

**100  
YEARS  
OF THE  
BBC**

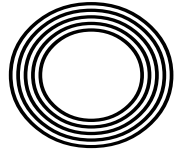
**PAYING  
TRIBUTE**  
to rock legend  
Meat Loaf

**THE SECRETS**  
*to a successful stir fry*

**GET CLEANING**  
with our spring clean checklist

# STEVEN BARTLETT

From university dropout to youngest ever Dragon



**FREE**

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# Editor's notes...

MARCH 2022



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Hertford. I've been making the effort to take part in more networking recently, and have come to realise how important it is in the business world to put yourself out there and make connections with other businesspeople. After all, you could have the best product in the world, but if no one knows about it, it might as well not exist.

But aside from self-promotion, networking gives the opportunity to build a network of support with other like-minded individuals - people you can turn to for advice, and who you can help in turn. Please don't hesitate to get in touch to find out more about local networking opportunities.

Networking is also helping me with my goal to become healthier this year, as I'm walking 14,000-16,000 steps a day when visiting local people and businesses. It's amazing what a difference exercise can make to your mindset. As we move into spring and hopefully leave behind recent restrictions, I've certainly noticed a renewed sense of optimism in the air. Our high streets are much busier and everyone seems keen to make the most of the lighter evenings. Despite enduring difficulties over the last two years, many of us have emerged with a new resilience we didn't even know we had.

This is something we would all do well to hold on to in the future.

*Brett Shohet*

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# YEARS OF THE

## A CENTURY TO CELEBRATE – THE BBC HITS 100

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It's perhaps ironic, maybe unfortunate, and undoubtedly inconvenient that the British Broadcasting Corporation's (BBC) 100th anniversary comes at, arguably, its lowest ebb.

The BBC has spent the vast majority of its lifespan as an exemplar for entertainment, across many strands of its output. From radio to TV, online to live events, it is a unique entity whose impact and prestige is felt and accepted in all corners of the globe.

'Auntie' deservedly holds that reputation, despite the 'new world' struggles the corporation now finds itself encountering. As publicly funded state broadcasters go, it has always been a world away from the controlling propaganda that many churn out overseas; it has a reputation of listening to those who fund it, and its output is as wide and varied as the UK's own demographic.

Yet there wasn't such a strong blueprint when the BBC set out. 2LO was the first radio station launched, in 1922, airing for just a few hours each day, with news, music, drama and conversation.

The publication of the *Radio Times* followed a year later, though it was during the general strike of 1926 that newspapers ceased printing and the BBC – who refused to stop broadcasting, or to hand over control to the government – subsequently gained the upper hand, and one it has assumed ever since.

In 1930, the BBC broadcast the first television play in the UK, named *The Man with the Flower in his Mouth*, with Broadcasting House opening two years later in London to provide the first purpose-built radio centre.

Regular scheduling of television programmes began in 1936, and within three years, as Britain descended into the Second World War, the BBC's broadcast bravery and expertise saw it endowed with a sense of trust and national pride it would never lose.

Post-war, as attitudes became less stiff and the prospect of colour television came into the equation, the BBC sought success in a vast array of programming. From *Woman's Hour* to *Last Night of the Proms*, *Blue Peter* to *Eurovision*, *The Archers* to coverage of the Olympics, *Songs of Praise* to *Top of the Pops*, every cultural shift was breathlessly played out across TV and radio.

As a state broadcaster, the Beeb also realised it needed to focus on smaller communities both in the UK and abroad. *Pobol y Cwm* started in 1974 and remains the BBC's longest-running soap, while Madhur Jaffrey, *Live Aid* and *Goodness Gracious Me* embraced diversity long before it was a trendy term.

The last 25 years have seen DAB and online move the corporation into vast new areas, while geographically the relocation to its new Salford HQ, MediaCityUK, has been a huge success.

For all the BBC's prolific legacy of success, the political hot potato that is the licence fee remains. There is an audience, particularly the young, who are consuming media now in very different ways, while the move to tax the elderly again has done nothing to change the perception that the broadcaster needs to push forward with a certain level of corporate responsibility.

And yet, despite the recent challenges and criticisms, the BBC remains a subject of huge national pride and an exemplar of modern media, in a landscape where so much output is dumbed down. Its century must be something we celebrate.



“THE BRITISH BROADCASTING CORPORATION HAS SPENT THE VAST MAJORITY OF ITS LIFESPAN AS AN EXEMPLAR FOR ENTERTAINMENT”



A TRIBUTE TO MEAT LOAF:

# A ROCK LEGEND

THE LIFE AND CAREER OF MEAT LOAF, WHOSE TIME SPENT DINING AT THE TOP TABLE OF ROCK CAME TO AN END IN JANUARY

He was a rock god in an era where they were few and far between. He surfed on the heavy metal superhighway that his own iconic anthem, *Bat Out of Hell*, laid the foundations for; all the while going about his business with stagemanship, style and humour.

Meat Loaf plucked his last chord at the end of January, but the Texan's legacy will live on through his anthemic contribution to music and culture.

And yet the artist – real name Marvin Lee Aday – was so much more complex than his big, ballsy persona suggested. For starters, he arrived in the entertainment world via theatre – notably the

musical *Hair* – although he had already started making music with debut band, Meat Loaf Soul.

His time in theatre and film was significant – from *Rainbow* to *The Rocky Horror Show*, he brought a brand of unique showmanship to his roles. And when the album *Bat Out of Hell* arrived in 1977 (some five years after he and Jim Steinman began working on tracks), the stars had aligned perfectly. To date, the album has sold more than 43 million copies.

Further albums followed, including *Dead Ringer* and *Midnight at the Lost and Found*, before a career resurgence at the start of the 90s with *Bat Out of Hell II*, from which the single *I'd Do Anything for Love (But I Won't Do That)* took the rocker back to the top of the UK singles charts, as well as landing him a Grammy.

For all his continued success, Meat Loaf was shy and reserved behind the scenes. He admitted to never socialising, saying it terrified him even at the height of his fame, and he led a "largely boring life" away from the flashbulbs.

In his passing, the original *Bat Out of Hell* has surely assumed a new home... in rock heaven.



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# TRENDING Cardigan COATS

One of the top fashion trends for spring 2022, a cardigan coat is the perfect garment to help you transition into the warmer months in style and comfort.

What are cardigan coats?

Cardigan coats are, as the name suggests, coats that are in fact cardigans. Also known as heavy-knit cardigans, these versatile jackets are ideal for when it's too warm for a coat but too cold for just a t-shirt.

What are the different styles of cardigan coats?

### Long cardigan

Providing a loose and casual look, long cardigans typically extend to your mid-thigh but can go all the way down to your ankles. Wear open for a trendier vibe or buttoned up to keep the chill at bay. Great with fitted jeans and a slim-fit scoop-neck shirt.

### Shawl collar cardigan

For days when the temperature dips, a shawl collar

cardigan is the perfect choice. Usually made with thicker materials and featuring a collar that drapes around the back of the neck, this well-structured cardie promises to polish up your look in an instant. Wear buttoned up with jeans or khakis.

### Hooded cardigan

If you want protection from the elements without having to wear a heavy coat, then a hooded cardigan is just what you need. Available in a variety of lengths and with either buttons or a zip, this style of cardigan is ideal for those who like a sporty look. Pair it with your favourite tracksuit or baggy jeans.

### Button-up cardigan

A classic button-up cardigan can make you look sexy and stylish, but only if you wear it right. Opt for a well-fitted shape with simple buttons and you are guaranteed to emanate sophistication. Great for the office or for adding a touch of elegance to your everyday wear.



