

**FESTIVE
GUIDE TO
GAME
MEAT**

POPPIN' PAPRIKA
Hot colour trend for 2023

Celebrating 40 years
of Channel 4 and Countdown

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FLORENCE PUGH

The actress on pushing herself to global success


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Editor's notes...

NOVEMBER 2022



Brett Shohet, Editor

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

Recently, I've been thinking about the importance of gratitude. I've been trying my best to start the day by getting up before the sun, as it gives me a sense of accomplishment and achievement, like I'm already a step ahead before I've even started the day. The importance of mindset really cannot be overestimated.

As we enter the colder months, many people are understandably concerned about the cost-of-living crisis. If you're worried about your finances, perhaps think about contacting local mortgage or financial advisers to help you navigate this difficult time with a little more ease, and a little less stress.

The strain will undoubtedly be felt as we hurtle towards Christmas, but it's still important to support local businesses where you can. After all, this will be our first 'normal' festive season in three years, and will offer the chance for businesses which have been struggling throughout the pandemic to begin to bounce back. Keep an eye on our magazine for upcoming Christmas events, and consider how to best spend your hard-earned cash to help our local areas thrive. You never know what hidden gems you might uncover on your doorstep.

Brett Shohet

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is the NARRATIVE

CELEBRATING 40 YEARS OF COUNTDOWN AND CHANNEL 4, AND LOOKING AHEAD TO A NEW ERA

Is there a single adult in the UK unaware of the TV quiz show *Countdown*? The vowels, the consonants, the numbers game, Dictionary Corner, the 30-second clock that never ticks past halfway, the *Countdown* Conundrum and, of course, that iconic music playing in the background while contestants hurriedly attempt to make words or solve a number puzzle.

Countdown is a national institution, and its popularity is such that it celebrates its 40th birthday this month. Where *Countdown*'s birthday is concerned, so too does Channel 4 itself revel in the celebrations, given that the show was on the original schedule that launched way back on November 2, 1982.

Countdown was in many ways one of the showpiece pieces of programming – a quiz that featured the effortlessly amiable Richard Whiteley OBE DL, and doyenne of the digits Carol Vorderman MBE.

Since then, Rachel Riley has succeeded Vorderman, and after Whiteley's death in 2005, permanent hosts have included Des Lynam OBE, Jeff Stelling, Des O'Connor CBE, Nick Hewer and Anne Robinson, in the accumulation of more than 7,000 shows.

One of Channel 4's true success stories, and certainly its longest lasting, *Countdown* has enchanted its weekday audience for four decades, even extending into spin-off fodder with *8 out of 10 Cats Does Countdown*, which is hosted by Jimmy Carr and has run since 2012.

Naturally, Channel 4 has extended its reach much further in the four decades since its launch. While the very nature of *Countdown* means it's not evolved too far from a weekday web of wordplay, the schedule elsewhere has incorporated many other successes, from its edgy *Channel 4 News* to innovative programming across breakfast TV (*The Big Breakfast*), soaps (*Hollyoaks*, *Brookside*), comedy (*Peep Show*, *The Inbetweeners*, *Brass Eye*, *Smack the Pony*, *Desmond's*), drama (*Skins*, *Queer as Folk*, *It's a Sin*, *Black Mirror*, *Top Boy*, *This is England*), and of course reality TV monsters such as *Gogglebox*, *First Dates*, *Made in Chelsea*, *Come Dine with Me*, *24 Hours in A&E*, *Married at First Sight*, *The Great British Bake Off*, *Grand Designs* and *Big Brother*.

And of course, while *Countdown* may lay claim to being the longest-running quiz show on Channel 4, can it top the cultural or iconic impact of *The Crystal Maze* and *Taskmaster*?

Sport has also been prevalent on Channel 4's menu – from the early days leading the surge in the popularity of cycling with Tour de France coverage, to NFL Sunday nights and, more recently, F1 coverage.

Channel 4 has always prided itself on innovation in its programming and its delivery – a fact no better exemplified than in the Film4 and All 4 spin-offs. And for the 40th birthday celebrations, a raft of specials has been planned, many of which rebel against the wealth of ultra-safe programming that other broadcasters have bowed to.

In an era where people want to be as challenged through terrestrial TV as they are online, Channel 4 continues to lead the way. Racing headfirst towards its half-century, the directive from above is to keep forcing the narrative.

THE WONDERFUL WORLD OF

Jellyfish

You're never too humble to have your own international day of celebration – and November 3 is World Jellyfish Day. While these creatures have no brain, heart, bones or eyes, they're still fascinating. They have been around for more than 600 million years and existed before dinosaurs, trees and fungi. And they live in all of the Earth's five oceans.

Jellyfish have an umbrella-shaped body with trailing tentacles, which are armed with stinging cells used to stun their prey before gulping them down. They're helpful for self-defence, too.

Jellyfish mostly eat shrimps, crabs and small sea plants. And in their turn, they're an essential source of food for other ocean creatures like sea turtles, tuna and sharks. In some cultures, jellyfish are also a food source for humans, particularly in South East Asia. Only the main body is eaten, which is said to have a delicate, slightly salty taste. Sometimes they're thinly sliced and eaten raw, or dipped in batter and fried.

As well as using their mouth to eat and get rid of waste products, jellyfish also use their mouths to squirt out a jet of water to move themselves forwards.

There are thought to be 300,000 different types of jellyfish. Some are as small as 5mm in diameter, and some are as big as 2m. They come in an impressive array of colours – some are clear, but some are pink, yellow, blue or purple. Some are even bioluminescent, which means they produce their own light.

Most jellyfish stings aren't serious. But stings from some species – most of them living around Australia, the Philippines, the Indian Ocean and the central Pacific – can be severe or even deadly. Incidentally, the Portuguese man-of-war, a creature often mistaken for a jellyfish, is actually a colony of polyps. However, watch out for them – their stings can be excruciating.

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To find out more about Abbot Care Home and book in to view our newly opened Jubilee Suite, please get in touch

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SUPER STYLISH scarf solutions

A scarf is a winter wardrobe staple for most people, but it can often be seen as more functional than fashionable.

Discover six super stylish ways to tie a scarf that guarantee to impress, with options for men and women.

