

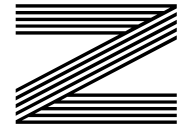
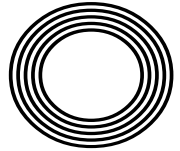
**HOW TO
BUILD A
COLD
FRAME**

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PRINCE CHARLES'
Aston Martin runs on cheese and wine

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Crawley-born comedian celebrating 10 years on the circuit



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Editor's notes...

NOVEMBER 2021



Brett Shohet, Editor

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

After being forced to navigate ever-changing lockdown restrictions last year, we can (hopefully) now look forward to enjoying the party season.

By the time you read this, Halloween will be over, but as I write, my home has been taken over by an explosion of spooky decorations. It used to be that very few people in the UK bothered to celebrate Halloween, but it's a habit we seem to have now borrowed from our friends in America. Maybe it's because we've been cooped up for so long that we're eager to grasp any opportunity to go big with our celebrations.

If that's the case, I can't wait to see what Christmas will bring. Here's hoping we're able to meet up with friends and family face-to-face once again.

At **VISION**, we've recently grown our team, welcoming new member of staff, Nadine Stevenson, as our key account manager. We're very glad to have her on board.

Finally, all our thoughts are with the family and friends of Sir David Amess MP, who was killed during a meeting with his constituents last month. Sir David was a welcome contributor to **VISION**LeighThorpeBay, and we will miss his kindness and dedication to his role.

Brett Shohet

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ASTON *marvelling*

HOW HRH PRINCE CHARLES, SOME LEFTOVER WINE AND A CONSTITUENT OF CHEESE ARE HELPING THE PURSUIT OF ECO TRAVEL

It's a fine line between innovation and eccentricity, but HRH Prince Charles appears to have landed the right side of it... just.

The Prince of Wales, who turned 73 in November and is first in line to the throne, has converted his cherished Aston Martin DB6 so that it can run on cheese waste and surplus white wine. His move to decarbonise fits perfectly with a modern revolution in motoring, where electric cars, the future ban of the sale of petrol and diesel vehicles, and various road taxes designed to keep gas-guzzlers out of our city centre spaces are giving our roads a green makeover.

Charles revealed in a recent interview that he was offered the conversion some time ago and did not hesitate to accept.

"I think when opportunities and ideas come your

way, you need to judge them on their own merits," he says.

"Certainly, where classic cars are concerned, there is the temptation to leave them as they are and not tinker with them, but if we all thought like that, we wouldn't make the strides we have, and the strides we need to."

It was Gloucestershire-based firm Green Fuels – the company has since earned a Royal Warrant of Appointment – which suggested it could supply bioethanol produced from a combination of wine and cheese (whey).

Blending the fuel then adding 15 per cent unleaded petrol meant the car was more powerful than before, yet significantly greener.

Of course, this isn't

the first time Prince Charles has taken the lead where green and eco matters are concerned. He established The Prince's Trust and The Prince's Rainforests Project and has always been a passionate advocate for initiatives that put the planet's needs first. He became the first member of the royal family to adopt electric cars for official duties in 2018, and has rallied behind his son William's successful efforts with The Earthshot Prize, with its £1million bounty awarded to fund solutions to help tackle climate change.

However, Charles believes there is much still to be done. He says the world's leaders are big on environmental talk, but rarely take the actions required to back up the platitudes.

"It is time for a lot of

people, influential people, to stand up and make real decisions," he says. "They have the expertise, they have the wherewithal and they have the resources, so there is no reason why we can't be moving forward much quicker than we are."

"Green initiatives in the past always seemed to come with some sort of cost or inconvenience. A lot of those I see today have no such thing – look at my DB6, it is a better vehicle than it was before."

The classic Aston Martin emerged in 1969 and has been one of Charles's true joys. He even enlisted the services of two-time Formula One world champion, Graham Hill, to teach him how to drive the car to its maximum potential.

He added: "It gives me great pleasure every time I drive it – and to know I can do that while limiting harm to the environment is a wonderful feeling."



Photo credit: David Hartley/Shutterstock



THE CHRISTMAS GIFT IDEAS THAT KEEP ON GIVING

A gift isn't just for Christmas, so treat your loved ones to a subscription box this festive season and leave it to the postman to deliver the perfect package to your friend or family member's doorstep each month.

Flower and plant subscription service – If you have a green-fingered friend, what better gift than a new potted plant or bunch of flowers each month? Also suited to remote workers who could do with freshening up their home working environment. You can even find sustainable providers who only work with Fairtrade growers.

Cocktail subscription service – For your boozy bestie or a mum who loves a mojito, a cocktail subscription service makes the perfect gift. Depending on the service you select, the recipient can expect to receive ingredients and instructions to make a new cocktail each month.

Food subscription service – Whether you know someone who is a real foodie or your loved one could do with a helping hand in the kitchen, a weekly delivery of high-quality, fresh ingredients is just what they need. Choose the size of the box depending on how many people they cook for. Subscriptions are available to cater for all dietary requirements.

Gadget subscription service – Being a tech enthusiast can be expensive, but what if you could enable your gadget-loving friend to try out a new device every month? Pick between health and fitness gadgets, entertainment devices and even relationship tech.

Craft subscription service – If you are looking for a subscription service for children, then a monthly craft box is a great idea. With subscriptions available for all ages, you can find boxes that contain a range of fun science, technology, engineering, art and maths activities.

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Odd SOCKS

THE LATEST FOOTWEAR TREND

Who says that your socks have to match? Showcase what makes you unique and support Anti-Bullying Week 2021 by rocking odd socks on November 15 and beyond.

No longer a fashion faux pas, odd socks may be brazen and bold, but they can also be chic and stylish.

WHAT IS ODD SOCKS DAY?

Launched in 2017, Odd Socks Day was created to deter bullying in schools. With the aim of showing children that it is okay to stand out from the crowd and to embrace what makes you different, children and adults alike are being asked to rock odd socks and to appreciate the odd socks worn by others.

HOW TO CELEBRATE ODD SOCKS DAY

Wear your oddest pair of socks. These can be colourful and bright, mismatched or have a wacky pattern. Be sure to wear them proudly and invite your friends and family to join you in your support against bullying.

HOW TO WEAR ODD SOCKS

Seen on the likes of Ant and Dec, Emma Willis and

Craig David, there are many different ways to wear this fun and frivolous trend. Check out the below top tips which should help you rock this look with confidence:

- Embrace bold colours and prints
- Don't be afraid to wear your odd socks with sandals or sliders
- Wear long odd socks pulled up to your knees with boots and a statement skirt
- Mix stripes and spots
- Layer up two pairs of socks with two different colours, one on top of the other
- Pair neon socks with white trainers
- Wear clashing colours with skyscraper heels.

POST YOUR SOCKS ON SOCIAL MEDIA

Boost awareness by posting photos of your odd socks on social media with the hashtags #OddSocks and #AntiBullyingWeek.

LEARN MORE ABOUT ANTI-BULLYING CAMPAIGNS

To find out more, explore the many online resources on anti-bullying at www.anti-bullyingalliance.org.uk and share your knowledge with others.





