEMS AND HOW TO RECOGNISE THEM

Chances are you don't pay that much attention to the condition of your nails. However, did you know that a change in their appearance can indicate an underlying health condition?

**BEAU'S LINES:** Beau's lines are deep grooved lines that run from side to side on the fingernail or toenail. They often look like ridges or indentations on the nail plate. Beau's lines can indicate uncontrolled diabetes, a zinc deficiency or peripheral vascular disease.

**YELLOW NAIL SYNDROME:** If you have yellow nail syndrome, your nails will thicken and nail growth slows down. This results in a yellowish discolouration of the nails. Yellow nail syndrome is often a sign of respiratory disease or lymphedema.

**TERRY'S NAILS:** Terry's nails is a condition that makes the nails appear white apart from a narrow pink band at the tip. This nail condition can occur because of ageing, but it can also be a sign of a more serious health concern such as liver disease, kidney failure or diabetes.

**SPOON NAILS:** As the name suggests, spoon nails are soft nails that look as if they have been scooped out. Spoon nails are often a sign of an iron deficiency or a liver condition known as hemochromatosis. They are also associated with heart disease and hypothyroidism.

**NAIL CLUBBING:** Nail clubbing occurs when the tips of the fingernails become enlarged and the nail curves around the fingertips. Nail clubbing can be a sign of inflammatory bowel disease, cardiovascular disease or liver disease. It is also sometimes the result of low oxygen in the blood.

**NAIL PITTING:** Ice-pick-like depressions in the nail are known as nail pitting. This nail condition is common in people with psoriasis. Nail pitting can also be related to connective disorders such as Reiter's syndrome and alopecia areata.



# FITNESS FOR ALL

TO CELEBRATE NATIONAL FITNESS DAY, WHICH TAKES PLACE ON SEPTEMBER 21 THIS YEAR, WE HAVE ROUNDED UP A SELECTION OF WORKOUTS, WITH OPTIONS TO SUIT ALL AGES AND ABILITIES

## EXERCISES FOR ALL AGES AND ABILITIES

### 20s

Focus on incorporating cardio, weight training, balance work and stretching. Aim for 30-60 minutes of cardio two or three days a week, such as running, swimming or cycling, and one or two weight training sessions to challenge all muscle groups.

### 30s

It can take longer to recover from workouts in your 30s, so you should add 30 minutes of resistance training at least twice a week to your normal workout routine, incorporating exercises such as squats, push-ups and planks. This is especially important for women as it can help to offset issues such as osteoporosis and arthritis.

### 40s

With age, your bone density decreases, as does your strength and muscle mass. Counteract this by combining strength training exercises such as lifting weights or using resistance bands with moderate-

intensity cardio three times a week.

### 50s

Resistance training is vital in your 50s, especially for your hips and shoulders. Schedule 30 minutes of walking five days a week and two sessions of resistance training.

### 60s

During your 60s, fitness is more important than ever before, helping you to keep your independence for longer. Opt for low-impact exercises such as swimming, rowing or stationary core moves.

### Wheelchair users

Regular aerobic exercise and muscle-strengthening exercises are crucial for wheelchair users. Aim to get at least 150 minutes of the former per week and set aside two sessions for building strength. Arm raises, side twists and sitting bicycle crunches are all good choices, as are wheelchair sports such as basketball, badminton and netball.







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**MONESE:** If you travel or work between the UK and Europe, Monese is a great choice. Specialising in multi-currency accounts, this digital bank does not carry out any credit checks and you don't even need proof of address. With the Simple Monese plan, you are allowed to withdraw £200 free, with a two per cent charge for any withdrawals beyond this.

**REVOLUT:** Revolut is a prepaid card and app that allows you to hold and exchange 30 different currencies up to £1,000 per month. You can withdraw up to £200 free of charge and there are no fees for card payments, including contactless ones. Choose from a standard account (free), plus account (£2.99), premium account (£6.99) or metal account (£12.99 per month).

**CHASE:** Chase is one of the largest banks in the United States and has recently come over to the UK, offering both current and savings accounts. Not only can you withdraw up to £500 per day from cash machines when abroad with no fees, but you can also earn one per cent cashback when you book your flights and on your everyday spending abroad.



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# The Blackberry *Way*

**T**hey look good, they taste good, and they do you good too. What more could you ask of a fruit you can gather for free?

Blackberries have been eaten in Britain since Neolithic times. And there are plenty of places to pick them throughout most of September. You'll find them in straggly clumps, in woods, hedges, heaths, roadside verges, and perhaps in your own garden.

Blackberries are a great source of vitamin C, potassium, manganese and antioxidants. Research indicates they may help prevent heart disease, certain cancers and inflammatory conditions such as arthritis.

You'll need to pick the berries when they're ripe – when their colour changes from red to purplish black. Once you're home, wash them in cold water. Add a little salt and leave them to soak for 5-10 minutes. This will get rid of any bugs, which should float to the surface.