1. The Beautiful Braid

- > Fold the scarf in half and place it around your neck.
- > Take the loose ends of the scarf and pull them loosely through the loop.
- > Twist the loop and pull the loose ends through again.
- > Continue to twist the loop with one hand, pulling the ends through until you run out of scarf.

2. The Belted Drape

- > Drape the scarf evenly around your neck and let it hang naturally.
- > Fasten a skinny belt over the scarf at the waist.

3. The Knotted Necklace

- > Take a lightweight scarf and place it around the back of your neck.
- > Tie a knot on one side and then on the other.
- > Pick up the loose ends and tie them together.
- > Turn the scarf around so that the ends are at the back and the knots are at the front.

4. The Carefree Cowl

- > Place the scarf around your neck so that one end is much shorter than the other.
- > Wrap the long end around your neck twice and tuck in the loose ends.
- > If your scarf has a fringe, adjust it so that a bit of fringing is hanging down the front.

5. The Double Bandana

- > Fold a long scarf in half lengthwise.
- > Grab the diagonal ends and knot them together.
- > Place it over your neck, twist and loop again.

6. The Casual Turtleneck

- > Place the scarf evenly around your neck.
- > Loop one end of the scarf around your neck.
- > Repeat with the other end (the ends should be hanging slightly down your chest).
- > Tuck the loose ends up inside the scarf.

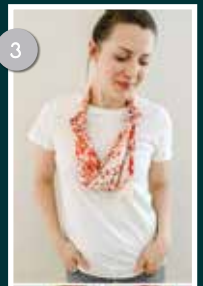


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HAIRSTYLES FOR MEN

WITH *thin hair*

Is your hair looking a little thin? If yes, you are far from alone. By the age of 35, approximately 66 per cent of men will have experienced some degree of hair loss.

It's happened to the likes of Channing Tatum, Ashton Kutcher, Ben Affleck and even David Beckham. Fortunately, you can fight back.

MESSY TEXTURED CUT

If your thin hair is also prone to frizz, then this is the perfect hairstyle for you. Ask your barber to add texture to your hair with a messy and irregular cut that features subtle spikes. This is also a great haircut for men who want a low-maintenance style that only takes minutes to master.

MEDIUM SCISSOR CROP

For those who feel self-conscious of their receding hairline, this is a great choice. Make sure that your barber leaves enough hair on the top and the sides to create the illusion of volume and get practising how to style this youthful and trendy cut.

HIPSTER HAIR

Hipster hair offers a good solution for men who are only experiencing minor thinning. Opt for a close cut around the sides and the back and keep as much hair up top as possible. Add a few days of facial hair growth for even more fullness.

ADD LENGTH

Although many men believe that you should keep your hair short if it starts to thin, longer styles can in fact make your locks appear thicker and fuller. Grow out your hair as much as you can and then add in a square bottom cut midway down the neck.

SLICKED-BACK FADE CUT

Slicked-back hair is the obvious choice for men with a receding hairline as this style adds height and distracts from the lack of thickness. Add a fade cut along the back and the sides and your full-head-of-hair look is complete.



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Sculpt YOUR CORE

WITH STANDING AB EXERCISES

Are you sick to death of doing sit-ups and abdominal crunches, but dream of having a perfectly toned tummy? If yes, then you need to try these four killer core exercises that you can do standing up.

STANDING MARCH TWIST

- > Stand with your feet hip-width apart, your arms above your head and your abs engaged.
- > Bring your right elbow to your left knee and twist through your waist as you do this.
- > Return to the starting position and repeat on the other side.
- > Make sure to focus on using your core, not your quads, when you lift your knee.
- > Continue to alternate each side for two minutes.

WIDE SECOND SIDE CRUNCH

- > Stand with your feet apart (wider than hip-width), holding a dumbbell in each hand.
- > Turn your toes outward and lower yourself into a wide squat.
- > Raise your arms so that your elbows are bent to 90 degrees, engage your core and bend to the right so that your elbow taps your thigh.
- > Do 10 reps on each side and then repeat.

STANDING CROSSOVER TOE TOUCH

- > Stand with your feet apart (wider than hip-width) and extend your arms into a T shape.
- > Engage your core and then rotate your torso to your left.
- > Tap your right hand to the outside of your left foot.
- > Do this on your left side for one minute and then repeat on your right side.

STANDING STABILISATION

- > Stand with your feet hip-width apart, holding a medicine ball or dumbbells in both hands.
- > Extend your arms in front of your chest.
- > Keeping your arms straight and your shoulders pressed down, slowly rotate your upper body to the right.
- > Return to the centre.
- > Try not to let your shoulders climb up to your ears as this means your upper body is starting to take over.
- > Do 10 reps on each side and then repeat.



HEALTH & FITNESS





SHADES

TO HELP YOU *sleep*

We are a nation of insomniacs, with 67 per cent of adults suffering with disrupted sleep and 23 per cent getting no more than five hours per night.

While this could be a result of stress, poor lifestyle choices or a mental health condition, it may actually be the colour of your bed linen that is stopping you from drifting off.

sage green rather than bright green as this shade is softer and more peaceful.

Light pink

While this may not be your first choice for your bedroom linen, if you lead a hectic and stressful life, then light pink linen can help to soothe your mind and body.

WHAT COLOURS SHOULD YOU AVOID?

Red

Red is an energetic and intense colour that can provoke aggression and anger. Therefore, it is one of the worst shades to use on your bed linen.

Dark purple

Purple is known for stimulating creativity and, when used on bed linen, it could promote vivid dreams or nightmares which can disrupt your sleep.

White

Although you may think that white would be a good colour for aiding sleep, it could in fact be keeping you awake. This is because bright white can affect your melatonin levels and disrupt your sleep patterns.

HOW DOES COLOUR AFFECT SLEEP?

Colours have the ability to influence our mood, emotions and behaviours, with different shades evoking certain feelings such as anger, happiness and calmness, all of which can affect how you sleep.

WHAT ARE THE BEST COLOURS OF BED LINEN FOR PROMOTING GOOD SLEEP?

Blue

Blue is known for promoting feelings of peacefulness and serenity and, when used in the bedroom, can help you feel safe and relaxed. As a result, it is one of the best colours for aiding good sleep. Avoid bright blue and opt for paler shades.