Hairband HEROES

Does your hair always fall out when you tie it up? Or perhaps you spend more time detangling your locks than enjoying your updo? If the answer is yes, you could be using the wrong hairband for your hair type.

For thin hair
Thin hair that is prone to breakage needs a hairband that is gentle on your delicate locks. Opt for a silk hairband that will protect your hair and help to keep flyaway strands in check. When removing a silk hairband, you should notice significantly less pulling on the roots.

For thick hair
If you have thick hair, you are likely to experience both tangles and a struggle to keep your voluminous hair contained. Look for spiral plastic hairbands that are specifically designed for thick heads of hair, as these are easy to use and remove without your hair becoming tangled in the tie.

For wavy hair
Do you feel like no hairband can hold back your big mane of wavy hair? Forget elastic bands and scrunchies and, instead, invest in a hair bungee. Boasting a hook on each end, a hair bungee can be easily wrapped around your hair to keep it in place all day.

For short hair
People with short hairstyles are always going to struggle to pulling their hair back into a ponytail. However, there is a solution. Polybands are great at gripping short hair and staying in place. Small and often clear, they will simply disappear into your hairstyle.

For straightened hair
Bringing back a blast from the past, if you want to tie your straightened hair back without causing kinks, you need a scrunchie. These hairbands work best directly after a blow-dry to help maintain a smooth and straight look. However, they are also effective at keeping your hair in place while you sleep.



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Self-care

is not selfish

To celebrate National Spa Week, which takes place from November 4-9, we thought we would share with you our top self-care practices that promise to leave you feeling physically and mentally rejuvenated. Plus, discover why you need to make time for self-care.

- > Lower your risk of mental health conditions, such as anxiety and depression
- > Increase your overall energy levels
- > Boost your self-esteem
- > Improve your relationships.

Ten simple ways to practise self-care

1. Get a good night's sleep – ideally between seven and eight hours per night.
2. Drink lots of water – up to eight glasses a day.
3. Go for a daily brisk walk – at least 30 minutes.
4. Take a relaxing bath using essential oils.
5. Say no to something you don't have time to do or don't want to do.
6. Listen to your favourite music.
7. Watch your favourite film.
8. Indulge in a massage.
9. Make something healthy and delicious for dinner.
10. Make a list of five things you like about yourself.

If you are struggling with your mental health, there are several UK charities that can help, including Mind and YoungMinds, which is aimed at children, young people and their parents. To find out more, visit www.mind.org.uk or www.youngminds.org.uk

What is self-care?

While many believe that self-care is self-indulgent or even selfish, it is in fact a crucial process that allows you to tend to your physical and emotional needs. Essentially, it involves making the time to take care of yourself.

There are said to be eight main areas of self-care that you should focus on:

Physical | Psychological | Emotional | Social | Professional | Environmental | Spiritual | Financial

What are the mental health benefits of self-care?

According to recent data from the Office for National Statistics, depression rates have doubled during the COVID-19 pandemic, with concerns growing over a nationwide mental health crisis.

When it comes to looking after your mental health, self-care has the unique ability to:

- > Manage your stress levels



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VICKS VapoRub

7 ALTERNATIVE USES

Known for its ability to effectively manage cold symptoms, most households have a tub or two of this mentholated ointment in their medicine cupboard. However, you may be surprised to discover what else you can use Vicks VapoRub for.

1. TO BANISH HEADACHES: When applied to the base of the skull, Vicks VapoRub has proved highly effective at relieving headaches, especially sinus headaches.

2. TO SOOTHE SORE MUSCLES: Two key ingredients in Vicks, camphor and menthol, are topical analgesics, which means they can be used to relieve pain when rubbed on to the skin. Creating a powerful cooling sensation – although the pain relief will be temporary – it can help you to get on with your day.

3. TO HEAL YOUR FEET: Vicks VapoRub is a popular home remedy for several foot conditions, including athlete's foot and fungal nail infections. The combination of its antimicrobial ingredients and the inclusion of petroleum jelly helps fight bacteria and lock in moisture.

4. TO TREAT SKIN CONDITIONS: If you suffer with either acne or eczema, Vicks VapoRub can be used to calm the skin and clear up your complexion. This is owing to its ingredients like camphor and eucalyptus.

5. TO FADE BRUISES: For minor bruises, Vicks can be used to reduce inflammation and cool the skin. The menthol can also help to reduce any pain you are experiencing.

6. TO HEAL SCRAPES AND BURNS: When applied twice a day, the petroleum in Vicks VapoRub can help to create a thick barrier on your skin so that any cuts or burns can heal. Its anti-inflammatory properties can also promote healing.

7. TO EASE EARACHE: If you are suffering with a mild earache, rub a small amount of VapoRub onto a cotton ball and gently place in your ear. This can help to reduce any pain, but will not clear up an infection.

Photo credit: pixnogo/Shutterstock.com, ashok_india/Shutterstock.com



JUST breathe



IMPROVE YOUR QUALITY OF LIFE WITH THREE EASY BREATHING TIPS

You don't need to be a philosopher to know that people can spend their days navigating between a negative inner critic and a more positive and less apparent inner believer. Allowing the latter to express itself more is a key part of healthy living, positive self-image and good self-esteem.

Well, imagine if something as simple as breathing could be the key to being more positive, more confident, less stressed and more physically strong to boot.

Check out these three easy ideas and get started today.

Five deep breaths

If you are feeling stressed or self-critical, take five deep inhalations and exhalations through the nose. Clear your mind and focus on the sensation of breathing. This is part of breaking the negative inner dialogue. Closing your eyes can also help. When ready, you can go back to what you were doing.

Diaphragmatic breathing

Another easy win is to breathe diaphragmatically. This means using the belly muscles to fully fill and empty the lungs with each breath. As well as being calming, this can help with public speaking, as it allows you to control your breath and voice far more effectively.

This breathing also helps the body discharge waste and take in more oxygen, which boosts brain activity.

Quick energy

For a short, sharp boost that will make you feel up for anything, take a deep breath and hold for a second or two, then make a loud 'hmm' sound on breathing out. Not only does this break negative thought patterns, but it will also provide you with a welcome mental lift.

Breathing is something we do every minute of the day – it's time to make it work for us more than ever before.



Whether you want to give the gift of gin this Christmas or your motives are a little more self-focused, making your own flavoured gin is simple to do – and it can save you money.

How to make flavoured gin

Step 1: Choose your gin

If you want to create a high-quality flavoured gin, you need to pick one that is both clean-tasting and uncomplicated. Any gin that already has a flavour will not mix well, so try to stick with a classic London dry variety.

Step 2: Pick your flavours

As Christmas is fast approaching, you may want to choose a seasonal flavour such as cinnamon, nutmeg or cloves. However, you can pick pretty much any fruit, vegetable or herb that takes your fancy, such as strawberries, damsons, rhubarb, chilli, mint or elderflower.

Step 3: Bottle your gin

Pour your gin into a sterile sealable container, such as a Kilner jar, and then add your chosen infusing ingredient. You can sterilise your glass container either on a hot rinse cycle in the dishwasher or in the oven for 15 minutes at 160°C. Use around 300g of produce per litre of gin.

Step 4: Leave to infuse

Depending on the potency of the fruit or herb you choose to add, you can leave your infusing ingredient in for anywhere from one day to one month.

