



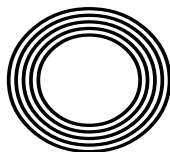
**VIOLET
FEBRUARY
BIRTH
FLOWER**

**MARK WRIGHT MAKING
HIS FOOTBALL COMEBACK**

Valentine's Day traditions
FROM AROUND THE WORLD

Alison
HAMMOND

The TV presenter emerging into the spotlight



FREE

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FEBRUARY 2021

Editor's notes...



Brett Shohet, Editor

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

I hope everyone is coping with this rather dreary start to the new year. It's not the start to 2021 we had in mind, but with the vaccine roll-out hopefully the end of this lockdown will soon be in sight.

Having said that, we can't just rely on our Fabulous NHS to fix all our problems - the worst thing we can do once the COVID-19 figures begin to fall is live our lives as if the pandemic never happened. We must continue to keep our distance and wear our masks until we are fully in the clear.

In the meantime, it's easy to go stir-crazy. My lockdown philosophy has been that, if I'm going to be living similar days over and over, I want them to be productive ones. That's why setting up a routine and structuring my days has been pivotal, and I suggest that anyone struggling at the moment tries to do this themselves.

I'm having more Zoom meetings than ever before; I've started going for longer walks and I bought a bike from a local business to add something else to the mix. Little things like these can make a huge difference.

I hope you enjoy our latest edition. If you have any queries or contributions you would like to share with us, please get in touch. And as always, stay safe.

Brett Shohet

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

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A full-page background image of Mark Wright in a red Crawley Town football kit, captured in motion on a green pitch. The kit features a red long-sleeved shirt with white trim and a red shorts with white trim. A crest is visible on the shorts. The word 'Crawley' is partially visible on the shirt. The background is a blurred stadium setting.

The WRIGHT STUFF

HOW ONE OF OUR MOST ADORED REALITY TV STARS WENT BACK TO HIS ROOTS... GRASSROOTS

It's a fantasy that has crossed the mind of every grown man in his late twenties who has a normal, run-of-the-mill, everyday job. It's the thought, 'Perhaps it's not too late to realise every boy's dream and become a professional footballer; perhaps I can still make it.'

That reality TV star and Heart DJ Mark Wright still held those very unfulfilled ambitions is perhaps less of a surprise. He was, after all, on the books of West Ham, Arsenal and Tottenham as a youngster. When released at the age of 18, the left back was picked up by Southend United, but drifted into non-league football as the distractions of nightclub promotion and reality TV came about.

After spells in then Conference with Grays Athletic, Crawley Town and Rushden & Diamonds, the charismatic Essex-born star joined the cast of *TOWIE*. One of the original cast members, he was only with the ITV show a year, but the die was cast, and from *I'm a Celebrity...* *Get Me Out of Here!* to *Take Me Out: The Gossip*, through presenting jobs on *Mark Wright's Hollywood Nights*, *The Bachelor* and *This Morning*, the husband to actress Michelle Keegan has been a permanent fixture on our screens for a decade. And when adding in his Heart radio show duties – a gig he's had since 2012 – it's any wonder he has any spare time...

But what about those football ambitions?

"I've never got over the fact I didn't make it in the game," he says. "And despite everything I achieved elsewhere, being a professional footballer now would top it all."

In October last year, Wright set out to make one final crack at the game he loves, and a call to John Yems, his former manager at Crawley, saw the now 33-year-old invited to West Sussex to train with the club.

The presenter describes the three months that followed as a whirlwind, combining media duties with a punishing physical routine designed to get his fitness up to League Two standards. His every move has been followed by a BBC film crew, whose iPlayer series *Mark Wright: The Last Chance* has proved a huge hit.

"I never had any expectations, but I always knew I'd give it everything I had, and the welcome I got at the club was tremendous from day one."

In December, Wright's dreams moved a step closer – he signed a contract until the end of the season. And being named on the bench for Crawley's FA Cup fourth round clash with Leeds United on January 10, just two days after his brother Josh signed for the club, set up the most impossible of scenarios. Could he make the comeback of all comebacks?

Crawley strode 3-0 up against their star-studded Premier League visitors, on their way to grabbing all the weekend's giant-killing headlines. A perfect day could only be topped by a call to the bench for a substitution. And so it happened... he may have only come on in the 91st minute, he may have only touched the ball

three times, but a dream was realised on that cold Sunday lunchtime at the People's Pension Stadium.

And it doesn't stop there – the Reds are eyeing up promotion from League Two and there will be no resting on his laurels for Mark Wright... a reality star in every sense.



THE WORLD AROUND US

Part 4

In the last part of our environmental series, we look at the final key driver in the health and well-being of the planet: global warming.

The phrase 'climate change denier' has become commonplace in conversations about the gradual warming of the planet and the causes of this. Scientific opinion points to humans and our explosion of population, industry and consumption as the real effects of the Earth increasing in temperature by 1° Celsius since 1880.

It doesn't sound a lot, does it? And yet, a one-to two-degree drop was all it took to plunge the Earth into the Little Ice Age in the Medieval Period.

The platform climate change deniers have generally sees their voices amplified well beyond what they should be. The results of various studies often level out at around the same rate – namely that only two or three people out of 100 will dispute the scientists' theory that humans are the cause of global warming.

With such a large accepting consensus, the drive to combat this gradual warming of Earth has

accelerated in recent years. Equipping ourselves with data, while ensuring we have the ability to interpret it, is vital.

Temperatures across a timespan of a year, five years or even a decade might rise four degrees in one region and drop six in another (which is why anomalies occur, such as Greenland's Jakobshavn Glacier actually increasing in mass since 2016), but overall, there is trouble ahead.

The next, vital step the Earth faces is a willingness of its people to do something about it. For all the UK's action over the past couple of decades, for all the destruction global warming has already contributed, such as coastal erosion, moorlands fires, floods and more, we contribute just 1.2 per cent of the world's total emissions.

It means that, as if it were ever in doubt, a global solution requires a true global investment of action from the planet's inhabitants.



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dress to impress pierre cardin

Remembering and reflecting on the life of designer Pierre Cardin, who passed away in December.

Mention the name Pierre Cardin and a modern generation of fashionistas will most likely point you to a range of smart casual shirts and t-shirts adorning the racks of retailers over the UK, from House of Fraser to TK Maxx.

And yet, to think that the French clothing label should end up in such safe, formal surrounds is to besmirch the work of a designer who fairly revolutionised high-street style in the Swinging Sixties.