Photo credit: riverisland.com, asos.com, simons.com, debenhams.com



# ADIÓS ACNE scars

Adult acne affects 25 per cent of men and 50 per cent of women, with one-third of sufferers also experiencing acne on other areas of their body, such as their back and chest. Acne scars are the result of inflammation of acne blemishes and can be very distressing for those affected.

**ALOE VERA** can help to reduce inflammation and scar tissue size.

HOW TO APPLY:

- > Remove the dark green skin from the aloe vera leaf
- > Scoop out the light green gel
- > Apply directly to the scar using circular motions
- > Leave for 30 mins and rinse with cold water
- > Repeat twice a day.

**COCONUT OIL** can boost collagen production which can reduce scar-related redness and hyperpigmentation.

HOW TO APPLY:

- > Heat 2 tbsp of coconut oil
- > Massage the oil onto the scar for 10 minutes
- > Leave for at least one hour before washing
- > Repeat 2-3 times a day.

**HONEY** is known to have antibacterial and calming qualities, as well as being able to aid the body's healing process.

HOW TO APPLY:

- > Before bed, apply raw honey to your scar
- > Cover with a bandage and leave on all night
- > In the morning, remove the bandage and wash the skin with warm water
- > Repeat each evening.

**LEMON JUICE** can help to reduce the appearance and redness of acne scars. It is also antibacterial.

HOW TO APPLY:

- > Cut a wedge of fresh lemon
- > Gently rub the juicy side onto the scar
- > Leave for 10 minutes before rinsing
- > Repeat daily.

**APPLE CIDER VINEGAR** acts as a natural astringent and helps to stimulate blood flow, both of which aid the regeneration of skin cells.

HOW TO APPLY:

- > Mix 4 tbsp of distilled water with 2 tbsp of apple cider vinegar
- > Dip a cotton ball into the mixture and dab generously on your scar before bed
- > Leave to dry and do not wash off until morning
- > Repeat each night.







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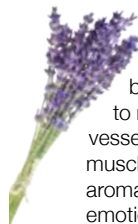
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5 essential  
**oils that ease PMS**

At best, period pains are a nuisance. At worst, they can be completely debilitating. Whether you have already tried every over-the-counter treatment available or are looking for more natural relief, these essential oils promise to help combat cramps and beat the bloat.

most effective oils for alleviating menstrual pain, clove can also help to stop excessive bleeding and lower your blood pressure.



**Lavender:** Lavender is one of our favourite essential oils for PMS as it offers multiple benefits. Its anti-inflammatory properties help to reduce inflammation of the surrounding blood vessels in your uterus, which in turn relaxes the muscles and reduces any discomfort. Plus, this aromatic herb is also said to alleviate premenstrual emotional symptoms.



**Ylang-ylang:** Do you suffer from stress during your period? If yes, ylang-ylang can help you feel cooler, calmer and more collected. With the ability to soothe both your brain and your central nervous system, this essential oil can make it easier to deal with stress and period-induced anxiety.



**Rose:** A menstruation must-have, rose essential oil can treat cramps, fight fatigue and prevent nausea. It also acts as a natural laxative and can help to trigger menstruation, which is helpful if you suffer from irregular periods.



**Peppermint:** For those who need an energy boost, peppermint can give you the lift you need to get through your cycle. It's also great at relieving headaches and reducing inflammation.



**Clove:** If you experience a lot of pain and discomfort at your time of the month, then this is the essential oil for you. One of the

**How to use essential oils**

- > Massage directly onto aching parts of your body
- > Add a few drops to a warm bath
- > Add food-grade essential oils to tea or baked goods.







HEALTH & FITNESS

# HIIT VS TABATA



## THE SHORT WORKOUTS THAT COULD HELP YOU GET FIT

When it comes to fitness, the shorter the better, right? Well, high-intensity interval training (HIIT) and Tabata are all about short, sharp workouts.

But make no mistake – these workouts are intense, designed to get your heart rate up and help you tone your muscles.

So what's the difference between HIIT and Tabata? And how can they help you get fit?

HIIT and Tabata workouts are very similar. They are based around high-intensity, short-interval training methods with minimal rest between sets. Typically lasting 20-30 minutes, they may be short, but they'll have you sweating.

Tabata is a type of HIIT workout based around eight 20-second bursts of intense exercise, with just 10 seconds of rest in between. There are generally four rounds of these eight exercises in a Tabata workout. It was developed by Dr Izumi Tabata based on these specific principles.

HIIT workouts will target muscle fibres that promote definition, boosting the testosterone production in both men and women that helps rebuild muscle fibres after exercise. Its other benefits include:  
Weight loss | Increased cardiovascular endurance  
Reduced body fat | Decreased blood pressure.

Tabata workouts provide a more intense HIIT workout, with benefits including:  
Boosted metabolism | Increased fitness levels  
Increased lean muscle mass | Raised heart rate in a short amount of time.

### Creating HIIT and Tabata workouts

You can create your own HIIT or Tabata workout using just your bodyweight, or using weights and fitness machines to add variety. Some example routines include:

#### HIIT

- > Choose either four or five exercises that focus on one area of the body, or a full-body workout. Great examples include burpees, squat thrusts, jumping jacks and press-ups
- > Complete each exercise for 45 seconds
- > Rest for 60 seconds between each exercise
- > Repeat four or five times.

#### Tabata

- > Choose either eight exercises that focus on one area of the body, or a full-body workout. Examples of Tabata exercises include mountain climbers, squat jumps, crunches and reverse lunges
- > Complete each exercise for 20 seconds, allowing a 10-second rest between each exercise – this equals one round
- > Allow a one-minute rest between rounds and complete four rounds to complete your workout.

HIIT and Tabata workouts are intense, but they provide many benefits for your health and fitness. As short workouts, they're ideal for those who have a busy schedule, or those who hate spending hours at the gym.

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SORRY FOR

*Celery*

THE UNFAIR WRAP THIS VIBRANT VEGETABLE GETS

If celery were an animal, it would be a black sheep. It's long, scrawny, feels like rubber, and resembles the world's smallest halfpipe. But worse than that, it gets labelled as the most useless of all vegetables; it's said that the exercise of eating a stick of celery actually uses up more energy than it provides in return.

However, it's not all bad. Celery is rich in vitamins – A, C and K respectively – which are good for boosting eye, bone, cartilage and even reproductive health, not to mention your immune system.

Then there are minerals such as potassium and folate, which will help you on your way to maintaining DNA health, fluid balance and muscle memory, as well as preserving nerve signals.

True, celery is an acquired taste, but its dark, rich, peppery flavour makes it a favourite for use in soups, stocks, stews, broths and more. It can add an edge to potatoes, gives a smoky aside to meats, and, of course, adds a nutty crunch to floppy salads.

Celery offers more than you think. The final proof – it's a major ingredient in everyone's favourite condiment, ketchup.

#### *Celery and apple smoothie* (serves 2)

Smoothies are an excellent way to get more veg into your diet, and this celery and apple smoothie comes packed with sweetness and has a creaminess you may not expect.

#### Ingredients:

- > ½ cup celery (chopped)
- > One apple (peeled and chopped)
- > 1 or 2 cups of milk
- > A pinch of sugar

#### How to make:

1. Puree the celery and apple together with the milk in a blender
2. Add the sugar
3. Strain before pouring into glasses.

#### Top tips:

- > Use a sugar-free sweetener instead of sugar
- > For a creamy texture, add a dollop of Greek yogurt, half an avocado or a frozen banana.







# The secrets to a successful STIR FRY



**A**lthough a stir fry may seem like a simple dish, the cooking process is actually fraught with potential disasters. From soggy veg to uncooked meat, find out below how to avoid these common pitfalls and create the perfect stir fry.

