

FREE

Photo credit: Shutterstock

HM Queen

ELIZABETH II

1926 - 2022


Thank you, Ma'am, for dedicating 70 years to your people

VISION Bishop's Stortford | Edition 24


THE **B7** MEDIA GROUP

PRINTING • BUSINESS CARDS • LEAFLETS
DISTRIBUTION • SIGNAGE • MENUS & BROCHURES
EXHIBITION BOARDS & BANNERS
RETAIL PACKAGING • WINDOW VINYLs
LOGO DESIGN • BRAND ALIGNMENT
VEHICLE WRAPPING • CARBON PADS • WORKWEAR
WEBSITES • SOCIAL MEDIA • I.T. SOLUTIONS

 ENQUIRIES@B7MEDIAGROUP.COM

 01279 939134

 ENQUIRIES@B7MEDIAGROUP.COM

 01279 939134



Editor's notes...

OCTOBER 2022



Brett Shohet, Editor

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

I'm sure there's only one thing on everyone's minds at the moment, and that's the sad passing of Her Majesty Queen Elizabeth II. While people all over the world loved the Queen, when I lived in America, citizens there were always especially eager to hear about the Royal Family. The British monarchy has always added a sense of glamour to our country; they are a beacon of heritage and history, and it is part of the Queen's legacy that it will continue even when she is no longer with us.

For my entire life, the Queen has been there as a reassuring presence in the background. It's a lesson to us all not to take those things we think of as constants for granted, to look around us and appreciate the fact that even familiar things are special.

This extends to our local businesses. Walking past the same shopfronts every time you go to your local high street, it's easy not to see what's right in front of you, but these businesses and the people running them are an important part of what makes our local areas special. It's up to all of us to make the effort to support our high streets by keeping our pound local.

And, as always, if any local businesses need a hand, get in touch with us and we can help get the phone ringing.

Brett Shohet

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

HOME & DIY | GARDENING | PETS | HEALTH & FITNESS | BEAUTY | FASHION | HISTORY | LOCAL NEWS | FOOD & DRINK | TRAVEL | BUSINESS & PROPERTY | SPORT | PUZZLES | MOTORING | KIDS | WHAT'S ON | TECHNOLOGY | THE LISTINGS

CONTACT US: www.visionmag.co.uk/bishops-stortford | bishopsstortford@visionmag.co.uk | 01279 939134

[@visionmagherts](https://twitter.com/visionmagherts) [@visionmageastherts](https://www.instagram.com/visionmageastherts) [Vision Magazine East Herts](https://www.facebook.com/VisionMagazineEastHerts)

CONTRIBUTORS | Tabatha Fabray, Holly Bullen, Jacob Collick

At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines All pages are recyclable

THE B7 MEDIA GROUP

PRINTING • BUSINESS CARDS • LEAFLETS • DISTRIBUTION
SIGNAGE • MENUS & BROCHURES • RETAIL PACKAGING
EXHIBITION BOARDS & BANNERS
WINDOW VINYLs • LOGO DESIGN
BRAND ALIGNMENT • VEHICLE WRAPPING
CARBON PADS • WORKWEAR • WEBSITES
SOCIAL MEDIA • I.T. SOLUTIONS

ENQUIRIES@B7MEDIAGROUP.COM

01279 939134



**EMPIRE
UPVC & ROOFING
SPECIALISTS**

**WE GUARANTEE OUR CUSTOMERS
A FRIENDLY, RELIABLE AND
PROFESSIONAL SERVICE**



Empire UPVC and Roofing Specialists independently trade throughout Hertfordshire and a 40 mile radius from our office in Nazeing.

- ✓ Felt, Tile & Slate Roofing
- ✓ Liquid Rubber Roofing
- ✓ Fibreglass Roofing
- ✓ Roofing Leadwork
- ✓ All Roof Windows
- ✓ All Roofing Repairs & Maintenance
- ✓ Moss Removal
- ✓ Gutter Cleaning & Unblocking
- ✓ UPVC Fascias, Soffits & Guttering
- ✓ UPVC & Hardie Plank Cladding

Office: 01279 939 103
office@empireupvcandroofing.co.uk
www.empireupvcandroofing.co.uk

Visit Our Showroom at:
Unit 50 Hillgrove Business Park
Nazeing New Road, EN9 2HB



Checkatrade.com

FULLY INSURED





HM QUEEN ELIZABETH II

Farewell

While the death of Her Majesty Queen Elizabeth II (London Bridge is down) was unexpected, it was of course true that a plan of action for this sad event had been in place for decades. As such, a strict code of practice and protocol kicked into place as soon as Her Majesty left us – this was called Operation Unicorn as she passed away in Scotland.

September 8: Prime Minister Liz Truss was informed of the Queen's passing at Balmoral Estate at 4.30pm, and the news was announced publicly at 6.30pm. All official flags were set to half-mast. Her Majesty's coffin was laid to rest in the drawing room at Balmoral Castle.

September 10: King Charles III was formally proclaimed as the new Monarch and 21-gun salutes were fired around the country.

September 11: Her Majesty's coffin was draped in the Royal Standard of Scotland and a wreath of flowers from the Balmoral Estate was placed on top. The coffin was then driven from Balmoral Castle to the Palace of Holyroodhouse in Edinburgh, the monarch's official residence in Scotland.

September 12: A procession took Her Majesty's coffin from Holyroodhouse down the Royal Mile to St Giles' Cathedral. Members of the Royal Family attended a service followed by the chance for the public to pay their respects as the coffin Lay in State for 24 hours. Her Majesty's children held a vigil at 7.20pm.

September 13: The Queen's coffin, accompanied by Princess Anne, was flown from Edinburgh at 6pm, arriving at RAF Northolt at 6.55pm. During this journey, the Royal Standard of Scotland was changed to the Royal Standard. Her Majesty was then driven to Buckingham Palace in a customised state hearse which she helped design. It was beautifully lit with a glass roof, so the public had a clear view of Her Majesty's coffin. The Royal Family paid their respects in private.

September 14: The Imperial State Crown was placed on the coffin before it was taken on the Gun Carriage of The King's Troop Royal Horse Artillery from Buckingham Palace to Westminster Hall via Queen's Gardens, The Mall, Horse Guards and Horse Guards Arch, Whitehall, Parliament Street, Parliament Square and New Palace Yard to Lie in State for four days.

September 16: Her Majesty's four children held a vigil at Westminster Hall at 7.30pm.

September 17: Her Majesty's eight grandchildren held a vigil at Westminster Hall at 6pm.

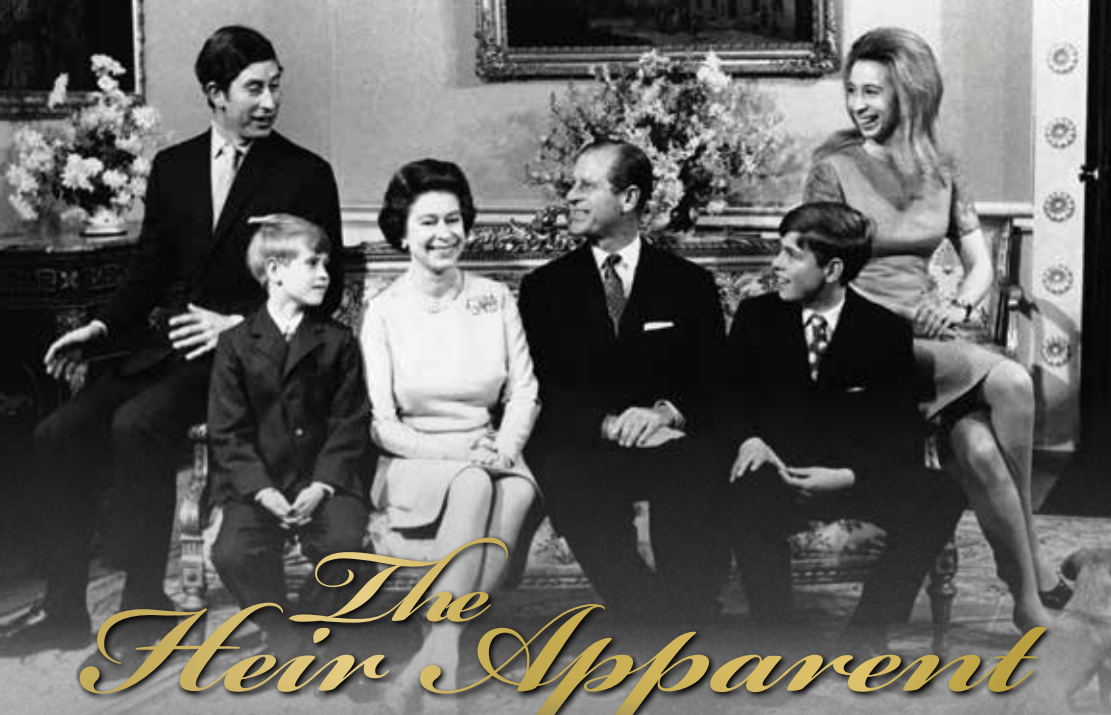
September 19: The Lying-in-State ended at 6.30am. This day was confirmed as a bank holiday in the form of a Day of National Mourning by King Charles III.

10.44am: Her Majesty's coffin was placed on a 123-year-old, 5,600-pound Royal Navy State Funeral Gun Carriage, followed by the King and members of the Royal Family, which travelled from Westminster Hall to Westminster Abbey for the State Funeral. The Gun Carriage was drawn by 142 Royal Navy service personnel.

11am: The State funeral began, and ended with a two-minute silence. A procession then took place where Her Majesty's coffin was taken to Wellington Arch and transferred to the state hearse, which was then driven to Windsor.

4pm: The committal service took place where the Imperial State Crown, the Orb and the Sceptre were removed from Her Majesty's coffin and placed on the altar. King Charles III placed the Queen's Company Camp Colour of the Grenadier Guards, and The Lord Chamberlain 'broke' his Wand of Office and also placed it on the coffin. The Queen's coffin then descended into the Royal Vault, and the congregation sang 'God Save the King'.

7.30pm: The King and members of the Royal Family attended a private burial service. Her Majesty's final resting place is in the King George VI Memorial Chapel, where her mother and father are buried, along with her sisters' ashes. The coffin of her late husband, Prince Philip, has been moved from the Royal Vault to the Memorial Chapel to join her.



The Heir Apparent

BRILLIANT AND BEAUTIFUL, HER MAJESTY QUEEN ELIZABETH II MAY HAVE BECOME A MONARCH SOONER THAN EXPECTED, BUT IT WAS THE ROLE SHE WAS BORN TO PLAY

When Princess Elizabeth Alexandra Mary Windsor was born on April 21, 1926, she was third in line to the British throne.

Her Uncle Edward, Prince of Wales, the eldest son of King George V, but with no children of his own it was expected that on his death the crown would be passed either to his younger brother Albert, Duke of York, or, should he no longer be with us, Albert's eldest daughter, Elizabeth.