- > Strong flavours such as chilli, vanilla and citrus = less than one day
- > Hardy herbs and strong-flavoured fruit such as rhubarb and lavender = five to seven days
- > Berries and other potent fruits = three to four weeks
- > Milder ingredients like apple or pear = up to one month

Step 5: Strain and store your gin

Once you are happy with the intensity of your gin, strain it through a filter or muslin cloth. Pour into a well-sealed bottle and store for up to one year in a cool, dark place.




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HOW TO SAVE MONEY ON YOUR

Christmas shop

FOOD & DRINK

While you may have had the best intentions to save all year for Christmas, unfortunately, real life often scuppers our plans. If you haven't yet managed to put aside some extra cash for your Christmas food shop, the below tips will help you to save big on all those tasty festive treats.

STOCK UP EARLY

Rather than leaving everything to the last minute, why not start stocking up on items such as chocolates, savoury snacks and Christmas liqueurs from now and spread the cost of your food shop over two months rather than one?

GET SOCIAL

If you have a few favourite food brands, now is the perfect time to start following them on social media so that you can pounce on any early Christmas offers as soon as they become available. Don't forget to also sign up to their email newsletters for possible discounts.

MAKE YOUR OWN

While some items are cheaper to buy in store – such as a Christmas pudding, which can be purchased for as little as 99p – there are some foods that are cheaper to make yourself. These include canapés, side dishes such as pigs in blankets, and even mince pies.

SHARE THE BURDEN

If you are hosting Christmas dinner this year and are concerned about the cost, there is no reason why you shouldn't ask family members to help out. Rather than demand cash, ask each person to bring a different dish or drink.

USE COMPARISON SITES

Simply type into Google 'cheapest supermarket for your Christmas food shop' and you will be met with a whole host of sources that can save you money. Compare turkey costs, Christmas pudding prices, and so much more. Plus, find out about home delivery and click-and-collect slots.



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DULUX COLOUR OF THE YEAR

Bright Skies

OPEN YOUR EYES TO BRIGHT SKIES



It's perhaps peculiar that Dulux waits for the time of year when the summer skies begin to seep away, and the radiant, elegant blueness of those warm months is dissipating, to name its much-heralded Colour of the Year... as blue.

The reveal of Bright Skies as a shade that is set to transform our homes for the next 12 months coincides with an autumnal browning and greying of life outside our windows. Yet the paint expert's choice has been met with approval for its ability to extend our elevated, enlightened view on the year for just a little bit longer, as winter gradually approaches.

Dulux's choice has much to do with the brightness and optimism that is being felt in the wake of the end of lockdown. The brand speaks of uplift and progression, with the colour working as an alternative to the mass of light grey shades that have

been so prevalent in offices.

The ability of Bright Skies to blend with all manner of other tones makes it stand up to scrutiny. Its pastel essence draws in other colours instead of repelling them, so use it in living spaces, against light or medium woods, and even on ceilings. Alternatively, pick out the colour on cushions or fabrics.

In the kitchen, a Blue Skies splashback can offer incredible contrast to silver or copper pots and pans; while in the bathroom, ditching formal white for this breathless, brilliant blue will give 'big sky' thinking to every groggy winter morning.

Where, in the past, light blue could feel cold and frosty, particularly when temperatures begin to drop in the winter months, Dulux is asking us to view it from a new angle, accompanying it with textures and tones to help us decorate even the gloomiest of days with bright, sunny, uplifting moments.

Photo credit: dulux.co.uk



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Transform also offer Quartz- Overlay- Worktops which is real Quartz Stone at 8mm thick and fitted on top of your old existing worktops together with re-fitting your hob, sink & tap or supply you new appliances which can all be completed within one day.

So many kitchens are already perfectly

designed as a room layout, but just need a revamp and up-to-date new look.

Transform offer you a very personalised service with great attention to your individual requirements which you can experience right from your initial contact.

You are very welcome to take a look at the products & ranges in the Transform Kitchen showroom in Cheshunt, or phone 01992 643096 to discuss your requirements and book a home survey.

Or for an initial estimate guide just email 4/5 photos of your existing kitchen together with a brief description of what you would like to have done, then Transform will send you an approximate estimate guide price.

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ARE YOU
HAVING
A
LAUGH

ROMESH RANGANATHAN

CELEBRATES 10 YEARS ON THE COMEDY CIRCUIT

Romesh Ranganathan is evidence personified that it's never too late to change direction in life. The 43 year old is a regular on the live circuit, on chat and panel shows and, from the end of this year, will take on the role of host of *The Weakest Link*. He is vastly experienced, wholly respected and has within his armoury the poise and potential to become one of this generation's stars of modern entertainment.

And yet, little more than 10 years ago, the Crawley-born-and-raised comedian was still a maths teacher. While his stock on the stand-up circuit was rising all the time, Ranganathan was another year away from turning professional. Instead, he was teaching at The Beacon School in Banbury and Hazelwick School in his home town, where he was once a student.

Indeed, Romesh – real name Jonathan – owes a lot to the West Sussex town. Rarely has Crawley found itself so namechecked in popular culture, yet Ranganathan has a peculiar affinity with it.

"I've just never seen the point in leaving," he says. "It's where I grew up, it's where my family are, it has a League Two football team. What more can you really ask for?"

The dad-of-three also launched a career as a rapper, under the name Ranga, and made it all the way to the finals of a UK freestyle competition.

The double BAFTA-winning star of his own series *The Ranganation*, *The Misadventures of Romesh Ranganathan* and *The Reluctant Landlord*, to name but three, Romesh's appeal is in his irreverent, somewhat sneering take on the world. In a world of increasing wokery, he's unafraid to examine and celebrate racial and societal differences, always with an undercurrent of self-deprecation.

Yet this is nothing new, nor an act. At school, he was the same, happy to deliver put-downs (or "slap downs" as he would call them), yet just as willing to accept them back from classmates.

"We've got to be able to take the mickey out of ourselves first and foremost," he says. "I think when you meet people who do that, you realise that the conversation is only ever going to be good."

"I often tell people who are easily offended not to come to my gigs. I don't set out to insult people, but I will highlight our failings as human beings – all of us."

"We need to get away from this veil of perfection, or the insinuation that if anyone pokes fun at us they must be racist or sexist or mentally damaged."

"I want us all to get back to having a laugh at ourselves and each other – I'm like a schizophrenic, Asian Jerry Springer. We should all have a set of put-downs ready to fire off at any moment."

There appears little danger that Romesh's refreshing brand of comedy is going to fall by the wayside. As he prepares to celebrate a decade in his entertainment career, his first move into quiz show hosting is an interesting diversion, with *The Weakest Link* returning to our screens after a 10-year absence.

"Obviously I've done stuff like *8 out of 10 Cats* and a couple of one-off projects such as *Have I Got News for You*, but this is the big one," he says. "I'm watching old shows with Anne Robinson wondering how I can possibly emulate this institution of TV."

"She's certainly much better than me at put-downs."



LOCAL NEWS

from your neighbourhood

Station's Grade II-listed signal box moves to Yorkshire



Photo credit: Greater Anglia

As part of Greater Anglia's new project, the signal box at Hertford East Railway Station has moved to make room for longer trains.