Cardin passed away at the end of December having cast an artistic pencil over the fashion world for more than seven decades. His passing was met with genuine sadness by a list of admirers and proteges, including designer Jean-Paul Gaultier, but his legacy is one to be admired and celebrated.

For starters, Cardin was one of the first designers to display a logo on garments, and a self-titled brand logo at that. The idea of giving a piece of clothing its own status well beyond the cuts of cotton or cashmere was something the industry had not seen before, and it led to a host of other licensed products emerging from the Paris-based fashion house, from pens to perfumes, sunglasses to food.

Cardin's idea was to bring ready-to-wear, premium-looking clothes to the everyday market, and at a price that meant people could indulge in the image and grandiosity of the catwalk.

Always looking to be different, he revolutionised design with sharp edges, outlandish curves and stylings that border on architecture as much as clothing. Inspiring so many, he dressed everyone from Bardot to The Beatles, all the while satisfying his own desire to be different.

What we see in so much of today's collections is more than a little influenced by a humble Frenchman with big ideas, Pierre Cardin.

CLEANSE ME...



Whether you are looking to remove stubborn mascara, thick sun cream or the dirt and impurities that your skin has picked up over the course of the day, a cleansing balm should be your go-to product, providing a delicate, yet effective, way to clean the skin on your face.

WHAT IS A CLEANSING BALM?

Cleansing balms are creamy and rich cleansers that gently remove any make-up, dirt and impurities from your skin without leaving it stripped of its natural oils. Unlike oil cleansers, which can be a bit messy, cleansing balms deliver oils to melt make-up, in a solidified form, meaning portion control is easier.

Furthermore, cleansing balms can be used around the eyes to remove make-up, as they are made with natural ingredients and are therefore suitable for this delicate area.

WHAT ARE THE MAIN BENEFITS?

- > They provide a deep cleanse which can help to prevent breakouts
- > They hydrate your skin
- > They are suitable for sensitive skin

- > They provide quick results
- > Many contain antioxidants
- > They are high in oils, meaning you can skip daily moisturiser if you wish

HOW TO USE CLEANSING BALMS

1. Take a 10p-sized amount of balm and warm it between your fingers
2. Apply to dry skin in circular motions
3. Once the make-up starts to break down, add warm water to your skin
4. Continue to massage
5. Remove with a warm, damp cloth or muslin

WHAT ARE THE BEST CLEANSING BALMS?

- > Clinique Take The Day Off Balm – best all-rounder, suitable for all skin types
- > ESPA Nourishing Cleansing Balm – best for dry skin
- > Pond's Makeup Remover Cleansing Balm – best for sensitive skin
- > Slaai Makeup Melting Butter Cleanser by Drunk Elephant – best for removing waterproof make-up
- > Emma Hardie Moringa Cleansing Balm – best for ageing skin

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THE REAL PiLL

Placenta encapsulation: is it gross or full of goodness?

We all know the value of a mother's placenta. A rich, nutritious, nourishing source of life that feeds, grows and sustains a baby in the womb. As the miracles of nature go, it's right up there with the best of them – in fact, we wouldn't be here without the placenta.

It follows, then, that some mothers are loath to let the placenta go, post-birth. From using it to make jewellery or picture frames to donating it to medical science, through to something rather more symbolic such as planting it, there are a number of ways to respect this incredible organ.

Of course, given its goodness, reingesting the placenta makes perfect sense too – welcome to the world of placenta encapsulation.

In this process, the placenta is put into ice then sent off to a lab where it's made into pill form. Many mums feel a physical and emotional boost when consuming their placenta as a daily supplement, saying that it helps with general well-being, limits

the ups and downs associated with those immediate weeks and months after giving birth, gives an energy boost, and helps with breast milk production.

And that all makes sense – the placenta is loaded with vitamins B6 and B12, plus iron and reproductive hormones that drop after birth. To repackage those and put them back into the body makes sense.

However, there are risks. There aren't any standards in place for the process, meaning poorly encapsulated pills may harbour bacteria. There are also environmental toxins such as heavy metals – like lead and arsenic – that accumulate in the placenta, while a theory exists that the progesterone present in the pills may actually slow down milk supply.

Placenta encapsulation remains one for the scientists to unpick, but in the meantime it continues to increase in popularity.





WORKOUT TIMEOUT

HOW LONG VARIOUS EXERCISES TAKE TO BURN 300 CALORIES

You're carrying a bit more timber than you'd prefer, but you're busy, right, and don't have huge amounts of time to invest in a new fitness regime? Don't worry, we've all been there.

Backed by a sensible diet, of course, what you need to know are the methods of exercise that will burn the most calories most quickly.

Well, we're happy to help out. And because none of us are Joe Wicks and we need to keep this realistic, we've compared time taken to exercise to the calorific content of a Mars bar, which you might promptly reward yourself with afterwards... however counterproductive.

Skipping Rope: At an expected rate of two jumps per second, this old playground favourite is actually the best possible exercise you can do.

Time required to burn 300 calories: 20mins

Sprinting: You'll find embarking on some eye-bursting sprinting around tracks, pavements, fields and more is just as effective... whether you can sustain it is another matter.

Time required: 20mins

Kickboxing: Upper body strength, big on cardio and an exercise that, despite the name, actually gives your legs a break from high-impact activity (such as running).

Time required: 25mins

Spinning: A spin class is big on knees and hamstrings, and with good posture is great for burning fat – just try not to ease off too much on the pedals when the going gets tough.

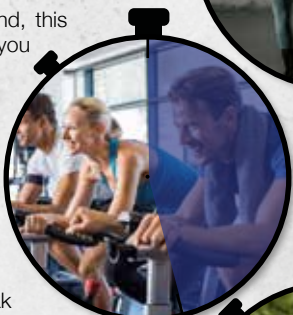
Time required: 28mins

Running: Calorie burn by running depends on a number of factors, such as pace, incline and your environment, but generally speaking you're burning off a Mars bar every half-hour.

Time required: 30mins

Kettlebell Circuits: Arguably the newest fitness fad, kettlebell circuits improve strength and boost metabolism, and keeping the heart rate high is great for all-over body health.

Time required: 32mins



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If you enjoyed an alcohol-free January, here are some alternatives to alcohol to try...

It's that time of year when we reflect on our bad habits and do our best to become healthier, happier and wiser, and if giving up alcohol is your New Year's Resolution, then all is good. Low-booze business is booming, and that means there are plenty of delicious, low-calorie options to help keep you motivated.

