

**HOW TO
MAKE
A BIRD
BATH**

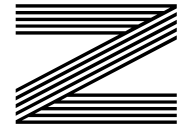
**COVID-19
HEROES**
honoured

6 UNUSUAL FACTS
about Valentine's Day

NATURAL WAYS
to boost your metabolism

Karren
BRADY CBE

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Editor's notes...

FEBRUARY 2022



Brett Shohet, Editor

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

Many of us will have entered 2022 with a sense of renewed optimism and hope, and that has only been buoyed by the lighter mornings and evenings. Personally, I've been focusing on adopting healthier habits and, as a result, I feel better both physically and mentally. I'm able to think more clearly and go about my day with more energy.

Recently, I've been enjoying networking face-to-face with our local clients, without whom we wouldn't be able to grow our business as we have done. There are big things on the horizon for **VISION** in 2022, and it's all down to our loyal clients and readers.

I've also been enjoying the latest series of *The Apprentice*, which never fails to inspire me to step up my game in the business world. Read our feature on the successful businesswoman, Baroness Karren Brady CBE, in which she talks about her journey to success, in this month's issue.

Now is the time when many people will start thinking about their summer holidays. After the uncertainty of the past two years, I'm certainly among those hoping that I'll be able to spend some time relaxing on a warm beach this summer. Let's all continue the drive to make 2022 a better year and make the most of the opportunities that come our way.

Brett Shohet

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HONOURING *our* COVID-19 HEROES

In the hope that we're moving away from the dark days of COVID-19 for good, let's highlight a few of the iconic figures who have guided this nation through one of its toughest tests outside of wartime.

The battle against COVID-19 has not been a simple one. For every inspired expert, another has been chastised; for every round of applause, there has been a barrage of criticism; for every saint, there has been a sinner.

The Queen's New Year Honours List recognised many who have committed so much over the past two years, going right back to March 2020 when the world began morphing into that dark, terrifying place it became.

Recently praised by the Queen, there were a number of people who, by their own admission, were called upon to help. Here are some of those

who used their experience and expertise to help in this time of crisis:

Sir Chris Whitty: One of the first of the government's advisors, the Chief Medical Officer excelled at breaking down the science, both behind the scenes and in public broadcasts to millions of people.

Sir Jonathan Van-Tam: Professor Whitty's deputy was given a knight bachelor title not only for his services in understanding COVID-19, but also for his extensive life's work researching influenza.

Dame Jenny Harries: The chief executive of the UK Health Security Agency was another who was prepared to stick her head above the parapet, at a time when speculation and misinformation permeated news sources and social media.

Sir Patrick Vallance: The physician, scientist and

clinical pharmacologist served the government as Chief Scientific Advisor, and remains in the position today.

Meanwhile, Scottish Chief Medical Officer, Dr Gregor Smith, and his Welsh counterpart, Dr Frank Atherton, were also knighted for services to public health.

Of course, there were also those who became involved in campaigns and initiatives that were a world away from their everyday lives.

The late, great Sir Captain Tom Moore was one; Marcus Rashford canvassed the government for free school meal vouchers – and won; Kate Garraway played out an incredible personal struggle with COVID-19 in the form of her husband Derek's long battle with the virus; Joe Wicks started a home fitness revolution; while Annemarie Plas was the

brains behind the Clap for Carers initiative which, at a time of intense lockdown, reminded us all that we were only ever a few yards away from those who cared about us.

And yet, in assembling a list of people who have committed knowledge, insight or reputation to the war against COVID-19 and its many variants, it's easy to forget the very folk who are the true heroes, and without whom the death toll would be catastrophically higher – ourselves.

While the informed, powerful and inspirational people listed have given us the knowledge and tools by which we have fought the battle against COVID-19, ultimately it is our own actions, our unwavering compassion and a sense of resilience, that embodies every bit the Dunkirk spirit. For that, we salute you.



DID YOU KNOW ABOUT...

If you embrace everything about Valentine's Day, from the romance to the exchanging of gifts – even the corny love songs – then you will love these fascinating facts about Cupid's big day.

Valentine's Day was founded on rebellion

Although this popular day is synonymous with love, it actually started as the result of Emperor Claudius II not wanting Roman men to marry during war.

The x symbol originated in medieval times

While many modern lovers end their text messages with an x or two, this tradition first came about in medieval times as not many people were able to write.

Valentine's pairings used to be random

Nowadays, people tend to send Valentine's Day cards to their current partner or to someone they have a crush on. However, in the Middle Ages, the selection process was random, with single men drawing the names of unattached women from a bowl.

Juliet still receives love letters on Valentine's Day

Despite the fact that she is a fictional character – and a deceased one at that – the city of Verona, where *Romeo and Juliet* is set, still receives around 1,000 letters addressed to this leading lady each year.

Henry VIII chose February 14

Although most of his marriages ended badly, there is no denying that this infamous king was a fan of love. In fact, he was the one who declared Valentine's Day a public holiday way back in 1537.

The majority of Valentine's gifts are bought by women

Somewhat unsurprisingly, a whopping 85 per cent of all gifts purchased for Valentine's Day are bought by women. Is it because the fairer sex is more romantic? Or maybe it's because women just like to treat their loved ones at this time of year?

...Valentine's Day?

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LEATHER-FREE ALTERNATIVES

for the cruelty-free fashionista

Whether you are embracing a vegan lifestyle or are keen to explore ethical fashion, these innovative leather-free alternatives are taking the fashion world by storm.

MUSHROOM LEATHER

Made from the caps of a mushroom type called phellinus ellipsoideus, mushroom leather can be used and treated just like animal leather, but is engineered in an environmentally friendly way. As well as being sustainable, mushroom leather is water-repellent, non-toxic, durable and super soft.

PINEAPPLE LEATHER

The most widely known and widely used leather alternative, pineapple leather – also known as Piñatex – is made using pineapple leaves which otherwise would be burnt or discarded. Strong, durable, lightweight and breathable, this leather-free alternative is also significantly cheaper than animal leather.

CORK

Although not an imitation of leather, cork is a great choice for forward-thinking fashionistas. Sturdy, waterproof, recyclable and renewable, if you love to stand out from the crowd, this quirky, cruelty-free material is the one for you. It is a natural fibre that comes from cork trees, and by rocking cork, you are actively helping to prevent the desertification of cork oak forests.

RECYCLED RUBBER

If you are looking for leather-free accessories, then recycled rubber is just what you need. Created from objects like tyres and fire hoses, rubber is easy to care for and incredibly long-lasting. However, as this material does take a long time to break down, only invest in recycled rubber items if you plan to use them indefinitely.

APPLE LEATHER

Apple leather, as the name suggests, comes from apple harvesting. Made using the discarded skins and cores, apple leather is very similar in appearance to animal leather, but has a more paper-like feel. This means that it is the perfect texture for adding different backings, coatings and effects to garments.