The engineering work to dismantle the old signal box started on Saturday, October 23.

The out-of-use Grade II-listed structure at the end of the platform has been moved to the Wensleydale Railway in Yorkshire, where it will be rebuilt and restored to operational use.

Removing the signal box will enable Greater Anglia to lengthen platforms at the station to make room for the company's new five-carriage commuter trains to run coupled together as 10 carriages at peak times.

Greater Anglia's new trains are longer with more seats, USB and plug points, fast free Wi-Fi, air conditioning, improved accessibility features including an accessible toilet on every train, better passenger information screens and dedicated cycle spaces.

Jamie Burles, Greater Anglia managing director, said: "This work is essential so that we can run our new longer trains along this line.

"We will make sure that all customers can complete their journeys, whether it is by bus or using Govia Thameslink Railway train service from Hertford North."

New hub launched to help bring community together

Network Homes launched a new community centre facility in Sele Farm, Hertford, on Tuesday, October 19.

The site has been transformed into a facility offering a resource for organisations and individuals working to transform one of the most deprived areas in Hertfordshire.

Helen Evans, Network Homes chief executive, cut the ribbon to mark the launch of the hub in Fleming Crescent.

She said: "The new community hub is all part of a successful partnership where we're working with

East Herts Council and partner agencies to support the sustainable growth and regeneration of Sele Farm."

Councillor Peter Boylan, executive member for neighbourhoods at East Herts Council, commented: "We're committed to investing in our communities and creating places where residents come together and neighbourhood life thrives."

The opening of the community hub was combined with a ceremony unveiling blue plaques marking two award-winning schemes in Sele Farm.

These were part of a £34million regeneration scheme providing new homes at The Ridgeway (2020) and the older person's scheme at Calton Court (2016), both of which have been supported by East Herts Council.

Agency to monitor river after water turns purple

The Environment Agency recently examined an incident on the River Mimram, which runs through Hertford, when the water turned purple.

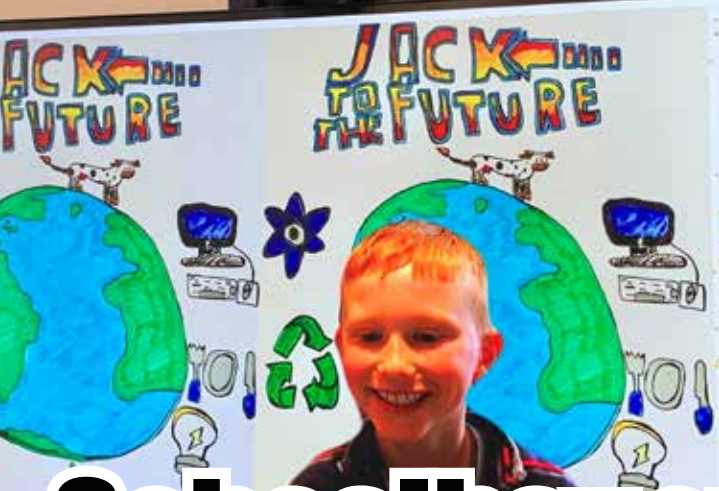
It was reported on Monday, October 18, that a stretch of water had turned purple owing to heavy rain.

An Environment Agency spokesperson said: "Small patches of purple colour are noticeable in places, but we found no evidence of fish in distress or harm to the environment."

The Environment Agency will continue its monitoring to maintain the good health of the chalk stream.

Sir Oliver Heald MP tweeted: "Shocked to see the pollution incident in River Mimram - immediately contacted the Environment Agency."

The CaBA Chalk Stream Restoration Strategy was launched on October 15, setting out a holistic strategy for the improvement of chalk streams. One-third of the 33 recommendations for action have already begun. The government is committed to exploring these recommendations to restore the UK's chalk streams.



Schoolboy creates inspirational podcast series

In the hopes of making the world a better place, an eight-year-old Hertford schoolboy has launched his own podcast.

Inspired by his favourite film, *Back to the Future*, Jack Andrews launched his podcast series, *Jack to the Future*, in April this year.

The podcast covers a variety of topics, including the future of art, animals and conservation, deforestation, and recycling and waste. Jack discusses what the future could be like and how listeners can help address the issues facing our planet.

Jack said: "I love science and technology and am keen to know what might happen in the future. I love learning new things, so it's interesting for me to hear

about different people's jobs and their predictions for the future.

"I'm a child, so I think about things differently from grown-ups sometimes.

"I'd like people to listen in so that we can all make the world a better place.

"It's made us think about the way we do things at home, and I hope people who listen to the podcast enjoy it, but also think about what they're doing to help."

Speaking on the future of the podcast, Jack hopes for 10,000 downloads and to interview famous people.

A new episode is released every fortnight and you can listen via anchor.fm/jacktothefuture





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Ex-policeman convicted of making indecent image of child

A former policeman from Hertford was given a suspended jail sentence for making an indecent image of a child.

John McCann, 43, appeared at St Albans Crown Court (pictured) on Tuesday, October 12 and was convicted of making an indecent image of a child. He pleaded guilty to three counts of possessing extreme pornography after bestiality videos were found on his mobile phone.

He told the jury he had no sexual interest in children and said the upskirting video of the 10 year old must have been taken accidentally.

Defending, Richard Paton-Philip said the offence had taken place four years ago and McCann had not

been in trouble since.

Judge Michael Kay QC passed an 18-month jail sentence suspended for two years. McCann must complete the Horizon Sex Offenders' programme, and carry out 30 rehabilitation days and 150 hours' unpaid work.

He must register as a sex offender and abide by the terms of a sexual harm prevention order for 10 years in addition to paying £1,500 prosecution costs.

McCann, who previously worked for Bedfordshire Police, took the clip of the child in 2017. She was not aware she was being filmed.

The video was discovered on McCann's Google Drive app by his ex-wife, who called the police.

Man arrested after cyclist is killed in collision

A man from Hertford has been arrested after a woman was killed in a collision with a lorry last month.

Anna Garratt-Quinton (pictured), 22, of King Alfred Way, Denham, was cycling when she was struck by a lorry just before 8am on October 7, near Addenbrooke's Hospital in Cambridge.

The driver of the lorry, a 27-year-old man from Hertford, was arrested on suspicion of causing death by careless or inconsiderate driving. He has since been released under investigation.

Anna's family said in a statement: "Our dear Anna, taken from us too soon, a waste of a truly special individual.

"She is and always will be the best daughter, partner, auntie, sister, granddaughter, niece and so much more. The list could go on because she was truly beloved by all."

Police are appealing for any witnesses or anyone who may have dashcam footage to get in touch. Please contact Sergeant Tom Daly via 101 quoting incident 66 of October 7.



Photo credit: Cambridgeshire Police



News from HERTFORD TOWN COUNCIL



The annual Hertford Christmas Gala will once again take place in the town centre on Friday, November 26. For the first time, the Hertford Castle Christmas Market will be running across the whole weekend from Friday, November 26, to Sunday, November 28. Both events are organised by Hertford Town Council and sponsored by Durkan Homes and McMullen's Brewery. The festivities take place across Hertford town centre and the castle grounds, with local residents and visitors encouraged to shop locally and get into the Christmas spirit.