### 1. ENSURE YOUR WOK IS HOT

Although a stir fry is often the meal that you turn to when you want delicious food fast, you do need to exert some patience when waiting for your wok to heat up. Ideally, heat a dry, non-stick wok for 5-10 minutes over the highest heat on your gas range. If you have an electric hob, set to 6 or 7, as any higher could damage your pan.

### 2. COOK MEAT IN BATCHES

Meat intended for a stir fry should always be at room temperature, never chilled, and you should only cook up to 200g at a time or your meat will end up simmering or steaming rather than frying.

### 3. CUT YOUR VEGGIES TO THE SAME SIZE

If you want to save cooking time, cut up your veggies to the same size so that they can all be cooked together. If you are washing your veg first, make sure they are completely dry before adding to the wok. Any leafy veg such as spinach or shredded cabbage should be added last, as well as bean sprouts, to ensure they remain crisp.

### 4. ADD PRAWNS LAST

If you are using cooked prawns, add these last as they will only need one minute to heat through. For uncooked prawns, you are best off cooking them first, removing from the pan, and then adding again once your veggies are done.

### 5. MIX UP A SLURRY IF NEEDED

If you find you have added too much stock, wine or soy sauce, don't despair. Simply mix up a slurry of 1tbs cornstarch and 2tbs cold water and stir in to thicken your sauce.

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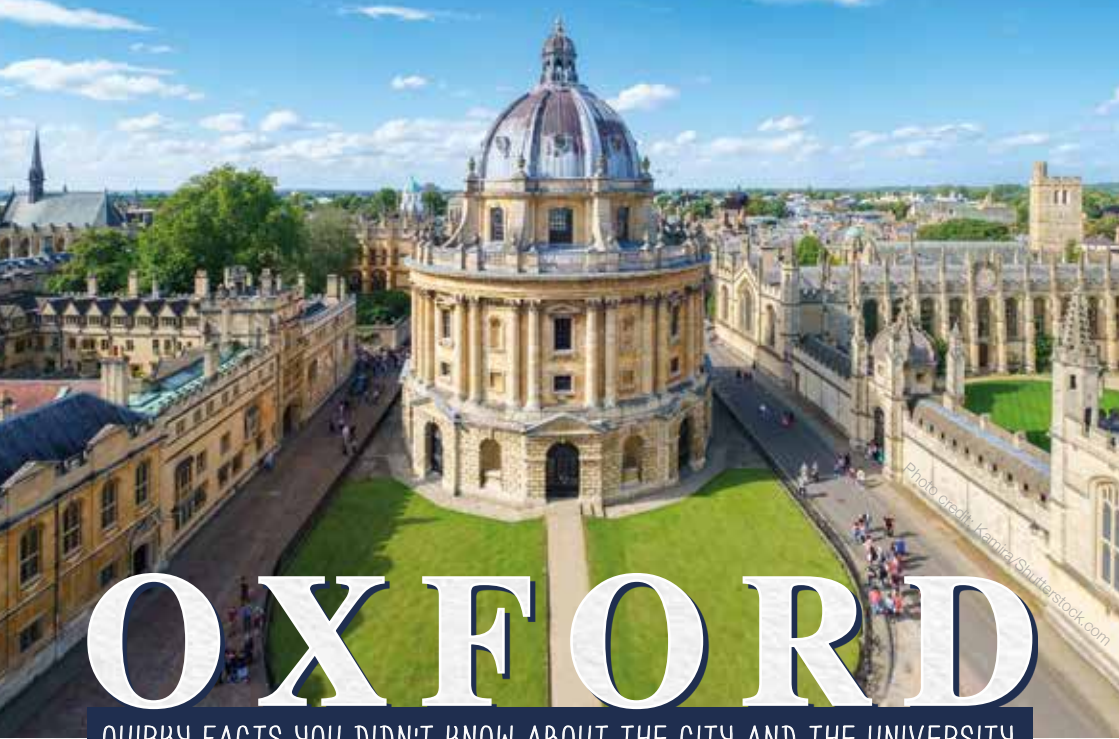
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# OXFORD

QUIRKY FACTS YOU DIDN'T KNOW ABOUT THE CITY AND THE UNIVERSITY

**O**xford is one of the most famous cities in the UK. Home to one of the most highly esteemed universities in the world, as well as glorious architecture and scenery, it's one of those cities everyone should experience at least once in their lives.

Here are some facts you might not know about Oxford and its famous university.

**OXFORD UNIVERSITY WAS FOUNDED IN 1096:** This makes it around 925 years old, and one of the oldest universities in the world.

**IT'S A HUB FOR WRITERS:** With more authors published per square mile than anywhere else in the world, Oxford is a great place to be a writer. Some of the most successful authors who attended the university include J.R.R. Tolkien, C.S. Lewis and Lewis Carroll.

**THE LECTURERS WERE BANNED FROM MARRIAGE:** Oxford University lecturers were trained to be priests and therefore upheld the value of chastity, even if they went on to other professions. That rule was overturned in 1877.

**WOMEN WEREN'T ALLOWED TO STUDY AT OXFORD UNTIL 1878:** Marriage wasn't the only

thing banned at Oxford – women were too. They were given permission to study in 1878, could be awarded degrees from 1920 and, finally, were allowed to study and stay at all colleges in 1974. Today, the number of male and female undergraduates is around 50/50.

**FAMOUS STUDENTS:** Oxford University has had some very famous students. Alumni include writer Oscar Wilde, *Harry Potter* actress Emma Watson, poets T.S. Eliot and Philip Larkin, and Professor Stephen Hawking.

**WORLD'S LARGEST BOOKSHOP:** Oxford is home to the world's largest bookshop. Built in 1879, Blackwells Bookshop's basement, the Norrington Room, is 10,000 square feet and has more than three miles of shelving and 150,000 books.

**OXFORD ESCAPED THE BLITZ:** No bombs were dropped on Oxford during the Second World War. It's believed that Hitler wanted Oxford to be the country's new capital if it was successfully conquered.

Now that you're armed with some fun Oxford facts, will you be paying this fascinating city a visit?



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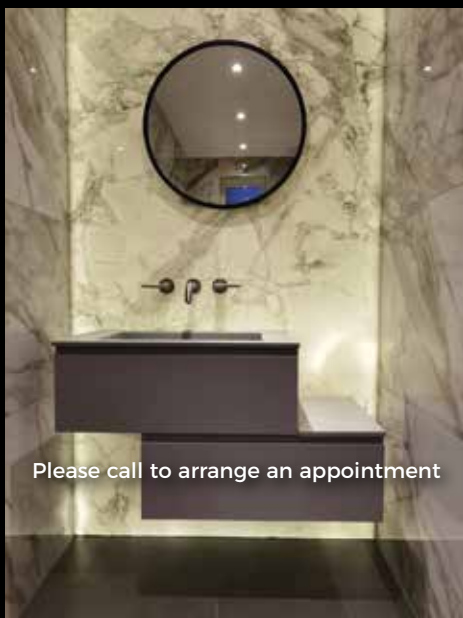




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## How To Match COLOURS IN YOUR HOME



V  
HOME & DIY

There are endless possibilities when it comes to decorating your home. So many, in fact, that you might struggle to choose.

Learning how to match colours in your home will make the process a little easier, so that you can have fun creating your chosen look.

Take a look at the following tips to get started.

### CONSIDER THE MOOD OF THE ROOM

What sort of space do you want to create? Do you want a warm and inviting room that's perfect for socialising, or do you want something a little cooler to create a more relaxing environment? Think about what your room will be used for and the sort of vibe you want to achieve.

### LEARN TO CREATE A COLOUR SCHEME

Colour schemes can be built in several ways. They could be based around your existing furniture, for example, or you could start completely from scratch.

Choosing neutral colours gives you versatility – you'll be able to mix and match your furniture and accessories, and add pops of colour as desired. This also gives you flexibility to change your colours more often.