SPONGES special

If you struggle to get your foundation to look just right, it might be because you're not using the right make-up sponge or because you're not using it correctly.

THE TRIANGULAR SPONGE

One of the first make-up sponge shapes on the market, triangle-shaped sponges are usually disposable, making them ideal for people on the go. That being said, owing to their rigid lines and points, you can struggle to distribute your foundation evenly and you may find you are left with a streaky finish.

BEST BUY: Avon Triangle Make-up Sponge

THE EGG-SHAPED SPONGE

A favourite among make-up artists and beauty editors alike, the iconic egg-shaped sponge has the ability to seamlessly apply a coat of liquid, gel or cream formula without any clumps in sight. Once wet, this sponge can double in size, helping you to control coverage with ease.

BEST BUY: Beautyblender

THE EGG-SHAPED MINI SPONGE

About the size of an almond, a mini egg-shaped make-up sponge is designed to for smaller areas of the face, such as around the eyes and nose. It can also be used to apply cream or powdered highlighter to the cheekbone, brow bone and bridge of the nose.

BEST BUY: Beautyblender Micro Mini

THE TAPERED END SPONGE

It may appear as though someone has taken a chunk out of this make-up sponge, but the combination of a rounded side and tapered end make this option perfect for both basic application and detailing.

BEST BUY: Real Techniques Miracle Complexion Sponge

HOW TO CLEAN YOUR SPONGES

- > Soak in warm water
- > Using circular motions, rub the sponge in the palm of your hand until all excess make-up comes out
- > Leave to dry naturally.

You should aim to clean your make-up sponges regularly and replace after three months of use.





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RAYNAUD'S

Awareness Month

Although relatively unheard of, Raynaud's disease is a common condition that affects up to 10 million people in the UK.

While for most people, Raynaud's disease isn't disabling, it can have a negative impact on their quality of life.

What is Raynaud's disease?

Raynaud's disease, pronounced Ray-nodes, is a condition that affects the blood supply to certain parts of the body, usually the fingers and toes. Raynaud's is typically triggered by cold, anxiety or stress.

There are two types of Raynaud's disease: primary Raynaud's and secondary Raynaud's. The former develops on its own and is much more common, whereas the latter is caused by another health condition.

What are the symptoms of Raynaud's disease?

- > Cold fingers or toes
- > Colour changes in your skin in response to cold or stress (usually skin turns white and then blue)
- > Numb, prickly or stinging feeling upon warming up or stress relief.

While Raynaud's disease most commonly affects the fingers and toes, it can also affect your nose, lips, ears, and nipples.

What causes Raynaud's disease?

There are certain factors that make you more likely to develop primary Raynaud's disease, including:

- > **Sex.** Women are more likely to be affected than men.
- > **Age.** Raynaud's disease tends to develop between the ages of 15 and 30.
- > **Climate.** This disorder is more prevalent in colder climates.
- > **Family history.** If a first-degree relative has Raynaud's disease, your risk increases.

Secondary Raynaud's disease is associated with autoimmune conditions such as rheumatoid arthritis and lupus.

How to treat Raynaud's disease

In most cases, you can manage Raynaud's yourself by avoiding the cold, wearing gloves, and using relaxation techniques when you feel anxious or stressed. Stopping smoking can also help to improve your symptoms, as smoking negatively affects your circulation.

If you struggle to control Raynaud's, ask your GP about nifedipine, a calcium channel blocker that can help to reduce your symptoms.



HOW TO boost YOUR METABOLISM

If you are trying to lose weight, you may have heard about the benefits of boosting your metabolism.

While your body is constantly burning calories, boosting your metabolism can give you that extra edge when it comes to weight loss.

1. FOCUS ON STRENGTH TRAINING

If you tend to stick to basic cardio when it comes to working out, you should know that this is not the best way to boost your metabolism. Instead, turn your efforts to strength training and high-intensity workouts that will keep your body burning more calories for longer.

2. INCREASE YOUR FIBRE INTAKE

Most adults are only getting a little more than half of their recommended daily intake of fibre. However, by simply increasing the amount of fibre you eat to 30g per day, you can lose weight just as effectively as when counting calories. High-fibre foods include lentils, beans, chickpeas, broccoli, whole grains, dried fruits, and avocados.

3. GET SUFFICIENT SLEEP

A lack of sleep can cause a hormone imbalance in the body that directly affects both your hunger levels and your appetite. While a lack of sleep does not decrease your metabolism, it can make you metabolically groggy. However, by getting the recommended amount of sleep (seven to eight hours per night), it is much easier to maintain a healthy weight.

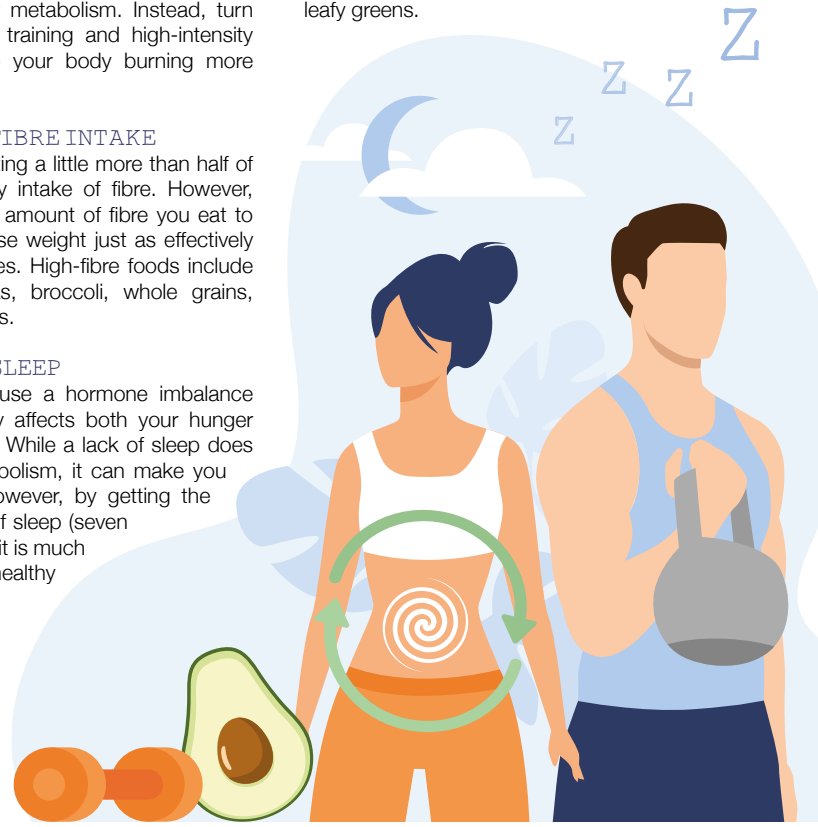
4. STAND UP MORE

Office workers spend an average of 75 per cent of their day sitting down. However, standing up is

crucial for those wanting to boost their metabolism and burn more calories. Try investing in a standing desk or ensure you take regular breaks throughout the day.