Hertford Christmas Gala: Friday, November 26, 3.30pm-8pm

The town centre streets will be filled with Christmas market stalls and food stands. There will be fairground rides, and singers and entertainers will perform live on stage, including All That Soul, Cedar Rose Johnson and others.

Hertford Castle Christmas Market

- > Friday, November 26, 3pm-8pm
- > Saturday, November 27, 11am-7pm
- > Sunday, November 28, 11am-7pm

Hertford Castle will host its first Christmas market within its spectacular grounds. The event will be free of charge to attend and will boast an array of Christmas market stalls on the castle lawn – perfect for those who like to shop early and local for Christmas. In addition, there will be festive entertainment for guests to enjoy, and food and drink stands providing seasonal treats.

In addition, over this festive weekend, many of the town centre retailers will offer in-store discounts and promotions and festive activities for the whole family to enjoy.

For more information, visit www.hertford.gov.uk/events-listings or goherford.co.uk

Iconic building reopening delayed



The reopening of one of Hertford's most iconic buildings has been postponed until next year.

The decision has been made to delay the reopening of the Corn Exchange until early 2022.

This decision will ensure that the installation of equipment and upgrades on facilities will be completed to the level expected of a listed venue.

The building was originally scheduled to reopen in November, but a variety of factors and restrictions have caused delays.

Luke Hinton, bookings and promotions manager, said: "It is with great pleasure and an honour to be able to announce that we the team behind The Horn (St Albans) and The Half Moon (Bishop's Stortford) will be taking over the management and booking of the iconic Corn Exchange in Hertford.

"Despite the delay in reopening, we are excited to be able to bring live music back to the Corn Exchange."

Visit www.cornexchangeherford.co.uk for all the latest news.



Following last month's article on "How to build a raised bed garden", in this edition we are going to show you how to turn your raised bed into a cold frame. Ideal for hardening off seedlings, growing cool-weather crops and protecting tender perennials, a cold frame can extend your gardening season well into the winter months.

WHAT IS A COLD FRAME?

Essentially, a cold frame is a removable glass or plastic-covered frame that fits over the ground or over a raised bed garden. It is predominantly used to protect plants from the elements by keeping them warm using natural heat sources.

- > **Step 3:** Affix a handle to the opposite edge so that you can easily open and close the frame. You can find handles for this in your local kitchen design department.

TOP TIPS:

- > Choose a salvaged window that has small panes rather than one large pane if possible, as these are less likely to break.
- > Regularly check your cold frame over winter. If it snows, remove any build-up of snow straight away.
- > Keep a brick or stick nearby for hot days so that you can prop the lid open and prevent your plants from becoming overheated.
- > Remember to water your plants as they will not receive any rainwater.

HOW TO ADD A COLD FRAME TO A RAISED BED

- > **Step 1:** Find a salvaged window frame that is roughly the same size as your raised bed. If it is slightly bigger, this is fine, but it cannot be smaller. Wooden frames work best as these provide ample space to affix the hinges.
- > **Step 2:** Drill holes into the window frame and the edge of the raised bed to match the holes on the hinge. Affix either one large hinge or two smaller hinges to the edge.

Light up!

Who doesn't love going to see a wondrous winter light display in the run-up to Christmas?



If you're looking for the most dazzling lights and winter trails the UK has to offer, here we've gathered the best and the brightest.



WADDESDON MANOR, BUCKINGHAMSHIRE

Enjoy a fun-filled, festive day out for all the family at Waddesdon Manor, with a Christmas fair, winter light trail, manor illuminations and an exhibition in the Coach House. Plus, for the first time ever, see the parterre illuminated by a dazzling light show.

From November 13 to December 23 and December 27 to January 3.

DUNHAM MASSEY, GREATER MANCHESTER

If you are willing to travel a bit further afield, the after-dark illuminated trail through the festive gardens at Dunham Massey is not to be missed. Marvel at the glittering deer, the gleaming waterside reflections and the multicoloured trees.



Plus, fill your belly with tasty treats from a vast array of seasonal food and drink chalets or toast some marshmallows at one of the purpose-built fire pits.

From November 19 to January 2.

WIMPOLE ESTATE, CAMBRIDGESHIRE

Set to be Wimpole Estate's biggest Christmas extravaganza to date, take the kids to Percy the Park Keeper's winter wander trail by day, and enjoy a mesmerising walk through the estate's gardens by night. Expect sparkling lights, giant baubles and illuminated trees.

From November 26 to January 2.



LIGHTOPIA, CRYSTAL PALACE PARK, LONDON

An award-winning light festival, Lightopia is an annual Christmas event that takes place in Crystal Palace Park. Featuring handmade Chinese lanterns, multi-sensory interactive lights and breathtaking illustrations that tell a story of wonder and rebirth, book your tickets fast as this is one winter light display that is guaranteed to sell out.

From November 19 to January 2.

Photo credit: waddesdon.org, nationaltrust.org.uk, london.lightopiafestival.com

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BRUCE KING

on how to sell yourself and what you do



Sales mentor and personal growth coach, Bruce King, begins an exclusive monthly column designed to help you organise, improve and maximise everyday life.

It's often said that people do business with people they like and trust, and that's most certainly true.

Let's face it, if you look scruffy and unprofessional, have poor body language, won't make eye contact and look suspicious, it's unlikely anyone will want to talk about doing business with you.

But if you do exhibit any of those characteristics and you want to sell something to somebody, those are fairly easy to fix.

From there on, successful selling is nothing about you personally. In fact, most people have no interest in you whatsoever. The only thing they really care about is what the product or service you are selling can do for them.

Let's focus on what you sell and how to sell it. Here's a definition of selling I wrote many years ago: selling is the process of identifying problems

individuals and companies are suffering from – some of which they may not have known existed – and opportunities they could exploit, and showing them how your product or service can help them solve the problems and take advantage of the opportunities.

Therefore, we need to ask as many questions as possible to identify those problems and opportunities before presenting our products and services.

Even if they come to you with a problem and ask you to solve it, still question them further. It's likely you can discover other problems and be of even greater benefit to them.

This is called consultative selling. It's the best and easiest way to sell.

More information:

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit bruceking.co.uk



REMINDER: FINANCIAL ADVICE SHOULDN'T BE STRESSFUL

Shying away from numbers is pretty common. Either you don't have the time, or it's simply easier to put it to the back of your mind.

But finance is a part of all of our lives. It can influence our decisions, shape our goals and solidify our futures. That's why making the right choices for your pennies is so important.

The term "Financial Adviser" for some reason often feels taboo. It has connotations of unattainability and conjures up images of intimidating offices and high-flying companies.

I want to strip that away. You don't need to have tons of cash to get your finances in order. Your income, no matter what size, should be working at least twice as hard as you did to earn it.

I believe in an individual approach to every single person I see. Financial Advice is about understanding circumstances and finding the best steps forward to reach a clean bill of financial health.

So how do we start?

- Discover – We start with a no-obligation financial health check to understand your exact situation. We'll discuss your finances, goals, wants and aspirations.
- Map – I will work with you to find the ideal path forward to reach your objectives.
- Journey – I will stay by your side and support you through your financial journey one step at a time.