You could also create a colour scheme around different shades of the same colour, creating a

stylish, tonal look.

If you want to use two different colours, consider using a colour wheel and choosing shades on either side of your primary shade to create a complementary look. Examples include pairing yellow with orange or green, or blue with green or violet. Choosing sides on the opposite end of the spectrum, such as blue and orange, can create a different kind of complementary look.

You could also use a triadic scheme to help you bring three colours into your space. This means choosing colours that are far apart from each other on the spectrum, such as red, yellow and blue.

### THINK ABOUT THE PRACTICALITIES

There are also practical considerations for your colour scheme. How much light does a space get? Will it be high traffic? These will help you work out what is realistic for your space.

### USE TESTERS TO SEE WHAT WORKS BEST

Testers are a great way to experiment with how colours will look in your home. Use testers to help you see a shade in different lighting and at different times of day to make sure you're satisfied.

Creating colour schemes takes practice, but it will make decorating easier once you get the hang of it.







IT'S THAT TIME...  
*Spring cleaning*

YOUR CHECKLIST

**E**mbarking upon a major spring clean can be overwhelming to say the least, which is why we've created this spring cleaning checklist that you can stick on your fridge.

Remember to tick each task off as you go.

**KITCHEN**

- Empty all drawers and cabinets and wipe down
- Wash cabinet doors and knobs
- Clean and organise the fridge and freezer
- Vacuum under the fridge
- Clean the dishwasher
- Sanitise the sink drain
- Clean and organise the pantry

**BEDROOMS**

- Store out-of-season clothing
- Flip mattresses
- Clean and organise dresser drawers
- Shampoo carpets
- Wash pillows and duvets
- Clean and organise wardrobes
- Launder curtains
- Dust light fixtures/ceiling fans
- Wash windows

**BATHROOMS**

- Clean and organise cabinets and drawers
- Properly dispose of any old medicines and toiletries

- Descale the taps, hoses and screens for your shower/bath
- Wash shower curtains and bath mats
- Dust light fixtures
- Reseal grout lines if needed
- Clean bathroom extractor fan
- Sanitise and clean drains

**LIVING ROOM**

- Clean windows
- Dust light fixtures/ceiling fans
- Remove and launder curtains, throws, cushion covers and blankets
- Clean blinds
- Vacuum sofas and chairs
- Spot-clean upholstery
- Shampoo carpets
- Wash or dry clean rugs

**HOME OFFICE**

- Clean keyboard
- Disinfect mouse and office phone

**OUTDOOR AREAS**

- Remove any unwanted items and reorganise garage/shed
- Pressure wash decking, patio area and outdoor furniture
- Clean out and wash rubbish/recycling bins
- Wash outside windows

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STEVEN BARTLETT:

“QUITTING IS FOR WINNERS”



**S**teven Bartlett is rapidly becoming a fan favourite on *Dragons' Den* – an entrepreneur and the founder of one of the most influential social media companies in the world, and someone unafraid to rock the apple cart of business... as long as it turns him a profit.

It's fair to say the personalities on *Dragons' Den* are all cut from a certain cloth. They're wily, experienced, of a certain age, and have dined at the top table of business for a long while.

Indeed, when fellow Dragon Peter Jones launched his first business, aged 16, Steven Bartlett was still a decade away from being born.

Having young blood in any business environment is essential – even if the format is a reality TV show. Yet Bartlett, the Botswana-born whizz, brings about a digital edge to proceedings that not even tech-savvy Jones can rival.

After applying to pitch on *Dragons' Den* aged 18 – to no avail – the digital tycoon's first money-making venture came in 2013 when he founded Wallpark, a Manchester-based social sharing network that overtook his studies at the city's university, to the point where he quit his degree... after one lecture.

Social Chain arrived a year later – a social media marketing company that gained instant traction within a booming digital landscape. Bartlett exited the company six years later with a \$200million bounty and has since gone on to invest in numerous companies, both through and separately from the BBC reality TV series.

While success has been prolific and constant for the 29 year old, the catalyst for it comes from a much darker place. In a recent interview, the businessman admitted that his stimulation for making money came from feeling neglected and sidelined in his childhood.

"The reason I'm sat here today, I am 100 per cent sure, is because of things you would consider parental failures. I didn't have nice gifts and presents, and my parents weren't around much because they were so busy working," he said.

"My mum is the hardest-working person I've ever met – she would sleep in her shop in Plymouth in the back room on a bag of rice, wake up and run the shop.

"However, I learned that if I was to have anything in life, it wouldn't appear on the kitchen counter or under the tree by itself. It would need to be of my own doing."

This element of self-motivation epitomises Bartlett's style as a business leader who deserves to be respected – it's also why he loves being part of *Dragons' Den*, a programme he first started watching as a 12 year old and, pretending to be the sixth Dragon, would pause the TV between pitches as he decided whether to invest.

Ten years to the week since he first applied to *Dragons' Den*, it became official that he would be joining the show, bringing with him charisma, intelligence and positivity. Even the title of his debut book, *Happy Sexy Millionaire* – a *Sunday Times* bestseller in 2021 – outlines the entrepreneur's laser-guided focus; while his *The Diary of a CEO* podcast is currently on a sold-out tour.

Bartlett also has a canny ability to flip convention. One of his business mottos, 'quitting is for winners', comes from personal experience.

"In our society, we always glamourise starting, and quitting is seen as something losers do. But quitting is the incredibly important thing you have to do before you start," he said.

"I've been an unbelievably peaceful quitter for my entire life. I quit school, quit university after one lecture, started a company and did it for three years, raised investment and quit out of the blue, quit my last company which was generating £600million in revenue, because I knew within me that I'd overstayed my welcome and it could no longer serve me.

"I don't quit things because they're hard, but when things suck and they become not worth the fight it would take to change them, then you have to quit. I really believe quitting is for winners.

"We're in industries now in which to be noticed you've got to be bold, be brave and shout loudest.

"If you can do that, and back it all up with a solid, well-constructed, well-delivered idea that can make money, you've got half a chance."





# LOCAL NEWS

*from your neighbourhood*

## Popular art trail returns to showcase artists' work



Photo credit: Hertford Council

The Hertford Arts Trail returns this spring, bringing together local artists and an array of independent high street businesses within the town.

The event, which will take place from Saturday, April 9, to Saturday, May 7, attracts up to 40 talented artists who will showcase their work within the town centre.

The artwork will be displayed in bars, cafés, beauty salons, clothes retailers and gift shops.

Any town centre business is welcome to apply free of charge to become part of the Hertford Art Trail, and will be required to allocate a designated area within the premises for the artist to exhibit their work. The business will be open to trade as normal.

To sign up for free, businesses should contact the Town and Tourist Information Centre by emailing [tic@hertford.gov.uk](mailto:tic@hertford.gov.uk) or calling 01992 584322.

Hertford Town Council has once again partnered with Courtyard Arts to help promote this year's event and to source artists to take part.

To find out more, visit [www.courtyardarts.org.uk](http://www.courtyardarts.org.uk) and search 'Hertford Arts Trail'.

## Police appeal launched following sexual assault

Detectives are trying to trace a possible witness to a sexual assault that occurred in Hertford in 2021, after new information came to light last month.

On Thursday, December 9, last year, between 7.30pm and 8pm, two teenagers – a male and a female – were walking through an alleyway off Church Street, when the male reportedly began touching the female inappropriately before exposing himself.

Both the suspect and the victim were known to each other.

Detective Constable Aaron Golley, who is investigating, said: "This has understandably left a vulnerable teenage girl feeling very distressed, and she is being supported by specially trained officers. I

appreciate that a significant amount of time has passed since the date this incident took place. However, we are ensuring that we exhaust all possible lines of enquiry.