METABOLISM-BOOSTING FOODS:

- > Protein-rich foods such as eggs, almonds, chicken breast, oats, and cottage cheese
- > Spicy foods that contain fresh or dried chilli
- > Iron-rich foods such as spinach, kale and other leafy greens.



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Get the hang of the
HANDSTAND

Instagram is awash with Lycra-clad ladies and muscled men perfecting the art of the handstand without even breaking a sweat.

Unfortunately, for us mere mortals, it takes a little bit more practice to enjoy living the upside-down life, but the below exercises should help you get there eventually.

THE HOLLOW HOLD

How to do:

- > Lie face up on the floor with your arms overhead, your biceps by your ears and your legs outstretched
- > Lift your legs and your arms so that both your feet and your shoulders are off the ground
- > Try to keep your head in a neutral position to avoid strain
- > Hold for 30 seconds and repeat twice.

THE PIKE HOLD

How to do:

- > Find a box or chair that can comfortably support your weight
- > Crouch facing away from the box or chair with your hands shoulder-width apart on the floor
- > Slowly step one foot up on top of the box and then the other and lift your hips upwards
- > Walk your hands closer to the box, aligning your hips over your shoulders and over your wrists
- > Gradually straighten your legs to form an L shape
- > Hold this position for as long as you can and repeat three times.

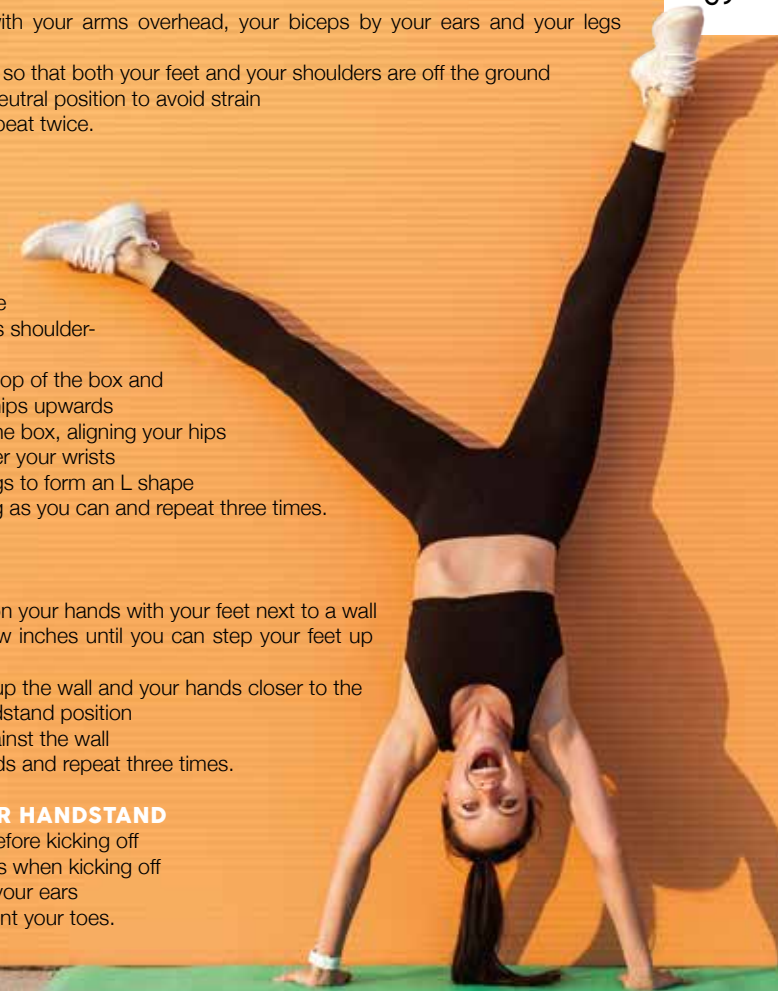
THE WALL WALK

How to do:

- > Get into the plank position on your hands with your feet next to a wall
- > Walk your hands back a few inches until you can step your feet up onto the wall
- > Continue walking your feet up the wall and your hands closer to the wall until you are in the handstand position
- > Try not to lean your hips against the wall
- > Hold for two to three seconds and repeat three times.

TOP TIPS FOR A BETTER HANDSTAND

- > Try to activate your glutes before kicking off
- > Push through your shoulders when kicking off
- > Lock your arms straight by your ears
- > Keep your legs tight and point your toes.





Did someone say PANCAKES FOR ALL?

Whether you are trying a new diet, suffer from food allergies, or have become intolerant to a certain ingredient, the below alternative pancake recipes are just what you need

GLUTEN-FREE PANCAKES - serves 4

You will need:
125g gluten-free plain flour | 1 large egg | 250ml milk

DAIRY-FREE PANCAKES - serves 4

You will need:
125g plain flour | 1 large egg | 300ml hemp or coconut milk

How to make:
> Put flour into a bowl and make a well in the centre
> Crack in the egg and add ¼ of the milk
> Combine using a hand or electric whisk
> Once smooth, mix in another ¼ of the milk and whisk again
> Mix in the remaining milk.

How to make:
> Put flour into a bowl and make a well in the centre
> Crack in the egg and add 100ml of milk
> Whisk until you have a smooth paste
> Add another 100ml of milk and whisk again
> Mix in the remaining milk.

SUGAR-FREE PANCAKES - serves 4

You will need:
125g plain flour | 1 large egg | 250ml milk | ½ tsp baking powder | ½ tsp vanilla extract | Pinch of salt | Generous pinch of cinnamon

How to make:
> Mix all the dry ingredients in a bowl
> Mix all the wet ingredients in a separate bowl
> Pour the wet mixture into the dry ingredients and whisk together.

HOW TO COOK PANCAKES:

1. Leave the mixture to sit in the fridge overnight if possible, or for at least 30 minutes
2. Set a non-stick frying pan or crêpe pan over a low to medium heat
3. Carefully wipe the pan with a piece of oiled baking paper
4. When hot, pour in a small amount of batter and cook for 1-2 minutes on each side until golden
5. Do not flip when bubbles start to appear, but when the bubbles start to pop and form holes.



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EAT WELL *for less*



WASTE NOTHING

Did you know that the average UK family throws away £60 worth of good food every month? Make sure you check the back of your fridge for forgotten foods and freeze any leftovers that you don't think you will eat right away.

STOCK UP YOUR FREEZER

Just because you are on a budget, it doesn't mean your family can't get their five a day. Frozen fruit and vegetables are highly underrated and are in fact even more nutritious than fresh produce as they are picked and frozen on the same day.