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BUSINESS & PROPERTY



If you are thinking about buying a new build, you may be excited at the prospect of moving into a never-been-lived-in blank canvas that you can style into your perfect home. However, these types of properties are not without their pitfalls. Here are things to consider before committing to a new build.

NEGATIVE EQUITY: Make sure you do not pay over the odds for your new build. Although you may have seen the price of your preferred property plastered on hoardings around the development site, this is only the asking price, and you can and should negotiate before signing on the dotted line, because your extra costs will not be included.

SNAGGING: Snagging refers to teething problems in a new build, such as cracks appearing in the walls or loose guttering. Eighty-seven per cent of new build homeowners in the UK have reported snagging issues. Therefore, conduct a snagging survey to ensure everything is fixed ahead of moving in.

DELAYS AND EXTRA COSTS: New build properties are often not completed on time, and if there is a hold-up during the construction of your future home, your mortgage offer could expire. You may also have to pay for essentials such as carpets, garden fences and even grass.

LEASEHOLD OR FREEHOLD: Many new build properties are sold as leasehold rather than freehold, although the government is planning to ban the sale of these types of houses (not flats). Leaseholders face maintenance fees, ground rent, annual service charges, a share of the building's insurance and restrictions on renovations.

SIZE: New build homes are known for having smaller rooms than those in older properties, so you need to make sure that all your furniture and belongings will fit into your new space. Look out for (and avoid) 'micro homes', which have a total area of less than 37 square metres.



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PARK LIFE

Made famous by Disney World, Orlando is much more than that – it's the theme park capital of the world, bringing in more than 75 million holidaymakers each year. Here's our five-day guide to the ultimate thrill-seeker vacation:

DAY 1 – UNIVERSAL ORLANDO – Most people migrate towards Universal Orlando, one of the biggest theme parks in the world. Here, it's all action, adventure and showbiz, with rides and attractions focused on your favourite TV shows and movies.

DAY 2 – ISLANDS OF ADVENTURE – Universal's Islands of Adventure Theme Park – with combined tickets available for around £275 per person – showcases Hogsmeade and Diagon Alley (connected by a ride on the Hogwarts Express), plus everything from *Jurassic Park* to the Hulk. The £265million project is an escape among beloved fantasy characters.

DAY 3 – LEGOLAND/DISCOVERY COVE – This one depends on whether you're a bit of a daredevil or more the chilled-out type. If you're the latter, a semi-rest day at Legoland with the familiarity of some block brilliance is probably the way to go.

Thrill-seekers may prefer Discovery Cove, where diving, snorkeling and sub-aqua pursuits invite visitors to literally immerse themselves in the action.

DAY 4 – MAGIC KINGDOM PARK – Yes, Orlando is more than Disney World, but that doesn't mean its aptly named Magic Kingdom should be ignored. The theme park, which has more than 40 attractions, is divided into six themed lands, each with a different focus, but all catering to visitors of any age. After arriving at the park by your choice of ferry or monorail, you'll stroll through the gates into Main Street, USA. From there, the majestic land is your oyster – just be sure to head back to Main Street for the iconic fireworks display.

DAY 5 – BUSCH GARDENS – Finally, wrap things up with a trip to Tampa, 90 minutes away. Busch Gardens is a safari wonderland that feels straight out of Africa, yet with that unique Florida twist. It's bigger, better and more pumped up than any animal park you've been to before, with plentiful rollercoasters and rides.

DURATION – Park-to-park passes are available from some agents and can save you money as well as helping you stay organised. Rest time is recommended, as long days in the parks can be tiring.

WHERE TO STAY – Downtown Orlando is a good place to base yourself, combining great hotels with nightlife and shopping. It's also safe, making it suitable for families.

Photo credit: Chansak Joe/Shutterstock.com, Spinel/Shutterstock.com, Rob Hainer/Shutterstock.com, trailfinders.com, uk.hotels.com



TIME TO APPLY

for schools

WHAT TO CONSIDER WHEN APPLYING FOR A SCHOOL PLACE

Applying for a school place can be a stressful time for parents, filled with worry and apprehension. While the criteria will be different depending on whether you're looking for a primary or a secondary school, what should remain the same are the checks and investigations you undertake before cementing your choices.

CHECK OFSTED RATINGS: Ofsted ratings exist to help schools to improve, while also enabling parents a full view of what level an institution is at. Although inspections are irregular, reports are always full and detailed and often provide a good read, so check them out.

CHECK YOUR SCHOOL RUN: Have a look at the distance and route your child will be taking to school each day – is it practical, are there any hazards, does it fit in with your other morning commitments? Remember, for primary school children, proximity is the lead criteria.

CHECK NUMBERS: Being realistic about getting a place also means knowing the school's capacity, so have a look at last year's intake figures in order to give you a better idea of success rates.

SPEAK TO PARENTS: There's nothing quite like the experience of others, so chat to people locally whose kids already attend and gain a first-hand picture of what the school is really like.

CONSIDER SECOND CHOICES: If the worst thing happens and, for whatever reason, you don't land your first choice, look at and imagine your child attending an alternative school. Consider the positives, embrace the opportunity to go somewhere different and convey any optimism you have to your child – it will be vital should things not go to plan.

DO NOT BE LATE: Applying for a school place is essential parenting, so when the process opens, don't delay – get your application in well before the deadline.





MOTORING



Photo credit: Chris Lawrence Travel/Shutterstock.com

Electric dream

LEGISLATION ANNOUNCED TO HAVE CHARGING POINTS IN ALL NEW BUILDS

The UK government recently cemented legislation that will make our rapid adoption of electric and hybrid cars all the more attractive, with new builds now bound by law to provide electric charging points for vehicles.

While the charging of a car by use of a lead from a ground-floor home or office is straightforward, the government realises access is more complicated for those living in flats or working in office blocks with no private charging point access. As a result, it is moving forward with the Department of Transport's guidance that states any new work or residential construction projects must have built-in charging points. These directives could come into force as early as 2022.

As it stands, there are almost 26,000 electric charging points in the UK. Yet the number of electric and hybrid cars on our roads is doubling every six

months and an estimated 10 times the number of current charging points will be required by 2030, the target date for when petrol and diesel cars will stop being sold in the UK.

In the UK, the cost of charging an electric car from flat battery to full is around £7 (depending on your supplier). For an average vehicle, this would produce a range of around 180 miles. The equivalent petrol or diesel cost would be around two and a half times that amount.

Despite the challenges ahead, the UK is still one of the countries leading the way in the adoption of electric cars. As well as a rapid increase in charger provision, it is investigating moves to make night-time charging a preferred option for cars – this will ensure users don't overload the grid, and also means they can take advantage of cheaper electricity prices.



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WIKI-WONDER

Celebrating 20 years of Wikipedia

In theory, it just shouldn't work. A global online encyclopaedia created by people who voluntarily update and moderate on every subject imaginable, and in many cases in real time. It is a network for information that's almost unmanageable in its size, and roundly open to the publishing of errors, be they accidental or on the part of pranksters.