Remember, fresh blackberries don't last long. So make sure to use them within a day or two or freeze them for later.

There are loads of delicious blackberry recipes – both sweet and savoury. This one's a twist on an old favourite.

## Blackberry fruit crumble squares

### INGREDIENTS:

250g sugar | 375g plain flour | 1 tsp baking powder | 200g butter (soft) | 1 egg | 450g blackberries (washed) | 1 tbsp cornflour

### HOW TO MAKE:

- > Preheat the oven to 190°C/170°C fan/gas mark 5 and grease a 20x30cm tin.
- > Stir together 200g sugar, flour and baking powder. Using a fork, blend in the butter and egg. The dough will be crumbly.
- > Pat half the dough mixture into the tin.
- > Mix together the fruit, the remaining 50g sugar and cornflour. Mix gently (it doesn't matter if the mixture is a bit squishy).
- > Spread the blackberry mixture evenly over the dough.
- > Crumble the remaining dough mixture on top.
- > Bake for 35-40 minutes, till the top is golden.
- > Cool, then cut into squares. Enjoy!



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A Tale  
**UNMASKED**

**THE HISTORY OF TAPE – AN ESSENTIAL ITEM IN EVERY HOUSEHOLD**

Adhesive tape. Where would we be without it? It's hard to imagine not having it as part of our daily lives. From wrapping gifts to decorating and undertaking craft projects, tape is a must-have in every home. But have you ever given much thought to how tape was invented? Let us give you a short history lesson on the history of tape – more specifically, Scotch Tape.



**RICHARD GURLEY DREW: THE BRAINS BEHIND SCOTCH TAPE**

Scotch Tape is the invention of American Richard Gurley Drew (1899-1980). Drew was a student at the University of Minnesota who dropped out and went to work for 3M as a lab technician. While we might associate 3M with Post-its and office supplies, back in the 1920s it was a leading sandpaper manufacturer. The history of Scotch Tape, however, actually begins with masking tape.

On realising car manufacturers were having difficulty marking car parts without stripping the paint, Drew invented a tape made of cabinetmaker's glue and treated crêpe paper. It was a hit with carmakers and in 1925 was sold under the name Scotch Masking Tape.

In the 1930s, Drew developed the transparent tape that became known as Scotch cellophane tape. And the rest, as they say, is history, with Drew's invention paving the way for many more products to be developed over the years.

**TAPE TODAY: A HOUSEHOLD STAPLE**

Tape and masking tape are essential items for most decorating and craft projects. Masking tape is a decorator's staple, creating smooth lines in paintwork as well as helping to create patterns and shapes. Clear tape, meanwhile, is handy for crafting, DIY and repairing broken items.

Where would we be without these household essentials? It's safe to say that Drew thoroughly deserves his place in the National Inventors Hall of Fame.

# pretty pumpkin



Who says pumpkins are only for Halloween? And they're not just for eating, either. Find out how to make a pumpkin spice candle at home.

### MAKE A PUMPKIN SPICE CANDLE

#### YOU WILL NEED:

- > A wide-necked 370g jar with lid (a Mason jar or old jam jar is perfect)
- > 370g soy wax pellets
- > A candle wick (15cm)
- > A candle wick holder
- > Glue dot (heat resistant)
- > 1 tsp (5ml) pumpkin spice essential oil
- > Pumpkin spice (ground) plus a few whole spices, such as cinnamon, star anise, cardamom, clove or allspice, for decoration (optional)

#### HOW TO MAKE:

- > Thread the wick through the holder and apply the wick tab to the inside bottom of the jar.
- > Warm the jar in the oven at 30°C.
- > Gently melt the wax in a microwave or double boiler.
- > Cool for a few minutes then stir in the essential oil, mixing thoroughly.
- > Fill the jar to 1cm below the rim and make sure the wick is still in the centre.
- > When the wax gets cloudy, sprinkle a pinch of pumpkin spice on the top and scatter the whole spices.
- > Cool at room temperature then trim the wick.

Add a homemade label or check out Etsy for something really stylish. Remember to remove the whole spices before lighting your candle.

There are loads of other ways to decorate your home with pumpkins this autumn. Why not try one of the below ideas?

- > Arrange a group of pumpkins and decorate them by painting, drawing or spraying them in metallic colours – and add a few chunky faux candles. Remember, odd numbers of items work best.

- > Hollow out a pumpkin, fill with water and add seasonal flowers – or pop in a pot filled with small succulents.

- > Fill a hollowed-out pumpkin with a glass jar. Twist a small bendy branch with berries around the top and add a candle (a faux candle is safest).



Photo credit: countryhillcottages.com, Sanctuary Home Decor, theleafessandtree.com

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# LIMESCALE *elimination!*

## NATURAL REMEDIES FOR LIMESCALE THAT YOU CAN FIND IN YOUR KITCHEN CUPBOARD

Over the past year, one in three Brits claims that hard water in their home has worsened, with limescale becoming an increasingly common problem in many UK households.

