

**TIPS
FOR
CURLY
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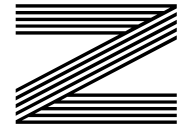
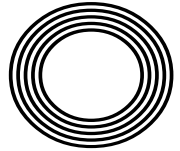
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Editor's notes...

APRIL 2022



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Hertford. Have you noticed anything different about this month's magazine? Here at **VISION**, we've taken one step further in our commitment to the environment by changing our printing process so that our magazines are now 100 per cent recyclable. This is the result of hard work over several months, but it's worth it to know we are doing our bit for the environment.

We know many of our readers like to keep their **VISION** magazines - we even know of some who have a collection going back to the first edition - but if you do decide to throw it away, you can now put the whole magazine in the recycling bin without having to remove the cover first.

On the cover of this month's magazine is Phillip Schofield, who celebrated his 60th birthday at the beginning of April and also marks an impressive 40 years in the spotlight this year. From his first turn on Children's BBC's *The Broom Cupboard* to starring on the ever-popular *This Morning*, he's endeared his way into the nation's hearts and homes.

It would be remiss of me not to mention the current situation in Ukraine. Many of us, horrified by what we are witnessing, are keen to help. Whether it's offering your time, money or donations, I encourage you all to help those in need in whatever way you can.

Brett Shohet

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

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FROM NOSE CLIPS TO KNITTING NEEDLES, TOM DALEY OBE'S DIVE FOR DELIGHT GOES ON

There is a perennial youth about Tom Daley OBE that sets him apart from so many of our other stars of the pool.

Sure, he possesses all the boyish good looks and charm he had when first making waves – although, as a diver, preferably not too many – back in 2008 with his first of four Olympic appearances.

The shelf life for a competitive diver is usually preciously short, particularly when combined with constant invitations to engage in media duties, campaign work and promotional activity.

Yet Daley has maintained focus, kept an eye on the prize and, in what may well be regarded as the heyday of his career, is arguably more successful than ever, having scooped gold in the Tokyo Olympics last year on the 10m board.

"I love what I do, and while it's great to have a

career in the media, that's never what I set out to achieve," he says. "What I wanted, from day one, was to be successful, and I'm not going to give that up until my body tells me it's time to."

It has been a whirlwind 12 months for Daley, who was named Best Male Diver at the LEN Awards this year and came second in BBC Sports Personality of the Year. Yet it was in partnering Matty Lee on the 10m board at the 2020 Tokyo Games last year – the event being delayed by a year because of COVID-19 – that Daley recounts as his greatest Olympic performance of them all.

He says: "It was a case of eighth time lucky, you might say. It was one of those events where you start well, hold your momentum, then it suddenly comes into focus that you might have a real chance of doing something special.

"It validates everything I have put into the sport."

And while Daley is a public figure with a hugely marketable profile – "I don't really think of myself as anything other than a diver... fashion photoshoots always involve me wearing more clothes than I do for my day job" – much of his desire to keep achieving in the sport he loves has been at the expense of other professional opportunities, as well as a proper home life. He wed American screenwriter, director and producer Dustin Lance Black in 2017, and a year later the couple had a son together, named Robbie.

"There is a huge toll on your private life in a sport such as this, but I try my best to balance things," says the double world and six-time British champion.

Daley, who recently launched knitting website Made With Love, is a passionate philanthropist. Recently,

he completed a gruelling four-day challenge in which he rowed, cycled, ran and, of course, swam the distance between the Olympic Park in Stratford and his home town of Plymouth, to raise money for Comic Relief.

When Tom finally reached the finish line, he said: "If you can, please donate what you can to Red Nose Day because it would make a world of difference to so many families all across the country.

"To come home and see all my family here, as well as so many people, is pretty special, so thank you. I don't really know what else to say other than I just need to go and sleep for about six years. Thank you all so much and love you.

"It was one of my toughest challenges yet, but epitomises how I just want to keep pushing myself forward."