And yet, somehow, Wikipedia works. The site has 18 billion web views per month, sees almost 400,000 new topics and articles added each year, and is a resource so drenched in information on, seemingly, every topic imaginable, that many of us automatically make it a first choice for research.

The site's ubiquitous popularity across different generations, different demographics and the most extreme geographical expanses the world over has even given rise to the 'wiki' prefix becoming embedded in everyday language. The exact definition of 'wiki' is a database for creating, browsing and searching through information, but its usage goes well beyond that.

Wikipedia launched on January 15, 2001, and over the past two decades has worked to deflect countless rumours that the site is dying. After all, it is a non-profit-making entity that relies on the word of its users for factual accuracy and, in a lot of cases, it does get things wrong. Yet it has never been more popular, and in an online world where nothing can truly be regulated, its worth is impossible to calculate.

Perhaps it seems perverse that the site's founder, Jimmy Wales, is rumoured to have a net worth that doesn't even make him a millionaire; or perhaps, across 20 years and almost half a trillion web impressions, he has fulfilled perfectly the idea of a website updated for the people, by the people.



THE BOXING

King



Photo credit: Chase Stevens/AP/Shutterstock

TYSON FURY TAKES ANOTHER MAJOR STEP TOWARDS THE ULTIMATE PRIZE

Many judge Tyson Fury as the best British fighter we have, even as the tormentingly long wait for him to prove that – when he steps into the ring with Anthony Joshua – goes on.

And yet, across two weekends, the armchair experts who decreed the Gypsy King as the ultimate number one added considerable weight to their argument.

First, on September 25, at the Tottenham Hotspur Stadium, Anthony Joshua lost his multiple heavyweight belts to Ukrainian Oleksandr Usyk. The manner of the defeat had echoes of Andy Ruiz Jr all over again, with Joshua looking unthreatening, hesitant and stuck in first gear. Subsequently, he lost to a unanimous points decision to take a major step back.

Then, just 14 days later, Tyson Fury stepped up once more against Deontay Wilder. After a draw in the first epic against the brazen American and a comprehensive victory in the first rematch, the

33-year-old Brit was looking to cement his reputation as the leader of the pack. And while, by his own admission, he was "rusty", Fury again showed power, guile, craft and the ability to pick himself up off the canvas as he despatched Wilder, finally seeing off his opponent in the 11th round with a devastating blow.

So over the course of a couple of weekends, we learned a bit more about how the heavyweight division would play out. We also have a new champion in Usyk, although many will speculate his victory had as much to do with the poor performance of Anthony Joshua.

As far as the prospect of a Fury v Joshua fight goes, we still seem some distance away. The most anticipated British heavyweight boxing bout of all time slipped through the promoters' fingers against Usyk.

Joshua will need to get past his dogged, clever and unrelenting opponent in the rematch for serious talk of the all-British showdown to restart.

BRITAIN'S GREATEST SPORTING MOMENTS...

SPORT

DENNIS TAYLOR

We celebrate 50 years of the Crucible Theatre in Sheffield by remembering one of world snooker's greatest ever matches. To many, he was the quirky, pint-sized Irishman with glasses you'd more readily expect to see on Dame Edna Everage or Sir Elton John, yet Dennis Taylor's doubters were to be silenced on the night of April 28, 1985, when he completed one of the most dramatic fightbacks in sport to defeat Steve Davis and win the Embassy World Snooker Championship.

With a final stretched out over two days and four sessions, Englishman Davis strode into a commanding lead in the "best of 35 frames" match. The defending champion, who was looking for his fourth world title in five years, found himself 8-0 up and coasting.

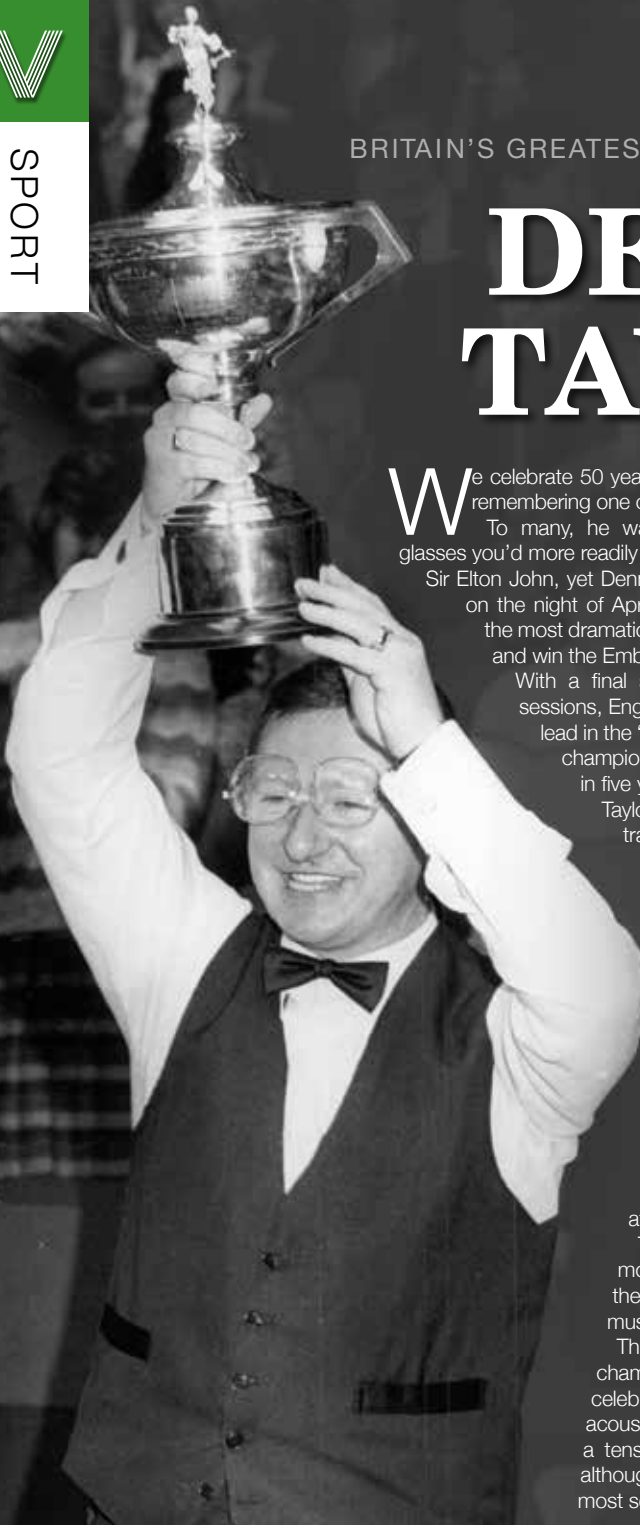
Taylor fought back in the second session to trail 9-7 overnight.

The following day's play saw a cat and mouse battle, with Taylor level at 11-11 and 15-15, but never ahead. When Davis won the next two frames, he required only one more to win the match, but Taylor again responded to level matters, and in the final frame was left needing to pot the black to win. After Davis's thin cut missed, Taylor seized the advantage to clinch the title.

A colossal audience of 18.5 million viewers watched the drama unfold on BBC Two, with the match finally finishing at 12.23am.