SWITCH TO CHEAPER BRANDS

Have you ever tried your preferred supermarket's own range? Many staples such as pasta, tinned veg and beans, and cereals taste just as good as premium brands and are significantly cheaper. Plus, most are made in the same factories.

GO MEAT-FREE

Meat and fish are typically the most expensive items on your shopping list, so why not try going veggie once or twice a week? Avoid expensive meat substitute products and instead fill up on seasonal veg and pulses such as beans, chickpeas, lentils and peas.

If you are looking to cut back on your expenses and boost your savings this month, check out our top tips for eating well on a budget.

PLAN YOUR MEALS

Taking the time to plan your meals for the week – or even the whole month – can help to cut the cost of your food bill and stop you from ordering last-minute takeaways.

WRITE A LIST

If you tend to wander aimlessly around the supermarket, throwing whatever takes your fancy into your trolley, then this has to stop. When on a tight budget, it is vital that you make a shopping list of exactly what you need and stick to it.

FILLING AND FRUGAL MEAL IDEAS

- > Jacket potatoes with chilli – opt for soya mince to save some money
- > Egg fried rice with frozen veg and/or ham
- > Sweet potato and chickpea curry
- > Spaghetti bolognese using red lentils.

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EASY PEASY

Lemon Squeezy

Did you buy a few too many lemons to go with your pancakes? Don't let them go to waste; instead, use them to freshen up your home. As lemons are naturally astringent, they are the perfect chemical-free cleaning aid.

MAKE YOUR TAPS SHINE: Remove any hard water build-up or mineral deposits from your taps by spraying lemon juice on the affected area. Wait 10-15 minutes and then wipe off with a clean cloth. This can also work to clean a dirty showerhead.

DESCALE THE KETTLE: When was the last time you looked inside your kettle? If it's been a while, you may be shocked at what you see. Fortunately, to remove all that nasty limescale, all you need to do is cut a lemon in half, place both halves in a full kettle, and then boil. Leave overnight and simply empty in the morning.

CLEAN THE MICROWAVE: If your microwave is looking more crusty than clean, then a leftover lemon is just what you need. Simply fill a bowl with water and the juice of one lemon and then microwave for 3-5 minutes. Wait a further five minutes to allow the lemony steam to work its magic, and then carefully remove the bowl and wipe clean.

CLEAN A CHEESE GRATER: Stop shredding your sponges and instead cut a lemon in half and run the pulp over the holes of your cheese grater. Once any leftover food has been successfully removed, rinse your grater under hot water.

REMOVE STAINS ON LINEN: To eliminate stubborn stains on linen, mix 1/3 cup of lemon juice and 2/3 cup of water. Apply to the affected area and gently rub. Once the stain starts to fade, wash your clothing and bedding as normal.



HOME & DIY



SINK selection



LOOKING TO REPLACE YOUR KITCHEN SINK? HERE WE COMPARE THE DIFFERENT TYPES AND MATERIALS YOU CAN CHOOSE FROM

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CERAMIC SINKS: Very common in country-style homes, ceramic sinks offer that farmhouse feel which is highly sought-after in kitchen design. High quality and aesthetically appealing, a ceramic sink is also very easy to care for.

Benefits: Will not dent | Seamless sealed fitting | Heat and stain resistant | Available in a wide selection of colours



BELFAST SINKS: Another popular sink style for traditional homes, Belfast sinks, also known as butler sinks, are deeper than your average sink so offer more space to clean larger items. In terms of visual appeal, these sinks tend to be made of fireclay or glazed white porcelain, which provides a smooth and luxe finish.

Benefits: Resistant to hot temperatures | Choice of one or two bowl styles | Will not dent



COMPOSITE SINKS: As the name indicates, composite kitchen sinks are made from a variety of different materials and are designed to have the appearance of a granite sink without the hefty price tag. With hundreds of different styles and finishes to pick from, these are a great choice for those on a budget.

Benefits: Heat, stain, scratch and chip-resistant | Uniform in colour | Great value for money

UNDERMOUNT SINKS: Mounted underneath your kitchen worktop, undermount sinks are perfect for kitchens where space is an issue. Offering a minimalist and modern design, this type of sink is easy to clean but can be tricky to install.

Benefits: Highly attractive in design | Often deep for more space | Ideal for contemporary-style homes



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Inspirational K A R R E N

BARONESS BRADY OF KNIGHTSBRIDGE CBE

Baroness Karren Brady of Knightsbridge CBE has proved herself to be the perfect antidote to Lord Sugar on the return of *The Apprentice*, and with the executive's impressive business career, she continues to be a true inspiration.

COVID-19 thwarted so much of what we took for granted, and in that description it's fair to include the BBC's seminal reality business show, *The Apprentice*.

For those who may have feared Lord Sugar's unique delivery of entrepreneurial entertainment might have returned somewhat changed in this 'new normal', you need not have worried. Within a few minutes of series 16 commencing in the first week of January, the former Amstrad chief was back in the boardroom barking a heady concoction of criticism and creative wordplay at a bevy of terrified young business hopefuls.

The former Spurs owner is the star of the show, no doubt, yet his sidekick, Karren Brady, is every bit the mirror image of the man – perhaps with even greater finesse and flair. The 52-year-old London-born businesswoman is upmarket to Lord Sugar's 'Saturday market', a reputation she has garnered across three decades of being one of the country's most successful and inspiring women in commerce.

Brady's is a prolific business brain, a cornerstone for the elevation of women in the workplace, and someone who relished the prospect of batting off sexism and chauvinistic attitudes when she first strode into the public consciousness at the start of the 90s.

At Birmingham City, she became the football industry's first-ever female managing director, at the age of just 23. Now vice-chairman at West Ham United, Brady was awarded a CBE for services to entrepreneurship in 2014, and finds herself at the very top tier of women in business.

Her commercial gravitas places her alongside the likes of Deborah Meaden, Mary Portas, Jacqueline Gold CBE and Baroness Michelle Mone OBE. Yet the cameras and flashbulbs shouldn't conceal a hard business edge that has helped West Ham United elevate themselves into an accomplished, established Premier League side, who now harbour genuine ambitions of Champions League football.

"In the early days, I had to overcome all those judgements, all that behaviour, but I loved getting stuck in and proving I had what it took," she says.

"I never doubted myself, not for a single second, and as the saying goes, if you can prove yourself at a football club, you can probably do it anywhere.

"For me, it's about innovation and hunger," she continues. "I've always had ideas, but they will only take you so far. What really gets you across the line is knowing how to formulate those bits of inspiration and then get them actioned."

Brady admits that time away from business offers her the best chance of crystallising those innovative thoughts – yet this is someone who returned from the birth of her second child after just six weeks, and was back working within a month of a potentially fatal cerebral aneurysm.