STORM CHAOS

STORM EUNICE MAY HAVE BLOWN ITSELF OUT, BUT THE AFTER-EFFECTS ARE LONGER LASTING

Storm Eunice came, saw and conquered. She may have taken the name of someone your grandmother used to bump into at the local jumble sales, but there was nothing charitable about this confrontational weather system that wreaked havoc over the course of a three-day period, causing damage estimated at more than £350million.

Eunice was one of the most powerful to hit the south coast of England since the Great Storm of 1987. A top wind speed of 122mph whipped round The Needles of the Isle of Wight, while inland trees were felled, roofs damaged – including that of The O2 arena – transport routes closed, and major incident warnings issued by the emergency services.

More than a million homes were left without power at various points across a 72-hour period, beginning on February 17.

Ultimately, Eunice blew herself out, and gradually things have got back to normal; although for the

families of the three fatalities of the UK storm, things will never be the same again.

The naming of storms has always provoked interest, although the practice is relatively new and only dates back to November 2015, when Abigail was the first to be named. The Met Office decided labelling them would do more to alert people to how dangerous they could be, as well as making the reporting and following of them an easier task. There is real science behind the theory too – the human brain attaches a stronger emotional tie to a name than it does to a concept.

What we shouldn't do is confuse a relatively gentle title for something that, at its worst, can be fatal. Dudley, Gladys and Ruby may sound sweet and unassuming, but they're anything but at 3am as tiles are ripped from your roof.

The best news is that the Met Office invites people to send in their own suggestions of names – email nameourstorms@metoffice.gov.uk with your own cute (or totally terrifying) choice.

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FASHION



GETTING Shirty!

THE HISTORY OF THE SLOGAN T-SHIRT

Since the first slogan t-shirts were worn in the 1950s, our desire to shout messages – without the use of a megaphone – has never relented.

Across political statements, pop culture (think Frankie Says Relax), Fila and Champion leisurewear, the slogan t-shirt has become a fashion icon that goes beyond visual appeal. It is used to express opinion, reference popular culture, and has accelerated campaigns, initiatives and product sales for its ability to unite people with similar perspectives.

The popularity of the casual t-shirt came to prominence some 70 years ago, prompted by a young Marlon Brando in the film *A Streetcar Named Desire*.

In the years that followed, innovations in print technology saw everyone from Disney to Andy Warhol decorate the fronts of our chests with a desire to make statements.

By the 1970s, and led by designer Katherine Hamnett, the slogan t-shirt was being adapted for more political purposes.

She said: "It seemed as if democracy was slipping through our fingers. The slogan t-shirt was something to give you a voice... something to believe in that you could wear on your chest that could be read from 200 yards away."

In recent years, the visual t-shirt has become as much a reference to being fashionable as it is an indicator towards a political or social movement. From Nike to Hugo Boss, French Connection to Fortnite, the signifier of a brand or product is a nod to our own preferences.

And yet, in these challenging social times, the expectation is of a return to stronger statements around gender, Brexit, diversity and general politics.

Whatever the message, the slogan t-shirt is here to stay.



Photo credit: ASOS.com



BEAUTY

TAME THE

CURLS



Does your curly hair drive you to distraction? Does the mere hint of heat or humidity turn your luscious locks into a frizzy frenzy?

As one of the most precarious months of the year, April can bring sun, rain and wind, all of which can wreak havoc with your curly hair.

Find out how to manage your mane below.

Avoid hair-styling tools

Although you may be tempted to use your trusty straighteners, blow dryers and hot combs even more when the heat and humidity are ruining your usually sleek curls, this is the worst thing you can do. Instead, let your curly hair dry naturally or use a diffuser and invest in a good air-dry styling cream.

Deep condition frequently

When the weather can't make its mind up, now is the time to embrace conditioning treatments, as these will help your hair to stay in optimal condition. If you usually deep condition once a week, change this to every other day when the weather starts to heat up.

Try the pineapple trick

If the heat and humidity tend to attack your curls while you are sleeping, then the pineapple trick is just what you need. All you need to do is loosely gather your curls at the highest point of your head and secure them with a band. This will guard against frizz.

Layer up products

If the forecast is rain, then you need to be prepared by applying the right products for your type of hair before you leave the house. For medium-textured curls, opt for a water-based mousse, or if your hair is fine, an alcohol-based one is better. Once dry, spray your hair liberally with an anti-humidity product.