BEER

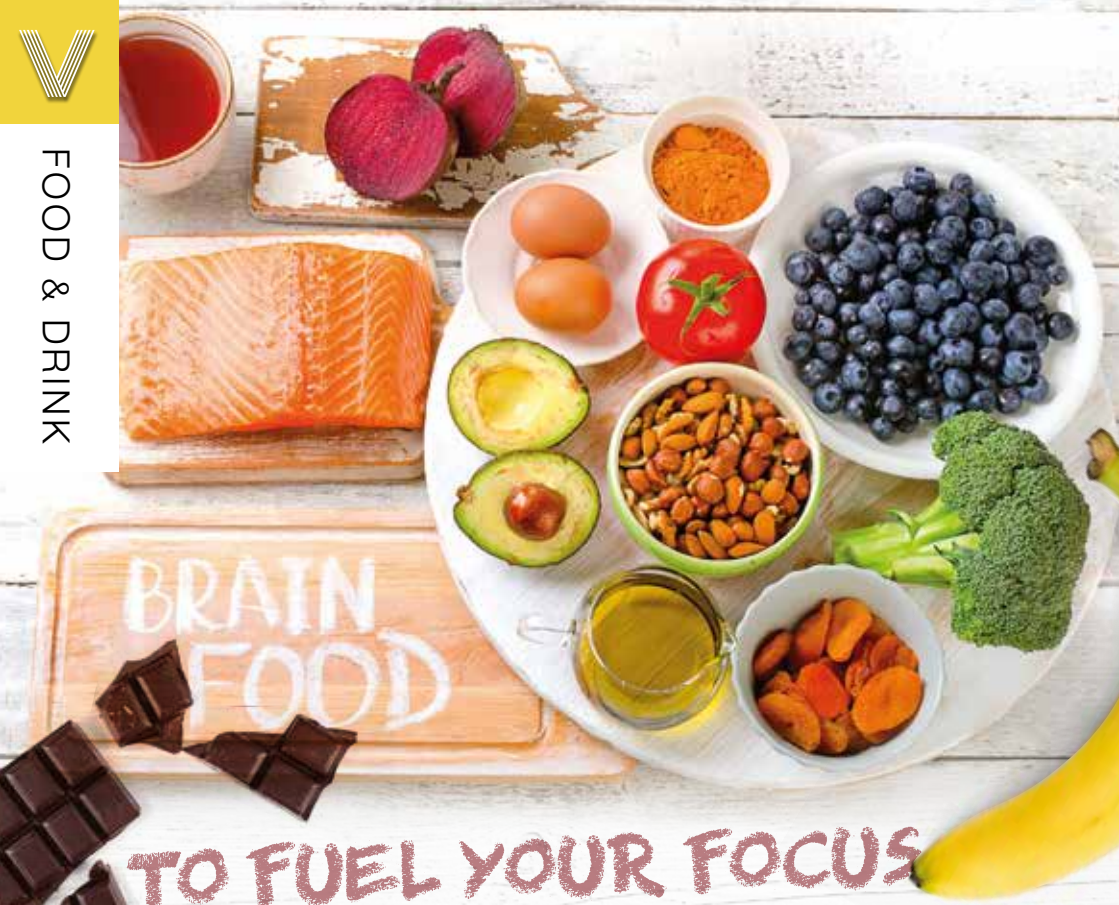
Any designated driver will tell you that the previous offerings from major breweries fell a little flat in the flavour department. But just as burgeoning independent brewers have completely transformed our ale habits, they too have tasked themselves with creating exciting low-alcohol options that don't skimp on that gloriously hoppy flavour. With 'endless session' IPAs, low-alcohol lagers and sobering stouts and sours, craft beer connoisseurs have a raft of options for their refined palates.

SPIRITS

For those lamenting their 5pm gin and tonics or pre-dinner Negronis, there are even more options as teetotalers use distilling alchemy to create potions that offer all the depth and nuance of an expertly concocted spirit with none of the units. There are juniper and bergamot blends that perfectly complement tonic water for that G&T experience, luxurious citrus and herb creations that mimic the dry bitterness of vermouth, and even elegant elixirs containing herbs such as lemon balm and valerian root – ideal as a soporific nightcap for those who would otherwise drink whisky.

WINE

In the past these underwhelming alternatives have often had their alcohol violently removed, leaving an unsatisfying liquid that would barely satisfy as grape juice. Now, canny cultivators have turned to nature in order to create wines that are naturally lower in alcohol by halting the fermenting process earlier. With red wines this can often lend a natural sweetness, whereas whites have a more delicate profile. The best low-alcohol wines, however, are the ones with a natural fizz, such as Pet Nat, which offer all the celebratory joy of champagne without the hangover.



TO FUEL YOUR FOCUS

If you are still struggling with getting back into a routine and could do with some help improving your concentration levels, these foods will boost your brain power and motivate your memory.

SUPER SALMON: Providing a concentrated source of omega-3 fatty acids, salmon can help to rebuild your brain cells, slow cognitive decline and strengthen the synapses in your brain that are responsible for memory.

BEETROOT: A shockingly underused root vegetable, beetroot contains nitrates that increase blood flow and oxygen to the brain, resulting in improved mental performance.

BANANAS: Cheap, filling and high in potassium, bananas are the ideal afternoon pick-me-up for times when your concentration levels are waning.

SPINACH: Spinach is known as the ultimate brain food and it's not hard to see why. Rich in folate,

lutein and beta-carotene, this leafy green has been linked to the prevention of dementia. Aim to eat three portions a week for optimal results.

AVOCADOS: Avocados are a bit like Marmite – you either love them or you hate them. Fortunately for those who fall into the former category, this fruit can fire up your brain cells and keep hunger pangs at bay.

NUTS: The best thing about nuts is that you only need a very small serving to enjoy all the benefits of this super snack. Both nuts and seeds are great sources of vitamin E, which is associated with a reduction in cognitive decline. Plus, they contain essential oils and amino acids that help you focus.

DARK CHOCOLATE: Because we all deserve a treat from time to time, dark chocolate makes a great alternative to coffee in the morning, having the ability to boost your serotonin and endorphin levels which are both associated with increased concentration.

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Violet

FEBRUARY BIRTH FLOWER OF THE MONTH:

The February birth flower is the vibrant violet. People born in this month tend to be both modest and mild mannered, hence the popular expression “shrinking violet”. Sweet violets are regularly found in the UK in woods and hedgerows and are often candied and used to decorate cakes.

WHAT DO VIOLETS SYMBOLISE?