"New information came to light this week [w/c February 21] regarding a possible witness who we are hoping to trace. The victim reported that during the incident, an unknown man walked past and may have seen the assault. This man could have key information. If you believe this was you, please get in touch.

"Alternatively, if you have any information that you think may help with our enquiries, please get in contact."

You can email DC Golley at [aaron.golley@herts.police.uk](mailto:aaron.golley@herts.police.uk) or call the non-emergency number 101 quoting reference 41/3040/22.

## Fundraiser in teen's memory raises thousands for charity

A fundraiser in memory of a Hertford teenager who died in a car collision last year has raised more than £5,000 for charity.

Sonny Crane (pictured below), 19, who lived in Hertford, was seriously injured in a single-vehicle crash in Waltham Abbey on the evening of Sunday, November 7, 2021, as reported in the **VISION**Hertford December 21 edition.

He was placed in an induced coma at the Royal London Hospital but sadly passed away on November 27, 2021.

The fundraiser for Essex and Herts Air Ambulance (EHAAT) was launched in Sonny's name by his mum, Naomi.

On the JustGiving page, she wrote: "All money raised in Sonny's memory will go directly to EHAAT, so that it can continue its amazing work and hopefully spare another family from the agony of losing such a precious loved one."

To donate, please visit [www.justgiving.com/fundraising/sonnyjasper](http://www.justgiving.com/fundraising/sonnyjasper)

To find out more about EHAAT, visit [www.ehaat.org](http://www.ehaat.org)



Photo credit: Essex Police



Photo credit: Hopkins Architects

# School announces partnership with universities

A new science and technology building will be built at Haileybury School in Hertford.

The SciTech building, designed by Hopkins Architects, will offer teaching and interactive spaces alongside a research block and a laboratory run in collaboration with the University of Oxford and Stanford University in California.

A Level and International Baccalaureate pupils at Haileybury will work collaboratively with their own teachers and world-leading scientists from Stanford and Oxford on Stan-X, a science programme based on experimental biology, within the new building.

Martin Collier, the master at Haileybury, said: "We are excited to announce our plans for the SciTech building. At Haileybury, we are creative, innovative and at the forefront of technology. We are thrilled that

these plans will see us continue to push boundaries and provide the best possible teaching and learning opportunities for our pupils and community.

"The essence of science is discovery, and we want our pupils to aspire to progress to higher education to study science and technology subjects. We are committed to ensuring they are prepared to do so."

Gareth Lewis, head of biology at the school, added: "The Stan-X project provides Lower Sixth pupils with the unique opportunity to study undergraduate genetics theory and practical working to genetically modify fruit flies for future academic scientific research. The project is in partnership with Stanford University in the US, the University of Oxford and several schools in America and Japan. Haileybury is the only school in Europe to offer this programme."





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LOCAL NEWS



# Residents invited to attend classic car event

Hertford Town Council is seeking car and bike exhibitors for its Cars at the Castle event.

The popular, family-friendly event will be held within the grounds of Hertford Castle from 12pm to 4pm on Sunday, May 15.

Exhibiting your vehicle is free of charge and all beautiful or quirky vehicles will be considered.

Successful applicants will see their vehicles entered into competitions on the day, which will be judged by the Mayor of Hertford, councillor Bob Deering,

alongside a panel comprising event sponsors. Bike and car owners will be awarded trophies in categories including best British car, best paintwork, best interior, and best pre-1970 car.

As well as the vehicles on display, there will be both hot and cold food concessions, a bar, children's activities and live music. The castle will also be open to the public at no cost.

To find out more, visit [www.hertford.gov.uk/news/cars-at-the-castle-call-for-car-bike-exhibitors](http://www.hertford.gov.uk/news/cars-at-the-castle-call-for-car-bike-exhibitors)

## Police operation aims to keep town centre safe

Police in Hertford are working closely with their local partners in a bid to reduce crime and antisocial behaviour and to improve safety in the town's night-time economy.

Operation Attitude has been in place for the past three months and has proactively targeted those who want to cause issues in the town centre.

There has been an increased police presence in the area and the constabulary is working with East Herts District Council, licensees, door staff, street pastors and St John Ambulance to make the town a safer place to enjoy a night out.

Alongside this, the introduction of a dispersal order has enabled officers to utilise powers to keep people away from the town centre whenever necessary.

Since the beginning of December, a total of 40

people have been banned from entering licensed premises in the town through Pubwatch's Behave or be Banned scheme. The initiative means that anyone who gets barred from one premises will automatically be banned from all Pubwatch member premises for a set period of time.

Of the 40 banned, 10 have been banned for a five-year period and one has been given a lifetime ban. A further seven people have been sent warning letters.

Sergeant Clare Ramirez, from the East Herts Community Safety Unit, said: "Hertford has a busy night-time economy and we welcome those that want to come to town and behave. The work that my team is carrying out is to identify the small minority of those who don't want to act sensibly and prevent them from coming back."





Photo credit: East Herts Council

# Council approves investment boost for theatre

East Herts District Council (EHDC) approved a funding boost for Hertford Theatre this month.

Funding of £20.09million had already been secured to transform the theatre into a thriving hub for arts and culture, including additional seating, new studios, a cinema, a plaza for arts and culture, and a new direct link to the 12th-century Hertford Castle.

The proposal was for an additional £4million to cover an unprecedented rise in material and other construction costs during the theatre's redevelopment over the past 12 months.

Now that the proposal has been approved, £3million will be used from earmarked reserves, with up to £1million of additional borrowing from the capital projects contingency.

Eric Buckmaster, executive member for wellbeing

at EHDC, said: "We're asking councillor colleagues to share our commitment to investing in this project, to revitalise Hertford town centre, to deliver a new hub for our communities and to enrich the lives of residents for generations to come."

"The theatre sits in the heart of Hertford, but its doors will be open for everyone in our district to enjoy. This investment is part of our five-year capital spending programme.

"Capital projects like this are not just undertaken to deliver improved facilities; they also generate income for the council that enables us to protect the services we supply and keep charges such as council tax as low as we possibly can. After this investment, the new Hertford Theatre will no longer require a subsidy from the council and will generate income for the future."

## Plans announced for The Queen's jubilee event

Hertford Town Council has announced plans to celebrate The Queen's Platinum Jubilee with a celebration at Hertford Castle.

Celebrations will take place later this year as Her Majesty The Queen becomes the first British monarch to celebrate a Platinum Jubilee, marking 70 years of service to the people of the United Kingdom and the Commonwealth.

This special event will take place on Thursday, June 2, and will include an open day at the castle, concert, afternoon tea and traditional lawn games. The event is free of charge to attend. Those attending are welcome to donate to the Mayor of Hertford's Charity Appeal Fund.