In other words, Elizabeth was always expected to become Queen at some point in her life, but in 1936, after the death of King George V, the process was accelerated when her uncle's love for American divorcee Wallis Simpson proved stronger than his love for the crown.

With her father now the reluctant King, the young princess fully embraced her new role as heir apparent. She joined the Auxiliary Territorial Service during the war – where she learnt to fix engines and drive military vehicles – and on her first overseas visit to South Africa in 1947, gave a speech dedicating herself to the Commonwealth. It turned out to be a promise Her Majesty kept to the very end.

In these early years before she became Queen, Elizabeth was also busy cultivating her private life. On November 20, 1947, she wed her sweetheart, Lt Philip Mountbatten (also her third cousin), in a lavish ceremony at Westminster Abbey. The following year, Prince Charles was born, followed

by Anne in 1950, with the young family settling into a quiet life in Malta where Philip was stationed as a naval commander. But the plans to put her husband's career first until her inevitable accession to the throne were thwarted by the King's faltering health and his untimely death in 1952.

She may have been a young Queen, aged just 25, but she was devoted from the start and wasted no time in winning over the hearts and minds of everyone she encountered. Her coronation at Westminster Abbey was the first to be televised, and on her gruelling first tour of the Commonwealth, alongside Prince Philip, Her Majesty's warm spirit and ceaseless enthusiasm made even the most reluctant among her audiences fall helplessly in love with her. She also became the first reigning monarch to visit Australia on her maiden tour as Queen.

Despite her tender age, Queen Elizabeth II was natural in her role as Head of State. No task was too formidable as she effortlessly won over her fiercest critics, including Prime Minister at the time, Winston Churchill, who declared her to be "only a child". However, the pair soon became fast friends, and remained so until Churchill's death in 1965.

Now, 70 years after those early days of her reign, the legacy of HM Queen Elizabeth II seems even more extraordinary. So devoted, so beloved and so effortlessly full of grace and kindness; Her Majesty was truly one of a kind.

Photo credit: AP/Shutterstock

Bishop's Stortford Means Business



BISHOP'S STORTFORD MEANS BUSINESS



WEDNESDAY 19th OCTOBER 2022

SOUTH MILL ARTS, BISHOP'S STORTFORD



Come along to see what Stortford businesses have to offer

- A one day event**
- 60 local businesses**
- Speed Networking**
- Free Seminars**

Doors Open at 10

Be a part of it

Buy Local **This is a showcase of the goods and services available from local companies**

Visit www.bsmb.co.uk to register and for more information

- @BSMeansBusiness**
- BSMeansBusiness**

Book your stand today!

Creating business opportunities since 2001

Sponsored by:



Organised by:





HOW TO MATCH TRAINERS WITH jeans

You may think that you can't put a foot wrong when it comes to pairing jeans and trainers, but sadly this is not the case. If you want to rock your favourite denims and your much-loved trainers, you need to make sure you are getting your combos right.

HIGH-TOPS: From Adidas to Nike, Converse to Reebok, all your favourite trainer brands have their own high-top offerings. A timeless trend that provides both comfort and an edge of cool, pair with wide-leg ecru jeans and a simple tee for a laid-back look. Alternatively, wear with a cropped flare jean for casual daytime chic or with a sleek pair of skinny jeans for a more glam vibe.

WHITE PLIMSOLLS: Classic and understated in their design, everyone should have a pair of white plimsolls in their wardrobe. Wear with your much-loved skinny jeans, slightly rolled up if you wish, or with wide-leg white jeans for an instant nautical vibe. Avoid pairing with bootcut varieties.

DAD TRAINERS: One of the most versatile styles of trainers and enjoying a resurgence at the moment in the fashion world, dad trainers work well with mom jeans, straight-leg jeans and wide-leg jeans alike. Opt for stonewashed jeans for the very epitome of daddy cool.

CHUNKY TRAINERS: Unlike dad trainers, which are more vintage in their design, chunky trainers tend to reflect current trends in footwear. Ideal for rocking with super baggy boyfriend jeans, ripped jeans and straight-leg varieties, throw on a graphic tee and an oversized cardi and you are good to go. Chunky trainers should never be seen with skinny jeans as this can result in the dreaded clown feet look.



Photo credit: ASD&S.com



High volume hairstyles

SIX HAIRSTYLES TO BRING MORE VOLUME TO YOUR HAIR

Do you suffer with fine, limp or thin hair? Then these volume-boosting hairstyles are just what you need to add a little oomph to your locks.

Asymmetrical bob

If you are looking for a shorter style that promises to add volume, then the asymmetrical bob is the hairstyle for you. Adding both volume to your hair and definition to your face, this ultra-sleek style suits women of all ages.

Messy lob

For those with shoulder-length fine hair, a messy lob is a great choice. Ask your hairdresser to add choppy layers to your locks and you will instantly see more movement and volume.

Tousled loose waves

Long hair can be prone to looking flat, so why not add some tousled waves to give the appearance of more volume? Simply wash your hair with a volumising shampoo, put in braids and leave overnight. Let your hair down in the morning for gorgeous waves.

Textured pixie

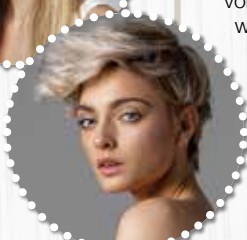
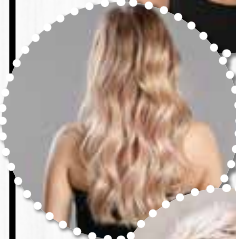
For those who dare to go super-short, the textured pixie is the ideal cut for people with thin hair. This versatile style works with any texture of hair, from curly to straight. To style this look, use a water-based pomade or a matte wax.

Heavy fringe

A full fringe can make your entire head of hair appear thicker and more voluminous. Adding both density and fullness to your locks, this hairstyle works best with no parting. Opt for either a blunt or textured style but be sure to keep it heavy.

Vintage pompadour

The pompadour is making a huge comeback this year and is another short style that is perfect for adding volume and height. Pair short, edgy sides with a curly texture on top for a modern look that demands to be noticed.





Rivers Hospital People Caring for People



Bone & Joint Pain



Eye Care



Cosmetic Surgery



General Medical Conditions



Men's Health



Ear, Nose & Throat Conditions



Physiotherapy



Women's Health



Weight Loss Surgery



Diagnostics



Paediatrics



Gastroenterology



Services for children and young people
- **OUTSTANDING**

01279 602 675
rivershospital.co.uk

High Wych Road, Sawbridgeworth, Hertfordshire, CM21 0HH



Control your CHOLESTEROL



HEALTH & FITNESS

Although it gets a bad rap, cholesterol is actually an essential molecule in the body that produces vital hormones such as progesterone, testosterone and cortisol.

However, around 40 per cent of people in the UK have high or borderline high levels of bad cholesterol, which can have a detrimental effect on health.

WHAT CAUSES HIGH CHOLESTEROL?

There are several factors that increase your risk of having unhealthy cholesterol levels, including: A poor diet which is high in saturated and trans fats | A high body mass index | Lack of exercise | Being a smoker | Drinking too much alcohol | Being over 40

Certain medical conditions such as chronic kidney disease, diabetes, lupus and hypothyroidism can also lead to high cholesterol. If you are aged 40-74, you can get your cholesterol checked as part of an NHS Health Check.

WHAT HEALTH COMPLICATIONS CAN OCCUR FROM HIGH CHOLESTEROL?

High cholesterol can lead to a dangerous accumulation of cholesterol on the walls of your arteries. This is known

as atherosclerosis and can cause complications such as chest pain, heart attacks and strokes.

HOW TO PREVENT HIGH CHOLESTEROL THROUGH DIET

Foods to eat: Oats | Wholegrains | Beans | Nuts | Soy | Oily fish

Foods to avoid: Fatty and processed meats | Animal fats such as butter, ghee and margarine | Full-fat dairy products

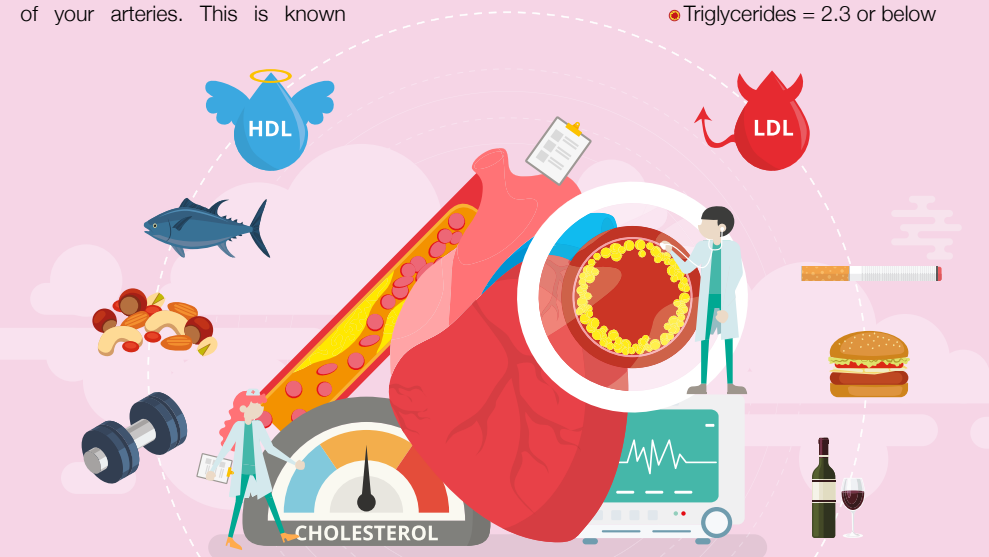
HOW TO FIND OUT YOUR CHOLESTEROL LEVELS

As high cholesterol does not cause symptoms, you can only find out if you have it by requesting a blood test from your GP.

A cholesterol test can measure your total cholesterol levels, both good and bad, including low-density lipoprotein (LDL) and high-density lipoprotein (HDL), and your level of triglycerides.

Healthy cholesterol levels for each are as follows:

- Total cholesterol = 5 or below
- Good cholesterol = 1 or above
- Bad cholesterol (LDL) = 3 or below
 - Bad cholesterol (non-HDL) = 4 or below
 - Triglycerides = 2.3 or below





OCTOBER IS BREAST CANCER AWARENESS MONTH, AND WITH 55,000 WOMEN DIAGNOSED WITH THE DISEASE EACH YEAR, IT'S NEVER BEEN MORE IMPORTANT TO BE BREAST AWARE

What is normal?

Every woman's breasts are different, in terms of size, shape and consistency. It is also not uncommon for one breast to be larger than the other. It is a good idea to get used to how your breasts feel at different times of the month so that you can notice any changes.

How to be breast aware:

The NHS Breast Screening Programme has produced a five-point plan for how to be breast aware:

1. Know what's normal
2. Look at your breasts and feel them
3. Know what changes to look for
4. Report any changes to your GP immediately
5. Attend routine screening if you are aged between 50 and 71.