Green

The colour green is synonymous with nature, which means it has an instant calming effect. Opt for



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TRAVEL

BRING ME Sunshine

Where's the best place to head if you want a last-minute getaway to escape the winter chills – and soak up some vitamin D? Here's our round-up of beautiful beach destinations, and there are some great deals if you hunt around.

CANARY ISLANDS: Flight time: 4½ hours from London | Average daily maximum temperature (Nov-Jan): 22°C

As well as the well-known spots like Gran Canaria, Tenerife, Fuerteventura and Lanzarote, check out the less-visited smaller islands – La Palma, El Hierro, and La Gomera, which are great if you love hiking and walking.

CYPRUS: Flight time: 5 hours from London | Average daily maximum temperature (Nov-Jan): 20°C
It might be too chilly to swim in the Med – but there should still be plenty of

sunshine. And it's an excellent location for anyone keen on wine and ancient history.

MOROCCO: Flight time: 4 hours from London, depending on the exact destination | Average daily maximum temperature (Nov-Jan): 21°C
Agadir on the South Atlantic coast is perfect for beach lovers, and many hotels offer 'affordable luxury'. And the colourful markets (souks) are great for bargain hunters.

EGYPT: Flight time: 5½ hours from London, depending on the exact destination | Average daily maximum temperature (Nov-Jan): 25°C
Egypt in November is a bit cooler and less crowded. Sharm-el-Sheikh is excellent for snorkelling, and desert trips and camel rides are available nearby.

DUBAI: Flight time: 7 hours from London | Average daily maximum temperature (Nov-Jan): 27°C
Dubai's luxury resorts could be just the thing if you're after impeccable service, lots of activities and the chance of some retail therapy. And in winter, it's not too humid.

CAPE VERDE: Flight time: 6 hours from London | Average daily maximum temperature (Nov-Jan): 25°C
Consisting of 10 islands off the coast of West Africa, the best ones for beaches are Sal and Boa Vista. Cape Verde is more affordable than Dubai and great if you want something truly different.

Bon voyage!



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GUIDE to GAME

FOOD & DRINK

Have you always wondered about game but been too timid to try? If yes, then the below guide is just what you need. Popular at Christmas, discover all the best game meats for the festive season and their perfect pairings below.

WHAT ARE THE DIFFERENT TYPES OF GAME MEATS?

- 1. WINGED GAME:** This includes quail, duck and pheasant.
- 2. GROUND GAME:** This includes hare and rabbit.
- 3. BIG GAME:** This includes bison, venison, elk and wild boar.

WHY EAT GAME MEATS?

Game meats are primarily raised on pasture, which means that they are better for the planet as they require fewer natural resources to raise. They also provide lean, high-quality, nutrient-rich protein that adds some much-needed diversity into our diets.

WHERE TO BUY GAME MEATS

You can buy game at your local butchers, online or in most major supermarkets, including Asda, Tesco and Waitrose.

GAME MEATS TO TRY THIS CHRISTMAS

PHEASANT: Pheasant is a great alternative to chicken and turkey, providing lots of flavour and a lean source of protein. It is also great for making stuffing if you fancy a change from sausage meat.

FLAVOUR PAIRINGS: Fruits such as apples, oranges and prunes, as well as aromatics like sage and thyme.

QUAIL: One of the smallest game birds; quail meat looks very similar to chicken but boasts a much more intense flavour. Typically, one whole quail is the perfect size for a starter or appetizer.

FLAVOUR PAIRINGS: Winter citrus fruits, grapes, cranberries and pomegranates, as well as spices such as cumin and coriander, and honey.

VENISON: If you want a change from beef, then venison is a great choice. Venison, which refers to meat from a deer, has a very strong gamy flavour and is extremely versatile. It is also very lean and rich in iron.

FLAVOUR PAIRINGS: Blueberries, cherries, cranberries and dates, as well as sage, juniper berries and black pepper.

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HOME & DIY

EXPLORING THE TALENTS OF THE STUDIO ASHBY COLLECTIVE

While interior design is very much a personal thing, the collective that is Studio Ashby likes to approach the sumptuous styling of homes in a way that draws in expertise and influence from across the team.

Studio Ashby is the brainchild of creative director Sophie Ashby. A designer of real talent, her formative years were spent studying in both the UK and the US, resulting in a coming together of classical ideas that permeates through a look unswayed by passing dictates of fashion. Instead, the outcome is about contemporary world art, ageless yet modernist furniture, natural and clear palettes and a variety of materials and textures.

While colour tones are uncomplicated, the overall look is one of richness and intense detail, looking at cohesive space and the fingerprint of collaboration and integrity.

"There is no set look that we always replicate,"

says Sophie, "though many of us will view whites and greys as a classic start point, whereby delightful detail can be added."

Sophie talks not just about shade, but shape too, with smooth curves of furniture interrupting sharp lines. In addition, velvet on wood, ruffled cushions on carved chairs, and fluffy rugs on a chic wooden floor belie the idea that textures need to nestle into each other in order to work.

The studio also has an extensive shop, selling objects that perfectly match an eye for unique elements that really make a room.

A number of high-profile clients have trusted in Studio Ashby's design eye, leading Sophie to conclude: "I believe there is a poetry in the tension of combining art, antiques, craft, colour, pattern and texture; the careful layering brings character and feeling to a home."

To find out more, visit studioashby.com

Photo credit: studioashby.com





POPPIN' *Paprika*

2023'S HOTTEST COLOUR TREND FOR YOUR HOME

There may be a couple of months left in 2022, but that doesn't mean we can't look ahead to next year's interior trends. One of the hottest trends already making waves is paprika, the spicy colour that's about to give your décor a cheeky kick.

WHAT IS PAPIRIKA?

Paprika is a shade in the burnt orange family. Think terracotta with a hint of pink. It lets you experience the warmth of reds and oranges, without going overboard with a bold and bright colour.

THE ULTIMATE MOOD-BOOSTER

Paprika is the perfect shade to add a touch of warmth to your home. Used as the main colour, it adds interest to the plainest of rooms, while as an accent colour, it goes perfectly with shades of navy, grey, yellow and others. It also looks great as a contrasting shade to a monochrome space.