For more information about the celebrations, visit [www.hertford.gov.uk](http://www.hertford.gov.uk)



Photo credit: Google Maps



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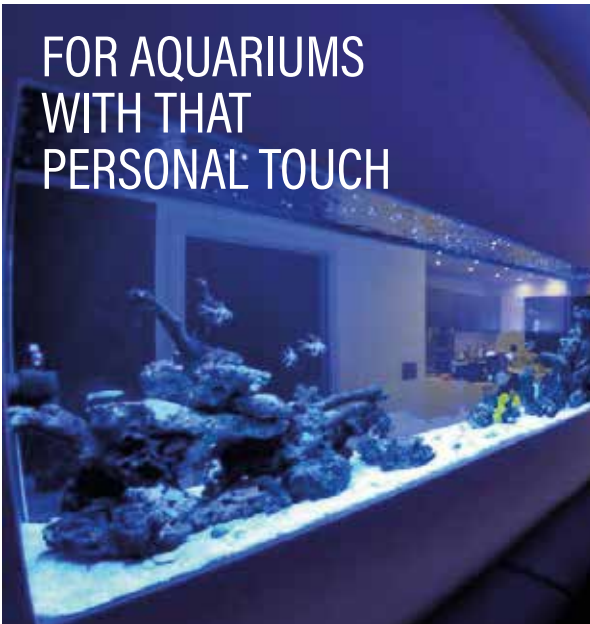


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# STOP THE SHED



**SHEDDING IS NATURAL FOR DOGS, BUT THAT DOESN'T MAKE IT ANY LESS FRUSTRATING. FORTUNATELY, THERE ARE WAYS TO MANAGE EXCESSIVE SHEDDING**

**BRUSH THEIR COAT:** Although you may think that brushing your dog's coat would encourage more shedding, the opposite is in fact true. Regular brushing and a good grooming routine can minimise the amount of dog hair you find around your home. Bristle brushes are a great choice for all coat types.

**USE A SHEDDING TOOL:** Shedding tools are brushes with stainless steel tines which can be used to pull up and remove your dog's extra undercoat fur. Ideal for both year-round and seasonal shedders, shedding tools are inexpensive and highly effective.

**FOCUS ON GOOD NUTRITION:** Excessive shedding can be caused by undernourished fur, which is a result of a poor diet. Avoid this by ensuring your dog has healthy meals that contain all the nutrients they need.

**KEEP THEM HYDRATED:** Dehydrated skin can exacerbate shedding and hair loss, so make sure that your dog always has access to fresh water. This will not only keep their skin hydrated, but is also beneficial to their overall health.

**BATHE THEM REGULARLY:** Essential for keeping your dog clean, bathing your pooch regularly will also help remove excess hair, resulting in less shedding in your home.

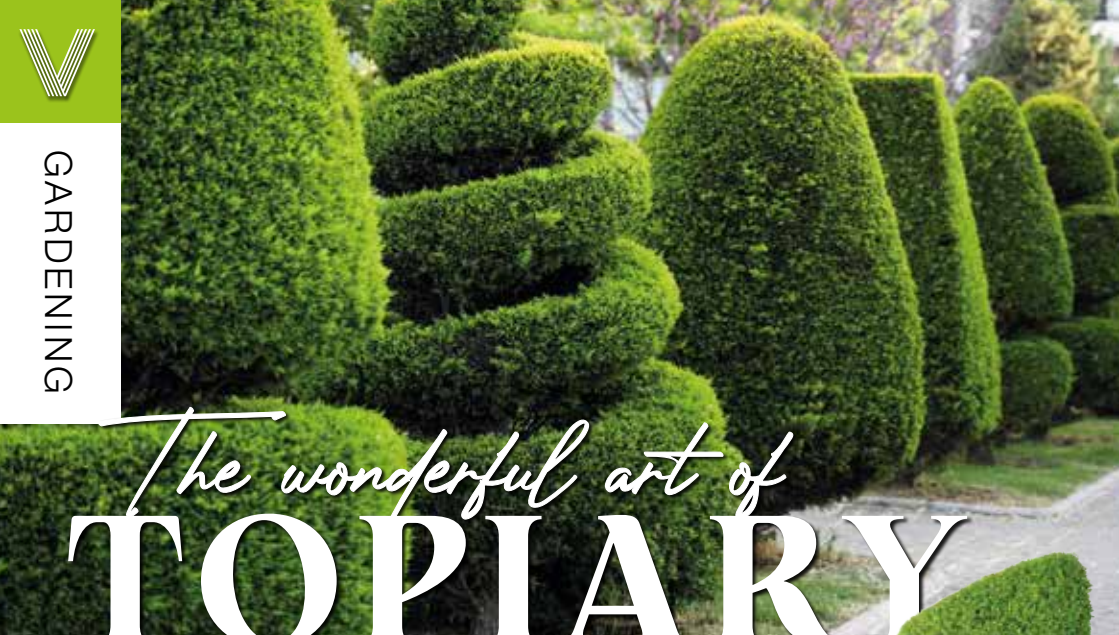
**OTHER REASONS WHY YOUR DOG MAY EXPERIENCE HAIR LOSS:**

- > Parasites like fleas, mites or lice
- > Bacterial infections
- > Fungal infections
- > Allergies
- > Kidney disease
- > Liver conditions
- > Thyroid or adrenal issues
- > Pregnancy
- > Anxiety or stress
- > Cancer
- > Immune disease
- > Sunburn
- > Topical irritants

If you are worried that your dog's hair loss is more than just the usual shedding, book an appointment with your local vet as soon as possible.







# The wonderful art of TOPIARY

If you're looking for a hobby that's not only calming and enjoyable, but also helps make your home look instantly more stylish, then welcome to the world of topiary.

Topiary is the art of pruning hedges and trees to create different shapes, resulting in a look that is sculpted and interesting. In Japan, it's known as Niwaki, which means 'cloud pruning'. It's a great way to add some character to your home and garden and can be a really fun hobby. Here are some beginner's tips to help you get started.

**CHOOSE THE RIGHT TYPE OF PLANT:** The perfect type of plant for topiary is a perennial, such as box and yew plants. These evergreens grow slowly, which means they're easier to maintain once trimmed into shape.

**DECIDE ON YOUR STYLE:** There are a lot of great topiary styles you can choose from. For beginners, you might want to start off simple with a square or a sphere shape, but other fantastic topiary styles for you to choose from include:

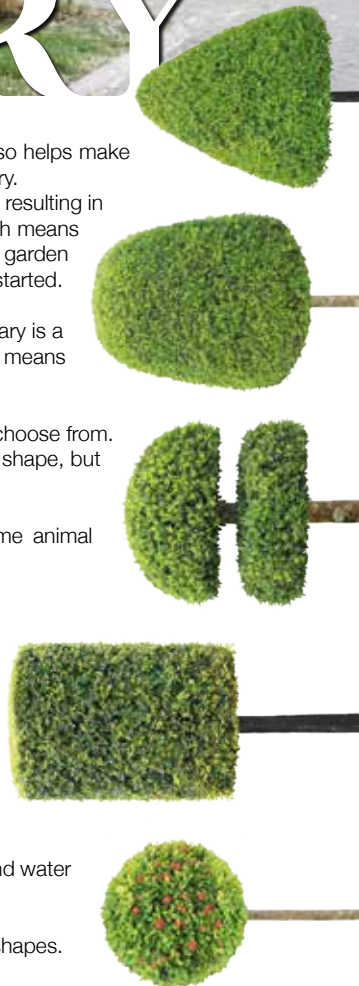
Cube | Ball | Spiral tree | Square/round pyramid | Double sphere

If you want to get even more adventurous, you could try creating some animal shapes, like a deer or a dog.

**GET THE RIGHT TOOLS:** You'll need to make sure you have the right tools for the job. Long-handled lopping sheers are ideal for trimming off the excess, while hand pruners will help you make precise cuts. You can also buy wire or wooden frames to act as guides to help you get the desired shape.

**MAINTAIN YOUR PLANTS WITH CARE:** After trimming your trees and hedges into shape, you'll need to maintain them regularly to keep them looking their best. Regular trimming in the warmer months can help encourage growth, with pruning at the end of the summer helping to maintain the shape throughout the winter months. You'll also want to feed and water your plants to keep them looking lush and green.

With your new topiary expertise, you'll be able to create all kinds of beautiful shapes.



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**BRUCE KING**

*on the intricacies of time management*

# TIME MANAGEMENT



**In his latest column, sales mentor and personal growth coach, Bruce King, discusses the intricacies of time management.**

Here's a technique I developed many years ago, which I use to manage my time effectively and which I've taught to thousands of others. It's called the ISWAT Technique, and you can use this in every area of your life.