How to check your breasts:

Look at your breasts and feel each one and your armpit, including up to your collarbone. Many women

find this easiest to do in the shower or bath. You can also look at your breasts in the mirror, both with your arms by your side and with them raised.

Breast changes to look out for:

- > A change in size, outline or shape
- > A change in the look or feel of the skin, such as puckering, a rash or redness
- > A new lump, swelling, thickening or bumpy area on the breast or armpit
- > A discharge from the nipples
- > Change in the position of the nipples
- > A rash or crusty or scaly skin around the nipple
- > Any discomfort or pain in the breast.

When is the best time to check your breasts?

You should check your breasts once a month on the same day, ideally a few days after your period. This is because many women notice changes to their breasts during their menstrual cycle and they may become swollen, tender and even lumpy.



GLOW by MWFITNESS

New Beauty Retreat
Now Open at Wickham Hall

50% off
your first treatment

Terms and Conditions Apply.

DermaLux SPA FIND gelish ENVIRON.

GLOW by MWFITNESS
The Old Stables, Wickham Hall, Bishop's Stortford, CM23 1JG (next to Rosey Lea)
hello@glowbymwfitness.com www.glowbymwfitness.com 01279 899836 07894536870

beauty. wellness. lifestyle.

boo baby scan

Located in the centre of Bishop's Stortford, offering:

Early scans from 8 weeks
Gender scans with reveal lighting in the room!
4D imaging packages
Bonding, growth & presentation scans

> Fully qualified NHS sonographers
> CQC registered and regulated
> Longer appointment times
> Tailored scanning experiences
> Bring 5 guests!

Scans From £65!

4.9 ★★★★★
Google

Sworders Yard, North Street, Bishop's Stortford. CM23 2DL.
01279 501 335 / www.boobabyscan.co.uk

@boobabyscansstortford

SCAN ME



YOUR GUIDE TO visiting Antarctica

Looking for your next travel destination? Why not make it Antarctica? Here's what you need to know about visiting the world's southernmost continent.

WHY VISIT?

Antarctica is one of the world's last untouched destinations. With its beautiful wilderness, it's a place unlike any other, a real trip of a lifetime.

Away from the tourist traps, busy cities and constant connectivity, it's the perfect getaway from reality.

WHEN TO VISIT

The best time to visit Antarctica is from November to March – the Antarctic summer. You'll get to enjoy 24-hour sunshine, giving you the best chance of seeing the continent's incredible wildlife.

WHAT YOU WILL SEE

Besides the stunning landscapes, Antarctica is home to some of the world's most fascinating

creatures. See penguins, albatrosses, whales and more in their natural habitat – a truly spectacular experience.

WHAT TO PACK

Brace yourself for some cold temperatures on your adventure. Take plenty of thermals and layer up your clothing to help you stay warm.

Remember to take your camera. You won't want to miss out on those amazing photo opportunities.

WHAT TO DO

A trip to Antarctica will give you the chance to discover the history of famous explorers, including Robert Falcon Scott and Sir Edmund Hillary.

While these explorers might have had to survive in difficult conditions, you could enjoy your Antarctic adventure on board a luxury cruise, with all of their modern comforts.

Could a visit to Antarctica be on the cards for you in 2022 or 2023?

Photo credits: auroreexpeditions.co.uk | redsevanah.com



The GOODLIFE LODGE CO

invest in the good life...

Luxury Lodges, great fun and a great return on investment!

Visit our four fantastic locations today....

TallingtonLakes | TANNER FARM PARK | Thorney GC | E.B. & J. MILDEN

www.goodlifelodge.com • info@goodlifelodge.com • 0800 564 2266

SUPPORT LOCAL BUSINESSES



Let your local businesses know that you saw them first in... **VISION**

Giggling Squid

NEW FESTIVE MENU

... 'tis the reason to be jolly



BOOK NOW ON
gigglingssquid.com

£34.95 for three delicious courses per person
or
£39.95 including a glass of prosecco

Find us at 2-4 North St, Bishop's Stortford, CM23 2LQ
bishops@gigglingssquid.com / 01279 503 427

Available from 21st November to 31st December

[@gigglingssquid](#) | www.gigglingssquid.com



Photo credit: Joe Gliddens/WPA, Pool/Shutterstock



FOOD & DRINK

A dish fit for our Queen's coronation

There are a multitude of food dishes that carry with them a certain historical significance that's evident in the name – from beef wellington to eggs benedict. Some point to the person we expect; others are a little more misleading (the Caesar salad is named after an American restaurateur, not the Roman emperor).

In the case of the subtly curried coronation chicken, it's satisfying that the dish was indeed invented in order to mark the Queen's coronation in 1953, even if its origins actually point to a similar chicken recipe conceived for George V's Silver Jubilee in 1935.

The recipe was published as the nation prepared for street parties, although in those post-war years, some ingredients may have been deemed extravagant as it was previously more complex, and

only recently has it evolved into something more sultana-heavy.

The recipe took more than four weeks to create, and was perfected by Angela Wood, now 88, a student at Winkfield Place College, which was preparing the menu for a banquet at nearby Westminster School for more than 350 dignitaries after the coronation.

She said in an interview: "The brief was 'something that had a bit of flavour, but not too much', to appeal to the banquet guests. For a month or more, I was cooking a chicken a day and we had to alter the balance of the spices in the sauce to get it right."

The dish has now gone down in national folklore, used in sandwiches, salads and jacket potatoes.

Coronation chicken recipe

INGREDIENTS: 6 tbsp mayonnaise | 2-3 tsp mild curry powder, to taste | ½ tsp ground cinnamon | 500g shredded cooked chicken | Black pepper | Optionals which can be added are 2 tbsp mango chutney and 1-3 tbsp sultanas, or to taste

STEP ONE: Mix the mayo, curry powder and cinnamon (add the chutney and sultanas if using) together and season with black pepper.

STEP TWO: Add the shredded chicken and stir to coat in the sauce. Stir in 2 tbsp water to loosen if needed, then season and serve as desired.





Bifold doors, sliding doors and roof-lights available for next day delivery.



01992 948 980
essex@homehubgroup.co.uk
137-139 Epping High Street
f @ HomeHubGroup

There's no place like Home Hub
With no pressure sales, transparent pricing and exceptional service levels you'll feel right at home with Home Hub. Our elegant lifestyle showroom is now open in Epping, call us to book an appointment.

homehubgroup.co.uk

Windows • Sliding Doors • Bifold Doors • Roof Lights

FADE TO *grey*

In a modern era where we're so attached to the political, sporting and social trends of the moment, the ongoing debate over whether grey is pulling its weight as an interior design colour rages on.

Sure enough, at the start of each year many noble names in home renovation declare grey's day is done, while just as many applaud it for its innovative ability to ignite the imagination.

Yet once again this Marmite tone looks likely to win us over. Here's why:

NEUTRALITY: Grey is neither white nor black, and for that reason it holds a split personality when being matched with other shades and tones. It can lift up a darker tone, or darken a lighter one, and this versatility gives it endless potential.

A PASTEL PAL: Most of us love pastel shades, though in abundance they can often come across as child-like or boring. By layering pastels with grey, however, they are given a rebellious edge.

WOOD WORKS: The ubiquity of Scandi style and use of wood textures and tones is something many of us stand by, and greys certainly lift the light browns and blues of wintry warmth to provide rooms with a traditional yet modern aesthetic.

A TOUCH OF CLASS: Grey has long been a colour associated with style and substance. Mixing tones of grey will also provide a space with a set of artificial textures that lead the mind into greater spatial awareness and visual satisfaction.

MAKING A STATEMENT: Grey also acts as a stunning backdrop to a statement piece. It's not as blasé as white, so will shape a piece of furniture, an antique or a painting in a way that guides the eye rather than forcing it to fix on something.





GUY OLIVER'S OBJECTS OF DESIRE

WHY MATERIAL POSSESSIONS ARE SO IMPORTANT TO DESIGNER GUY OLIVER



In his twenties, designer Guy Oliver spent a large amount of time in Soviet Russia with the British Navy. His perception of the country was enforced as one of suspicion and mistrust, but when the whole state opened up at the end of the Cold War, the now Kensington-based designer discovered a style and beauty in the possessions and memorabilia he picked up.

It was that initial investment in objects and items that had real provenance in a specific era, and with personality attached, that has led Oliver into building a landscape that focuses completely on the items we use to make our houses feel like homes.

Across a background tone of whites, beiges and occasional blues, Oliver incorporates cherished possessions, statement antiques and "familiar things" into his living space.

"I believe we can only really be comfortable when we're living and existing around things that give us

place and purpose," he says. "We fill our homes with items that represent places we have loved, people we have admired, time we have spent."

On this point, Oliver zooms in on what truly makes a living space feel perfect and the importance of how the things that fill our homes make us feel. In the designer's case, that's everything from a portrait of an 18th-century Levantine merchant, a Japanese temple model purchased from Harajuku market in Tokyo, or even a set of sketch caricatures dating back 100 years that sit perfectly within the windowpanes of a door.

He adds: "My parents taught me to appreciate antiques and fine craftsmanship – the importance of the provenance of an object and if it can be authenticated.

"We can't take anything with us when we go, so let's surround ourselves with life memories while we're here. The seemingly commonplace can have enormous value in our own minds."

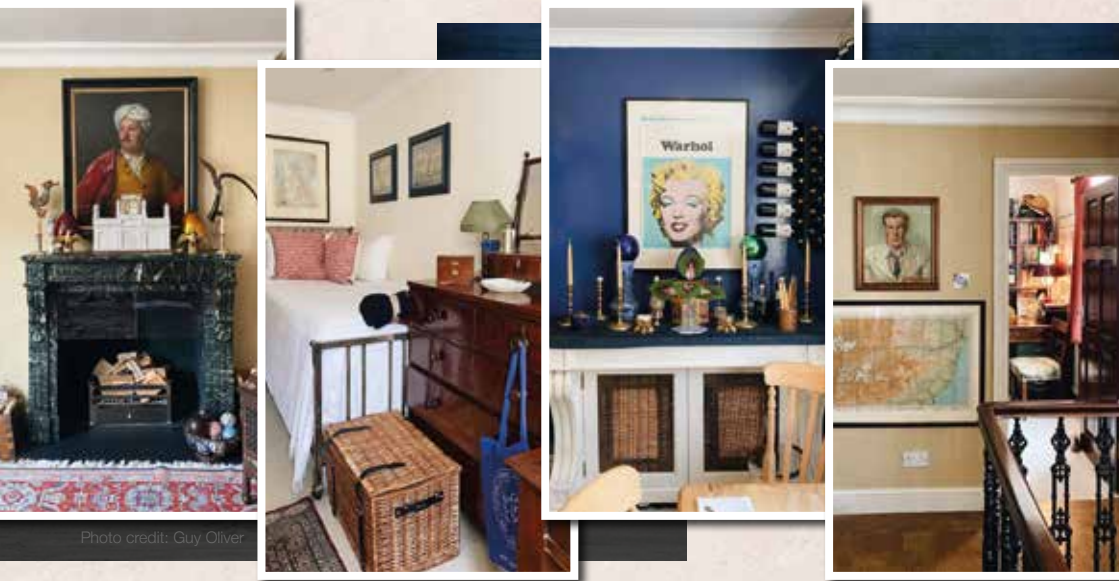


Photo credit: Guy Oliver



DOMICILE DESIGN
KITCHEN: PLANNING - SUPPLY - INSTALLATION

BEAUTIFUL KITCHENS FOR YOUR LIFESTYLE

WE ARE THE HOME OF LUXURY, ELEGANT, BESPOKE KITCHENS IN BISHOP'S STORTFORD



DOMICILE BLINDS
Custom solutions for luxurious living

MADE TO MEASURE BLINDS & SHUTTERS

- VERTICAL & VENETIAN BLINDS** in 'Fauxwood', Wood or Metal
- ROLLER BLINDS**
- SHUTTERS** in Polyvinyl or Wooden

CALL US TODAY FOR A FREE NO OBLIGATION QUOTE OR VISIT OUR SHOWROOM
73A South Street, Bishop's Stortford CM23 3AL

01279 210 960
www.domicileblinds.co.uk
info@domicileblinds.co.uk

01279 898 710
www.domicile-design.co.uk
info@domicile-design.co.uk

mood-boosting

HOUSE PLANTS

Do you suffer with low mood in the winter months? Then a few well-placed plants could be just what you need to lift your spirits and put a smile back on your face.