If you are looking to eliminate limescale without the use of harsh chemicals, the below home remedies are just what you need.

### VINEGAR

Have you noticed a build-up of limescale on your taps and showerheads? If so then you need to act fast as this can cause dullness, chipping and peeling. One of the most effective methods for removing this is to fill a plastic bag with white vinegar and then attach it to the affected area. Leave for 15 minutes to soak, or overnight for stubborn limescale build-up.

### BAKING SODA

Limescale on the glass of your shower can be tricky to shift, especially if it has been allowed to build up. To remedy this, create a cleaning spray using 1 tsp baking powder, 1 tbsp white vinegar and ½ cup warm water. Spray onto the glass, leave for 3-4 minutes and then wipe with a clean cloth. You do not need to rinse the glass.

### LEMON JUICE

Lemon juice is one the most versatile natural cleaning remedies available, having the ability to dissolve dirt, remove grease, deodorise and tackle limescale. Simply pour pure lemon juice into a spray bottle, spritz on the affected area, leave for 30 minutes and then clean off with water and a soft cloth.

### CITRIC ACID

If you do not like the strong smell of vinegar, then citric acid is a good choice for descaling your kettle. Simply boil a half-full kettle, turn it off and unplug it. Next, add 2 tbsp of citric acid and leave for 20 minutes. Pour out the water and rinse twice before using.



# COFFEE TABLE BOOKS:

*A stylish love affair*

There aren't many decorative pieces that have the bonus of being informative and entertaining, but that's exactly what you get with the coffee table book. So how did coffee table books become so popular?



### THE RISE OF THE 'NON-BOOK'

References to books being used as decorative pieces date back centuries, but it was Michel de Montaigne who made one of the earliest references to the practice. In his essay *Upon Some Verses of Virgil*, he wrote: "I am vexed that my essays only serve the ladies for a common movable, a book to lay in the parlor window."

Books became a popular gift in the 18th century. Large volumes like encyclopedias and almanacs were popular to have on display owing to their lavish bindings and engravings.

In the 1920s, attitudes to books started changing. It was common for people to display books they had never read, intended to create an impression of their interests or education to visitors. Books with seemingly unattractive covers were often rebound to look more fitting in the owner's home.

### CENTRAL HEATING AND THE 60S

The term 'coffee table book' had been in use for a long time, but it didn't really take off until the 1960s.

With the arrival of central heating, there was less need to sit near a fireplace, creating space for the coffee table and a less formal sitting environment.

Books were published containing images and art, providing the perfect item to adorn the coffee table and perhaps leaf through to learn something new.



### AN INSIGHT INTO YOUR STYLE

Today, coffee table books cover all kinds of genres and styles. Some are used for purely decorative purposes, others give a glimpse into someone's interests and tastes. Not only do they make for stylish décor, but they also provide a topic of conversation, making them a popular feature in most homes.



### COFFEE TABLE BOOK SUGGESTIONS

For animal lovers – *The Photo Ark: One Man's Quest to Document the World's Animals* | For the interiors-obsessed – *Architectural Digest at 100: A Century of Style* | For the fashionista – *Tom Ford* | For the film buff – *Accidentally Wes Anderson*

Photo credit: 138home.com, Unsplash, ataboulet.com, Lux Deco

IDRIS ELBA

# OFF SCRIPT?

WHEN YOU'RE A DJ SUPERSTAR, A FASHION DESIGNER, MOVIE DIRECTOR, HOLLYWOOD A-LISTER, AND ALL-ROUND LOVEABLE MOGUL, ATTENTION TO DETAIL IS EVERYTHING – JUST ASK IDRIS ELBA OBE

“I’m probably a perfectionist,” admits Idris Elba OBE, who turns 50 this month. “With what I do, I need to be, whether it comes from film, music, whatever. You’re putting a piece of art out there, and you need to be confident with it because once it’s out there, it’s out.”

For a perfectionist, however, Elba is chilled and agreeable in conversation. He offers cool, considered responses with ease.

The man radiates so much energy and intensity that you can’t escape it, and that permeates through an increasingly diverse slew of roles, embodying the likes of DCI John Luther, Heimdall in the Marvel Cinematic Universe, *The Wire*’s Stringer Bell and Charlie Jaffey in *Molly’s Game*.

And yet those iconic characters only represent half of what the Londoner is all about.

His style, swagger, gruff exterior and devastating charm mean he is a man who can flit between so many different worlds; and yet he pulls off the look with respect and humility.

“I think a lot of that comes from the fact I had to struggle to get to this point,” he says. “For many years, I was a nobody who couldn’t catch a break and just blended into the crowd.”

“There were very few directors who wanted to take a chance on me, and as time went on, so too did I begin thinking that I should just focus on my music, or my art, or perhaps just get a real job.”