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Natural MENOPAUSE MANAGEMENT



A NATURAL APPROACH TO MANAGING THE MENOPAUSE

Whether you don't want to take hormone replacement therapy (HRT), you can't for medical reasons or you want to supplement this prescription treatment, there are natural ways that can help you to manage the menopause.

EAT A HEALTHY DIET

Women's bone density reduces during menopause so it is essential that you eat a diet rich in calcium to keep your bones healthy and strong. Reducing your sugar intake and eating low GI foods can help to reduce mood swings, while eating healthy fats can help increase the healthy bacteria in your gut which can diminish after menopause.

REDUCE ALCOHOL INTAKE

Some women find that alcohol exacerbates their symptoms, especially hot flushes. Alcohol can also increase your risk of developing osteoporosis, heart disease and some types of cancer. Plus, it is high in calories, which is not ideal if you are experiencing weight gain as a result of the menopause.

PARTAKE IN REGULAR EXERCISE

Important for both your cardiovascular and bone

health, as well as reducing feelings of stress and anxiety, it is more beneficial to exercise gently and regularly than it is to go all out once in a while. Both yoga and swimming are great options for women undergoing the menopause.

COGNITIVE BEHAVIOURAL THERAPY (CBT)

If you are suffering with low moods and/or anxiety as a result of the menopause, CBT can help you work through these emotions. There is also some evidence that suggests CBT can help to control hot flushes.

TRY HERBS AND SUPPLEMENTS

There are several herbs and supplements that are said to help manage menopause symptoms, including:

- > Black cohosh – to alleviate night sweats and hot flushes
- > Red clover – to slow down bone loss and alleviate hot flushes
- > Dong quai tea – to ease pelvic pain and regulate oestrogen levels
- > Valerian root – to treat joint pain, aid sleep and reduce hot flushes.



LOWER BACK PAIN?

YOU'RE NOT ALONE...



Did you know lower back pain affects around one-third of the population in the U.K and one in 15 will consult their GP about their pain?

Lower back pain has many causes such as bad posture, muscular imbalances, muscular weakness or issues with the discs in the spine being amongst the most common. Research has shown that Pilates can be very beneficial to reduce or even alleviate back pain and we have personally seen the benefits in our own clients!

Here are three gentle exercises to help strengthen your core muscles reduce the feeling of tightness, stiffness and pain

FIRSTLY LET'S LEARN HOW TO SET YOUR CORE MUSCLES...

To activate your Core (deep trunk muscles and supporting muscles) we need to draw the tummy half way to spine, and imagine you are tightening the muscles of your waist. The pelvic floor muscles should drawn up towards the tummy. You should also squeeze the muscles of your bottom. Keep them lightly activated throughout (you should be able to breath comfortably)



IF YOU'D LIKE TO ACCESS THE VIDEOS FOR THE ABOVE EXERCISES PLEASE GO TO WWW.NUYOUPILATES.CO.UK/LOWERBACKPAIN

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(Please note these exercises are for general back pain and may not be suitable for those with disc issues. Please seek advice from a health professional if you are unsure about the suitability of the exercises (above) for you personally).

PELVIC TILTS

Lay on you back with your spine in alignment, head relaxed (you can raise the head slightly using a cushion or Yoga block). Ensure your pelvis is tucked under; just slightly and your lower back is in contact with the floor (this is your neutral position).

Now set your Core. Begin to tilt your pelvis gently backwards so that your pubic bone tips up slightly and your lower Back gently pressed into the floor beneath you. Your bottom will lift slightly (but don't push through the legs to lift). Then return to your neutral position. Try this 8-10 times, rest and repeat if you can.

SHOULDER BRIDGE

The Shoulder Bridge is a progression of the Pelvic Tilts but this time we are going to set the core, tilt the pelvis and squeeze the bottom and begin to peel the spine from the floor (back bone by back bone) using the legs and squeeze in the bottom to push the hips high. Hold and take a breathe, then return the spine to the floor bit by bit (starting from upper Back bones working down to the lowe Back bones) until your bottom is back on the floor.