PEACE LILY: As the name suggests, the peace lily brings an aura of calm and tranquillity to your home. It is also highly effective at improving air quality, which can make you feel better both physically and mentally. Place in a warm room but away from direct sunlight.

LAVENDER: Lavender is known for its soothing properties and is the perfect plant for relieving stress. Place in your bedroom or in a home office and see all your worries wash away. Lavender loves the light and requires regular watering.

SNAKE PLANT: Not only does this plant look great, but it can also help to boost your mood owing to its ability to pump oxygen into your home. Easy to care for, the snake plant is ideal for people who suffer with allergies as it can help to lessen the impact of airborne allergens like dust and dander. Place on a sunny windowsill.

ENGLISH IVY: If you struggle to fall asleep at night, then this is the house plant for you. English ivy contains properties that can help to prevent restlessness and help you drift off to sleep more easily. It also absorbs mould in the air. Place in a sunny spot in your home and make sure its soil remains slightly dry.

ALOE VERA: Aloe vera has multiple health benefits, including the ability to treat acne, soothe inflammation and hydrate dry skin. On a spiritual level, this plant is known to ward off negative energy and cleanse space. Position in bright but indirect sunlight for best results.



Spruce up

YOUR HOME

If you're after some wallet-friendly home decoration this autumn, get out to your local park or woodland and gather some pine cones.

All conifers produce cones to protect their seeds. But the best ones for autumn decorations are standard pine cones – the ones with thick, woody scales.

Collect your pine cones on a dry day, while they're still fresh. If the scales are closed, don't worry. They'll open in a couple of days.

When you get home, give the cones a quick soak in warm water with a splash of washing-up liquid. Leave them to dry naturally or pop them in an oven at 180°C/160°C fan/gas 4 for half an hour.

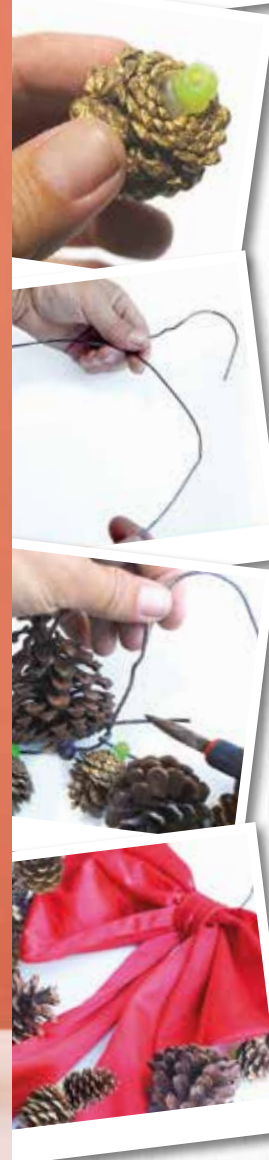
Cones look great piled into a bowl, or add some mini fairy lights for a festive look. For scented cones, leave them in a sealed polythene bag for a few days with 10-20 drops each of cinnamon and orange essential oil. You can also make a simple wreath.

YOU WILL NEED

- > Pine cones
- > A glue gun and glue sticks
- > A packet of brown pony beads
- > 1m of thick wire – 12 gauge/2mm diameter aluminium wire is ideal (a wire coat hanger will do but is harder to work with)
- > Jute string or ribbon for hanging
- > Wire cutters
- > Decorations (optional)
- > All extra materials you need can be found at craft stores or online.

INSTRUCTIONS

- > Trim off any stalks at the base of the cones.
- > Glue the side of a pony bead to the base of each cone to form an eyelet.
- > Thread the wire through the eyelets till you can form a circle the size you want. You may need to jiggle the cones to make sure they're tightly packed and stay in place. To secure, twist the wire ends together.
- > Tie on your string or ribbon to form a hanging loop.
- > If you like, add a few decorations.



A Lady TO THE LAST

REFLECTING ON HER MAJESTY QUEEN ELIZABETH II IN HER LATER YEARS AS A SERVANT TO THE PEOPLE

“This is our country’s saddest day. In the hearts of every one of us, there is an ache at the passing of our Queen, a deep and personal sense of loss – far more intense, perhaps, than we expected,” began former Prime Minister Boris Johnson in his moving tribute to Her Majesty Queen Elizabeth II. And while he may not have quite lived up to his expectations as Prime Minister – Her Majesty made sure to ‘see him off’ two days before her passing – his ability to transpose feelings into words remains second to none.

For many of us in Great Britain, life without our Queen is something we have never known, and it is only in her passing that we truly appreciate how extraordinary her feat of 70 years on the throne was. Even her twilight years were spent cementing her legacy through continued work and devotion, and over seven decades she travelled to 117 countries and hosted countless high-profile guests and heads of state, including Robert Mugabe, Nelson Mandela and Donald Trump.

Upholding to the very last one of the cornerstones of the British Constitution – that the monarch ought to always stay out of politics – Her Majesty saw 15 Prime Ministers come and go. No matter how turbulent the political seas became, she always stood steady and calm; a constant port in the storm for the British people to depend on.

As is to be expected, Her Majesty saw her fair share of good and bad times. The year 1992 was particularly dire, with revelations of lusty phone calls between Camilla and Charles, the separation of Andrew and Fergie, and the blaze that almost destroyed Windsor Castle. Her ability to play out such tragedies in the public space was forced upon her, in many ways, yet she took the hits and moved forward.

While she later admitted to being desperately sad at the demise of so many great things around her that she believed were so strong, the humanity displayed during that period – and more recently with the scandal involving Prince Andrew and the Harry/Meghan storm – has served to align the Royal Family with our own families.

Rather than their being regarded as a group of people immune to the disturbances and disappointments that come to us all, the Queen has readily admitted the Windsors’ fallibility.

And while the passing of Prince Philip, just 17 months before her own, may have struck another blow to a lady we believed would always be with us, at least her own departure means the two can be reunited again, wherever that place is.

Certainly, it’s fair to say the truest echoes that remain from Queen Elizabeth’s life are the laughs, the pleasure, the playfulness, and the reinvention of how we view our monarchy.

A job well done, Ma’am.



LOCAL NEWS

from your neighbourhood



Community pays tribute to 'remarkable' Queen

The Bishop's Stortford community came together last month to pay tribute to Her Majesty the Queen, who sadly passed away on September 8.

Residents and local officials paid tribute in several ways, including through floral tributes, holding a minute's silence and organising services of remembrance alongside the Proclamation Ceremony for the accession of King Charles III.

Upon hearing the news of Her Majesty's death, a spokesperson for Bishop's Stortford Town Council said: "On behalf of the people of Bishop's Stortford, the town council would like to send their condolences to the Royal Family on this deeply sad occasion as we remember, with affection and gratitude, the lifetime of service given by our longest-reigning monarch."

On September 16, East Herts District Council (EHDC) hosted an open-air service to give thanks for the Queen.

Councillor Ian Devonshire, chairman of EHDC (pictured right), said: "I am deeply moved by the outpouring of tributes and heartfelt thanks expressed by our community in recent days. Friday's service gave everyone the opportunity to come together, in a shared moment, to commemorate a truly remarkable woman and Queen whose life and legacy will impact for many generations to come."

Attendees at the Bishop's Stortford Community Sports Club's Beer & Music Festival also paused to pay tribute to the Queen on September 17.

In a post on Facebook, a spokesperson for the Bishop's Stortford Sports Trust, said: "Thank you to Mayor Dave Anderson and our lovely long-standing member Squin Clarke who led the tribute to the Queen. Squin read a short poem. We then had a one-minute silence which was quite amazing, followed by the national anthem."

WANT MORE BUSINESS?

CALL 01279 939134
TODAY TO ADVERTISE

APPLIANCE REPAIRS AND SALES

We repair all makes and models

Washing Machines • Tumble Dryers
Dishwashers • Ovens • Hobs • Cookers
Fridge/Freezers • Extractor Hoods

New appliances in stock for same day delivery & installation

Prices listed on our website

Call 01279 310793
Or Book Online
www.spindoctoruk.co.uk

EDWARDS Interiors

THE LONG ESTABLISHED SOFT FURNISHERS

*For the very best in home interiors
Including a full measure and fit service*

38 North Street, Bishops Stortford CM23 2LW Tel: 01279 501984
Email: enquiries@edwardsinteriors.co.uk | www.edwardsinteriors.co.uk

Fulfilling all your building material requirements with the highest service & competitive prices.

- ✓ Lintels
- ✓ Roofing
- ✓ Timber
- ✓ Electrical
- ✓ Insulation
- ✓ Aggregates
- ✓ Bricks & Blocks
- ✓ Tools & Workwear
- ✓ Aboveground Drainage
- ✓ Underground Drainage
- ✓ Dry Lining & Plastering

NEXT DAY DELIVERY

OPEN TO TRADE & DIY

Monday to Friday
7:00am to 5:00pm
Saturday
8:00am to 12:00 noon
Sunday - Closed

OPEN UP A TRADE CASH ACCOUNT TO UNLOCK EXTRA DISCOUNTS

Tel: 01279 656600

Email: info@hancocks-building-supplies.co.uk

Hancocks Drainage and Building Supplies
Unit 6, Birchanger Industrial Estate
Stansted Road, Bishop's Stortford, CM23 2TH



FREE*
Mirrored cabinet or high raised toilet with any full bathroom installation

Bathing a problem? We can help

- Wet rooms
- Walk in showers and baths
- Waterproof wall panelling
- Slip resistant safety flooring

- Grab rails, shower seats & raised toilets
- Disabled Facilities Grants
- Discounts for over 60s, and EX Service personnel
- Charity work and grants

Call for our friendly advice, free survey and quote

01279 271186

Checkatrade.com

info@ahminstallations.co.uk www.ahminstallations.co.uk

*Terms and conditions apply, visit our website for more details.