The relief is that Elba didn’t. In 2022, he has George Miller’s epic fantasy adventure *Three Thousand Years of Longing* opposite Tilda Swinton, and *Thor: Love and Thunder*, plus the film version of *Luther*, which will screen on Netflix.

“*Luther* returning as a film is a really big new thing, and I think for it to work it needed to be different.

“You are elongating what you have to play with, yet at the same time shortening the whole story into two hours, so the very fabric is altered.

“I think for that reason you can regard it as original and very exciting.”

Asked whether he actually affords himself the ability to stop and take stock, the father-of-two notes: “I don’t have much time to rest, and I don’t really like long sleeps. They don’t put me in a place of urgency and that’s where I want to be, certainly in terms of work and productivity and happiness. That’s not to say I don’t try to get as many hours of good sleep as I can – I’m just not very good at it,” he laughs.

“It’s a real balancing act and it’s safe to say I’m not there yet.”

Elba’s laid-back approach is a factor that will win him a bounty of script offers moving forward. He is someone who, in these troubled times of panic, indecision and hysteria, emits an effortless sense of cool. “I think it’s easy to confuse being laid-back with being laissez-faire about things,” he says. “I think you can be calm and charged at the same time.

“Your actions don’t always reflect your emotions – hey, I’m an actor, after all.”

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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



## A Level results show students are top of the class

Students in Bishop's Stortford celebrated receiving impressive A Level results last month.

Pupils at The Bishop's Stortford High School bucked the national trend by producing a set of examination results that were even higher than those awarded in the previous two years.

Their fellow students at Birchwood High School also had cause for celebration.

Dr Chris Ingate, principal at Birchwood High School, praised all students who did so well with their exams, especially considering the difficulties they had to overcome during the COVID-19 lockdowns.

He said: "I hope that the class of 2022 will find their next few years more settled and less disrupted. I am

a great believer in strength coming from adversity and this wonderful cohort of students will be more resilient and able to cope better with whatever life throws at them in the future. I wish them well and to keep in touch."

Students at The Hertfordshire & Essex High School and Science College were also celebrating after 100 per cent of Sixth Formers achieved their university or other destination of choice.

Cathy Tooze, executive headteacher, said: "Not only do these results reflect their determination and drive, they also demonstrate the maturity of our students. No one should underestimate the disruption to education that the pandemic caused."

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# Defibrillator fitted at town recycling centre

A defibrillator has been installed at Bishop's Stortford Recycling Centre and will be available for use by visitors to the site and the local community.

No specialist training is required to use the defibrillator as it gives audible step-by-step instructions to the operator throughout the process. Staff at the centre, which is located at Woodside Industrial Estate, will also receive training, while the local community will be able to access the defibrillator during the centre's opening hours.

Defibrillators are also being installed at 15 other recycling centres across Hertfordshire.

All equipment has been provided by Public Health

with the support of London Hearts, a charity helping to provide defibrillators and teach CPR skills.

Councillor Morris Bright MBE, executive member for public health and community safety at Hertfordshire County Council, said: "I'm delighted that our recycling centres are able to offer an improved emergency first-aid response. It means that in addition to defibrillators provided to community groups, we now have more than 60 emergency devices across Hertfordshire."

Jo Lovell, operations manager at London Hearts, said: "London Hearts is delighted to have assisted on this fantastic life-saving initiative, supplying 16 defibrillators and cabinets to recycling centres."

# Police appeal launched after sexual assault

Detectives are appealing for information after a young woman was sexually assaulted in Bishop's Stortford last month.

The incident occurred in Sworder's Field between 1.40am and 2am on Thursday, August 4.

The woman was walking along the path next to the River Stort when she was approached by a man who asked her for the time.

She responded and then walked on towards the exit of the park at Hockerill Street.

The victim noticed the man following her, before he grabbed her and touched her inappropriately.

She managed to run off and seek help.

The man walked off across the park in the opposite direction.

He is described as being white, around 6ft 2in tall, aged in his mid to late 20s, with dark hair and a short patchy beard. He was wearing a grey tracksuit.

Detective Constable Chris Golding said: "We would like to hear from anyone who may have information that could assist us."

Please contact DC Golding by emailing christopher.golding@herts.police.uk or call the non-emergency number 101, quoting crime reference 41/62236/22.





# Improvement works at park gather momentum

A £3.5million project to transform a park in Bishop's Stortford got underway last month.

The work in Castle Park will deliver a number of improvements, including new footpaths and bridge links, improved access to Waytemore Castle, a major refurbishment of Markwell Pavilion and a new community garden.

The scheme will also see the old toilet block refurbished and the garages demolished to make way for new facilities, which will include community studio rooms for hire and a new public toilet block.

New tennis facilities are also being built as part of the project to the north of Sworder's Field and are due for

completion in early 2023.