USING PAPIRIKA IN YOUR HOME

Some of our top tips for using paprika in your home include:

- > Go for a paprika colour pop on a wall, either as a block colour or by adding it as a shape or pattern to a neutral wall.
- > Use paprika-hued accessories to brighten up your space. Curtains and cushions in this delightful shade will help you embrace the trend easily and affordably.
- > Refresh some of your older furniture by coating them in paprika – an easy way to give your pieces a new lease of life and make a cool contrast against the rest of your décor.

As the colour to look out for in 2023, you can get ahead of the trend by embracing paprika in your home now.



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BEGINNER'S GUIDE TO bonsai trees

Growing and caring for a bonsai tree is an amazing stress reliever and a fun pastime, but you need to know what you are doing if you want your little tree to flourish.

WHAT IS A BONSAI TREE?

For the uninitiated, a bonsai tree is a miniature tree that is planted within a pot. In fact, the term bonsai literally means 'planted in container' in Japanese. An integral part of this East Asian country's culture, bonsai is now an art form that is enjoyed worldwide.

HOW TO CARE FOR A BONSAI TREE

Placement: Keep your bonsai away from direct heat and drafts. They favour areas with plenty of sunlight and need humidity in order to keep their soil moist.

Watering: One of the most contentious issues when it comes to bonsai ownership, overwatering can cause root rot, while underwatering can lead to all the leaves dropping off in as little as half a day. As a general rule, water every two to three days in the morning, ensuring the soil is always damp to touch but not wet.

Fertilising: Bonsai trees need nitrogen, phosphorous and potassium in order to survive and grow. As the seasons change, your tree will have different fertilising needs. In spring, more nitrogen is needed to boost growth. In summer, equal volumes of each is best and in autumn/winter, a fertiliser with a higher phosphorus content will prepare it for the colder months.

Pruning: Pruning is essential in keeping your bonsai healthy. You need to make sure that you pay attention to all elements of the tree, including the shoots, leaves, buds and twigs.

Repotting: When you need to repot your bonsai tree will be dependent on the species you picked. However, typically, bonsais need to be repotted every two to three years to prevent the roots from becoming pot-bound.



HOME & DIY

Pugh

AGAINST THE MACHINE

HOW FLORENCE PUGH HAS INVENTED HERSELF AS AN ALTERNATIVE HERO FOR THE HOLLYWOOD MACHINE

Florence Pugh may have hit the big time, but she is in no mind to play along with any of the niceties that may be expected from a Hollywood sweetheart. Take, for example, her audible frustrations at the furore surrounding her recent big project, *Don't Worry Darling*, which saw the leading lady in some parts referred to, in a rather derogatory way, as Harry Styles' "onscreen lover".

Or what about the fuss made during her recent fashion foray at the Valentino couture show in Rome, to which she wore a stunning pink gown through which her nipples could be visibly seen.

After receiving negative feedback online for both, the beauty boldly challenged the critics on Instagram, booming: "Why are you so scared of breasts?"

The response was perfect, proving beyond doubt that Pugh is as ferocious and bold as the strident characters she has become known for playing. From the plotting and seductive Lady Macbeth in the eponymous indie masterpiece, to the assertive female wrestler Saraya Knight in *Fighting with My Family* and, most recently, super assassin Yelena Belova in Marvel's *Black Widow*.

And for the ballsy 26-year-old, the battle rages on...

"I have always tried to force myself to pursue not just new avenues, but uncomfortable ones," she says. "Fear plays a big part of that, of course, and fear for an actor is something that can really ground a career.

"I have always had the view that to really succeed you need to push yourself further and harder than the last time, and that's the way I go about what I do, to the extent that the more I fear something the more I have to do it. That's just who I am."

‘ I love the diversity that film and TV brings and owe it to myself to really work out who I am and what I am capable of ’

In terms of pushing herself, 2022 has proved more forward-thinking than any year previously. The aforementioned *Don't Worry Darling*, a dystopian look at social values, personality and community, and our ability to accept and challenge the norm, has been well received. Yet almost to prove she is an actress unafraid to mix it up, she has since been announced as reprising Yelena in 2024 Marvel release *Thunderbolts*, and before that is contracted to appear in *Dune: Part Two* next year, alongside Timothée Chalamet, Stellan Skarsgård and Zendaya.

There's also Netflix movie *The Wonder*, which airs in November. The drama/mystery, set in Midlands Britain in 1862, tells the story of a girl who stops eating but miraculously remains alive and well. An all-British cast, the production aims to look behind the mask, and is based on the 'fasting girls' phenomenon from the Victorian era, as documented by author Emma Donoghue.

"I love the diversity that film and TV brings and owe it to myself to really work out who I am and what I am capable of. The truth is I don't want to be defined by anyone other than myself." That logic is certainly reflected in the actress's burgeoning Instagram presence, with a large following brought about in no small part by a number of endearing cookery videos filmed during lockdown.

"To have that connection was so valuable," she says. "It's such a relief we are through those days, though I learned so much about myself and community through food; it's a passion that has stuck with me."

Between her creative cookery videos and her accolades on screen, the young actor is definitely cooking up a storm across the globe.



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Photo credit: Ben Harris, Herts Police

Police officer found guilty of child sexual abuse

A suspended Herts Police officer formerly from Bishop's Stortford was sentenced to more than 18 years in prison after being convicted of multiple child abuse offences.

James Ford, 31 (pictured right), appeared at Cambridge Crown Court on Friday, October 21, having pleaded not guilty to 11 charges, including the rape of a child under 13 and perverting the cause of justice by deliberately wiping his mobile phone.

The court heard how the charges relate to one victim who cannot be identified and who has been given full support by trained officers. The offences occurred over a period of 21 months and came to light when the victim made disclosures to her father.

When the allegations were made, an independent investigation was launched by specialist officers based with the Child Abuse Investigation and Safeguarding Unit (CAISU) at Cambridgeshire Constabulary.

The matter was also referred to the Independent Office for Police Conduct and the force's Professional Standards Department. Now the case has been heard, the conduct proceedings will be expedited.

Ford joined the force in December 2019 and was originally based in East Herts as a uniformed response officer. He was suspended in November 2021.