Man jailed for theft of Range Rover from driveway



A man who stole a Range Rover from a driveway in Bishop's Stortford has been sentenced to six months in prison.

Martynas Siaulys, 21, stole the 2018 registered car during the night of June 19-20 this year.

The owner had a tracker fitted to the car and alerted police to its location, St Albans Crown Court heard on Tuesday, September 13.

Prosecutor Michael Speak said officers waited near the Range Rover, which had been parked in Chipping Ongar, and arrested Siaulys in the early afternoon.

They noticed a red Hyundai that had parked in a nearby street. When it was driven off, it was followed and the co-defendant Tomas Girdenis, 24, was arrested nearby.

Mr Speak said both men were in possession of devices that "facilitate" the theft of cars with electronic ignition.

Siaulys of Grace Court, Grays, Essex, appeared for sentence having pleaded guilty to theft. Girdenis, of Salisbury Avenue, Barking, had pleaded guilty to handling stolen goods.

Both men were sentenced to six months in prison. As they have been in custody since their arrest in June, they are likely to be released shortly. They will then face immigration detention and deportation.

Council to reduce frequency of bin collections

East Herts District Council is set to reduce black bin collections to once every three weeks to save money and reduce greenhouse gas emissions.

Alongside reducing the black bin cycle from fortnightly to every three weeks, weekly food waste collection would begin from 2025.

The council is required to find more than £5million in savings over three years from 2024/25 and needs to make decisions to mitigate the pressures of mandated changes.

In a report, Bishop's Stortford councillor Graham McAndrew said: "This comes at a time when we are experiencing inflationary pressures significantly above projections; in the case of the waste contract, more than double the budgeted figure for 2022/23.

"Any proposals to reduce services or generate income will not only provide savings on the contract budget but also mitigate the financial pressure. It is anticipated that cost pressures could be in excess of circa £1.5million."

Estimates by the council suggest introducing a three-week collection cycle would reduce carbon emissions by an estimated 60 tonnes, save around £270,000 a year, and reduce waste by encouraging recycling.

Family pays tribute to teen killed in buggy crash

The family of a teenage boy killed in a collision in Bishop's Stortford has paid tribute to a "much-loved son and brother".

Herts Police were called to farmland off St James Way by Moor Hall Farm at around 5.15pm on Friday, September 23, following reports of an incident where an off-road buggy was overturned.

William Glendinning, 18 (pictured below), of Cheshire, was found to have sustained serious injuries and sadly died at the scene.

In a statement, William's family paid tribute to him, saying: "William was a much-loved son and brother who was studying at Uppingham School where he was passionate about rugby, theatre and piano. He was loved by everyone and will be greatly missed."

PC Dale Morris, from the Bedfordshire, Cambridgeshire and Hertfordshire Road Policing Unit, said: "Our thoughts are with William's family at this difficult time and our investigations are ongoing."





Photo credit: Wrenbridge

Business park plans approved despite objections

Plans for a business park which were opposed by the Bishop's Stortford community have been approved by East Herts District Council (EHDC).

The council has granted Wrenbridge LLP permission to build the business park at Bishop's Stortford South, off Whittington Way, despite concerns over the impact on the roads and on residents' health and wellbeing.

Outline consent was granted in December 2019 as part of Countryside's St James' Park development, consisting of 750 new homes, a care home, shopping centre, employment space, a primary school and the relocated Bishop's Stortford High School.

Following this, Wrenbridge submitted a second proposal in March 2022 to create 12 units split across five buildings.

A spokesperson for Wrenbridge said: "The design of the buildings and layout has been significantly enhanced following feedback from stakeholders. A

comprehensive landscaping scheme is provided to ensure a high-quality visual appearance of the site, and also to provide green fingers which permeate throughout the scheme."

A spokesperson for EHDC said: "Providing a varied mix of potential uses will help attract investment, stimulate growth, and bring hundreds of new jobs to the area for local people. We do appreciate residents' concerns around development impacts, which is why measures have been put in place requiring drivers of heavy goods vehicles to follow a route plan that avoids travel through Bishop's Stortford town centre. The local highway authority has not raised any objections."

"The planned development considers a wide range of environmental measures – from the installation of solar panels to construction meeting a BREEAM Excellent standard. It is also well served by cycleways and footpaths to encourage walking and cycling."

Canoe club celebrates 50-year anniversary

Bishop's Stortford Canoe Club celebrated its 50th anniversary with a special regatta event last month.

The club, located at Stylemans Lane, welcomed paddlers from other clubs including Chelmsford, Leighton Buzzard, Hemel Hempstead and Lee Valley Paddlesports.

The 49 paddlers took part in a series of 200m, 500m and 1,000m races in sets of four. Angela Aldam, secretary at the canoe club, said: "We remembered that it was 2022 and the club was formalised in 1972 so it was our actual 50th year. We were quite keen to do something a little bit special to celebrate bouncing back after COVID-19.

"Everyone was thrilled by the event and really enjoyed it."



Photo credit: Angela Adam

Your Garden

If you can dream it, we can design and build it!

- Landscape Design
- Plant & Tree Solutions
- Landscape Management
- Landscape Enhancements

Pathways & Patios • Construction • Maintenance • Ponds & Water Features
Planting • Artificial Grass • Block Paving • Bespoke Garden Buildings

Contact us for your free quote
01371 871551
www.phippslandscapes.co.uk
phipps@mail.com

ONE SMALL STEP FOR YOU, ONE GIANT LEAP FOR YOUR BUSINESS

t: 01279 939134 w: www.VISIONmagessex.com
e: bishopsstortford@VISIONmag.co.uk

Your Monthly Lifestyle Magazine

Photo credit: Granger/Shutterstock

Plans approved for new shopping centre store



Photo credit: Bishop's Stortford BID

LOCAL NEWS

East Herts District Council has approved plans to rebuild a TK Maxx in Bishop's Stortford as part of redevelopment plans for Jackson Square.

The new store will create jobs for up to 50 local people.

Michael Smith, centre manager at Jackson Square, said: "There will inevitably be a period of disruption as our centre is expanded, but in the longer term, we know it will be worth it as we are creating an even greater place for our community to meet and enjoy."

"Working with our customers, listening to them and keeping them informed on every step of this renovation journey has been key to the success of this project so far. This communication will continue to be a priority for us as we bring to life our shared vision to create a vibrant retail destination in the heart of our town."

The renovations are due to be completed in 2024.

Budget shortfall conquered between councils

Last month, East Herts District Council (EHDC) approved proposals to bridge a shortfall in the budget that had arisen at the Castle Park Improvement Project in Bishop's Stortford.

The impacts of COVID-19, increases in material costs and changes to European trade meant tender prices were far higher than anticipated.

The Executive agreed to the sale of Bishop's Park Community Centre to Bishop's Stortford Town Council (BSTC), securing the EHDC contribution to reinvest in Castle Park while retaining a valued local facility.

This means finances are now secured to deliver all aspects of the development, the details of which were reported in the September 2022 edition of **VISION**Bishop'sStortford.

Part of the redevelopment includes the skate park at Sworder's Field. After it recently came to light that the contractor was not working on site, it is advised that it is unable to complete the works.

The councils will now undertake a competitive procurement exercise to source an alternative contractor to complete the works.

Speaking on behalf of EHDC, councillor Eric Buckmaster, executive member for wellbeing, said: "I am delighted we have been able to find a mutually agreeable solution that enables EHDC to self-fund its contribution toward this exciting development and bridge the budget gap."

"While the delay to the skate park is beyond our control, we will do all we can to ensure this element of the project is back on track as quickly as possible and will give further updates as soon as we can."

Speaking on behalf of BSTC, chief executive officer James Parker said: "We are doing everything possible to get the skate park completed quickly. The redevelopment of Castle Park is very important for Bishop's Stortford, and BSTC is fully committed to delivering it for our residents."

MP urges people to nominate businesses for 'Rural Oscars'

Julie Marson, MP for Hertford and Stortford (pictured below), is urging the public to nominate local businesses for the annual 'Rural Oscars'.

The 16th Annual Countryside Alliance Awards recognise rural businesses across the country which have benefited their communities through selling local produce or have made a positive contribution to rural life.

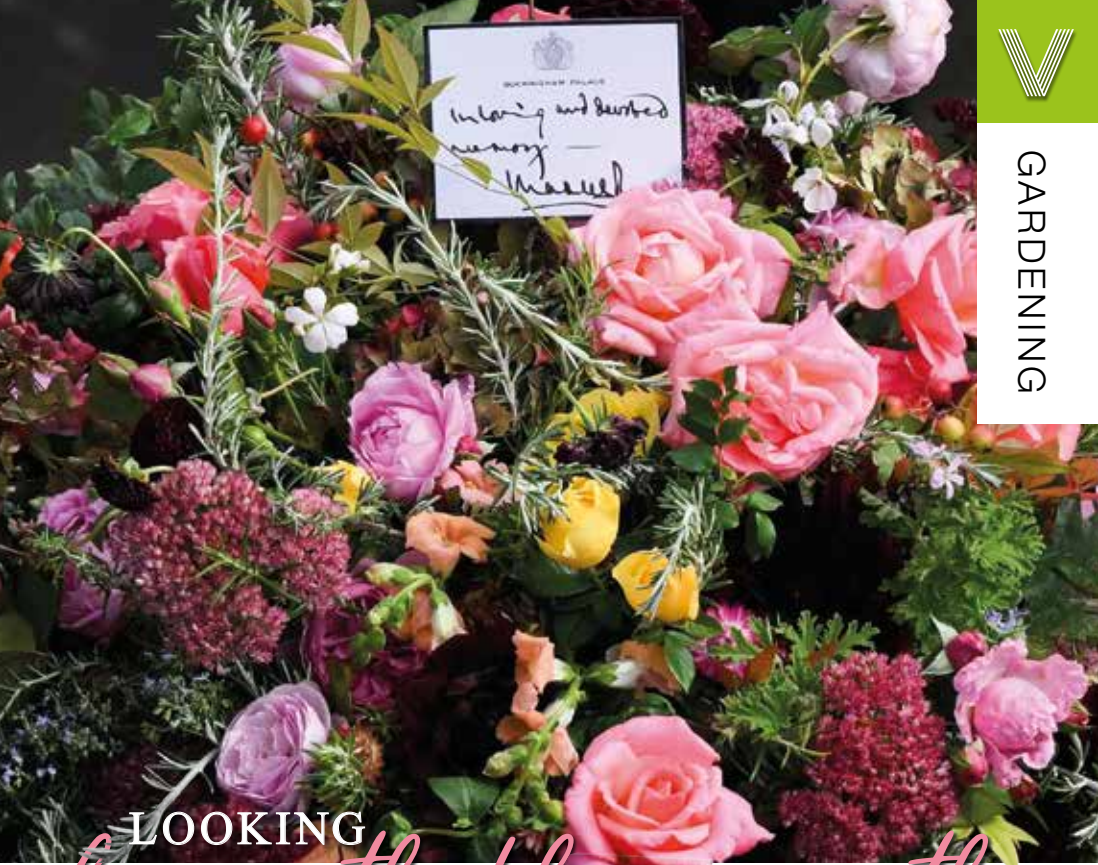
There are five categories: Local Food/Drink, Village Shop/Post Office, Butcher, Rural Enterprise and Pub.