Councillor Eric Buckmaster, executive member for wellbeing at East Herts District Council, said the project would ensure Castle Park would be enjoyed by residents for years to come.

He said: "The aim is not only to improve the services and facilities on offer, but also to improve the connectivity and open it up to more frequent visitors.

"There will inevitably be some disruption while the work is carried out and I would like to thank residents in advance for their patience and understanding."

For further information about the Castle Park Project, please visit [www.eastherts.gov.uk/castle-park](http://www.eastherts.gov.uk/castle-park)

# Councillor's donation gives charity a boost

An organisation in Bishop's Stortford which provides free advice to residents has received a £750 donation from a county councillor.

Every year, Hertfordshire's 78 county councillors are provided with money to support projects and organisations in their local community.

Councillor Calvin Horner (pictured right), who represents Bishop's Stortford East, has donated £750 to Citizens Advice East Herts, which is based in the town.

The grant will be put towards advertising costs to recruit volunteer advisers and will also be used to employ a training coordinator to recruit and train advisers.

Last year, the charity helped 5,725 people and needs to recruit and train at least 18 new volunteer advisers this year to meet demand.

Cllr Horner said: "I am really pleased to be able to support the important work that Citizens Advice East Herts does to assist those in the greatest need. It is vital that they have resources to train new volunteers to carry on this invaluable work."



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## Friends face rally to raise funds for nursery



An intrepid fundraiser from Bishop's Stortford has raised almost £4,000 for a local special needs nursery by taking part in a gruelling rally across Europe.

Allison Smith (pictured left) and her friend Nicky Rooke (pictured right) took on the Two Ball Banger Beach Rally, which sees teams drive from Saint-Quentin in France to Barcelona via a number of beach resorts.

Allison and Nicky made the journey in an old Ford Fiesta to raise money for Grove Cottage's Special Needs Nursery, where Allison works and which is the home of Mencap in Bishop's Stortford.

Allison sees first-hand the difference the nursery makes to the children who attend and said this is what prompted her and Nicky to take part in the rally.

She said: "It was much tougher than we thought. Each day was very full on, so it was extremely tiring. Not only are you driving into the unknown each day, but we were also driving during the heatwave in a car with no air conditioning in 39-degree temperatures.

"I want to thank everyone who has supported us with a donation, as well as the generous support of our sponsors."

You can still support Allison and Nicky via their JustGiving page at [www.justgiving.com/fundraising/alandnickyrally](http://www.justgiving.com/fundraising/alandnickyrally)

## Club to stay put following stadium investment

Bishop's Stortford FC fans will benefit from upgraded catering facilities and improved hospitality areas after the club made a significant investment in their stadium.

The investment was made possible after the club successfully applied for a £10,000 bursary from the Buildbase Non-League Renovation Programme, and comes after a public consultation on plans to move to a detached playing field owned by Birchwood High School received negative feedback.

Director and manager Steve Smith said: "At the beginning of this year, it was agreed by the board that we would remain at the current stadium following a disappointing public consultation held by Birchwood High School last summer."

After an encouraging start to the new campaign, director of football Ronnie Irani said the club will be looking to push for promotion again this year.

He commented: "We are fortunate to have a fantastic stadium, a very capable squad, a top-class team of backroom staff and volunteers and incredibly strong support from our supporters and sponsors."

## Town centre hit by spate of shoplifting

Police have released an image of a man they want to speak to after a theft in Bishop's Stortford last month.

At around 9.45am on Monday 8 August, Yankee candles and reed diffusers worth more than £200 were stolen from Clinton Cards in the high street.

Police are also asking for information after a £32 bottle of aftershave was stolen from Superdrug in Jackson Square shopping centre on August 5.

The male thief is described as in his 40s, around 5ft 4in tall, of slim build and was wearing a grey jumper, jeans, baseball cap and had a tattoo on his neck.

They are also appealing for witnesses after a female shoplifter walked out of Eat 17 in Potter Street with two bottles of Buxton gin without paying for them at 7.55pm on August 1.

Anyone with information should email [deborah.mead@herts.police.uk](mailto:deborah.mead@herts.police.uk), fill out the online reporting form at [herts.police.uk/report](http://herts.police.uk/report) or call the non-emergency telephone number 101



Photo credit: Herts Police.

# Happier hibernation time

Most animals go into hibernation in autumn as it is the most efficient way to survive the cold winter months. Find out how to recognise hibernating wildlife in your garden and how to help them survive until spring.

### Signs of hibernating wildlife

#### Leaf pile

A pile of leaves in a corner of the garden, in the compost bin or behind the shed can mean you have a hibernating hedgehog or two. Hedgehogs can also hibernate in bonfire piles, so be sure to check before you light.

#### Movement in a pond

If you have a pond in your garden and you notice movement or shadows at the bottom, this could mean that frogs are hibernating there. These are typically male frogs as they favour hibernating in water rather than in mud or under leaves.