Taylor's achievement was made all the more remarkable after his mother's death the previous year had left him unable to muster up the enthusiasm to play.

The Crucible Theatre has hosted championship snooker since 1977 and celebrates its half-century in 2021. Its unique acoustics give even the most hushed matches a tension that other venues cannot replicate, although few kept quiet as Taylor grabbed the most sensational finish in snooker history.



30 years since the death of the icon FREDDIE MERCURY

HISTORY

It's somewhat peculiar that Freddie Mercury's only solo UK number one hit was in 1993, two years after his death – a remix of his track, *Living on My Own*, originally recorded eight years previously.

And yet, in many ways, with its choral line, "I don't have no time for no monkey business", it provided the perfect posthumous legacy for a man who lived, created and inspired like every day was his last.

Naturally, solo work wasn't ever at the crux of what made Freddie Mercury great. As a founding member of rock bastion Queen, he was a singer, songwriter and producer with a four-octave range, a breathless flamboyance and a creative lit that put him in the same bracket as David Bowie, Sir Elton

John, Sir Paul McCartney and others.

Born in Zanzibar as Farrokh Bulsara, to Parsi-Indian parents, Freddie spent his early life in India. Having moved back to his place of birth, the family fled Africa when he was 18 as political violence erupted. His arrival in Feltham and subsequent commencement of his studies at Ealing Art College saw him meet bandmates, Brian May and Roger Taylor. Very quickly, an iconic sound was born.

From prog-rock masterpieces such as *Bohemian Rhapsody* and *Killer Queen*, to perfect pop songs *Bicycle Race* and *Somebody to*

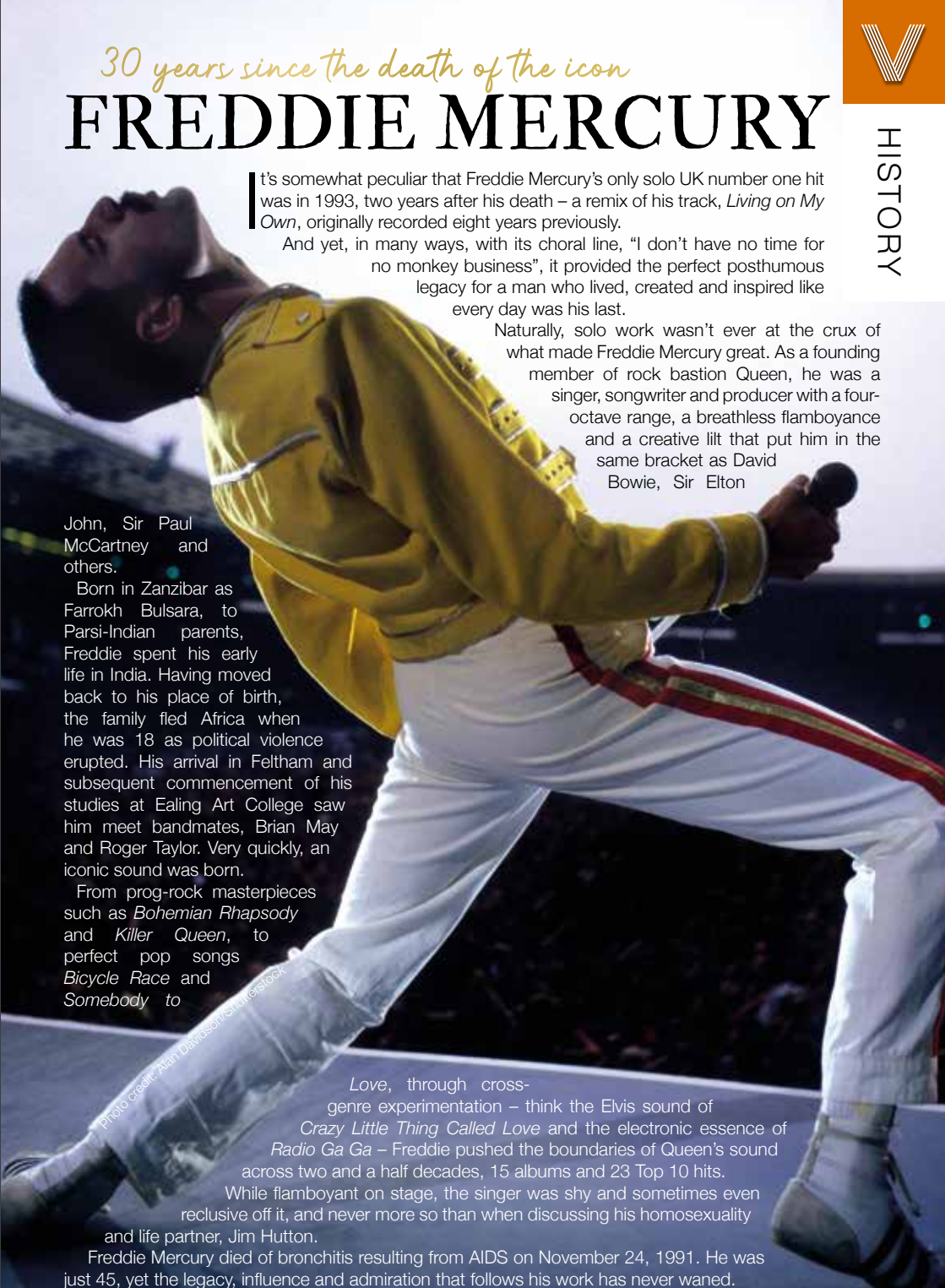


Photo credit: Alan Davison/istockphoto

Love, through cross-genre experimentation – think the Elvis sound of *Crazy Little Thing Called Love* and the electronic essence of *Radio Ga Ga* – Freddie pushed the boundaries of Queen's sound across two and a half decades, 15 albums and 23 Top 10 hits.

While flamboyant on stage, the singer was shy and sometimes even reclusive off it, and never more so than when discussing his homosexuality and life partner, Jim Hutton.

Freddie Mercury died of bronchitis resulting from AIDS on November 24, 1991. He was just 45, yet the legacy, influence and admiration that follows his work has never waned.

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PUZZLES

Answers: see end of The VISION Listings

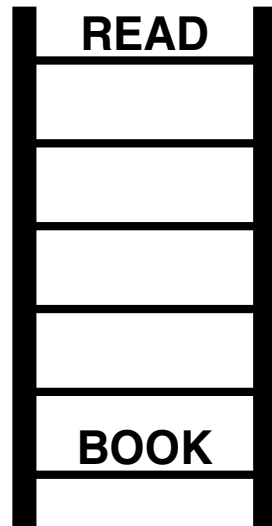
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DID YOU KNOW?

- ▶ The acronym ISS stands for International Space Station
- ▶ Before applying to be an astronaut, a pilot must have completed 1,000 hours of flying time in a jet aircraft
- ▶ Neil Armstrong was the first human to walk on the surface of the moon
- ▶ According to NASA, the Space Shuttle travels around 17,600 miles per hour when orbiting the earth
- ▶ Most of the elements found in the human body originated in stars that have gone supernova
- ▶ The Space Shuttle makes one complete orbit around the earth approximately every 90 minutes
- ▶ Alan Shepard hit a golf ball on the moon during the Apollo 14 mission

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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