Violets have been around for centuries and were first cultivated by the Greeks around 500BC. According to Greek mythology, violets were created when one of Artemis’ nymphs was pursued by her twin brother Apollo. To protect her, Artemis turned her into a violet, which in turn led to this flower being known to represent modesty.

WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOUR PERSONALITY?

If you were born in February, you are said to be wise beyond your years. A private person, you are also prone to being a bit of a dreamer. It can take you a while to warm up to people, but when you do, you are fiercely loyal.

CAN I GROW VIOLETS IN MY GARDEN?

Violets typically grow in the wild, although they are decreasing in numbers owing to habitat loss, which means if you want to grow them in your garden, you need to recreate these conditions. Violets thrive in winter and spring sun but need summer shade, so their ideal spot is under a deciduous tree or shrub.

Violets will self-sow, but growing your own from seed is a challenge as the seeds need to be fresh. Instead, buy plants during the spring and plant immediately in moist but well-drained soil.

WHAT PESTS ARE COMMON TO VIOLETS?

If your violet leaves turn yellow, this could be the result of an attack by red spider mites. This pest strikes when your plant becomes too hot or dry.

The best remedy is to defoliate the plant completely.

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GARDEN OF LIFE

FOX IN *the box*

In the first of a four-part series that shows how even the most urban garden can be a haven for the wonders of wildlife and the nurturing of nature, we look at the faithful fox. Whether out at night or hiding in plain sight, this sly urban dweller has adapted better than any other animal to human environments.

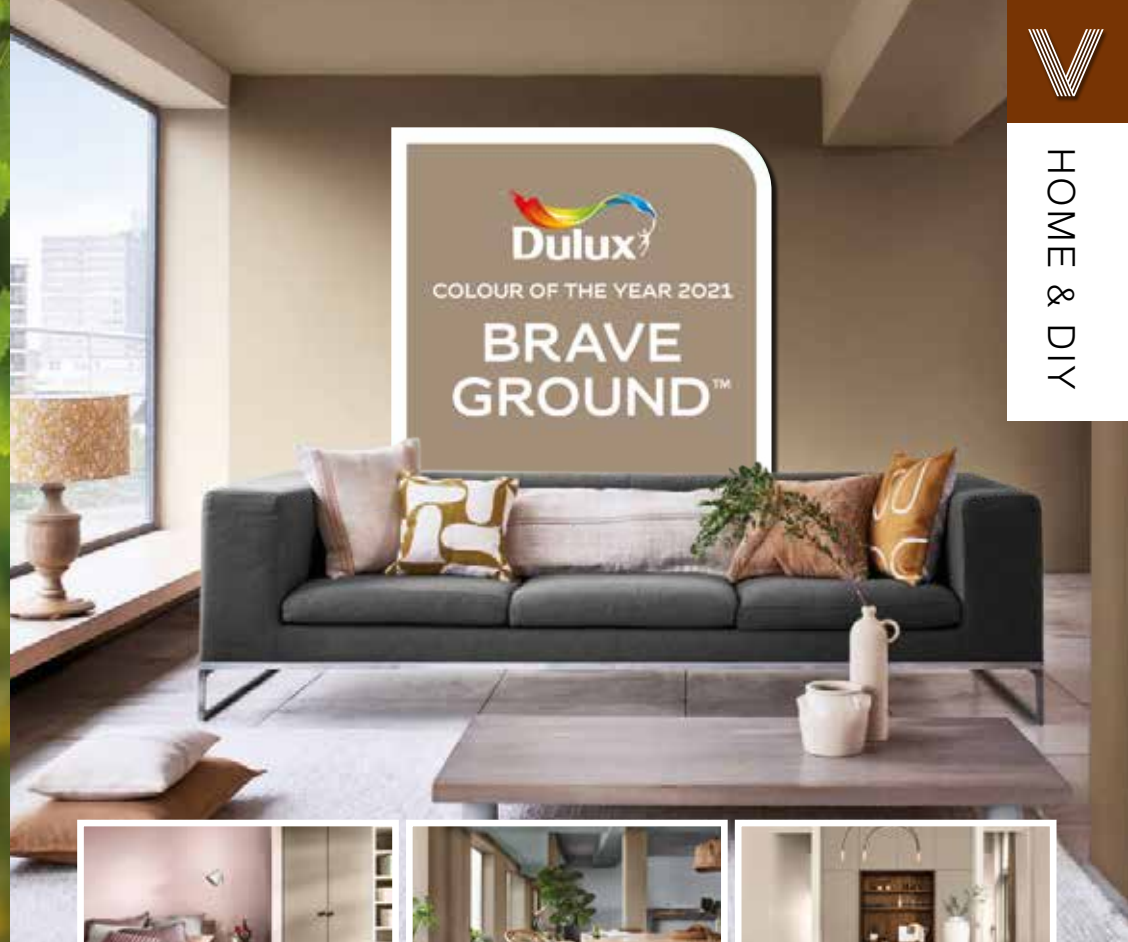
Perhaps we shouldn't be so surprised when we spot a fox meandering its way through the park, across a garden, or even on the pavement outside where we live. These beautiful creatures are, after all, past masters in urban environments, even if they are just as accustomed to survival in the rugged wild.

For all its impressive presence, your average fox will rarely approach humans or animals – chickens, rabbits and guinea pigs notwithstanding. This sly old foe simply wants to hunt for scraps, play, mate and return to its den to rest and tend to its offspring. Only when threatened will a fox move into offensive mode.

The fact foxes have become so much a part of our urban and suburban lives has a lot to do with the way they feed. They'll consume almost anything they find – from fruit and veg, raw and cooked meat, cheese, bread and even dog biscuits. Increasingly brave around humans, they'll often take food for storage, burying it for later consumption.

That means there's little risk in leaving food out for foxes if you're hoping to get a glimpse of these fiery nocturnal beauties, who will happily roam around in the late afternoon as well.

There is a downside, however. From fouling the garden to chewing shoes left outside, to trampling lawns and even digging up deceased pets, if you encourage foxes in, you'll have to go along with their inquisitive, playful habits.



DULUX LOOKS TOWARDS SAFE GROUND IN NAMING ITS COLOUR FOR 2021

There's only one contradiction at play as far as Dulux's Colour of the Year goes – namely that in establishing a tone that speaks quietness, calmness, unassuming peace and tranquillity, the paint manufacturer is treading safe ground and not, as the shade's name implies, Brave Ground.