If this exercise causes any pain or discomfort revert back to Pelvic tilts (above).

SPINE ROTATION

Lastly, lay on your back. Spine in good alignment, feet a little wider than hip width on the floor; arms should be in a T position with her side of you at shoulder height.

Set your Core and allow your knees to move gently over to one side (using your Core muscles and a gentle squeeze in your bottom to help control the movement). Draw your knees back to the centre and repeat to the other side. Keep the movement flowing side to side rather than holding. Try 8 - 10, rest then repeat.

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HOW TO COOK PERFECT ROAST



Does your roast beef always end up dry and overcooked? If so, don't despair. Here's how to cook the perfect roast beef.

WHAT YOU NEED:

- > 1.5kg topside of beef
- > Selection of vegetables such as carrots, garlic cloves, onions, celery, etc
- > Olive oil

HOW TO MAKE:

- > Preheat the oven to 240°C/475°F/gas 9 and take your topside of beef out of the fridge and let it come to room temperature.
- > Chop your chosen vegetables and layer on the bottom of your roasting tray, drizzled in oil.
- > Oil and season the beef, before placing it on top of the vegetables.
- > Place the tray in the oven, then turn the heat down immediately to 200°C/400°F/gas 6 and cook for an hour for medium beef. If you prefer it medium-rare, take it out 5 to 10 minutes earlier. For well done, leave it in for another 10 to 15 minutes.
- > Baste the joint halfway through and add water to the veg as necessary.
- > When cooked, place the joint on a chopping board to rest for 15 minutes.
- > Use the juices and vegetables to make gravy.





FOOD & DRINK



2022 FOOD festivals in the UK

Do you consider yourself a bit of a foodie? Or perhaps you just love to spend a lazy weekend milling around a market and sampling the local cuisine? Either way, you will be pleased to hear that the UK has some of the best food festivals in the world.

PUB IN THE PARK
All over the UK, May 12-September 18
Created by Tom Kerridge, Pub in the Park tours all over the UK and boasts a top line-up of chefs and music artists. Attracting more than 130,000 visitors in 2021, this popular festival celebrates everything there is to love about the British pub, including delicious food, great music and time spent with family and friends. More information can be found at pubintheparkuk.com

BIGFOOT
Buckinghamshire, June 17-19
A relatively new festival on the foodie scene, Bigfoot is the UK's first-ever craft beer music festival. Taking place in the stunning Claydon Estate, the headliners this year are Caribou and Happy Mondays. Tantalise your tastebuds with beers including Gipsy Hill,

Howling Hops and Signature Brew, and soak up all the booze with fabulous food from Patty & Bun and Club Mexicana. More information can be found at bigfootfestival.co.uk

THE BIG FESTIVAL
The Cotswolds, August 26-28
Taking place on Alex James' farm in the Cotswolds over the August bank holiday weekend, The Big Festival brings together some of the UK's biggest music artists and Michelin-starred chefs. Enjoy an exciting array of street food while rocking out to the likes of The Human League, Stereophonics and the Sugababes. More information can be found at thebigfestival.com

MEATOPIA
Tobacco Dock, London, September 2-4
One of the most popular and well-known London food festivals, Meatopia is a legendary event for fire-cooking enthusiasts. Offering a winning combination of amazing food, thirst-quenching beverages, roaring fire-pits and live music, Meatopia describes itself as the ultimate Bacchanalian party. More information can be found at meatopia.co.uk

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OUR Queen

This year, Her Royal Highness, Queen Elizabeth II, will celebrate her Platinum Jubilee, marking 70 years of service on the throne and cementing her as Britain's longest-serving monarch.

After reigning for so long, the Queen has had a wonderful and interesting life. But how much do you know about the Queen? Here are some facts you may not have heard before.

THE QUEEN HAS TWO BIRTHDAYS

I'm sure we'd all love two birthdays, especially if only one adds another year to our age. The Queen has two birthdays: April 21 – the day she was born – and her 'official' birthday, which takes place on the second Saturday in June with a celebration known as Trooping the Colour. This is so that her birthday can be celebrated when the weather is better.