He has now been jailed for a total of 18 years and three months and must serve a minimum of two-thirds of his sentence behind bars. He will be placed on the Sex Offenders Register for life. The judge also put a Sexual Harm Prevention Order in place, along with a restraining order to protect the victim.

Detective Constable Mark Williamson, of CAISU, said: "Ford is a despicable character who showed no remorse for his actions and invented ridiculous stories to defend his position.

"It is a credit to the victim that the jury saw beyond his lies. I hope the sentence gives a sense of justice to the victim and their family."

Herts Police Assistant Chief Constable Genna Telfer added: "James Ford has committed the most appalling crimes and his sentence reflects the gravity of them. His behaviour has been cowardly and disgusting and I am glad he will be spending many years in prison where he poses no further risk."



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Students race to victory in Formula 1 competition



Photo credit: f1inschool.co.uk

A team from The Bishop's Stortford High School (BSHS) recently came top in the regional final of a competition which saw them design their own Formula 1 car.

Mitre Racing, a group of eight students, won the London North regional final of the F1 in Schools STEM (science, maths, engineering and technology) Challenge.

The challenge required participants to design, make, test and race a model car against 20 other teams.

Sixth Formers Declan Corr, William Worthy, Anish Armani, James Petty, Tom White and Klary Rikhotso, together with Year 11 students Harrison Rowe and Rhys Sacco, won the prizes for best engineered car and fastest car, and also came second in the professional class.

They have now earned themselves a place in the national final at the Autosport International Show in Birmingham in January.

BSHS teacher David Hows said: "Most teams were from schools that have competed before [and] most teams work in collaboration with a teacher.

"This was the first time a team entered from BSHS and the students were completely responsible for every aspect of their submission."

The students raised sponsorship money to enable them to compete in the race.

Investigation following spate of thefts from vehicles

Police are investigating after thieves targeted four vehicles in Bishop's Stortford in just 24 hours.

The thieves drilled holes in the driver's door locks and stole tools from a van parked on Dane Street and another van on Warwick Road on the night of Monday, October 10.

Criminal damage was reported to a van on Dimsdale Crescent the same night, but nothing was stolen.

The following day, between 10am and 2pm, a catalytic converter was stolen from a silver Honda

Stream S in Link Road car park.

A spokesperson for Herts Police said: "We can't say for sure at this time if [the crimes] are linked, but we are keeping an open mind as the MOs [modus operandi] are similar."

No arrests have been made. Anyone with information about these crimes, or who has CCTV or doorbell footage relating to the incidents, should call 101 and quote 41/82241/22 for Dane Street, 41/82247/22 for Warwick Road, 41/82361/2 for Dimsdale Crescent, or 41/82302/22 for Link Road.

Resident tackles walk in memory of loved one

A Bishop's Stortford resident was the oldest person to complete a recent charity walk in support of St Clare Hospice (SCA).

More than 160 local people took part in SCA's fourth annual Walking in Memory event – a 5km sponsored walk through the local countryside – on October 16, including 98-year-old Hugh Bliss from Bishop's Stortford (pictured below). He walked in memory of his son-in-law Michael Deer, who was one of the first patients to be cared for at the hospice's Inpatient Unit not long after it was established in 2000.

Hugh said: "It was a real challenge for me, as the furthest I had walked in the last nine months before today was just 500 yards. I had been sponsored by my family and friends so was determined to take part. I aimed to do two miles, but ended up doing the whole walk with everyone's support."

Hugh completed the 5km course in just under two hours and 30 minutes.

He added: "I want to thank Terry and James, the St Clare volunteers who walked the route with me – they were brilliant and I couldn't have done it without them.

"I really enjoyed the challenge, and it was good to walk in memory of my son-in-law Mike."



Photo credit: Vikki Vince



Photo credit: Bishop's Stortford Food Bank Facebook

Food bank appeals for donations near Christmas

Bishop's Stortford Food Bank is asking residents for help with its 'reverse Advent calendar'.

Members of the public are being asked to donate one item each day for 24 days throughout November, to allow the food bank enough time to collect the goods in time for distribution to those in need over the Christmas period.

The food bank, which is based at The Methodist Church on South Street, faces unprecedented demand now that the cost of living is rising.

Manager Hana Hainsby said that demand for food parcels increased by 225 per cent between 2019 and 2020, and that "since then it's increased every year".

The team used to take 28 food parcel vouchers per month and is now processing 28 per week, feeding

266 people, and expects to help 3,200 people this year – 32 per cent more than last year.

Food bank trustee Jane Towns is appealing to businesses and schools in the town to donate tinned vegetables and fruit, pasta, rice or long-life milk.

She said: "Every item donated and every penny raised will help us to provide vital help to people in need this winter. We expect demand for our services will only increase further."

The food bank also provides support for those who have been referred by agencies such as Citizens Advice East Herts because they are struggling to pay energy bills.

To find out more about the food bank, please visit www.bishopsstortfordfoodbank.com

Student's stop-motion video wins competition

A stop-motion video created by a talented Bishop's Stortford student won the judges in a national competition organised by the NHS.

Rae Jaggers, a student at The Hertfordshire & Essex High School and Science College, was selected as the winner in the East of England round of Health Education England's (HEE) Step into the NHS challenge.

The annual contest aims to raise students' awareness of the 350-plus career opportunities in the NHS. Students in Years 7-9 at secondary schools across the country are asked to research an NHS role and then create an engaging job advert that would appeal to their peers.

Rae's stop-motion video tells the story of a boy who is injured playing football and is cared for in hospital by an orthopaedic practitioner.

To watch Rae's video, visit www.youtube.com/watch?v=tCUEjLrOsw



Photo credit: NHS Health Careers YouTube

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Feeling peckish?

Winter can be a tough time for wild birds. They need lots of high-calorie food so they can maintain their energy reserves. But just as the temperature dips, natural foods, such as berries and insects, become scarce.

To help out, why not make some nourishing fat balls to attract blue tits, great tits, long-tailed tits, sparrows, starlings, blackbirds and black caps? All you need is some kitchen ingredients and a few extras.