And yet, despite Dulux failing to state what is courageous about this tone, we can at least revel in its ability to encapsulate the mood of the world. It pleads for calm, reflection and philosophical thoughts, and offers a serenity to interiors that is very different from the intention borne out in Pantone's Colour(s) of the Year.

This warm beige shade is one that will work beautifully when matching with light woods, particularly in the bedroom or living room.

Combined with white it reclines elegantly into the

background, and as a flat shade, it can find itself offset by fabrics and furniture that offer depth and detail.

The tones of grey present in Brave Ground are also earthy enough to take interiors away from the overtly beige patterns of the 1970s that often strayed too far in the way of oranges and browns.

Consider also mixing with pastels, or sharpening the edges with blacks and greys, particularly in cushions, throws, curtains or lampshades. Ultimately, Brave Ground is a colour that will bring lightness while offering a knowing nod to dark luxury.

Indeed, perhaps in adopting a shade that is the very epitome of neutrality, perhaps in offering a platform on which we can place our existing belongings as well as bring in new renovations, Dulux is showing itself to be brave after all.

Photo credit: Ideal Home.co.uk, Dulux.co.uk



Magic MATERIALS



Tencel bedding

In a world where sustainability is not just desirable, but necessary, these alternative fabrics and leathers are presenting as viable options for global brands who want to do their bit for our planet.

TENCEL

Already a ubiquitous eco-fabric, Tencel is used by several major design brands linked to both interiors and fashion.

Produced by environmentally responsible processes from the sustainably sourced natural raw material wood, Tencel is not only a wonderfully soft and breathable material, it also combines beautifully with other fabrics such as cotton, silk and polyester for maximum versatility.



Econyl chairs

ECONYL

Fabric recycling has come a long way since the days of simple reupholstering that saw tired sofas and chairs less reinvented and more clumsily repurposed into something you could palm off to the kids or into the guest bedroom.

Econyl regenerated nylon is made from, you guessed it... nylon waste, and with an emphasis on closing the loop, this brilliant and innovative brand confesses to having an appetite for creating an infinite quantity of new products, but all using existing resources. In short, we've come a long way since the 1980s.

With 10,000 tonnes of Econyl raw material saving 70,000 barrels of crude oil, this fabulous fabric is being used to create everything from carpets to swimsuits.



Piñatex furniture

PIÑATEX

Piñatex is a leather alternative made from the leaf waste of pineapples. This fluff-like leaf fibre (PALF) gets mixed with a corn-based polylactic acid (PLA), undergoing a mechanical process to create Piñatelt, a non-woven mesh that forms the base of all Piñatex collections.

Coloured using natural pigments and coated with resin to give additional strength, durability and water resistance, this luxurious leather alternative is already doing its bit to lessen the environmental impact of mass leather production and chemical tanning.

Photo credit: westelm.co.uk, econyl.com, 21gstudio.com



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The infectious personality of ALISON HAMMOND

The presenter who has chuckled, chortled and guffawed her way through almost two decades on camera... and we're all better off for it.

The Brummie whose laugh-a-minute approach to presenting has won her admirers across the entertainment world... and we include Harrison Ford and Ryan Gosling in that number.

As if proof were needed that Alison Hammond, while always kind, enthusiastic and respectful, does not subscribe to the idea that celebrities and film stars are unreachable demigods not worthy of our time, in a hilarious 2017 interview for *This Morning*, Hammond charmed and bewildered two of Hollywood's finest in a recording that had more than 12 million YouTube views. You could say she upstaged her two guests by laughing them into submission.

Having first appeared on our screens as a contestant in the *Big Brother* house, Hammond is another example of a reality star who has maximised the possibilities out of what is a very simple and short-lived platform.

She has swept her way through a variety of entertainment shows over the past decade, appearing in *Celebrity Fit Club*, *Celebrities Under Pressure*, *Stars in Their Eyes*, *Celebrity Ready Steady Cook* and many, many more; she has been a panellist on *Loose Women*, and made it to the seventh week of *Strictly Come Dancing* when she partnered Aljaž Škorjanec.

"I've always been someone who wants to grab life by the horns and go for a ride," she laughs. "It's very rare that I'll turn down an opportunity, and if I do it's because it's taking me too far from home and being around the people I love, and those are the ones who must always come first."

And Hammond's reputation as a brilliant reporter on *This Morning* has borne fruit in a way she wouldn't have imagined – in the middle of December 2020 it was announced that she and Dermot O'Leary would take over full presenting duties on Fridays from regular incumbents Eamonn Holmes and Ruth Langsford.

The shake-up is further evidence of a nation embracing those down-to-earth personalities who reflect our own thoughts, ideas and sensibilities.

"A long time ago I realised that to get on in the world you just need to be yourself," she says. "I think in the early days of getting TV work there was a temptation to be the person you thought people wanted to see, and when you do that you lose an edge."

"What people see is what they get, but it is all me – an uplifting, fun, sparky person who treats everyone as equals."

Indeed, geographically, Hammond, 46 in February, has stayed true to herself as well. Despite *This Morning* being filmed at Television Centre in White City, the presenter still lives in 'the second city', commuting to the capital for work. "I couldn't ever leave Birmingham behind – it means everything to me, as do the people."

"It's also my son's home, and I want him to grow up a proud Brummie like me... who likes to laugh."

LOCAL NEWS

from your neighbourhood

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Changing face of County Hall to reduce costs

County Hall could look very different in five years' time, according to a review of remote working practices.

Built in 1939 as the headquarters of Hertfordshire County Council (HCC), the building was used daily by more than 2,000 staff before lockdown in March 2020.

Now HCC is considering leasing or selling the car parks or parts of the building that date back to the 1960s for redevelopment, in order to reduce costs.

Councillor Ralph Sangster, HCC executive member for resources, said: "I think the [County Hall] buildings won't look the same in five years' time.

"The driving force is the changing circumstances of office needs."

Cllr Sangster said he did not think that anybody would lose their jobs and that "staff have embraced the opportunity to work differently and travel less".

He said: "We will have touchdown centres but keep central hubs for meetings, including the council debating chamber."

A report prepared by HCC's Resources Directorate stated: "With this flexibility comes better work/life balance, a reduced environmental impact, financial savings and opportunities to deliver services differently to better meet the needs of a changing Hertfordshire."

A HCC spokesman said: "No specific proposals for County Hall have yet been put forward, nor are imminently being considered."



Uncertain future for local government

LOCAL NEWS



A county councillor has described the current two-tier system of local government as “sclerotic” and is calling for “a simpler and more effective system”, a move that could lead to the abolition of Hertfordshire’s 10 district and borough councils and might save residents £142million per year.