THE QUEEN SUPPORTS ARSENAL

Whoever knew Her Majesty is a Gunner?

THE QUEEN DOESN'T NEED A PASSPORT...

British passports might be issued in her name, but the Queen herself doesn't need a passport. She's never needed a passport to travel, but has visited more than 100 countries.

...OR A DRIVING LICENCE

The Queen is the only person in the UK who doesn't

need a licence to drive. She continues to drive at 95 years old.

THE QUEEN LIVES AT WINDSOR CASTLE

Windsor Castle is one of 26 royal residences and also has the title of being the largest castle in Britain.

THE QUEEN OWNS STRANGE PETS

The Queen is famous for owning corgis, but she also owns an elephant, two giant turtles, a jaguar and some sloths. They were all gifts from overseas and live at London Zoo.

THE QUEEN'S NICKNAME IS 'LILIBET'

Which is the name Prince Harry and Meghan Markle chose for their first daughter – Lilibet Diana Mountbatten-Windsor.

And there you have it. Now you know a bit more about Her Majesty ahead of her Platinum Jubilee.

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WALK-IN SHOWER vs



WET ROOM



Walk-in showers and wet rooms have never been more popular, with families, professional couples and people with mobility issues all taking advantage of their stylish and practical designs.

However, what exactly is the difference between a walk-in shower and a wet room? And which one is right for your home?

WHAT IS A WALK-IN SHOWER?

Walk-in showers typically exist on a shower tray that has been installed directly onto the floor. They are not an extension of a bath and instead have their own cubicle. They are built as low to the main surface of the bathroom as possible so that you can enjoy a seamless transition from one space to the next.

WHAT IS A WET ROOM?

A wet room is a completely waterproof bathroom space that features a shower area that is flush with the rest of the floor. Water drains through a drain that is usually located in the shower section, and the room can include a shower screen to reduce spray in the bathroom.

WHAT ARE THE MAIN DIFFERENCES?

While a wet room is an open-plan space in which the floor has been altered to allow water to drain from it, a walk-in shower features a low-profile shower tray that has either one or two glass screens. Both options provide easy access and style. Often, homeowners opt for a walk-in shower if they do not have the budget for a wet room.

WHY CHOOSE A WALK-IN SHOWER?

- > Ideal for smaller bathrooms or en suites
- > Perfect for people with limited mobility due to the low shower tray
- > Offers a minimalist design
- > More affordable than a wet room
- > Low maintenance

WHY CHOOSE A WET ROOM?

- > Easy access for the elderly and disabled
- > Incredibly luxurious
- > Suitable for small and large bathrooms
- > Easy to clean
- > Can add value to your home.



HOME & DIY



5 USES FOR

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Cheap and versatile, soda crystals can be used for so much more than just softening water or cleaning your washing machine. A powerhouse of a product, soda crystals will fast become your go-to cleaner for many common household tasks.

1. TO UNBLOCK THE SINK – If your plugholes become clogged with food waste, debris and grease, you are likely to experience unpleasant odours and slow-draining water. Rectify this by pouring one cup of soda crystals directly down the plughole, followed by a kettle of boiled water.

2. TO CLEAN YOUR EXTRACTOR FILTER FAN – If your extractor fan is covered in grease, this can be easily remedied with soda crystals. Create a strong solution using one cup of soda crystals and one pint of water, pour into a bowl, and let your filter soak for 10-15 minutes. Scrub any leftover residue using a sponge and then rinse.

3. TO REMOVE ALGAE FROM PATIO OR DECKING – Over the winter, your outdoor patio or decking may have succumbed to algae and moss. To get it looking new again, create a regular solution of soda crystals using ½ cup of crystals and one pint of water and pour over the surface. Leave to sit for an hour, scrub with a firm bristle brush and rinse with a hose.

4. TO RESTORE CARPETS AND RUGS – Soda crystals are the perfect cleaning solution for dull and faded carpets or rugs. All you need to do is sprinkle an even layer of soda crystals over the area and leave for a few minutes. Then apply your normal carpet cleaner to finish.