Julie Marson MP said: "These major awards really put those nominated on the map and I know there are many excellent rural businesses across Hertford and Stortford who would be worthy winners."

"I hope local people get involved and nominate in as many categories as possible."

Nominations are now open until November 13.

Please visit www.countryside-alliance.org/caawards to find out more.



LOOKING

beneath the wreath

Flowers are perennially at the heart of the way we offer our tributes to the departed, and few presentations have been as beautiful, perfect or significant as the floral wreath that adorned the Queen's coffin as she made her final journey on September 19.

The choice of flowers on the wreath is not done by luck – it represents a carefully selected process that uses beautiful sprays of colour to celebrate and commemorate so many of the things that enlightened, amazed and enchanted Queen Elizabeth II during her life.

First, the provenance of the flowers is important – they were picked from the gardens of Buckingham Palace, Clarence House and Highgrove House. It was touching to see the use of the myrtle flower, grown from a sprig of the Queen's wedding bouquet when she married her late husband, Prince Philip, in November 1947.

Also present was English oak, a foliage that represents the strength of love, plus pelargoniums, garden roses, autumnal hydrangea, sedum, dahlias

and scabious. All flowers were sustainable, on King Charles' request.

This was a different wreath from the one that accompanied Her Majesty Queen Elizabeth II on her journey south from Scotland. Using flowers picked from her Balmoral Estate, the wreath featured sweet peas – one of her favourites – dahlias, phlox, white heather and pine fir.

While the wreath flowers have garnered much attention, the large quantity left at Green Park and by the gates at Buckingham Palace represented a huge challenge for the authorities.

There is a set process for the disposal of these flowers, which began seven days after the funeral. Gradually, those flowers wilting first would be removed and taken to Hyde Park nursery for composting. This compost will be used on the flowerbeds at Kensington Gardens.

Cards and labels are put into boxes – some will make it into museums; most will remain stored away forever and are unlikely to see daylight again for decades.



GARDENING

Photo credit: Daniel Leal/AP/Shutterstock



Photo credit: wselkimgmagazine.co.uk

GOING POTTY

Perk up your garden, porch or patio with a unique display of flowers and foliage. Read on to find out how to create a stunning container for late autumn and winter.

WHICH PLANTS WORK WELL?

- > Hardy autumn-flowering cyclamen
- > Pansies and violas
- > Hebes
- > Heathers
- > Evergreen ornamental grasses
- > Trailing ivy
- > Heucheras
- > Ornamental cabbage or kale
- > Hardy ferns (e.g. hart's-tongue, polypodium)
- > Evergreen shrubs (e.g. skimmia, sarcococca)
- > Evergreen euphorbias
- > Perennial herbs (e.g. rosemary, sage)

WHICH COMBINATIONS WORK BEST?

Choose an eye-catching 'hero plant' that's relatively tall. Ornamental cabbages, spiky grasses or hebes all work well. If your pots are round, put your hero plant off-centre, not right in the middle.

Now choose at least one bushy plant and one trailing plant, like ivy. Then fill the gaps with

complementary plants. Try to include a variety of shapes, textures and shades of green.

Remember, plants don't grow much in late autumn and winter, so fill your pots generously – you don't want to see bare earth.

Finally, cast a critical eye over your selection to make sure you're happy.

WHICH COLOURS LOOK GOOD TOGETHER?

We think harmonious colours work best. These are the ones next to each other on the colour wheel, not opposite – so mauve and pink rather than orange and blue. But of course, it's a matter of personal taste.

WHAT ARE THE BEST CONTAINERS?

Choose containers made from plastic, stone or frost-proof terracotta, with a wide top. For something different, why not repurpose an old tin bucket or watering can? But remember to drill drainage holes.

Raise your container off the ground using special pot feet or bricks. This will help drainage and help prevent the pot from freezing.

Always use new, good-quality multipurpose compost – don't be tempted to use soil or reuse last year's compost.



Purrfect PETS

LOOKING BACK AT THE HISTORY OF DOMESTICATED CATS TO CELEBRATE NATIONAL CAT DAY

Around one in four UK households owns at least one cat. If you're one of them, you'll no doubt want to mark National Cat Day on Saturday, October 29.

The day's mostly about celebrating all things feline. But it also helps raise awareness about all those cats that need a new home. But where did cats come from?

The most popular theory is that domestic cats are the distant offspring of Middle Eastern wildcats. Some 12,000 years ago, farmers started working the land in an area known as the Fertile Crescent. This is a boomerang-shaped area that runs from north-east Egypt, along the Mediterranean coast and down to the Persian Gulf.

The soil was good here and the crops grew well. But when it came to storing grain, the farmers were plagued with mice. So it was only natural for farmers to invite in the local wildcats. The animals were thrilled with all the tasty morsels on offer. And

the farmers were delighted with their easy pest control system.

Gradually, as people came to prefer those cats with milder temperaments, the animals adapted to their new environment. And they eventually evolved into the hundred or so cat breeds we're familiar with today.

Cats probably didn't arrive in Britain until the Romans invaded, bringing their mice-gobbling moggies with them. But when the Romans were driven out of the country a few hundred years later, their cats' descendants remained behind.

Somehow, during the Middle Ages in Europe, cats became linked to witchcraft, and hundreds of thousands of cats were killed. Some scholars believe that this led to an explosion in the rat population which helped spread the plague.

Thankfully, by the 17th century, the reputation of cats improved. And they're now the most popular pet in the world.



Give your child a head start

Loved by thousands of families since 2007 RUGGERBUGS is a multi award winning, FUN & Exciting motor skills development programme based around non-contact rugby for children from Walking to 7yrs.

Sunday mornings from 9am
Birchwood High School,
Bishop's Stortford, CM23 5BD

Book your 4 week
intro for only
£35

MONEY BACK
GUARANTEE



Scan Here



Book Today
01279 797 777
bookings@rugerbugs.co.uk
www.rugerbugs.co.uk

DOES YOUR WORK LIFE NEED -FLEXIBILITY-INSPIRATION-BALANCE?

FIRST DAY
ALWAYS
FREE

We have the solution!

Join us at The Residence - a collaborative space for people to work, connect and grow in a community-led environment.

Hot Desks | Permanent Desks | Private Offices | Meeting Rooms

NOW OPEN



CALL 01279 939145 OR EMAIL [KAREN@THERESIDENCECOWORKING.CO.UK](mailto:karen@theresidencecoworking.co.uk)
WWW.THERESIDENCECOWORKING.CO.UK

THIS MAGAZINE IS MISSING YOUR ADVERT

CALL 01279 939134
TODAY TO BOOK
YOUR SPACE



DEAD gorgeous

Remember Coco, the award-winning Disney Pixar film? It featured cute skeletons and was inspired by Mexico's Day of the Dead, a festival that is all about honouring the lives of dead relatives and reminding yourself that death is just part of life.

In the lead-up to the day, skull and skeleton decorations can be seen almost everywhere, and streets are festooned with colourful bunting. Marigolds are popular too - their sweet smell is believed to entice the dead back to life.

The day is celebrated on November 2. So get busy now with these Day of the Dead crafts and you'll also be ready in time for Halloween.

SKULL STONES

You will need: A smooth, flat, oval stone (8cm-10cm long) | White acrylic paint | A paintbrush | A set of acrylic marker pens (including black) | PVA glue | Glitter | stick-on gems

How to make: Paint a simple white skull shape on the stone and leave to dry | With the black marker, outline the shape and draw on the features | Decorate with the coloured markers, and stick on the glitter and gems.

TISSUE PAPER MARIGOLDS

For two flowers you will need: A sheet of orange tissue paper (approx. 51cm x 66cm) | 2 x 30cm green chenille stems (pipe cleaners) | Scissors

How to make: Cut the tissue paper sheet into quarters | Then cut each quarter into half so you have eight small sheets | Stack four sheets together | Fold in concertina pleats, starting at the short end | Cut each end into a point | Twist the end of a chenille stem round the middle of the paper | Fan out and gently separate the layers.

BUNTING

You will need: 12-15 round paper doilies (approx. 16cm diameter) | Acrylic paints in red, pink, purple and orange | A paintbrush | Jute string | PVA glue

How to make: Paint each doily with diluted paint | Dry thoroughly | Fold the doilies in half | Run the string inside the half-circles and glue the sides together.



Crafty

HOW BREWDOG FOUNDER JAMES WATT KICKSTARTED THE CRAFT BEER REVOLUTION

The BBC recently broadcast an exposé on BrewDog founder James Watt, which attempted to highlight a darker side to the craft beer visionary's persona, including working practices at the brewery's Aberdeenshire HQ.

While it dressed up the drama of wrongdoing, the response from the beer-buying public was decidedly lukewarm. The reason? People love IPA more than they love scandal and salacious gossip.

In fairness, BrewDog has always been built on an image that begins and ends in the can or bottle. 'Equity for punks' is a phrase that the brand has long carried around with it – a linking of a drinks revolution with social cohesion and sustainability, fuelled by the momentum of the hipster movement.

It all began in 2007 when twenty-somethings James Watt and Martin Dickie found themselves in Fraserburgh, the foggy, windy, cold Scottish outpost. While frustrated at the lack of real choice in a drinks market populated by imported lagers, they remained sentimental about the role of traditional

alcoholic staples that had fuelled generations of factory workers, miners and engineers.

Sure enough, by feeding new life into old flavours, progressing from their bedrooms and kitchens to their first brewery, they fused creativity with credibility. Punk IPA was born.

"I think a lot of people felt there was a disconnect at the time between a certain demographic and the drinks they were consuming," says Watt. "Lager and fizzy beer had gone the way of the young lads, with football and nightclubs piggybacking and then driving the trend. Ciders and fruit-based drinks had a very summer existence, while spirits, shorts and wines were mostly for women. The market needed something different."

BrewDog's ability to provide that, initially through signature brew Punk IPA, then a raft of variations, expanding into a pub empire that now totals more than 80 locations worldwide, has taken Watt's personal fortune to more than £250million – a self-made punk now living life in the fast lane.

Photo credit Shutterstock



ON THE MOVE

HERE'S A CHECKLIST OF QUESTIONS YOU NEED TO ASK WHEN VIEWING A HOUSE

Buying a house is one of the biggest purchases you'll ever make. And, as with any big purchase, you'll want to do a lot of research before you make an offer.