#### Mounds of soil

Small mounds of soil can indicate that mining bees are nesting in your lawn or in your borders. If this is the case, it is likely that their offspring will be hibernating there until spring.

#### Long grass

Although long grass is not a sign of hibernation, it is highly likely that wildlife will be seeking shelter there. In particular, caterpillars and moths hibernate in long grass, as well as beetles and other grubs.

#### Leaves on a wall

If you notice leaves on a wall in your garden, these may not actually be leaves but clusters of butterflies who often hibernate in groups.

### How to protect hibernating wildlife

- ★ Create leaf and log piles
- ★ Have plants that offer winter nectar, such as mahonia and hellebores
- ★ Move any bug houses to a sheltered spot
- ★ Put up a nest box for birds
- ★ Avoid late tidying of any potential hibernation spots
- ★ Leave out a supply of nuts to support squirrels as they collect food.

# Beautiful BULBS

September is the perfect month for planting spring bulbs, and these can be placed directly into borders or in pots for patios and smaller gardens.

easy to grow. They are well suited to both borders and pots; place them in a sunny spot for best results.

Discover our top picks for a blooming beautiful spring garden below.

**Snowdrops:** Snowdrops are the first bulbs to flower, usually in February, and are often hailed as the first sign of spring. With the ability to flower whatever the weather, even in snow, these delicate flowers thrive in moist, well-drained soil and in partial shade. Grow in borders or pots.

**Irises:** Iris reticulata is ideal for small pots, window boxes and raised beds. Bringing some much-needed colour to your garden as early as February, irises like the sun and free-draining spots.

**Crocuses:** Crocuses provide a carpet of colour in the garden from late winter onwards and are very

**Tulips:** Tulips come in almost every colour, from pastels to rich shades. They are perfect for adding vibrancy to spring borders in April and May but can also be grown in pots. Tulips favour full or afternoon sun and the soil must be well drained.

**Hyacinths:** Highly fragrant and available in a wide range of colours, hyacinths look amazing in borders in the front garden or in pots for a splash of colour. Hyacinths thrive in most soils as long as they are not too wet. Plant in full sun or partial shade.

**Daffodils:** Daffodils are synonymous with spring and there are many different varieties for you to choose from. Ranging in height from 10cm to 45cm, daffodils can be yellow, white, cream or lemon-coloured. They grow very well in pots but also make a great addition to borders.



# 5 PET PARENTING mistakes

We are a nation of animal lovers, with 59 per cent of UK households owning a pet. However, that doesn't mean that we always get everything right with their care. Read our list of the most common pet parenting mistakes below to see if you're guilty.

## ✗ NOT TRAINING YOUR PET

Did you forgo puppy training? If yes, then you are putting your pooch at a distinct disadvantage. When done correctly, training can help to provide guidance, support and structure, all of which your puppy needs in the early stages of their development.

## ✗ OVERFEEDING YOUR PET

Overfeeding is an extremely common pet parenting mistake which can lead to a whole host of health problems. Whether you don't know the correct portion sizes or you are guilty of handing out too many treats, it is vital that you help your pet maintain a healthy weight.

## ✗ AVOIDING THE VET

Vet bills can be extortionate, which can lead to pet parents avoiding essential check-ups. That being said, it is actually more cost-effective to take your pet to the vet regularly rather than wait until they require treatment. Remember, prevention is always better than cure.

## ✗ FORGETTING DENTAL HEALTH

Oral health problems such as sore gums, tooth decay and bad breath can all affect pets in the same way that they do humans. Therefore, it is essential that you care for your dog's or cat's teeth. Daily brushing is the most effective way to prevent periodontal disease and only takes a few minutes of your day.

## ✗ NOT GIVING ENOUGH ATTENTION

While you may have showered your new puppy or kitten with love, it can become all too easy to fall into the habit of not paying your pet enough attention. However, the more you observe your pet, the more likely you are to spot any behavioural changes or health issues.



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KIDS

# Wave goodbye to

# SUGAR

Are you struggling to find snacks for your kids that aren't loaded with sugar? Check out these sugar-free snacks that are easy to prepare, cost-effective to make and help to support healthy teeth and gums.

### Roasted chickpeas

Although chickpeas are most commonly associated with houmous, they can also be roasted to create a healthy sugar-free snack. Simply place on a baking tray, drizzle with olive oil and then add whatever spices your children like.

### Vegetable pikelets

Perfect for little ones who are averse to eating vegetables when they can see them, vegetable pikelets are a great savoury after-school snack. Make a batter by mixing 2 cups wholemeal flour, 3 tsp baking powder, 2 eggs and 1.5 cups of milk. Add 2 cups of your chosen vegetables and 1 cup cheese. Mix and then fry like little pancakes.