5. TO SOFTEN TOWELS – Crunchy towels are the worst, but fortunately, this problem can be easily solved by soaking them in a regular solution of soda crystals – mix ½ cup of soda crystals and one pint of warm water. Leave for one hour then rinse.



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Photo credit: Ken McKay/ITV/Shutterstock

OUT OF THE BROOM CUPBOARD... *and onto centre stage*

CELEBRATING THE CAREER OF PHILLIP SCHOFIELD

The title 'first in-vision continuity presenter for Children's BBC' perhaps isn't one he'll want as his epitaph, and yet the role that set Phillip Schofield on the path to becoming one of daytime and primetime TV's true modern icons is perhaps one of his most significant.

It's September 1985 and a 23-year-old Schofield has just returned to the UK after four years in New Zealand. Having already worked at the BBC as a bookings clerk and teaboy when he was a teenager, the charismatic, charming, chipper broadcaster was thrust into the not-so-glamorous surrounds of *The Broom Cupboard*, on Children's BBC.

Sitting at a cramped, squalid, cluttered desk, he was accompanied by Gordon the Gopher, and was a kids' TV first as the dull lead-in screens between programmes were replaced by a chatty, sociable presenter who offered personality and no small amount of humour.

The formula was an instant hit and set Schofield on the way to broadcasting brilliance. *Going Live!*, in which he appeared opposite Sarah Greene, came along two years later.

Adult programming followed – from four years hosting the *Smash Hits Poll Winners Party* to *Talking Telephone Numbers* and *Test the Nation*, Schofield's versatility bridged genres of entertainment as effortlessly as it did the range of demographics who would marvel at his calm and charisma.

No better has that been seen than when in full flow with sidekick Holly Willoughby on ITV's leading daytime show, *This Morning*. When the duo first worked together back in 2009, few would have expected such natural chemistry to emerge. From endless innuendos to heartfelt and touching interviews and reports on all manner of issues, the pair have been at the epicentre of *This Morning*'s steely grip on the National Television Award for Best Daytime/Live Show, which it has won every year under their stewardship.

Of course, for someone who has been in front of the camera for so long, controversies will ultimately come along – from an ill-conceived set-up of then-Prime Minister David Cameron live on air, to a more light-hearted revelation from Schofield that he had been dyeing his hair since the age of 16 to ward off grey, something he now embraces.

Then, in February 2020, the personal revelation that the married father-of-two was coming out as gay proved a sensational storyline. In true *This Morning* style, the presenter and Willoughby conducted what amounted to an open counselling session – his heartfelt admission only serving to endear us to him further.

Away from the show, Schofield, who turns 60 this month, continues to pick the prime slots in ITV's entertainment programming, with quiz and challenge shows such as *Dancing on Ice*, *All Star Mr & Mrs*, *5 Gold Rings* and *The Cube*. There has also been a raft of factual programming, including coverage of royal events – The Queen's Diamond Jubilee, the weddings of Princes William and Harry, and a tribute to Prince Philip.

And in February, daytime doyenne Lorraine Kelly dedicated her show to Schofield's 40 years in the business.

In a rapidly changing television industry where personalities come and go, Phillip Schofield has proved himself a man for every occasion. He is someone who can put an arm round a guest one day and laugh at his own failings the next, as well as being arguably the greatest thing to ever emerge from a broom cupboard.



LOCAL NEWS

from your neighbourhood

Hockey team crowned East Regional Winners 2022



Hertford Hockey Club's U12 Girls Lionsesses (pictured) were crowned East Regional Winners 2022 after an undefeated season.

This year, the team have won all their matches except two, which they drew, and have scored 187 goals in total.

At the East of England Finals at Pelicans Hockey Club in King's Lynn last month, the girls won 5-0 over Harleston Magpies, 4-0 over Essex Blue Hornets and 3-1 over Cambridge City Juniors, as well as drawing 0-0 against Bury St Edmunds.

In the semi-final, they drew 1-1 with Cambridge City and won on flicks. In an all-Hertfordshire final, they won 3-0 against St Albans, with two goals from Ruby Millburn and one from Florrie Pidduck.