As you view different properties, be prepared to be nosy. A house may seem perfect on the outside, but asking the right questions will help you decide if it's the right house for you. Keep this checklist of questions in mind when going to viewings.

not the land – which is retained by the freeholder. Understanding which one applies to the property could impact your decision to buy.

✓ HOW LONG HAS IT BEEN ON THE MARKET?

If a house has been on the market for a while, there could be a reason why buyers haven't snapped it up. It could also be a sign that the house is overpriced, putting you in a good position to come in with a lower offer.

✓ IS THERE A CHAIN?

Being stuck in a chain could mean you have to wait a long time before you can move into your house. Find out what the buyer's situation is to help you decide whether to go for the property or to keep searching.

✓ WHY ARE THE SELLERS SELLING?

There are a lot of reasons why someone might sell their house. If someone has only lived in the property for a short while, it could be a red flag that something isn't right with the home or the area.

✓ WHAT IS THE AREA LIKE?

It's important to research the area you're buying in. Feel free to ask about the neighbourhood, shops, pubs, schools and so on.

On the other hand, someone who's been in the house for many years might be more interested in selling to a family or someone who will enjoy the house, rather than someone who's looking for an investment or development opportunity.

✓ WHAT DO THE UTILITIES COST?

With living costs on the rise, it's wise to ask about the property's running costs. Find out what the utilities and council tax are and don't forget to ask for the property's Energy Performance Certificate.

✓ IS THE PROPERTY FREEHOLD OR A LEASEHOLD?

Buying a freehold property means buying the property and the land it is built on. When you buy a leasehold property, you own the property but

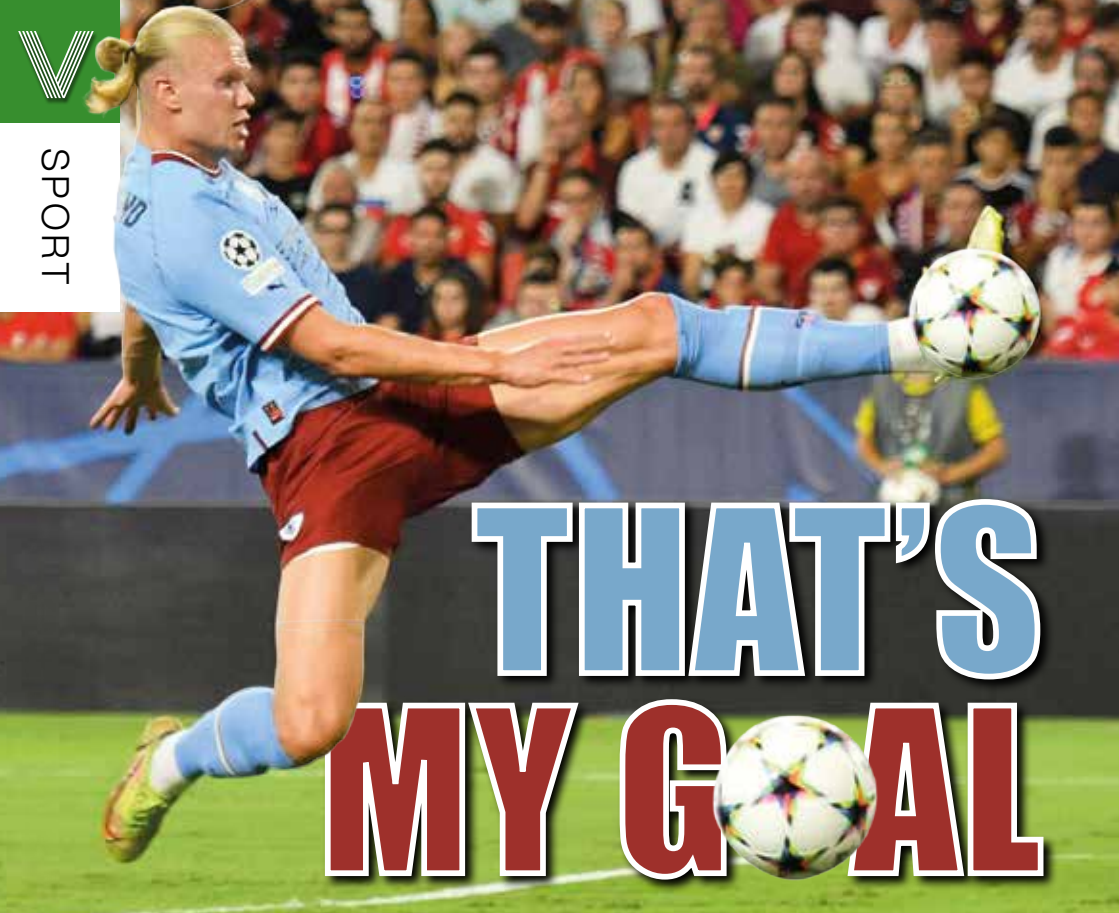
✓ WHAT'S INCLUDED IN THE SALE?

Some sellers include items like furniture and white goods as part of the sale. Ask what is included – there may be room for some negotiation to keep some of the property's existing items and save yourself some money.

When you're checking out a property, feel free to ask as many questions as you want to help you feel confident in your decision. You'll be glad you thought of everything when you sign on the dotted line.



SPORT



THAT'S MY GOAL

THERE'S A NEW GUNSLINGER IN TOWN, AND WHEN HE SHOOTS, HE RARELY MISSES

When Manchester City became aware of a release clause in the contract of one of the most highly sought-after goalscorers in world football, they just had to act. Their efficiency and persuasiveness in getting a deal over the line for the former Borussia Dortmund man has secured for them a star who has all the armoury to emulate generational greats such as Ronaldo and Messi.

The future has arrived, and he's a sharp shooter. Erling Braut Haaland was born on July 21, 2000, in Leeds, England; yet instead of representing the country of his birth, he chose Norway, the nation of his parents, both of whom were world-class athletes in their own right.

Alfie, Erling's father, is a former Premier League player, while his mother is Gry Marita Braut, a national heptathlon champion in her homeland.

It sounds impossible that Erling could set the bar higher, yet he has.

His goalscoring exploits have been well documented and, in 2019, he became the first

teenager to score in five consecutive Champions League games, for Austrian club Red Bull Salzburg. It earned him a move to German giants Dortmund.

In between, he scored nine goals in a FIFA Under-19 World Cup group match against Honduras, subsequently securing the Golden Boot.

Haaland went straight into the full Norway side and is still averaging a goal a game for The Lions.

Yet his club exploits have been just as impressive. At the beginning of October, he became the first player in Premier League history to score hat-tricks in three successive home games, and also now holds the record of being the quickest player to have scored three hat-tricks in the Premier League.

Hitting the ground running for City in the Premier League and Champions League, he appears on course to break yet more records.

What City boss Pep Guardiola ultimately recruited him for, though, was to give the club's Abu Dhabi owners what they crave – the Champions League trophy. Watch this space.

Photo credit: Julio Munoz/EPA-EFE/Shutterstock

Lifestyle & Mobility

lifestyleandmobility.co.uk

ESSEX LARGEST SHOWROOM



Motability offers you the ability to enjoy worry-free mobility

Available through weekly lease payments

A new product every **3** years

To find out how Motability can help you, talk to our Specialist today

HARLOW 01279 420600
67-68 HARVEY CENTRE, CM20 1XP

WELWYN GARDEN CITY 01707 247200
3 MUNDELLS COURT, AL7 1EN

BASILDON 01268 520233
45/49 MARKET SQUARE, SS14 1DE

SOUTHEND-ON-SEA 01702 417088
THE VICTORIA SHOPPING CENTRE, SS2 5SP



Checkatrade.com
Where reputation matters



MOTORING



Photo credit: s1.cdn.autoevolution.com

small BUT *perfectly* FORMED

CELEBRATING 50 YEARS OF THE FIAT 126, WHICH WAS INTRODUCED AT THE TURIN AUTO SHOW IN 1972

Fiat has never rushed things. Perhaps it's the Italian confidence and sense of candour that means when the car manufacturer commits to something, it sticks to it.

How else can you explain the fact that the Fiat 126, which is 50 years old this year, was the first new model Italian manufacturer Fiat launched onto the market in almost two decades.

With that in mind, the 126 had quite a reputation to live up to, given that it followed the iconic Fiat 500.

Sure enough, it came with its own personality – for a car hitting the market in 1972, it was a rear-engine city runaround. It was cute, small – just a smidgeon over three metres long – boxy and bold, and almost exactly the same dimensions as the Mini.

What became notable about the Fiat 126 was that the Italians never really took it to heart, yet over in Poland its success was prolific – so

much so that within 18 months of launch, most manufacturing was shifted to the Bielsko-Biala factory, and the car was renamed the Polski Fiat.

In fairness, in Italy more than 1.4 million were produced, though no models ever made it beyond a basic 700cc engine. A total of 4.6 million were produced, most in the Eastern Bloc.

While the 126 wasn't perhaps the natural successor to the 500 that Fiat had imagined, what made the car iconic was the belief it gave other manufacturers in the pursuit of the classic urban runaround.

In an era when cars were getting bigger, bulkier and more expensive, Fiat was steadfast in its belief that not everyone desired the cost or cumbersomeness of a large vehicle. While the 126 wouldn't win kudos points in the same way that the 500 might, it did at least unite a new generation with comfort and convenience – motoring morals we all still stand behind today.



From £895* for a fully fitted electric garage door.

Gotta get a Garolla.

WHAT'S INCLUDED WITH EVERY DOOR:

- EXPERT MEASURING & FITTING
- 2 REMOTE CONTROLS
- ACOUSTIC & THERMAL INSULATION
- FREE DISPOSAL OF YOUR OLD DOOR
- AVAILABLE IN 21 COLOURS

Trustpilot
4.8 out of 5 (Over 3,000+ reviews)

Garolla garage doors are expertly made to measure in our own UK factories, they're strong and solidly built. The electric Garolla door rolls up vertically, taking up only 8 inches inside your garage, maximising valuable space. Our expert local installers will fit your new door and they'll take away the old one too, so there's no mess.

Give us a call today and we'll come and measure up completely **FREE** of charge.

GAROLLA
ROLLER SHUTTER DOORS

www.garolla.co.uk

CALL US TODAY ON:
01708 545 657
MOBILE:
07537 149 128

LINES OPEN 7 DAYS A WEEK

*Offer valid for openings up to 2.4m wide & including 2 remote controls, 55mm white slats, internal manual override.