- INGREDIENTS:**
- > 200g lard or suet
 - > 400g dry ingredients – choose from unsalted peanuts, porridge oats, breadcrumbs, cake crumbs (not biscuits as they're too salty or anything with chocolate, which is toxic), grated cheese, tiny chunks of apple, sunflower seeds and birdseed mix

You don't need all of the above – just a selection. You can also add raisins and sultanas, but don't do this if you have a dog because they're highly toxic.

YOU'LL ALSO NEED:

- > A saucepan and a bowl
- > If you want to hang your fat balls up, you'll also need some thin string, a sewing needle you can thread the string through, and a skewer or a cage

GET STARTED:

1. Mix the dry ingredients together in the bowl.
2. Melt the lard or suet in the saucepan.
3. Pour the melted lard or suet into the dry ingredients and mix thoroughly.
4. Using your hands, shape the mixture into balls, each the size of a golf ball.
5. Put your fat balls in the fridge for a few hours to firm up.
6. Alternatively, if you want to hang the balls, leave them in the fridge for an hour to firm up. Then make a channel through the centre of each ball with the skewer. Refrigerate for another few hours. Tie a double knot at the end of each piece of string and thread the string through the fat balls, or place in a cage.



Headteacher completes run to raise funds



Photo credit: The Bishop's Stortford High School

The headteacher of The Bishop's Stortford High School has raised nearly £8,000 for new sports facilities by completing a 50-mile run.

Dale Reeve (pictured above) completed the "gruelling" Lakes in a Day Ultra Run from Caldbeck to Cartmel in Cumbria in 15 hours, 29 minutes and 40 seconds.

Mr Reeve's JustGiving page has received more than 230 donations, with all the money raised earmarked for an artificial grass pitch at The Bishop's Stortford High School's new campus off Whittington Way.

After the challenge, he said: "The race was very much an endurance event with few opportunities to run on flat, even surfaces. I found the long mountain section particularly gruelling, with the downhill parts proving as much of a challenge as the uphill sections.

"I'm extremely grateful for all the kind words of encouragement and generous sponsorship received from so many of our brilliant school community over the last few weeks. While I'm feeling pretty sore now, the wonderful funds raised towards sports facilities at the new school site makes it all worthwhile."

To donate, visit bit.ly/3zdx6E2

Council and veterans clash over Armed Forces Day

A parade for Armed Forces Day may not take place in Bishop's Stortford next summer because of a dispute between veterans and the council over funding.

Five veterans are calling for a parade through the town centre, which could cost £4,500 for road closures and a PA system.

Bishop's Stortford Town Council (BSTC) has instead suggested holding an Armed Forces Day celebration alongside the annual carnival and has offered Sworder's Field free of charge. However, the veterans have rejected this idea.

Councillor David Snowdon, deputy leader of BSTC,

said it would be hard to justify the cost of road closures for a parade to council tax payers.

He added: "The town council would be very pleased to work with local veterans to ensure Armed Forces Day is marked in an appropriate manner in Stortford and to ensure a high-quality event is held."

There was no parade in 2022 after the town's branch of the Royal British Legion (RBL), which used to organise the event, was advised that if BSTC arranged road closures, RBL's liability insurance might be invalidated.

For 2023, BSTC has advised the veterans to apply to the Ministry of Defence and the Brazier Trust for financial help for a parade.

No veteran was available for comment at the time of **VISION** Bishop's Stortford going to print.

Popular bar celebrates first anniversary

The owner of a Bishop's Stortford wine and cocktail bar has thanked her customers as the venue celebrates its first birthday.

Drinks Boutique on Station Road, run by Shanna Joseph (pictured below right), celebrated its first anniversary of trading with a reception attended by Mayor of Bishop's Stortford councillor Dave Anderson (pictured below left).

To mark the occasion, Shanna is offering a bottle of wine to all 12 primary schools in the town as a prize in their Christmas fayres or fundraising raffles.

The bar started out as wine shop, but Shanna revealed: "It was chatting with the customers that drove the idea of creating a bar that would be a friendly place to pop in, have a good drink and escape the pressure of the outside world.

"If you don't have time to sit down and relax, but you need a great wine, we can also help.

"It's nice to give back to the community – whether it's supporting smaller initiatives like school raffles or supporting larger charity events like Party in the Park."



Photo credit: Drinks Boutique



TULIP FEVER

If you plant tulip bulbs this month, you can be sure of a bumper display of dazzling flowers come springtime.

There are two main types of tulips: **BORDER TULIPS** are usually grown as annuals, so they're dug up and thrown away after flowering. They're readily available at garden retail outlets. Despite their name, you can grow them in containers as well as borders.

SPECIALIST TULIPS are usually smaller. They'll often naturalise in your garden and flower year after year. Sometimes you can find them at garden retail outlets, but you might need to buy them by mail order or online.

Specialist tulips usually have specific needs, so check you can meet these before you buy, and follow these tips for the best results.

HEALTHY BULBS: Select bulbs that are firm and watch out for mould. Don't worry about any flaky skin – this won't affect flowering.

THE RIGHT NUMBER: For a border, you'll need 25-50 bulbs for every square metre you want to cover. Use 12-20 bulbs for a 45cm diameter pot.

CHECK YOUR SOIL: Border tulips like well-drained soil in a sunny spot. If you're planting in a container, make compost by mixing three parts of multipurpose compost with one part of grit.

HOW DEEP? If you're planting border tulips in a flowerbed, as annuals, plant your bulbs 10cm deep with the pointed end up. If you're putting them in pots, plant them 15cm deep.

FEEDING: Use a potassium-rich liquid fertiliser such as Tomorite on your border tulips in containers in spring. You don't need to feed the ones in borders.

DID YOU KNOW?

- > Tulips were first discovered in Kazakhstan.
- > The word 'tulip' comes from the Persian word 'tulipan', meaning 'turban'.
- > During the tulip craze in 17th-century Europe, a single bulb once cost the same as a house in Amsterdam.



WINTER WALKS WARMERS



With temperatures dropping, you may be reluctant to take your four-legged friend out for long walks. Find out below if you need to invest in a winter coat for your dog. Plus, explore the different styles available.

5. Dog snowsuit
Whether you are planning to take your dog to a mountain resort, or they simply love playing in the snow, a dog snowsuit will ensure they don't get frostbite even if they spend hours making snow angels.