Andrew Stevenson had been the Conservative councillor for the Hertford All Saints division of Hertford County Council (HCC) since 2013.

He has resigned from the Conservative party to have more freedom as an independent councillor to express his views.

In January, he said there is a “compelling” case for abolishing the middle tier of local government which, he said, “serves no purpose”.

Cllr Stevenson said: “I have found from my time as county councillor that sclerotic decision-making processes pervade the whole of local government.”

Acknowledging that local government has “some good people doing their best under a difficult and outdated system”, cllr Stevenson said that the money saved would mean there was “no case to raise council taxes, especially in the present serious economic crisis”.

His action comes just months after HCC leader councillor David Williams backed the idea of a single unitary council for the whole of Herts.

More than £11k awarded to good causes by town council

Grants totalling £11,861 were awarded to five Hertford-based organisations and good causes last month by Hertford Town Council (HTC).

The grants of up to £1,200 are awarded to individual or group activities that benefit residents of Hertford, and up to £30,000 is available for more ambitious projects that improve communities in the town. Applications are considered quarterly.

Among those awarded grants last month were the

parochial church council of Bengoe, which received £861 towards landscaping and extending the Garden of Remembrance at Holy Trinity; and 936 Hertford and Ware Squadron Air Training Corps, which was awarded a New Homes Bonus Grant of £8,000 for a new minibus. The Hertford Club also received £1,200 for repairs to its building.

Councillor Peter Ruffles, chairman of HTC’s finance, policy and administration committee, said: “We encourage other local organisations to apply for funding, particularly if they are undertaking projects that will support the local community during, or to recover from, the pandemic.”

Application forms can be downloaded at www.hertford.gov.uk/services/grants/

FUTUREhope bags donation from Tesco

Tesco employees across the country refused to allow its Bags of Help initiative to suffer during the pandemic and have acted virtually to make sure good causes still benefit.

One such cause is Hertford-based FUTUREhope, which provides a mentoring service to young people aged 11–19, which has bagged £1,000 from the Tesco scheme.

Bags of Help was launched in 2015 in conjunction with Groundwork, a federation of charities whose aim is to help deprived neighbourhoods.

Typically, a Tesco store will ‘adopt’ three community projects for three months and allow customers to vote in store by placing a chip in a donation box. The cause that gets the most votes wins a grant of up to £1,000.

During lockdown, Tesco employees came together virtually to decide which causes in their region should be awarded grants.

A spokesperson for FUTUREhope said: “This grant is going towards equipping our mentors with more modern mobile phones and the resources they need as we continue to adapt and support young people during this time.”



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Age and dementia are no barrier at local home

“You’re never too old to make friends” – that is the prevailing attitude of those at Bentley House award-winning luxury care home in Hertford.

Embodying this are Rosetta Gooch, 81, and Jo House (née Hull), 87, who live at Signature’s Bentley House in Hertford and have forged a beautiful friendship. Both residents have been living with dementia, but this hasn’t stopped their bond flourishing – with a shared enjoyment of the arts, painting and drawing, flower arranging and music.

Kendra Bray, client liaison manager of Signature Senior Lifestyle, comments: “Rosetta and Jo’s friendship is truly heart-warming and has been beautiful to watch develop over the months – it proves you’re never too old to make friends and that dementia doesn’t have to be a barrier. They smile and laugh together like old friends who go way back, which can really light up a room.”

Signature offers dedicated dementia suites that

have specialist features to support the provision of exceptional care within a dignified and comforting environment for each resident. Its dementia communities are small in size, with a comfortable yet elegant family feel.

Signature’s newer homes are designed using the Gold Standard Framework from the University of Stirling, the UK’s leading dementia specialist researcher, ensuring market-leading environments.

Amid the current uncertainty, the safety of residents, families and carers remains the number one priority for Signature. The group was first in the UK to invest in 15-minute antigen tests, while all residents and staff will have been vaccinated by February 2021, significantly ahead of the curve of the government’s spring target.

To find out more about Signature at Bentley House, please contact 01992 721103 or visit www.signature-care-homes.co.uk

Fears that trees will be felled for ‘fish bypass’

An environmental group is concerned that trees will be felled in Millmead Park for the creation of a ‘fish bypass’ on the River Beane.

Members of the recently formed Molewood Millrace Action Group (MMAG) are concerned that the bypass (which is a joint project between East Herts District Council, Hertfordshire County Council and the Environment Agency (EA)) will lead to the loss of trees.

The fish bypass will create a new channel along the course of a relic channel and will rejoin the river immediately downstream of the weir.

By connecting two sections of the river in this way, fish and eels will be able to make their way around the Cedar Close weir and to the sea.

A statement from the EA said: “We are in the early stages of the project and intend to consult with the local community this spring on the plans to improve the river environment. Work is subject to planning permission and won’t commence before late 2021.”

A spokesperson for the Hertfordshire Countryside Management Service said that the bypass will help restore the River Beane.

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News from HERTFORD TOWN COUNCIL



LOCAL NEWS

Local artists and businesses are being urged to sign up now to take part in this year's annual Hertford Arts Trail which will run from Saturday, April 10, until Saturday, May 8, 2021.

Last year more than 40 talented artists showcased their work during the Hertford Arts Trail. Each artist was allocated a prime town-centre location to exhibit and sell artwork for a month-long period.

The pop-up art exhibition venues will be located around the town centre, and will consist of a multitude of retailers including bars and cafés, beauty salons, clothes retailers and gift shops.

Any town-centre business is welcome to apply free of charge to become part of the Hertford Arts Trail and will be required to allocate a designated area within the premises for the artist to exhibit. The business will be open to trade as normal and should expect an increase in footfall and custom from spectating visitors.

There are several benefits for businesses that are interested in becoming an Arts Trail venue. The venue will retain a 15 per cent commission from every art piece sold and will be promoted within the Arts Trail publicity material online and offline.

It's free of charge for a business to sign up and become an Arts Trail venue. Contact the town centre officer, Ausra, by emailing ausra@hertford.gov.uk or



phoning 01992 552885.

Hertford Town Council and Courtyard Arts are hopeful that lockdown restrictions will ease by the scheduled event date and that visitors will be able to safely attend.

The organisers are following government guidance in relation to the pandemic and this event will be reviewed closer to the date to evaluate whether it is able to take place in its advertised format or whether alterations may need to be made, for example by displaying artwork solely in retailer windows or running a virtual event. Event updates will be made online via the town council website.