### Peanut butter dip

Although some peanut butters contain sugar, you can get natural ones that are sugar-free at most supermarkets. To make a delicious kid-friendly dip, whip together equal parts cream cheese and peanut butter until light and creamy. Serve with apples or celery.

### Boiled eggs

Super-simple, filling and nutritious, boiled eggs are a great snack for kids who come home from school starving. You can hard boil eggs in advance, peel and store in the fridge. Serve just as they are, sprinkle with spices or make some devilled eggs.

### Guacamole

Avocado is full of healthy fats and makes a great snack for babies, toddlers and older children alike. To make a delicious guacamole, smash up or blend a ripe avocado and then squeeze in some lime juice. Stir in a little Greek yogurt until you get the desired consistency. Serve with veggie sticks or pitta.





# Take a look inside the world's most EXCLUSIVE ADDRESS

Where do you think the world's most exclusive address is? Beverly Hills? Mayfair? It turns out the answer isn't on dry land.

That's right, the world's most exclusive property is actually on the water – the superyacht Somnio. Due to launch in 2024, Somnio has 39 on-board apartments, which are fully tailored to the owner's wishes.

What makes these apartments so special? Let's take a closer look.

## THE LARGEST YACHT IN THE WORLD

Somnio is set to become the largest superyacht in the world, measuring 33,500 gross register tonnage and almost 222 metres long. Replacing cabins with luxury apartments, it will bring a whole new meaning to the phrase 'travel in style'.

A collaboration between three design firms, Tillberg Design of Sweden, Winch Design and Luttenberger Design, the superyacht is being built by Norwegian shipbuilders VARD.

## REINVENTING THE LUXURY LINER

Each apartment will feature a bespoke design, with owners able to choose everything from the number of bedrooms to additional features such as gyms and private kitchens. Each apartment will also have its own outdoor area, the perfect space for seeing some of the most incredible sights the world has to offer.

On board, guests will be able to enjoy a spacious deck area, spas, two restaurants, a cinema, 10,000-bottle wine cellar and much more.

Co-founder and captain Erik Bredhe, who oversaw the €500million project, says: "Beauty may be found as much on the inside of Somnio as on the outside. As the only residential superyacht in the world, we are delighted to work with designers that complement our exacting standards. Our owners will experience only the best, as befits a yacht of this nature."

With prices starting at €15million, Somnio's actual route is a closely guarded secret, making the superyacht not only exclusive, but elusive too.

Photo credit: VARD, WINCH DESIGN, LUTTENBERGER DESIGNS, TILLBERG DESIGN OF SWEDEN



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We have been seeing a lot of changes to business working patterns recently, including our own. The way of working is or has changed and, in our professional opinion, for the better.

Pre pandemic, the majority of the country was strictly working within an office environment or at least commuting each way often for hours at a time to their place of work even if not to a traditional office space.

That all changed on 23rd March 2020 when we were forced to work from home if we could. Hundreds of millions of people managed to survive through a series of lockdowns, juggling home working with home schooling whilst others were furloughed and some sadly lost their jobs.

The idea of remote working was accelerated and according to a survey conducted by McKinsey & Company in August 2020 which surveyed 278 executives it was found that on average, they planned to reduce office space by 30 percent.

We witnessed many companies announcing to their employees that they should work from home and office spaces became quieter overnight. However, since the pandemic we have seen huge demand for employees to work remotely and many are seeking out new and flexible workspace solutions as a result. In fact, as a side note, where recruitment is concerned, candidates are openly asking questions about the remote working opportunity for the job vacancy advertised.

How have you changed your working-week habits?

Does your week involve one or two days in the office or are you fully remote or back in the office full time?

We have found as a business that whereas our serviced office facilities are still busy, the demand for flexible work space has increased. Workers seem to have adopted a pattern which feels

comfortable for them and many access our spaces across our sites two to three times a week.

There has, of course, been questions surrounding productivity. In our view, each business organisation has a different set of needs and a different set of pressures. Certain studies have shown that remote working doesn't negatively impact productivity, however, it is industry specific and how you manage your teams who are working remotely is going to be tailored to your organisation.

We are aware of companies setting SMART targets, holding regular calls and checking in on their team on a daily basis.

It's not all good news however. According to a 'Springboard report' the impact of remote working has had a permanent scarring on the larger high street chains as employees are now working more from home. None the less, further studies show a switch to remote working has meant that smaller market towns and cities were not as badly affected, which is good news, as workers instead patronised local shops and cafés.

Three of our business centres have onsite cafés which means that whether you have taken serviced office space or are a Home-Flexi member there is always great food and drink available without having to leave the building.

Being social animals, we believe that we do need that human contact which is why our Home-Flexi Package has been very popular.

We'd be interested to learn from you if you have been able to organise your teams successfully working through a hybrid model without losing productivity.

Let us know if you are already a Mantle member or if you would like to try one of our flexible work-space options.