DOES YOUR DOG NEED A WINTER COAT?
Depending on the outside temperature and the particular breed, you may need to invest in a winter coat for your dog:

- > Below 10°C – some small to medium-sized dogs may need a jumper or coat when walking outside.
- > Below 5°C – certain larger dog breeds may need to wear a jumper or coat when walking outside.
- > Minus 5°C or less – avoid walking any breed or size of dog as there is a high risk of frostbite and paw injuries.

6. Dog reflective jacket
As the days get shorter, you may find yourself walking your dog in the dark. A dog reflective jacket will ensure they remain safe on the roads and make it easier for you to see them.

DIFFERENT STYLES OF DOG COATS

1. Dog raincoat
Most dogs are not fans of the rain even if they like playing in water. Invest in a dog raincoat and avoid wet-fur syndrome.

2. Dog windbreaker
Dog windbreakers are designed to keep your dog warm and dry while still providing sufficient flexibility for them to explore their surroundings.

3. Dog fleece
A dog fleece is the perfect choice for autumn days when the temperatures start to drop. With cosy insulation and a super-soft finish, these are like wrapping your dog up in a cloud.

4. Dog parka
If you want to keep your dog warm and make sure they look stylish, a dog parka is the obvious choice. With many designs to choose from, you can even find matching parkas for you and your pooch.



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Deliciously Ginger



Gingerbread Day takes place on November 21, and what better way to celebrate than making some cute and tasty gingerbread folk? This recipe is simple enough for even young children to help with. They're bound to love decorating their own creations – not to mention eating them!

made from icing sugar, water and optional food colouring | Small sweets like Smarties or Jelly Tots | Dried fruit | Chocolate chips or polka dots | Sprinkles

HOW TO MAKE:

- > Heat the oven to 190°C/170°C fan/gas mark 5.
- > Put the flour, baking soda and ginger in a large bowl and combine thoroughly. Add the butter, and rub it in till the mixture resembles fine breadcrumbs.
- > Add the sugar, golden syrup and egg, and mix into a smooth dough.
- > Roll the dough out using a floured rolling pin on a floured surface until it's about 5mm thick.
- > Cut out your gingerbread folk using special cutters (or make other shapes if you prefer).
- > Place your shapes onto a lined baking tray.
- > Bake for 10 minutes, then cool on a wire rack.
- > Decorate your gingerbread folk however you like, using icing to secure any loose decorations.

INGREDIENTS:

- > 350g plain flour (and a bit more)
- > 1 tsp baking soda
- > 1-2 tsp ground ginger
- > 100g butter (chopped into small pieces)
- > 175g light muscovado sugar
- > 80g golden syrup
- > 1 large egg (beaten)
- > For decoration: icing pens or homemade icing



Did you know?

- > An early form of gingerbread was enjoyed by the Ancient Greeks and Egyptians.
- > Gingerbread, as we know it today, was created in England in the 1700s.
- > Queen Elizabeth I apparently invented gingerbread people by asking her staff to bake special biscuits in the shape of visiting dignitaries.
- > Gingerbread houses originated in Germany in the 1800s and were probably inspired by the tale of *Hansel and Gretel*.



THINKING OF buying a property...



abroad?



Thinking about buying a property abroad but unsure of where to begin?

To invest in property overseas, you need to be clued up on how the buying process differs from the UK – from mortgages and estate agents to stamp duty and bank fees.

How to find the perfect property abroad

There are several places you can look when it comes to house-hunting abroad:

- ▶ Online property portals such as Rightmove and Zoopla
- ▶ Local estate agents in the region where you want to buy
- ▶ Exhibitions such as A Place in the Sun Live
- ▶ Developers

How to get a mortgage for a property abroad

It is very difficult to get a mortgage with a UK company, for a property overseas, so you will most likely have to approach an overseas lender. Ideally, you should use a specialist broker as they will be able to give you tailored information, including a list of estate agents and lawyers to use in your chosen country.

It is worth noting that foreign banks and brokers are not covered by the Financial Conduct Authority (FCA) or the Financial Ombudsman.

Costs associated with buying abroad

- ▶ Mortgage fees such as a mortgage broker fee, arrangement fee and administrative fees
- ▶ Chartered surveyor fees
- ▶ International bank transfer fees
- ▶ Furniture, shipping and insurance costs
- ▶ Legal fees to make a will, which may be obligatory in some countries
- ▶ Translation fees
- ▶ Connection fees for water, electricity, etc
- ▶ Stamp duty or annual property tax
- ▶ Income tax or income tax for non-residents

Getting independent advice

As mentioned above, buying an overseas property is not regulated by the FCA, so it is vital that you seek independent advice from a lawyer who is not connected to anyone else involved in the buying process such as the seller, estate agent or developer. Look for an English-speaking lawyer who is fluent in the local language.



BRITAIN'S GREATEST SPORTING MOMENTS...



England's 1966 WORLD CUP WIN

AHEAD OF THIS YEAR'S WORLD CUP, WHICH STARTS THIS MONTH, WE REMEMBER ENGLAND'S FINEST FOOTBALLING MOMENT

The events of July 30, 1966, have been replayed so many times that, while most of us weren't at Wembley to see Sir Geoff Hurst MBE's hat-trick win England the Jules Rimet Trophy, we might as well have been.

This summer marked the 55th anniversary of that great day, but it was tempered somewhat by the growing list of Three Lions heroes now not with us – in the last few years alone, we have lost Gordon Banks OBE, Ray Wilson MBE, Martin Peters MBE, Nobby Stiles MBE and Jack Charlton OBE DL.

The 1966 competition was the first World Cup to take place in the English-speaking world, and if ever the onus was on the hosts to perform in a tournament that featured just 16 teams, then it was felt in the opening game against Uruguay, when our troops laboured to a goalless draw.

By the second game, though, confidence was

flowing, and the 2-0 score that saw Mexico despatched was repeated in the final group match against France.

In the quarter-final, England again came up against resilient South Americans, as a late Geoff Hurst goal saw off dogged Argentina; and Sir Bobby Charlton CBE's brace in the semi-final was enough to defeat Portugal and their Golden Boot free-scoring attacking legend Eusébio. Four days later, England would be football world champions.