She added: "The moment business stops thrilling me is the moment I will walk away. You look at the good contestants on *The Apprentice* and they are thirsty for it – you can just see it in them. I love the process. Each time, I sense something special, and that's what makes it such great television, and such a great industry to be involved in."



LOCAL NEWS

from your neighbourhood

Man to climb Kilimanjaro to raise funds for dental unit



In honour of his wife, who was one of the first Britons to lose her life to COVID-19, a Hertford man is preparing to climb Mount Kilimanjaro.

Ken Finlayson (pictured left) is raising money to purchase a new mobile dental unit for oral health charity Dentaid, which will be named after his late wife, Kimberley (pictured right), who passed away in March 2020.

Ken and his friend, Tim Molony, are preparing to climb Mount Kilimanjaro, Africa's highest peak, later this month in an effort to raise enough funds to help Dentaid buy a new mobile dental clinic to help less fortunate people in the UK gain access to urgent dental care. At the time of writing, their fundraiser has almost reached their £50,000 target.

Dentaid's volunteer dental professionals also provide services for refugees, people living with drug and alcohol addiction, and others who struggle to see a dentist. Receiving treatment can help patients feel more confident, seek employment opportunities and move on to a new phase in their lives.

The demand for Dentaid's services is greater than ever. In 2021, it ran more than 180 dental outreach clinics. With a new mobile dental unit, it can increase that number to 300 clinics in 2022.

Ken said: "Please support our climb. I'm hoping that you can pledge as much as you can to help get the new UK van on the road as soon as possible."

To donate, visit www.justgiving.com/fundraising/ken-finlayson

Tributes paid to beloved football club vice-president

Tributes have been paid to a well-known Hertford Town FC vice-president, who passed away last month.

Hugh Williams passed away from prostate cancer at his home in Narberth, Pembrokeshire, on January 16.

Hugh played second row for several years, having moved to Hertford following a career that had taken him all over the world. He played rugby for clubs

both in the UK and abroad, but he always remained a proud Welshman and often talked of his home in Ystradgynlais.

The vice-president captained the fourth team from 1989 to 1993 and then for several seasons was the assistant team secretary. He played for many years in the Veterans team and was a member of the team that won the Herts Sabbath Cup in 1995.

Hugh and his wife, Karen, returned to Wales in the late 90s and made their home in Narberth.

Hugh's illness took a turn for the worse after Christmas, and he passed away with his family around him.

A Hertford FC tribute statement reads: "A lovely man, a good friend and a more than decent player – those who knew him will find the world a sadder place without him."

MP pays tribute to Holocaust Memorial Day

Julie Marson, MP for Hertford and Stortford, has signed a commitment to Holocaust Memorial Day that honours those who were murdered in the Second World War.

Mrs Marson MP put her name to the Holocaust Educational Trust's Book of Commitment in Westminster last month. In doing so, she also paid tribute to the survivors who work to educate young people today.

Mrs Marson MP said: "It was really important for me to sign this book to show my commitment and to honour those survivors who often travel the globe to tell their story.

"Those who bear witness to this unimaginable suffering are now sadly leaving us and so it is vital their stories are recorded and used to educate.

"We live in an uncertain world and commemorating this inhumanity does much to raise awareness of a fundamental truth: that knowing about what has happened in the past can allow us all to avoid it happening in the future."



Photo credit: Google Maps

Man sentenced after causing £3,458 in damages

A Hertford man high on drink and drugs caused thousands of pounds worth of damage when he went on a rampage at his partner's flat.

Lee Herrick, 46, of Mutiny Close, Hertford, caused a five-hour standoff with police as he smashed up the fixtures and fittings at a flat in Hoddesdon.

Prosecutor Laura Blackband told St Albans Crown Court last month: "The police were called to Mr Herrick's partner's home on January 29 last year.

"There was a five-hour stand-off. He was high on cocaine and was drunk. He had not taken his medication for his mental health issues.

"He went on the rampage. He damaged lots of items in the flat. Items were thrown onto the floor and windows were smashed. Kitchen doors were broken and the oven and cooker attacked.

"Things were thrown into the courtyard outside and an attempt had been made to set fire to a pair of leggings."

She said the total damage was put at £3,458.

Herrick was arrested and bailed, but on June 6 his partner called the police again after another disturbance. Herrick was found nearby in a car in Plomer Avenue, Hoddesdon. In the passenger footwell was a kitchen knife with an eight-inch blade.

Herrick pleaded guilty to criminal damage last month and had previously admitted possessing the knife. He had one previous conviction for affray from 1996.

Defending, Yogain Chandarana said Herrick had spent the last seven months in custody on remand and his condition had "stabilised".

He said Herrick had worked as a tiler until five or six years ago when he was diagnosed with schizophrenia. Judge Michael Kay QC said Herrick had caused "devastation" in the flat.

Herrick was sentenced to a total of 18 weeks in jail, but he was immediately released because of the time he had spent on remand.



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MP says death threat letter is 'attack on democracy'

Julie Marson, MP for Hertford and Stortford (pictured), said the person who sent her a death threat would not stop her from doing her job.

The letter was sent to her constituency office over Christmas and is now in the hands of Hertfordshire Police, who have launched an investigation.

The letter said Mrs Marson was "dead meat" and "you will be looking behind you for the rest of your life". It ended with: "You will pay Marson!"

Mrs Marson MP said: "I have thought long and hard about going public with this threat, but I have decided everyone needs to know this is the reality for politicians and others in the public eye in this country.

"I think women in particular are bearing the brunt of this appalling behaviour. Even if people are angry about a whole host of issues, we cannot allow this. My view is that this is an attack on our democracy because it will

dissuade others from entering public life.

"This is why I have released the letter, to show it will not stop me doing the job I was elected to do here in Hertford and Stortford and the job I love. It will not undermine our precious democracy either.

"Of course I am concerned, but not for myself; I am concerned for my staff and family.

"I am a strong woman able to stand up to these people and such vile threats will not win the day."

Mrs Marson MP thanked the police for taking the threat seriously. She said she hoped officers will catch the person, but she also asked the public to see if they recognise the handwriting and, if so, to contact the police.

She added: "I am sad that the desire to encourage kinder debates following the terrible death of Sir David Amess only lasted a short time."

Image released in connection with burglary

Following the burglary reported in last month's **VISION**Hertford magazine, Hertfordshire Police have released an image of a man who may be able to assist with enquiries.

At the end of last year, the Secret Space in Fore Street, Hertford, which offers holistic therapies, was broken into and two computers and a laptop were stolen.

The burglary occurred at the organisation sometime between 5pm on Wednesday, December 22, and 8am the following day.

Sergeant Nathan Howson, from the local Safer Neighbourhood Team, said: "We'd like to speak with the person pictured as our enquiries have led us to believe he may have been in the area at the time of the incident and could have vital information."