Man fined for growing cannabis

A former semi-professional motorbike rider has been fined after growing cannabis for medicinal purposes at his home near Hertford.

Simon Stainton, 55, was arrested when police smelt the drug coming from his home in Tylers Causeway near Hertford.

Prosecutor Laura Blackband told St Albans Crown Court on Wednesday, January 20: "The police went to the address on February 3 last year.

"The smell of cannabis was very, very strong. The police could hear fans operating and there was condensation on the windows.

"In two rooms there were 50 plants, lamps, transformers and heaters. It was a small cannabis factory. There was also some dried cannabis."

Stainton appeared for sentencing, having earlier pleaded guilty to producing a class B drug.

Defence Patrick Harte said Stainton had been a semi-professional motorcyclist as a young man.

He said: "He made full admissions to the police. The cannabis was solely for personal use to ameliorate his health conditions."

Judge Richard Foster told him: "You knew full well what you were doing was illegal and carried on regardless."

The judge accepted that Stainton had been growing the cannabis for medicinal purposes and ordered the forfeiture and destruction of the drugs and equipment.

Stainton was also fined £200 and ordered to pay £450 prosecution costs at a rate of £50 a month.



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Valentine's traditions AROUND THE WORLD

Love is in the air with these beautiful, and in some cases bizarre, Valentine's Day traditions from around the globe.

SOUTH KOREA: In this country in east Asia, lovers celebrate the day of love on the 14th of every month. May 14 is the "day of rose", June 14 is the "day of kisses", and there is even a "black day" in April when couples eat black noodles together.

PHILIPPINES: Young couples in the Philippines are sponsored by the government to get married as a form of public service. Well, there are worse ways to serve your country.

GHANA: Known as National Chocolate Day, February 14 is used to increase tourism in Ghana, one of the largest cocoa-producing countries in the world.

BULGARIA: A simple yet highly enjoyable tradition, in Bulgaria, couples young and old celebrate their love by sharing a glass of local wine.

WALES: Lovers from Wales celebrate Valentine's Day on January 25, and rather than exchange cards and flowers, they

give their partners handcrafted wooden spoons.

SPAIN: The day of love in Spain falls on October 9 and is known as the feast of Saint Dionysius. On this day, men gift their women a "macadora", which is a marzipan figurine.

ESTONIA: Still taking place on February 14 but with a slight twist, Estonians celebrate all relationships on this day rather than just romantic ones.

JAPAN: A country that prides itself on being unique, Valentine's Day in Japan is quite unlike anywhere else in the world. On February 14, women buy gifts for men, but men are not allowed to return the favour until March 14, known as the "white day".

HOW TO SAY "I LOVE YOU":

- > South Korea: Saranghae
- > Philippines: Mahal kita
- > Ghana: Me do wo
- > Bulgaria: Obicham te
- > Wales: Rwy'n dy garu di
- > Spain: Te amo
- > Estonia: Ma armastan sind
- > Japan: Aishiteru





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Improved customer service: Although social media can be a blessing for your business, it can also cause a lot of damage if you don't keep an eye on it. Remember that, first and foremost, social media is a customer service channel, so you need to monitor your mentions and keep tabs on your reviews. Always respond to comments asap and deal with any problems via private messaging.

The lowdown on the popular social media platforms:

- > **Facebook.** Best for generating leads and building relationships
- > **Twitter.** Perfect for businesses with a younger audience
- > **Pinterest.** Great for driving sales and for brands with visual appeal
- > **Snapchat.** Ideal for building relationships with influencers and driving brand recognition and loyalty
- > **Instagram.** The best option for e-commerce sites and for telling your brand story
- > **YouTube.** To help you get seen by Google and tap into YouTube traffic

If you only implement one digital marketing technique to boost your business and build brand awareness this year, then make sure it involves social media.

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Enhanced engagement: Social media is the perfect technology for engaging with both your existing customers and potential new ones. Make sure you take full advantage of social capability and encourage interaction through competitions, industry news, tips and advice and humorous

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WINDOW *dressing*

Tricks that will upgrade your home and help you achieve top market price

When it comes to making our homes as presentable as possible for sale, there are a few tips and tricks worth putting into practice, and no, just brewing up some fresh coffee won't suffice.

TIDY HOUSE, TIDY MIND: House viewers need to imagine their own possessions in your house, so the brighter and emptier your rooms are, the easier it will be for them to make that connection.

It may mean you need to give up a weekend or two to repaint a couple of rooms, and that mass of clutter can find a new home in the loft – or the bin – but the rewards could be huge.

TIGHT IS RIGHT: Your house needs to give off a feeling of quality – it will all add to a sense of your potential purchaser stepping up a level when they move in. With that in mind, tighten and make sparkle door handles, taps and bannister rails. No wobbles, no worries.

A MEAN CLEAN: While it sounds obvious, any appearance of dust is hugely off-putting for those looking around a home. Paying professional cleaners to really give your rooms a spruce may be one of the best investments you make.

(VERY) FIRST IMPRESSIONS: Most people think first impressions are made when someone walks through the front door, but the process begins way before that. Is the lawn mown? Is the front door wiped down? Can you convince your neighbour to move his rusty Ford Mondeo around the corner?

WEATHER WITH YOU: Try to book viewings when the sun is there to light up your home. Open windows to let heat and the breeze in, and consider delaying if torrential rain may see your potential buyers soaked through before they even enter the property.



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St Abbs



Selkirk



Peebles



Kelso



St Boswells

THE WONDERFUL WEE VILLAGES THAT MAKE A TRIP TO THE SCOTTISH BORDERS WORTHWHILE

There's something about the Scottish Borders that transports minds back to heavy conflict, deep patriotism and bloody warfare, with emperor Hadrian, way back in AD128, constructing a literal divide between two countries that has lasted ever since.

It's peculiar, then, that the battles that existed in this huge belt of masonry are totally at odds with the picturesque villages that decorate a swathe of land that you could spend a lifetime exploring, without ever conquering.

Here are five picture-postcard villages and towns that will grab your attention if you ever find yourself on the Scottish Borders:

St Abbs: A stunning fishing village on the south-east Berwickshire coast, the journey up through Northumberland holds beauty that can rival any coastline in the UK. When you arrive at St Abbs, sample still waters, characterful pubs and the beautiful expanse of the North Sea.

Selkirk: Selkirk combines industrial power with royal heritage, a gateway to the north that dates back to the 13th century. The closeness of the streets offers a feel that likens itself to the Cotswolds, but the open expanses beyond remind you of rich Scottish countryside.