As we head into this year's showpiece, it's clear we now live in a world where the dividing line between success and failure is painfully thin. So with VAR and social media ready to hold Gareth Southgate OBE's men to scrutiny, it's perhaps worth taking a moment to reflect on those heroes of 1966, and in particular, the close calls they endured en route to the ultimate prize.

Photo credit: England Football Association, ANU/Shutterstock

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BAD SPORT:

THE NEYMAR ROLL



SPORT

WE LOOK AT WHEN AN UNRELENTING DESIRE TO WIN MEANS SPORTSMANSHIP AND MORAL FAIR PLAY TAKE A BACK SEAT... WITH EXPLOSIVE RESULTS!

At the 2018 FIFA World Cup in Russia, Brazil played Serbia in their final group game and needed a victory to be certain of advancing to the knockout rounds. Goals from Paulinho and Thiago Silva secured the win, but there was also a sense of schadenfreude for their star player.

Striker Neymar came into the tournament with fitness worries and was attempting to play through games to prove those issues were behind him. However, a natural game based on skill, finesse and technical ability can sometimes provoke ire from opponents, and the histrionics he had shown in the previous game versus Costa Rica were a sign of things to come.

Indeed, it proved to be an evening fraught with tiny cracks in temperament and a huge gaping hole in the petulance department from the Samba sensation. Just four minutes before the opening goal came the biggest talking point of the night.

Not only has it gone down as an exercise in play-acting excellence, but it was also the subject of such derision and humour that countless memes and viral videos have been made, re-enacted by both children and adults.

The Serbian and Beşiktaş midfielder Adem Ljajčić proceeded to stop Neymar's foray down the left-wing with a challenge that caught the Brazilian forward and brought him tumbling to the turf.

However, Neymar's reaction was not to lie hurt and call for treatment. Instead, he rolled over an astonishing 17 times, something that only served to convince the officials that he was not injured at all.

Brazil ended up exiting the tournament at the quarter-final stage, and Neymar remains universally noted and disliked for his play-acting, even though four years on, it is an element he has largely eradicated from his game. Although, the upcoming World Cup may again bring out the best/worst in him.





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DOES A LACK OF CHARGING POINTS MEAN WE'RE NOT ACTUALLY EQUIPPED TO SWITCH TO ELECTRIC?

We are living in an electric wonderland where the government, environmentalists and Elon Musk himself are all striving to point out that electric vehicles (EV) are the future.

The 1.1 million electric and hybrid cars already on Britain's roads suggest that we are listening, and if you ever needed any further reminding that battery-powered motoring is the way forward, a simple glance at petrol and diesel prices will fuel your perspective.

When at home, we have mostly solved the problem of charging our cars. The government has passed legislation stating that new work or residential construction projects must have built-in charging points; that said, charging point access in existing high-rise developments remains an issue.

Yet it is a sheer paucity of accessible points when out and about that's beginning to set off sparks amidst the EV revolution.

And as if the current struggles weren't bad enough, the year 2030 presents additional worries, with the proposed banning of diesel engine motors. This will lead to an estimated 18 million electric and hybrid vehicles on the road by that date, further intensifying the race to charge.

At the current growth rate, only 25 per cent of the required public charging stations will be in place.

The sluggish creation of charging points isn't all the fault of government representatives promising big. In part, it's owing to a global shortage of essential EV charger components, as well as precious metals, such as lithium.

The UK and Germany are current leaders in looking to set up a worldwide-recognised EV charging infrastructure, but the clock is ticking, and putting the brake pedal on the EV revolution would be detrimental not only to the effort put in so far, but to the environment too.




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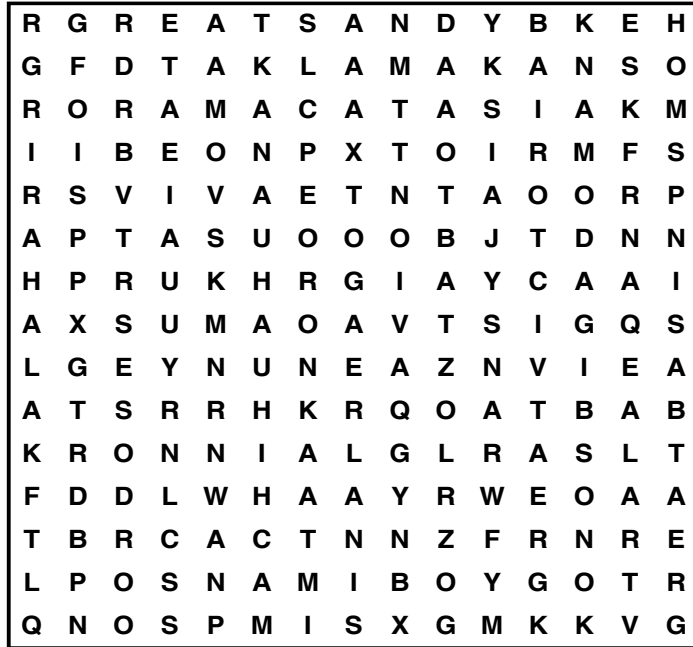


PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

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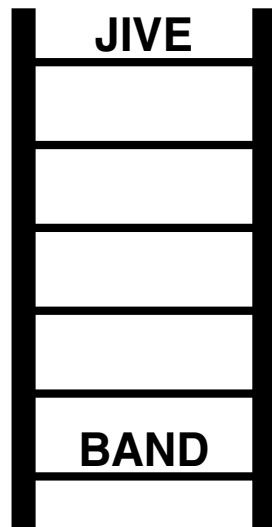


DID YOU KNOW?

- ▶ Queen Victoria was the first sovereign to live in Buckingham Palace.
- ▶ The garden at Buckingham Palace is the largest private garden in London.
- ▶ William the Conqueror chose the site where Windsor Castle was built.
- ▶ In 1992, a fire destroyed many rooms at Windsor Castle. The restoration took five years to complete.
- ▶ Frogmore House became a royal residence in 1792 when it was bought by Queen Charlotte, George III's wife.
- ▶ The Queen's Gallery at the Palace of Holyroodhouse was opened by Queen Elizabeth II in 2002 as part of her Golden Jubilee celebrations.

Facts courtesy of Royal Collection Trust

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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