Anyone with information is asked to please email laura.norman@herts.police.uk quoting crime reference 41/100652/21.





LOCAL NEWS



Football team hit goal of raising £1k for cancer unit

A Hertford-based girls' football team have achieved their goal of raising at least £1,000 for the breast cancer unit at the New QEII Hospital in Welwyn Garden City.

Bury Rangers FC under-16s girls' team have raised an amazing £1,196 over the last 18 months with cake sales and other fundraising activities, many of which had to be cancelled or postponed owing to the pandemic. Undeterred, they carried on until they reached their fundraising goal.

Simon Standing, the team's coach, wanted to get the girls involved with supporting their local community and so helped them organise fundraising events at their matches.

Simon's mum, Rita, was treated for breast cancer many years ago and has been volunteering at the

hospital unit for 15 years. Simon said: "It's been great to see the girls get involved in activities to raise funds for the breast cancer unit. I'm very proud of them."

"We wanted to raise £1,000 for the breast cancer unit to thank them for caring for my mum and for all their other patients. I'm pleased that we not only reached our goal, but we smashed it."

Eloise Huddleston, director of East and North Hertfordshire Hospitals' Charity, said: "Thank you so much to Bury Rangers FC under-16s girls for their fantastic fundraising for our breast cancer unit at the New QEII Hospital, and for not being put off having to cancel events because of the pandemic."

"These funds will help our team at the unit give the very best care and support to patients."

Driver arrested after police discover cannabis

A man was arrested after testing positive for drugs while driving a vehicle in Hertford. Police officers on patrol in the town stopped a vehicle in John Tate Road last month. They carried out a search and discovered a quantity of cannabis. The driver was subsequently given a roadside drugs swipe, which tested positive.

A 26-year-old man from Luton was arrested on suspicion of possession of class B drugs (cannabis) and driving under the influence of drugs.

He has been released under investigation while enquiries continue.

A post on the Beds, Cambs and Herts Road Policing Unit Twitter account read: "This Prius passed us in Hertford. The driver looked very... relaxed."

"He was stopped and found to be in possession of cannabis and provided a positive cannabis saliva sample."

"He was arrested and the vehicle recovered for no insurance."



Photo credit: Beds, Cambs and Herts Road Policing Unit



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TURMERIC: The most widely used natural remedy for joint pain and inflammation, turmeric contains curcumin, which is known for being a powerful antioxidant. Antioxidants have the ability to neutralise free radicals which can contribute to painful inflammation and damage to joints.

How to take: Sprinkle dried turmeric directly onto your dog's food, approximately ¼ tsp per day for every 10 pounds of body weight.

BOSWELLIA SERRATA: Recent research has shown that Boswellia serrata can be beneficial in combating the effects of pain conditions. It works by inhibiting the production of a specific type of leukotriene which modulates the immune response to inflammation.

How to take: Ingest in tablet form.

CINNAMON: Cinnamon has been linked to a reduction in symptoms associated with conditions such as irritable bowel syndrome, diarrhoea, and inflammation of the joints. In small human studies, it has also been shown to have anti-inflammatory properties that may slow down the wear and tear of joint tissues.

How to take: Mix powdered cinnamon into their food. Approximately ¼ tsp twice daily for two weeks for a 50-pound dog.

HAWTHORN: If your dog suffers with arthritis, their symptoms may be alleviated with the use of hawthorn, as this herb can help the body to stabilise collagen, the protein found in joints that is destroyed by inflammatory diseases. Hawthorn can also help to improve circulation, which aids the body in eliminating toxins that can build up around the joints.

How to take: Hawthorn berries can be enjoyed as a healthy treat or you can buy hawthorn powder supplements.

You should always speak to your vet before giving your dog any botanicals as some should not be taken alongside certain prescribed medications, and to ensure the correct dosage is given.





BUILD YOUR OWN BIRD BATH

There are a lot of great reasons to build a bird bath for your garden. It gives birds a place to have a drink and keep their feathers clean, and encourages more winged visitors to your garden.

Inviting birds to your garden is also a great way to help the local environment. They will bring you a lot of entertainment, and they'll even take care of some unwelcome visitors to your garden, like slugs and caterpillars.

Here's how to build your own bird bath in five easy steps, using a common garden plant pot.

1. Prep the plant pot

Make sure your plant pot is scrubbed clean and is sturdy enough that it won't be knocked over easily.

2. Attach the saucer to the base of the pot

Turn the plant pot upside down, so that the base is at the top. Using a strong adhesive, attach the base of the saucer to the base of the pot.

3. Find the perfect location for your bird bath

Place your bird bath somewhere accessible and high away from cats and dogs.

4. Add stones to make a perch

Adding some stones will give birds somewhere to perch so that they can have a drink, dry their feathers, and watch for predators. They're handy for any insects that decide to have a drink too.

5. Fill with water

Add water and simply wait for your feathered friends to arrive.

Your bird bath should stay topped up with rainwater, but if you experience a dry spell, remember to top it up to keep your garden visitors happy.



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BRUCE KING

on 'The convincer'



Parrot PHRASING

BUSINESS & PROPERTY

In his latest column, sales mentor and personal growth coach, Bruce King, discusses an easy technique to help bring people round to your way of thinking.

There are so many ways to get people on your side, so let me share just one technique. It's the use of paraphrasing and parrot phrasing.

Paraphrasing means you repeat something back to someone in your own words; alternatively, when a prospect hears you using their words, that's parrot phrasing.

Here's an example from when my wife and I were visiting a car showroom.

I said to the salesman: "We're off on a skiing holiday and I'm looking for a car that's safe in snow, has a built-in roof rack that will take at least three pairs of skis, and a big boot for luggage. And I need one with some speed for the autobahns and power to get me up steep hills in the snow."

He led me over to a car and said: "This car goes like a rocket, has four-wheel drive, will easily take

skis, and has a big boot too"

That was paraphrasing. I was not convinced he understood precisely what I wanted.

What he should have said is: "Here's the Audi XYZ, ranked number three on the safe car list, four-wheel drive – really safe when driving in snow. There's a built-in roof rack with plenty of room for skis and a massive boot for your luggage and ski equipment. It has a powerful but economic engine with tremendous speed when you want it, and lots of power to get you up steep hills."

That's parrot phrasing. It tells me what I want to know, in words I used, and builds up great rapport.

So, from now on, don't paraphrase. Instead, be a parrot when convincing people.

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



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Top LGBTQ+ DESTINATIONS for 2022

To celebrate LGBT+ History Month, we have sought out the top six most welcoming cities across the globe for LGBTQ+ visitors.

1. SAN FRANCISCO, UNITED STATES

One of the most progressive cities in the United States, San Francisco is known as the LGBTQ+ capital of America and boasts a rich history of gay rights activism.