The team consisted of Emily Perkins, Scarlett Blakeney-Edwards, Cara Nolan, Olivia Holme, Florrie Pidduck, Ruby Millburn, Harrie Shipton, Sienna Goodfellow and Nancy French.

MP urges museums to bid for share of new funding

Julie Marson, MP for Hertford and Stortford, is urging museums across her constituency to bid for a share of £4million in new funding to improve their displays and collections.

The Wolfson Foundation and the Department for Digital, Culture, Media and Sport are contributing extra funding for the Museums and Galleries Improvement Fund to mark 20 years of the two organisations supporting arts and cultural organisations.

Mrs Marson MP said: "Money from this fund could make a big difference to our museums and attractions

and, importantly, much of it is given to the regions and not London.

"Work it could help with includes the refurbishment of collections. Previously, it has also been used to support museums to stay open longer so more people can enjoy their local cultural assets.

"I hope our museums across the constituency look to apply for this money. It could make a difference and help with the recovery from the pandemic."

To find out more, visit www.gov.uk/guidance/dcmswolfson-museums-and-galleries-improvement-fund-2022-24

Candlelit vigil held in solidarity with Ukraine

Hundreds gathered in Hertford's Parliament Square last month for a candlelit vigil to pray for the families of Ukraine.

Hertford resident, Lindsey Davies, set up the vigil to show local support for the Ukrainian people and the "dire situation they find themselves forced into".

Attendees were advised to bring a torch or a candle.

Lindsey said: "One of my best friends is from Crimea and still has all her family out there and in Kyiv. They are sleeping in the underground and cellars as they are being bombed. The footage her family is sending back to her in the UK is shocking."

Councillor Rosemary Bolton, chairman of East Herts District Council's Human Resources Committee, said: "Thank you to Lindsey Davies for organising the event and all the speakers.

"It was wonderful to see such a huge turnout by residents of Hertford and surrounding towns and villages in support of Ukraine. It was very emotional."



Photo credit: Cllr Jan Goodeve Facebook



Schoolboy wins BBC Sounds Young Audio Award

A Hertford schoolboy has won the Rising Talent category at the BBC Sounds Young Audio Awards.

The Young Audio Awards are for children aged eight to 18 who have a passion for making audio, with categories including School Radio Station of the Year, Best Podcast and Best in Music.

Jack Andrews (pictured right), aged eight, applied to three categories in the awards, submitting a personal statement about why he loves audio and a 10-minute compilation of the best bits from his *Jack to the Future* podcast.

Jack started his podcast in March 2021 during lockdown and interviews different guests for each episode about a different theme. The topics discussed so far include recycling, robotics, mental health, fast food and theatre, among many others.

Jack is now celebrating after winning the BBC Sounds Rising Talent 8 to 11 year old category in the Young Audio Awards.

He said: "Before the award ceremony, I was nervous and the suspense was building up. When I heard my podcast name announced as the winner, it felt like a dream, and I was speechless.

"When I went into school the next day, everyone was talking to me about the result; it feels real now and I feel really, really happy and excitable, like I've never felt before. It's such a unique feeling. I'm so grateful and looking forward to finding out what my prize will be."

Jack is having a one-month break from his podcast but will return at the end of this month with a new season, titled *STEM to the Future*.

The season will feature several interviews with engineers who are science, technology, maths and engineering (STEM) ambassadors at The Institution of Engineering and Technology, and subjects will range from the future of computing to alternative energy sources.

For more information about Jack's work, please visit linktr.ee/Jtothefuture





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LOCAL NEWS



Theatre's milestone as contract handed over

Plans to transform Hertford Theatre into a thriving hub for arts and culture have reached a significant milestone.

East Herts District Council (EHDC) announced last month that the contract for the theatre's £24million development has been granted to the Hertfordshire-based, award-winning contractor, GPF Lewis.

Eric Buckmaster (pictured centre), executive member for wellbeing at EHDC, said: "This project is so important, not just for Hertford and its residents, but for the wider communities too. I am delighted to announce that Hertfordshire-based GPF Lewis is the contractor we have chosen to help us move it forward.