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BRITAIN'S GREATEST SPORTING MOMENTS...  
**VICTORIA PENDLETON CBE**  
*cycling to gold*

**B**y the time she retired in 2012, Victoria Pendleton CBE had risen to become

Britain's most successful female Olympian of all time. Her list of accolades includes two Olympic gold medals, a record nine World Championships, two European Championships and a Commonwealth gold.

It's incredible to think this approachable star of cycling has now been away from competitive action for almost a decade. Going out in style, she won Keirin gold at the London Olympics in 2012.

The Keirin event is one of the more peculiar, with five-and-a-half laps behind a motorised bike – the speed of which increases from 30km/hr to 50km/hr – followed by a two-and-a-half lap sprint finish.

Pendleton progressed comfortably through both heats to make it to the final. There, Australia's Anna Meares attempted to edge in front once the pacemaker had moved aside, but Pendleton's extraordinary burst of pace put her back in first place at the bell.

Around the back straight it was China's Guo Shuang who looked the biggest threat, and despite taking a wider line on the final corner, she was closing in.

With all the drama befitting an Olympic final, Pendleton crossed the line with an advantage no more than half a wheel's width, and the gold medal was hers.

The London Games came at the start of a golden period for British cycling. Bedfordshire-born Pendleton, meanwhile, continued her legacy on two wheels with the launch of a range of ladies' bikes, matching a surge in popularity in cycling – for both sport and leisure – that continues today.





# TOUR DE FORCE



Photo credit: Magic Car Pics/Shutterstock

A streamlined dream straight out of the future, the Ford Sierra was first unveiled in 1982, and the world sat up to take note.

When Ford revealed its Sierra model at the British International Motor Show at the NEC in Birmingham near the end of September 1982, it knew the reaction would be huge.

The company was in the throes of investing more than \$1.2billion into the design, production and manufacture of this sleek, slick piece of automotive engineering, and the industry immediately knew it had something big on its hands.

For Ford, the reaction was just what the doctor ordered. The pressure had been on to find a successor to the Cortina, a stylish car that was, nonetheless, constructed around convenience and practicality.

Industry experts guessed that the manufacturer's next move would be to push those ideals further forward, but instead Ford went into overdrive with a design that rivalled the comfort of Audi, the

sleekness of Citroën and Porsche (indeed, the inspiration for Sierra's quarter glass came from the Porsche 928), and as for dashboard technology, the manufacturer had taken the very best elements from the likes of Saab and BMW.

Sure enough, after a slow initial take-up (mostly because of a punchy purchase price and an excess of Cortinas still sat on forecourts, now with much-reduced process), drivers gradually fell in love with the Sierra.

The Sapphire and, of course, sporty Cosworth models nicely tweaked the Sierra proposition, and it wasn't until the Mondeo arrived in 1993 that sales began to fall.

Looking at the Ford Sierra now, some may label it cumbersome and clumsy by today's aerodynamic standards, but in the 1980s, it was the very height of motor chic, and its legacy lives on today.



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# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

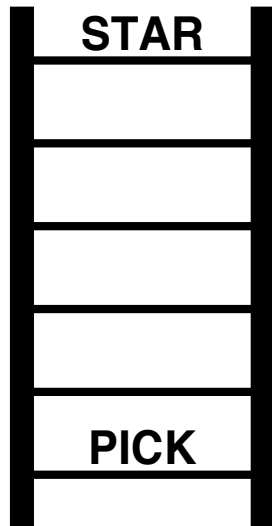
- ▶ ARABIAN
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R	G	R	E	A	T	S	A	N	D	Y	B	K	E	H
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I	I	B	E	O	N	P	X	T	O	I	R	M	F	S
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A	P	T	A	S	U	O	O	O	B	J	T	D	N	N
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A	X	S	U	M	A	O	A	V	T	S	I	G	Q	S
L	G	E	Y	N	U	N	E	A	Z	N	V	I	E	A
A	T	S	R	R	H	K	R	Q	O	A	T	B	A	B
K	R	O	N	N	I	A	L	G	L	R	A	S	L	T
F	D	D	L	W	H	A	A	Y	R	W	E	O	A	A
T	B	R	C	A	C	T	N	N	Z	F	R	N	R	E
L	P	O	S	N	A	M	I	B	O	Y	G	O	T	R
Q	N	O	S	P	M	I	S	X	G	M	K	K	V	G

## DID YOU KNOW?

- ▶ Trees contain quite a lot of water. When lightning strikes, most of the water reaches boiling point, turning it to steam and increasing pressure. This can cause the tree to explode.
- ▶ The average blue whale has a heart approximately the size of a car.
- ▶ Around 90 per cent of humans live in the Northern Hemisphere.
- ▶ Blue whales are able to hear each other from around 500 miles away.
- ▶ Platypuses can produce their own venom which is injected through barbs on the male's back legs.
- ▶ When threatened, ostriches run, although their powerful kick is capable of killing a human or even a lion.

## WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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

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