Head to the Castro District, or visit in June to enjoy the annual Pride parade.

2. COPENHAGEN, DENMARK

Denmark was one of the first countries to legalise same-sex civil partnerships and has a long reputation for inclusive social attitudes.

Visit Centralhjørnet, one of Europe's oldest gay bars, or celebrate Pride in August.

3. SYDNEY, AUSTRALIA

Welcoming and open-minded, Sydney is a great destination for LGBTQ+ travellers. Whether you are single or coupled up, head to Oxford Street to experience this city's vibrant nightlife with an

abundance of LGBTQ-friendly clubs and bars.

Book a flight for late February/early March to enjoy Sydney's famous Gay and Lesbian Mardi Gras.

4. TORONTO, CANADA

Canada has some of the most progressive laws on LGBTQ+ rights in the world, so you can expect an accepting attitude when you choose to holiday here.

Make a beeline for the lively Church and Wellesley district to experience a thriving LGBTQ+ scene.

5. BRIGHTON, UNITED KINGDOM

If you want to stay in the country, Brighton is often considered the LGBTQ+ capital of Britain. With no shortage of LGBTQ-friendly bars, clubs and hotels, as well as an annual Pride parade in August, you will feel right at home in this vibrant seaside town.

6. MANCHESTER, UNITED KINGDOM

Another UK destination, Manchester's notorious Gay Village is a must-visit for any LGBTQ+ traveller. Known for its lively nightlife, Manchester has also received global recognition as one of the most LGBTQ-friendly cities in the world.



How to make a homemade kite



No childhood would be complete without learning to fly a kite, but why go to all the expense of buying one when you can easily make your own? Plus, your kids will love creating their own bespoke design.

YOU WILL NEED:

- > ½ inch (90cm) round wooden dowel
- > Ball of string
- > Small handsaw for cutting
- > Lightweight craft paper
- > Scissors
- > Glue
- > Roll of ribbon
- > Craft paints and brushes
- > A toilet paper roll

HOW TO MAKE:

- > Cut the dowel into two pieces – 1x30cm and 1x60cm
- > Carefully cut grooves into the ends of each dowel using the handsaw. Adult supervision is required for these first two steps
- > Arrange the dowels into the shape of a cross with the horizontal piece north of the centre
- > Wrap a piece of string several times to secure and tie off with a double knot
- > Run a length of string around the outside of the frame, tucking it into each groove, to create the kite frame
- > Secure the ends with a knot and cut off any excess string
- > Cut a piece of craft paper slightly bigger than the kite frame, allowing around 2-3cm excess on each end
- > Use scissors to cut around the kite, leaving a 2-3cm border
- > Fold the edges over the string and secure with glue.
- > Allow to dry and then paint your design
- > Once dry, cut a 30cm piece of string, fold it in half and tie a loop at the end
- > Tie the loose ends onto the horizontal dowel
- > For the tail of the kite, cut 6x10cm pieces of coloured ribbon and a piece of string 45cm long
- > Tie each ribbon around the string, knotting in the centre

- > Tie one end of the string around the wooden dowel at the bottom of the kite
- > Take a long length of string (depending on how high you want to fly your kite), tie around the toilet paper roll and secure with a knot.





MOTORING



50 years of RENAULT 5

ICONIC, ANGULAR AND LIKE NOTHING THE UK CAR MARKET HAD SEEN BEFORE, WE LOOK BACK ON THE LAUNCH OF THE RENAULT 5 50 YEARS AGO

The Renault 5, for a long period, would be regarded as one of the most iconic run-around cars on the road.

Its launch on January 28, 1972, ushered in an era of convenience motoring, where the ranging, gas-guzzling saloons were finding themselves put to one side in preference for modern machines that would set the trend for years to come. They were a world away from the old-fashioned Hillman Imps, and became the precursor for the trendy hatchback.

The original 5, which would stay in production for 14 years, with more than five-and-a-half million being produced, almost never happened at all. Michel Boué, a Renault employee, sketched a design for the car in his spare time and outside his normal duties.

It was only because Renault executives heard

about the popularity of his drawings that they asked to take a look. So impressed were they that they authorised an immediate development programme.

The public was similarly taken with a model that combined sharp lines with Gallic flair – a so-called ‘supermini’ with a hatchback design that contained the unusual feature of taillights that progressed right the way up from the bumper.

The model’s launch price in the UK was £4,149 – that’s around £60,000 today factoring in inflation – though despite the hefty figure, sales were good.

In the years that followed, Renault would cement the status of its iconic model by launching a number of variants, including an Alpine model, a US version called Le Car, and even a Turbo option that competed successfully in motorsport events.

A second generation came about in 1984, with production finally ceasing in the mid-90s. Sadly,

Boué died of cancer in 1971, just months before the car he designed hit the market, but his legacy continues to live on.



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BRITAIN'S GREATEST SPORTING MOMENTS...

ANFIELD 1989

EACH MONTH, WE LOOK AT A SIGNIFICANT EVENT IN BRITISH SPORTING HISTORY. THIS MONTH, WE RECOUNT AN INCREDIBLE NIGHT AT ANFIELD ON MAY 26, 1989

That the 1988/89 season came down to the final fixture, Liverpool vs Arsenal at Anfield, and almost the final kick of a tumultuous league campaign, was horribly cruel on home supporters who had seen their lives, their club and their community ripped apart by the Hillsborough tragedy just six weeks previously.

Some questioned whether the season should have been completed at all following the tragic incident in which many fans lost their lives on the Leppings Lane terrace. But finished it was, and despite a horrendous backlog of fixtures, Liverpool bridged a 16-point deficit to lead Arsenal by three points going into the final game.

Arsenal required a two-goal victory in order to take their first league title in 18 years, and although Alan Smith's first-half header gave them the lead, Liverpool sat back and defended their

deficit in the second half.

Into the final minute, and Lee Dixon's long ball to Michael Thomas took a double deflection, bouncing ahead of the Arsenal man to send him clear on goal. As the ball approached home keeper Bruce Grobbelaar, time appeared to slow down, as legendary ITV commentator Brian Moore muttered those immortal words: "It's up for grabs now."

The midfielder arrowed the ball to the keeper's left and the Gunners had pulled off the most remarkable season finale.

Liverpool fans stayed behind to clap the victors as well as their fallen heroes, and the iconic match has been the basis of many books and dramas since, not least Nick Hornby's *Fever Pitch*.

It was a conclusion to a torrid season that will never be forgotten, nor beaten.

Photo credit: Colorsport/shutterstock



UNUSUAL SPORT...

KNOB THROWING



Photo credit: www.dorsetknobthrowing.co.uk

Only in Dorset would the gift of a hearty, wholesome biscuit be rewarded with the recipient promptly throwing it as far as they possibly could into a field.