FREE LOCAL COLLECTION AND DELIVERY

CAR HIRE VAN HIRE

PROVIDING A ONE-STOP-SHOP FOR ALL OF YOUR HIRE REQUIREMENTS

FAMILY RUN COMPANY ■ CLOSE TO STANSTED AIRPORT

120+ FLEET OF NEW VEHICLES ■ CARS ■ PANEL VANS

LUTON VANS ■ 7 SEATER MPVS ■ 9 SEATERS MPVS

Call us on 01279 505072
or book online at www.palmerandmartin.co.uk

Unit 14 Twyford Business Centre, London Road Bishop's Stortford CM23 3YT

ACCOUNTANT & TAX ADVISORS

ALL THINGS ACCOUNTING

Accounting & tax services, we help with self-assessment tax return, corporation tax return, payroll, VAT return, CIS return & bookkeeping. Call 07539 035537 for free initial consultation

AIRPORT TRANSFERS

PRIMROSE AIRPORT CARS

Competitively priced efficient, clean & reliable service using satellite navigation and tracking of all return flights for Business or Leisure. 01992 364000 | 07966 180531

AUDIO & VISUAL

ULTIMATE AV

We create bespoke systems designed and built especially for you. Small projects to complete home cinema environments. Based in Essex call us on 07531 214339

BEAUTY & NAILS

BEAUTY BY NATASHA KATIE

A local, mobile LVL Technician. Fully qualified level 2 and 3 beauty therapist Babtac insured and approved. 07961 462672

SPECIAL NAILS

Dedicated to provide the best quality nail care for Men & Women. Walk-ins welcome, appointment bookings & gift vouchers available. 01708 442248

THE NAIL STUDIO

Nail Studio lets you switch off and pamper with highly skilled technicians providing top treatments and nail products to meet your every need. 07572 526519

BUSINESS CENTRE

THE TOWNHOUSE HERTFORD

Modern business centre in the heart of hertford offering a variety of office space, meeting rooms and hot desking facilities. 01992 350132

CARPET & UPHOLSTERY

ARWIN CLEANING SERVICES

Over 30 yrs of exp, we can offer a professional, efficient and cost-effective solution for carpet and upholstery, cleaning and maintenance. 07973 417764

CAR & VAN HIRE

SCENIC SELF DRIVE

Your self drive hire specialists. Whether you require modern cars, motorhomes, vans or minibuses. Rest assured we will provide you a professional service. 01708 753461

CLEANING SERVICES

GLOWWHITE CLEANING

Serving Hertford and surrounding areas. We specialise in end of tenancy cleaning for tenants, landlords and property managers. Fully insured. Contact: 07561 138855

CLEARANCE & WASTE

THE CLEARANCE TEAM

From clearing a room, house or garden to clearing an entire office block. Fast, reliable and affordable. Working 24/7 so you can book us at your convenience. 0207 101 3387

COMPUTER REPAIR & I.T.

MAPTEC IT

Your local residential & commercial IT specialists. We can fix your computers, configure email accounts & printers. Setup your Wi-Fi, Internet router & network. 0203 865 7174

ELECTRICAL & WHOLESALE

CH ELECTRICAL WHOLESALE

Essex & East London's leading electrical wholesalers providing the trade & public a professional service with access to all leading brands. 01708 730591

ELECTRICIAN

CAPITAL ELECTRICAL SERVICES LTD

Domestic/Commercial, Repairs/Installation, Vehicle Charging Points, Portable Appliance Testing, Fire Alarms, Emergency Lighting, Installation Condition Reports. Call 0208 088 2916

TACK ELECTRICAL

Reliable, affordable, fully qualified and insured. We guarantee we'll deliver unrivalled service and workmanship every time. No job too small. 01992 276128

JOIN THE LISTINGS... for just £180 +VAT per yr

FRENCH POLISHING

DC POLISHING

20 Years experience in wood restoration i.e. Furniture, doors, staircases, worktops, minor repairs & FLOOR RESTORATION. 07949 204969 | dcpolishing.church@gmail.com

FURNITURE ASSEMBLY

FLAT PAC KING

Assembly of all flat pack items. London and Essex areas covered Collection and delivery service is available call Jo on 0208 088 2976

FURNITURE RESTORATION

ABBEEY GROUP

Abbey Group are specialist in creating, repairing & restoring quality furniture & wood surfaces to the highest standard. 01708 741135

KINGS UPHOLSTERY

Handmade sofas & chairs designed especially for you to your required specifications. Also providing in re-upholstery & repair work. 01708 444125

GARDEN DESIGN

ARBELLUS

Arbellus solutions for your outside space. Design, planting plans and consultancy. Private and commercial. Contact 01992 236043 | www.arbellus.co.uk

GARDEN SERVICES

JOHN HEARNE

We take care of it all Lawn Mowing, Weeding, Planting, General Tidying, Fence/Shed Painting, Driveway/Patio Pressure Washing and more. Call for details 07908 523101

THE ORIGINAL TREE SURGEONS LTD

Taking care of all your tree care needs and providing a personal first-class service to both domestic and commercial clients. 01708 715440

HEALTH & WELLBEING

IMPROVE YOUR SMILE DENTAL PRACTICE

Est. in 1986. Encompassing all needs from basic oral health to advanced dental procedures and high-end cosmetic treatments. New patients welcome. 020 8504 2704

LOCKSMITHS

KEYTEK LOCKSMITHS

From Lock outs to security upgrades, our fully trained DBS checked Locksmiths are the experts | Call 01279 216349 | Quote: 15075

MASTICS AND SEALANTS

QUALITY MASTICS LTD

Bathroom and shower mastic joint sealing. Kitchens, windows, floors, external seals around windows. For information call 01245 520981

PAINTING & DECORATING

PGA DECORATING SPECIALIST

Interior - exterior - paper hanging specialists in Window repair care. 07769 646357 | www.pgadecoratingspecialists.co.uk | pgadecorators@yahoo.co.uk

TRADITIONAL DECORATIONS

We are a family run business specialising in turning your house into a home. Giving advice on current decorating trends. 07737 562406

PLASTERERS

TF PLASTERING LTD

Professional quality workmanship, over 25 years' experience. Public liability insured. Skimming, coving, dry lining, rendering. Free quotes 07738 278036 | 01279 416311

PLUMBING & HEATING

CMS PLUMBING HEATING & BATHROOMS

Corgi registered, 20+ years' experience, public liability insurance, offering free quotes. No job too small. Based in Gidea Park. Call Craig 07855 589185

PROPERTY MAINTENANCE

LILLYWHITE PROPERTY GROUP

For all building works, full refurbishments & property maintenance inc heating, plumbing, electrical, decorating, flooring, tiling & plastering etc. Call today on 07949 394403

STUART GREEN PROPERTY SOLUTIONS

Property maintenance specialist. Carpentry, painting/ decorating, laminate flooring, bath/shower re-siliconing, gutters cleared/repared, insurance work, PLI. 07917 870879

ROOFING

JIM BARR ROOFING

Exterior cleaning & maintenance. Gutters, Paving & UPVC; cleaned, repaired & renewed. 01708 874816 | 07833 572459

WHITE GOODS & APPLIANCES

T.E.J. DOMESTIC APPLIANCES

Stockists of all major brands. Installation available, FREE local delivery. Free standing & Built In Appliances. Extensive stock. 01708 447752

DISCLAIMER: VISION does not represent or endorse the accuracy or reliability of any of the advertisements, nor the quality of any products, information or other materials displayed, purchased or obtained by any customer as a result of an advertisement or any other information or offer in connection with the service or products. The opinions expressed in articles, reviews and stories are strictly those of the individual authors and do not necessarily reflect the views of VISION.



PUZZLES & TRIVIA

PUZZLES

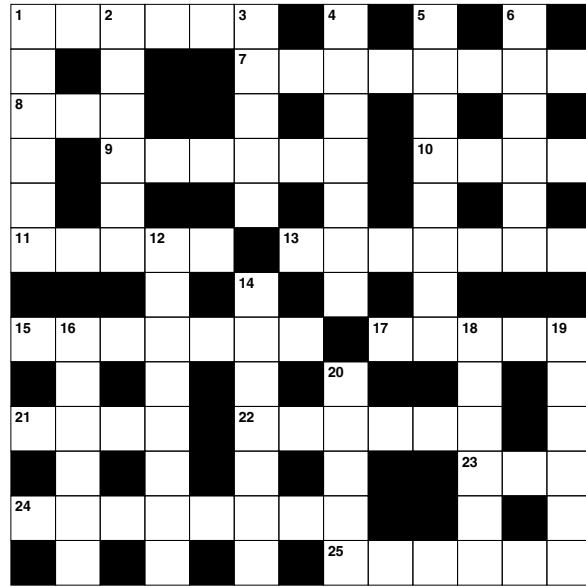
Answers: see end of The VISION Listings

ACROSS

- 1. Stitching (6)
- 7. Restored (8)
- 8. Legume (3)
- 9. Lunatic (6)
- 10. Release; give out (4)
- 11. Purchaser (5)
- 13. Cowboy hat (7)
- 15. Majestic (7)
- 17. Foam (5)
- 21. Ruminant mammal (4)
- 22. Slender (6)
- 23. And not (3)
- 24. Stalemate (5-3)
- 25. Moved back and forth (6)

DOWN

- 1. Majestic; wonderful (6)
- 2. Devastating blow (6)
- 3. Small particle (5)
- 4. Cloudiness (7)
- 5. E.g. Steven Spielberg (8)
- 6. Sheep known for its wool (6)
- 12. Going inside (8)
- 14. Omission of a sound when speaking (7)
- 16. Special rewards (6)
- 18. Frankly (6)
- 19. Intense dislike (6)
- 20. Submerged ridges of rock (5)



DID YOU KNOW?

- ▶ Bananas contain high levels of tryptophan, which converts to serotonin, helping to improve our moods.
- ▶ Frank Epperson is believed to have discovered ice lollies by accidentally leaving a glass of soda water with a mixing stick in it outside during a cold night.
- ▶ Chilli peppers contain capsaicin. This tricks your sensory nerves into feeling like your mouth is being burnt.
- ▶ If you put lemons and limes in water, the lemons would float and the limes would sink. Lemons have around the same density as water, whereas limes are denser than water.
- ▶ In 1974, at a supermarket in Ohio, Wrigleys chewing gum became the first-ever product to have its bar code scanned.

SUDOKU

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



- PRINTING • BUSINESS CARDS • LEAFLETS • DISTRIBUTION
- SIGNAGE • MENUS & BROCHURES • EXHIBITION BOARDS & BANNERS
- RETAIL PACKAGING • WINDOW VINYLs • LOGO DESIGN
- BRAND ALIGNMENT • VEHICLE WRAPPING • CARBON PADS
- WORKWEAR • WEBSITES • SOCIAL MEDIA • I.T. SOLUTIONS



ENQUIRIES@B7MEDIAGROUP.COM



01279 939134





Byrver Flooring



ALL YOUR FLOORING NEEDS UNDER ONE ROOF

We supply and install every type of home and office flooring

- Synthetic & Wool carpeting
- Laminates
- Vinyls
- Luxury Vinyl Tiles
- Wooden floors
- Established over 30 years

☎ 01920 355020

🌐 www.byrverflooring.co.uk

✉ info@byrverflooring.com

📍 8A Baldock Street, Ware, SG12 9DZ