ISWAT stands for: Is what I am doing now or about to do now going to help me achieve my goals?

We all have goals we want to achieve. They could be complex goals such as a large work-related project that could take days, weeks or months to achieve; or something really simple like going for an enjoyable walk or having a great evening out with friends. Whatever you have planned to do is a 'goal', and your objective is to achieve the goal.

While investing your time achieving this goal, other things may come up. They may be interruptions from other people, or thoughts you have that start

to take you off in a different direction. Whenever that happens, you must stop and ask yourself: is what I am doing now or about to do now going to help me achieve my goals?

If the answer is 'yes', you can do it right away, or you can allocate some specific time to do it later.

If the answer is 'no', dump it right away.

To help remind you, get a pad of sticky notes. Write on five to 10 of them, in capital letters, ISWAT. You already know what that stands for.

Post these notes where you will come across them frequently during the day. Every time you're about to start a new task or project, make sure to read the ISWAT note.

*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](http://bruceking.co.uk)



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# KEEP ON *cruising*

## WHY EMBARKING ON A CRUISE IS THE ULTIMATE HOLIDAY

With people beginning to plan their summer holiday excursions, the idea of taking a cruise – be that across vast oceans or through a continental waterway – is likely to be one of the most popular go-to getaways in 2022. Here are six reasons why:

**Value**  
There are getaway deals aplenty on offer. Operators are keen to catch up after two hugely disrupted years due to the COVID-19 pandemic, meaning they're pulling out all the stops to lay on huge fleets and get people back on board.

**Variation**  
Rather than being stuck in one resort, a cruise enables travellers to see and experience multiple locations within one trip. Having been confined largely to the UK for the past two years, it's expected that holidaymakers will opt for multi-destination trips rather than staying in one place. This makes a cruise the ideal option.

**Wastage**  
A cruise provides a holiday experience even when

travelling between destinations, so while stop-offs at cities or coastal towns may be a big attraction, when back on board, holidaymakers are treated to all manner of events, shows, attractions and facilities, meaning there's no wasted time.

**Family environment**  
Unlike some land-based locations, cruise ships offer something for everyone, meaning a cruise is now commonly regarded as the ultimate family experience.

**Comfort and luxury**  
Booking a cruise typically means choosing one of only a handful of operators, who run a tight ship – literally – in terms of how they present their brand and their facilities. This isn't something that's as easy to achieve when it comes to booking independent hotels or accommodation on land.

**Sociable**  
Cruise ships offer a small environment in which people holiday in close proximity to each other. As the saying goes, a friend made at sea is a friend for life.



Not many children like having their hair brushed, especially if they are prone to the odd tangle or two. Fortunately, we have the low-down on how to detangle your child's hair in just five simple steps.

**Step 1: Start with clean and conditioned hair**  
Wash your child's hair with detangling shampoo and then apply conditioner. If you see any tangles at this stage, gently comb through the hair while the conditioner is still in and then rinse.

**Step 2: Use a hair towel**  
Once you have finished washing your child's hair, quickly and gently dry it by either blotting or wrapping it in an absorbent hair towel. Avoid rubbing the hair as this can create even more tangles.

**Step 3: Loosen any knots**  
Before you start combing, use your fingers to gently break and loosen any tangles. If you come across a big knot that you are unable to pull through, do not keep pulling as this can add even more tangles to the hair. Instead, wait until you are able to add some product to the affected area.

**Step 4: Try a detangling spray**  
After you have towel-dried the hair and loosened any knots, liberally apply a detangling spray and then comb through one section of hair at a time. For optimum results, use a wide-tooth comb or a brush that is specifically designed to tackle tangles. Start at the bottom of each strand and gently work your way up, one inch at a time.

**Step 5: Sleep with hair in a ponytail**  
If you struggle to remove tangles in the morning and don't have time to wash your child's hair, it can be a good idea for them to sleep with their hair in a loose ponytail as this will help prevent tangles from forming overnight.







# Map that!

THE GOOGLE MAPS EXTENSION THAT GETS YOU FROM A TO GREEN

Google Maps has, in recent years, put the satnav market in the slow lane. With quick, convenient, versatile and up-to-the-minute responsive route planning and live traffic updates, the app has revolutionised travel, be that in a car, on a bike, on foot or even when using trusty old public transport.

Yet, as if the route finder wasn't already the perfect travel solution, Silicon Valley boffins are now going one step further, with an extension that offers drivers the most eco-friendly route to their destination.

It means fuel consumption, road incline and, of course, traffic congestion will all be factored in to give a driver the 'greenest' route.

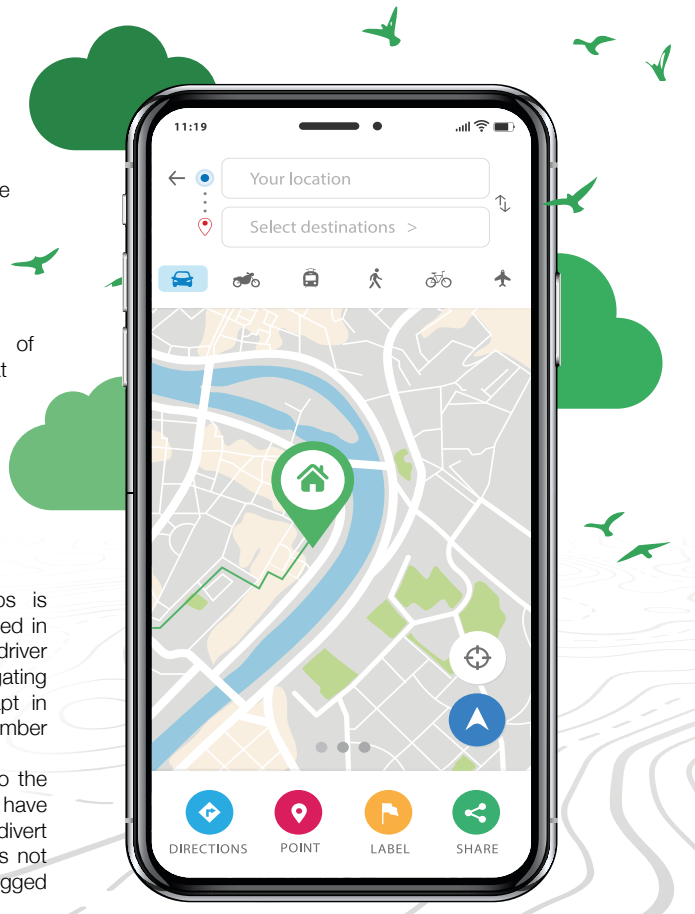
For the most part, these greener routes will only show when journey times are roughly comparable, and of course it may well be the case that the recommended route is also the quickest, in which case, off you go. Google believes up to 50 per cent of journeys we take may well have a greener option, meaning drivers will, for the first time, be given a very real choice between convenience or conscience.

The new version of Google Maps is available in the US and will be launched in Europe this year. It will also feature driver guidance for using or circumnavigating low emission zones, which have leapt in popularity and prominence across a number of major cities.

There have been some objections to the proposed changes. Driver groups have suggested that eco options could divert large amounts of traffic through routes not designed to carry it, and they also flagged

the danger of drivers being distracted by constant route adjustments.

For the most part, though, the proposals have been received positively, as Google looks to accelerate its pledge to be carbon free by the year 2030.



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# REDGRAVE'S OLYMPICS RINGS

Each month, we look at one of the most significant events in British sporting history. This month, it's rower Sir Steve Redgrave CBE's incredible gold medal haul.

It's 20 years since Steve Redgrave emerged from Buckingham Palace with the word Sir bolted onto the front of his name and the letters CBE trailing after it. In fact, the idea of trailing anything for the Olympic rower was an alien concept, even then at the age of 39.