Yet rather than taking the position of a biscuit besmircher, the matter in hand – or rather, out of it – is all part of the sport of Knob throwing, the Dorset Knob being the name for a traditional biscuit baked in the south-west. And while you may attempt to stifle that snigger, consider the fact that we've all been eating Hobnobs for years without even a second thought for the name.

While the biscuits have been in production since the end of the 19th century, the sport itself is a relatively new entity. It was first held in 2008 at the Frome Valley Food Festival in Cattistock, with the intention of promoting local specialities and producers – although how this translated into unceremoniously launching the produce around a field remains unclear.

It's said that the idea came about thanks to a documentary from actor Robbie Coltrane, which featured people throwing Yorkshire puddings. And it's fair to say the Dorset Knob has now gone on to supersede its Northern edible cousin. The event has taken place every year since, with the exception of the last two iterations when the festival was cancelled because of COVID-19.

During the sport, three Knobs are thrown from a designated line, with the longest effort recorded. There are no age restrictions, and the record for the longest throw is in excess of 30 metres.

The festival also encompasses Knob eating, Knob painting, a Knob and spoon race, guess the weight of the big Knob, Knob darts, and a Knob pyramid, and is scheduled to take place this year on May 1.

With normal life returning to both our city and rural areas, don't be surprised to see copycat Knob throwing up and down the country – it's a (biscuit) barrel of laughs.

WHAT A KNOB



Weather WATCH



How reliable are the weather forecasts on our phones?

As rapidly changing mediums go, the weather is one of the most extreme, yet we hang so much hope on forecasts and will happily berate the weather forecaster when expected rain – or worse, sunshine – doesn't materialise.

We are equally scathing when the technology we use – online or via apps – on our computers, tablets and phones doesn't warm our spirits as far as the weather goes. And yet, our gadgets are more accomplished and accurate than ever when it comes to giving us an indication of what lies ahead.

The simple rule as far as weather goes is that the shorter the period, the more accurate the prediction. So while modern forecasts are pulled together by networks of computerised data, in simple terms, only short-term predictions are ever to be taken as gospel.

Any predictions beyond three weeks are, essentially, guesswork, while a margin of error of around two to three degrees Celsius can be expected for forecasts around a week away. That drops to a single degree when the prediction timeframe is condensed to 48 hours.

The most popular weather apps

The Weather Channel: Powered by IBM, this is the most accurate by detail and track record.

Dark Sky: This app is so good that Apple bought the company to ensure its bright interface and easy-to-understand design stayed exclusive to iOS.

AccuWeather: The firm celebrates 50 years of predicting the weather in 2022 and its app remains one of the most detailed out there.

BBC Weather: The most popular app in the UK, its popularity has much to do with our use of other Beeb assets, namely the website and iPlayer.

Carrot Weather: This chipper weather app combines accurate forecasts with sarcasm, wit and philosophy, and is well worth a look.



70 YEARS

THE ACCESSION TO THE THRONE FOR QUEEN ELIZABETH II



The Queen's accession to the throne, which occurred on February 2, 1952, and of which the 70th anniversary is being celebrated this year, is perceived to be one of the happiest points of Elizabeth's life.

Sure enough, in the seven decades since, her dedication to her title, her responsibilities and her people has never once been called into question; and while members of the royal family all around her have been losing their heads, the now 95 year old oversees this great nation with every bit the same level of finesse and fortitude that she did in those early post-war years.

And yet the events that led her to take the throne were, ultimately, very sad, not least because it was her father King George VI's death that triggered her accession to the throne in the first place.

The Queen was staying in Kenya with her

husband, Prince Philip, when news broke that George had died at the age of 56. Elizabeth was only 25, and returned home immediately to be given the title of Queen at an Accession Council, held at St James's Palace.

It would be a full nine months before Elizabeth attended her first State Opening of Parliament, in November 1952, when the final formalities of her assuming the throne were complete. Sure enough, by the time she made her first speech to Parliament, you may suppose she had been afforded ample time to come to terms with the death of her father. Yet, as the celebration and fanfare of a new, young, beautiful, fashionable Queen filled airwaves and column inches the world over, inside she was still mourning her loss.

Fittingly, then, the die was cast for a life in which personal disappointments would always have to be put to one side in favour of the greater good.

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PUZZLES & TRIVIA

PUZZLES

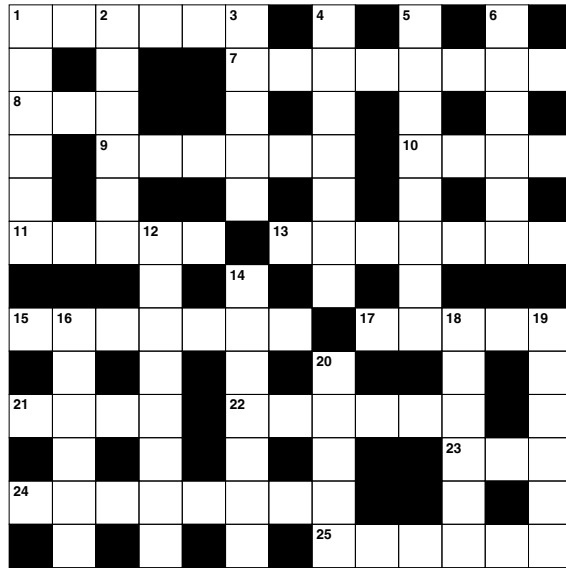
Answers: see end of The VISION Listings

ACROSS

- Set fire to (6)
- Extremely tall (8)
- Arrest (3)
- Relating to a wedding (6)
- Main island of Indonesia (4)
- Discharge (5)
- Writing implements (7)
- Rise into the air (of an aircraft) (4,3)
- Determine the quality of an ore (5)
- Unit of length (4)
- Capital of Germany (6)
- Pecan, for example (3)
- Reference point; norm (8)
- Hearts (anag) (6)

DOWN

- Refuse to acknowledge (6)
- Take small bites out of (6)
- Composition for a solo instrument (5)
- Be too hot (7)
- Protrudes (8)
- Cry and sniffle (6)



- Infectious (8)
- Unconventional (7)
- Inborn (6)
- Poem of fourteen lines (6)
- Young people (6)
- Newly-wed (5)

DID YOU KNOW?

- ▶ A black bear has 42 teeth
- ▶ After digesting a meal, rabbits will sometimes eat their faeces to process the food for a second time
- ▶ A cat spends most of its life sleeping
- ▶ Giraffes' tongues are so long they can clean their own ears
- ▶ A koala sleeps for between 16 and 20 hours every day
- ▶ Birds require gravity to be able to swallow their food
- ▶ A narwhal tusk is actually just an inside out tooth
- ▶ Sloths can take up to a month to completely digest a single leaf
- ▶ Spiders are arachnids, not insects.

SUDOKU

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

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