Peebles: Strange sounding but beautiful looking, Peebles has royal roots and is based on the River Tweed. Golf, fishing, mountain-biking and walking are popular pursuits, with the Victorian architecture offering hotels and hostleries to relax in after a day in the wilds.

Kelso: A sleepy market town that has the potential to burst into life at any moment, Kelso is a holidaymakers' dream, with great accommodation, impeccable dining, stunning architecture and a horse racing track that's the envy of the rest of Scotland.

St Boswells: Community is the buzzword in sleepy St Boswells – this place was recently named one of the top 10 places to live in Scotland. Flanked by stunning countryside and the River Tweed, and featuring a number of artisan independent businesses, this cosy village is worth a visit.



Photo credit: credit Frank Gaertner/Shutterstock.com



How To CLEAN AND PROTECT your Car seats

Even with the best will in the world, your car seats will eventually succumb to stains and spillages. Fortunately, if you care for and clean them appropriately, they can be restored to their original glory.

FABRIC CAR SEATS

- > The first step when cleaning your fabric car seats is to vacuum the upholstery to ensure the area is free from dirt and debris. If pet hair is an issue, utilise a pet hairbrush to lift the hair before vacuuming.
- > Next you need to apply your chosen cleaner or shampoo. Try not to make the area too wet – damp is best – and then gently rub in the solution with a soft-bristled brush.
- > Top tip: Concentrate on small areas and an even spread of solution to avoid water stains.

LEATHER CAR SEATS

- > Leather car seats are less prone to stains than fabric ones but they are also more delicate and susceptible to abrasions. Therefore, when vacuuming you need to be extra careful and take your time to avoid any scratches or tears. You also need to purchase a leather-specific upholstery cleaner, which often comes as a cream rather than a spray or shampoo.
- > Apply the product and gently rub the area with a microfibre towel.
- > Top tip: The more matt your leather seats appear, the cleaner they are.

HOW TO DRY YOUR CAR SEATS

It is always advisable to clean your car seats early in the day and when no rain is forecast. If you can keep an eye on your vehicle, leave your windows slightly open to prevent trapped moisture and let your seats dry naturally.

HOW TO PROTECT YOUR CAR SEATS

- > Condition leather seats to prevent cracks
- > Spray fabric seats with a fabric protector



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Slloooooow

ON THE SNAIL TRAIL IN NUTTY NORFOLK

While Gloucestershire prides itself on its annual cheese-rolling race, and mid-Wales will claim to be the spiritual home of bog snorkelling, both still have a way to go to catch up with Norfolk's take on leisure pursuits. Often with a lingering hint of ale and wine in the air, the flatlands to the east have found themselves chiefly responsible for some bizarre takes on entertainment, with perhaps nothing more peculiar than snail racing.

The 'sport' – the true polar opposite to Lewis Hamilton's record-breaking efforts in a racing car – first came about in the 1960s in the quaint village of Congham, although its true roots lie, predictably, in France. Hosted as part of the annual fete, snails are positioned on a flat, circular table. The first gastropod to make it to the outer boundary is determined the winner.

Times are recorded and recent years have seen more than 200 snails entered into the 'blink and

you'll miss it' tournament.

The popularity of the pursuit even led drinks brand Guinness to depict snail racing in its Bet on Black ad campaign back in the year 2000.

Unfortunately, the 2020 event had to be cancelled owing to COVID-19, leaving the slithery creatures that usually enter the race with very little else to do but, one would imagine, munch on some lettuce.

Rival competitions have emerged – the Grand Championship Snail Race in the appropriately named Snailwell, Cambridgeshire, celebrates its 30th anniversary next year, and regularly attracts 400 people to the village, doubling its population.

What's best about the annual snail trials, wherever they are held, is that there's no monotonous dominance, no Hamiltons or Schumachers on show; for the simple reason that with an average snail lifespan of around nine months, you're guaranteed a new 'gastropod great' each year.

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PUZZLES

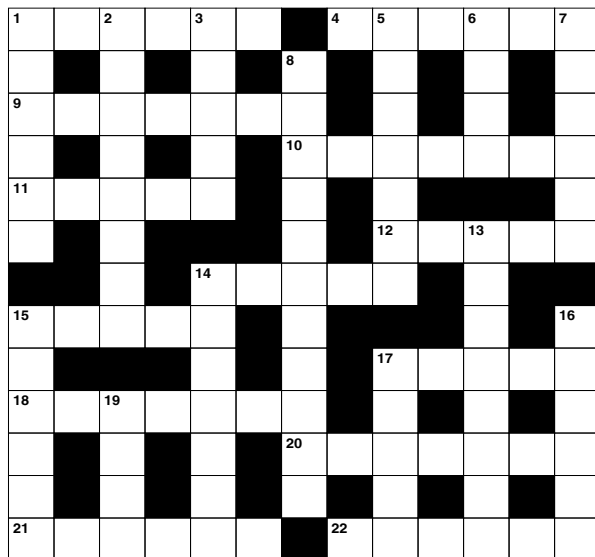
Answers: see end of The VISION Listings

ACROSS

1. Straighten out (6)
4. Vocalist (6)
9. Animal fat (7)
10. Not friendly (7)
11. Oozes (5)
12. Compassion (5)
14. Expect; think that (5)
15. Word of farewell (5)
17. Wedding assistant (5)
18. Supervisory worker (7)
20. Burdensome work (7)
21. Short choral compositions (6)
22. Entertains (6)

DOWN

1. Except when (6)
2. Musical pieces for solo instruments (8)
3. Regulations (5)
5. Annoying (7)
6. Large desert in Asia (4)
7. Make less dense (6)
8. Residents (11)
13. People with auburn hair (8)



14. Furthest away (7)
15. State publicly (6)
16. Tremulous sounds (6)
17. Deprive of weapons (5)
19. Speak in a wild way (4)

DID YOU KNOW?

- ▶ Adélie penguins breed and raise their offspring in Antarctica
- ▶ Puffins can flap their wings up to 400 times a minute. They can fly at around 55 miles an hour
- ▶ The bald eagle, which was once on the brink of extinction, has been the national symbol of the United States of America since 1782
- ▶ Once a flamingo lays an egg, the parents take turns sitting on it to keep it warm. The egg usually hatches in around 30 days
- ▶ The ostrich is the tallest and heaviest of all the birds
- ▶ As a male snowy owl gets older, it turns whiter. Males are often whiter than females
- ▶ Red-tailed hawks can spot a mouse from 30 metres up in the air

SUDOKU

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



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