Just nine months previously, Redgrave had done what many thought impossible and grabbed a fifth gold medal in rowing, this time in Sydney.

Dating back to the Los Angeles Olympic Games in 1984, the Marlow-born powerhouse's grip on the podium proved every bit as strong as the one he applied to his oars, with rival competitors relieved when the Brit finally announced his retirement in the year 2000.

He had previously suggested his time with a sport that embodies incredible strength, endurance and true battling spirit was done, most notably in 1996 when, after landing a fourth gold, he famously said: "If anyone sees me go near a boat, you've got my permission to shoot me."

Yet Redgrave was lured back by an invitation to row in the coxless fours for one final shot at glory at the 2000 Olympics. Adding to his gold medals in LA 1984 (coxed four), Seoul 1988 (coxless pair), Barcelona 1992 (coxless pair) and Atlanta 1996 (coxless pair), he wrote himself into the record books as, at the time, the most successful British Olympian ever.

In more recent years, Sir Chris Hoy and Jason Kenny have surpassed him in terms of gold medal hauls, but in 2001, this was Redgrave's day.

In retirement, the rower has stayed in incredible shape, and now works as an expert summariser for the BBC's Olympic and World Championship coverage.



Photo credit: Andrew Cowie/Shutterstock



Photo credit: Xinhua/Shutterstock

## A DISAPPOINTING WINTER OLYMPICS FINALLY CAME GOOD FOR TEAM GB ON THE CURLING ICE, AS OUR WOMEN BROUGHT HOME GOLD

For all the hype and outside medal prospects, Team GB's Winter Olympics campaign came down to five women, five men and a collection of 42lb stones with handles fixed to the top.

The simplicity of the sport of curling is, at times, what makes it a source of amusement for many. However, the skill, tactical prowess and precision with which our brilliant women and men battled to Olympic gold and silver respectively provided the very best moments at Beijing 2022.

After defeating Sweden 12-11 in the semi-final, the women lived up to their 'favourites' tag by seeing off Japan in style in the final.

Led by the mercurial Eve Muirhead – who had experienced two previous semi-final defeats – the team crushed Japan 10-3 in the final on Sunday, February 20. Fellow victors Vicky Wright, Jen Dodds, Hailey Duff and Mili Smith have become first-time Olympic champions after the group

squeezed through the round-robin stage with five victories and four defeats.

That victory made up for the disappointment of the men losing their gold medal showdown with Sweden 24 hours earlier. The final had ended in a tense 4-4 draw, with the Swedes, led by the brilliant Niklas Edin, digging deep to see off a brave British effort from captain Bruce Mouat and his side.

Beijing 2022 will forever be an Olympics embroiled in scandal and controversy, with the doping scandal and extreme COVID-19 restrictions providing an uncomfortable backdrop to events, right up until the closing ceremony, in which a medal presentation featured a competitor previously suspended for taking a banned substance.

Thankfully, the feel-good factor provided by our curling teams will leave us with a positive reflection of the 2022 Winter Olympics, and hope for greater rewards in Italy in four years' time.



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# BROADBAND PAIN?



## UK ADDRESSES WITH THE FASTEST (OR SLOWEST) BROADBAND SPEEDS

In recent years, our digital connectivity – boosted by the installation of fibre technology and backed with 4G and 5G mass integration – has never been better.

Rarely these days do we find ourselves bemoaning the speed at which we can connect and interact with others, and complaints about our broadband not working are increasingly rare.

And yet, there are still parts of the UK that can offer broadband efficiencies much greater than other areas. You may expect to find these dynamically digital hotspots in the major cities – London, Birmingham, Manchester, or Edinburgh.

Yet the place you need to head to for the fastest possible download of the latest movie or video game is... Haul Fryn, an innocuous-looking street in Swansea, South Wales. There, you can download a two-hour film in just 47 seconds, given a download speed of 882 megabits per second (Mbps).

Less fortunate are the residents of Wistaston Road in Crewe, whose paltry rate of just 0.24Mbps means the same movie would take more than two days to download.

The average download speed in the UK currently stands at around 80Mbps. The draw on our broadband depends on what we're doing at the time – simple social media browsing uses between 1 and 3Mbps, with video streaming and gaming using between 3 and 5Mbps. At the top end, streaming a video in high definition uses up to 7Mbps.

What is clear is that broadband speeds across the UK are experiencing a sharp increase. Almost half of UK customers are experiencing so-called 'superfast' speeds of at least 30Mbps – that figure stood at a quarter of this speed just six years ago. Although that may not come as much consolation to a group of residents in Crewe.



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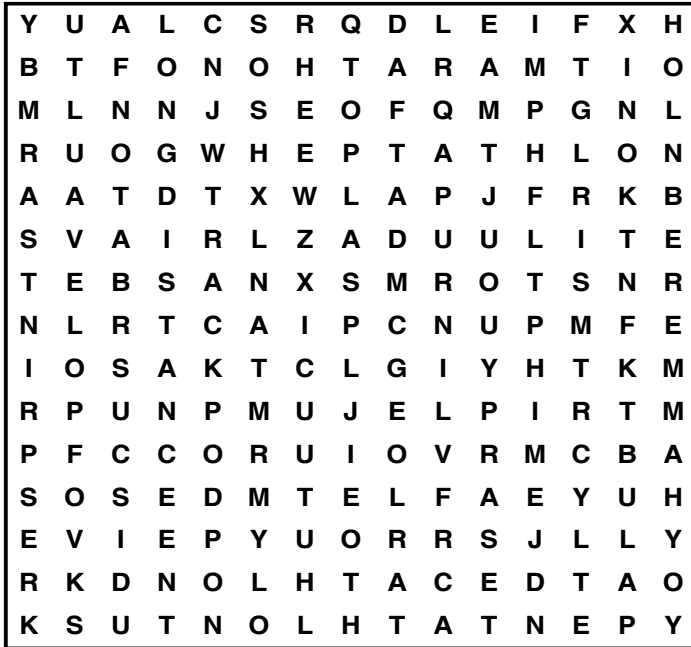


# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

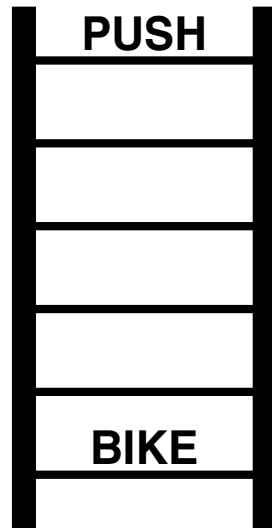
- ▶ BATON
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- ▶ DISCUS
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- ▶ HIGH JUMP
- ▶ HURDLES
- ▶ JAVELIN
- ▶ LONG DISTANCE
- ▶ LONG JUMP
- ▶ MARATHON
- ▶ OLYMPICS
- ▶ PENTATHLON
- ▶ POLE VAULT
- ▶ RELAY
- ▶ SHOT PUT
- ▶ SPRINTS
- ▶ TRACK
- ▶ TRIPLE JUMP



## DID YOU KNOW?

- ▶ During the Victorian era, postmen were nicknamed 'robins' for frequently wearing red jackets
- ▶ House sparrows have chunky beaks which are excellent for opening seeds
- ▶ In the past, chaffinches were caught and used as caged songbirds
- ▶ Studies have shown that the front of a blue tit's head glows under UV light
- ▶ Blackbirds feed mainly on the ground. They continually run and pause, scanning the area for prey
- ▶ Dunnocks can raise a number of broods of chicks each year
- ▶ Most starlings live in the UK all year round, but some migrate here from northern Europe in the winter months.

## 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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