"The appointment of this reputable contractor not only means that we can begin construction, but it also signifies the turning point in this project when we

can start to look forward to the reopening of Hertford Theatre towards the end of next year."

Commenting on behalf of GPF Lewis, director David Morford (pictured right) said: "As a locally based contractor, we are certain that this will be a flagship project not only for GPF Lewis, but also for EHDC, the designers and the people of Hertford. Together with our client's team, we look forward to successfully delivering a beautiful new landmark facility."

Director of Hertford Theatre and arts advisor to EHDC, Rhys Thomas said: "This scheme is a game-changer. We are excited to bring the very best first-release films, theatre productions and community activities to our audiences in Hertford and beyond."

Construction will start in May, with an expected completion date at the end of 2023.

Outdoor market returns with multicultural food

The popular outdoor market, Street Food Heroes, has made an exciting return to Hertford.

Salisbury Square in the town centre will host seven of the region's best street food stalls on the last Thursday of each month until September.

From Caribbean jerk to Mediterranean paella, the market features food from across the globe, including vegan and vegetarian options.

Funded by the Hertfordshire Health Protection Board and supported by Hertfordshire Better Business for All, the event will promote trading safely and aims to help encourage footfall into the town centre as businesses recover from the impact of the pandemic.

The stalls will be open from 4pm and close at around 8pm.



Photo credit: East Herts Council



Photo credit: Steve Eason Photography

Council searches for chosen charity for festival

Hertford Town Council (HTC) is encouraging local charities and community organisations to apply to be a beneficiary of one of the town's popular events.

The Rock at the Castle music festival, which this year takes place on August 7 in the grounds of Hertford Castle, has raised more than £50,000 for local charities over the years.

Applicants will need to be a local/national registered charity or similarly constituted body with a strong presence in Hertford, be able to demonstrate that its work and initiatives are of benefit to Hertford, have the creativity and enthusiasm to maintain fundraising, and

be able to provide a sufficient number of volunteers to assist at the event itself and collect donations.

Rock at the Castle last took place in 2019, when the beneficiary was Age UK Hertfordshire. Its dedicated volunteers raised £3,035 at the event.

The deadline for applications to become the nominated charity is May 1, and HTC's Development and Leisure Committee will make a decision on which organisation will be the beneficiary of the event at its meeting in June.

To obtain an application form, visit www.hertford.gov.uk/events-listings/rock-at-the-castle-1

Petition issued for speed camera on busy road

Hertford residents are calling for a new speed camera on a busy road in the town.

Emma Taylor launched the petition, which has nearly 800 signatures, to install a speed camera on London Road, as it is a walking route to local schools.

Emma said: "Many of us feel in danger, walking with our backs to speeding traffic, and this is not helped by the removal of metal railings."

A spokesperson for Hertfordshire Police said: "Tackling speeding along the A414 London Road was set as a neighbourhood priority for the local Safer Neighbourhood Team in January, after concerns were raised by members of the public.

"Regular operations have been carried out to deter drivers from speeding in the area. Traffic Offence



Photo credit: East Herts Police Twitter

Reports have been issued to several drivers and words of advice have also been given."

Hertford Town Council has been contacted for comment.

To view or sign the petition, visit bit.ly/36zsf4z





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PETS

Reaching for REPTILES

THE REPTILES THAT MAKE GREAT PETS...
AND THOSE THAT DON'T



The lure of sharing time and space with reptiles links us
back to a rugged and prehistoric past – after all, these
creatures date right the way back to when dinosaurs were
roaming the planet.

An acquired taste, certainly, reptiles can be great pets, are
largely self-sufficient, and act as a constant source of wonder for
kids and adults alike.

Bearded dragons

A dragon by name, but in truth more of a lizard, this gentle
creature isn't the most sociable of its kind, but enjoys
being handled nonetheless. They have a varied diet,
including vegetables, crickets and worms, and can live for
more than a decade.



Leopard geckos

Leopard geckos can live twice as long as the bearded dragon and are
nocturnal, so will stress if not allowed time to relax in
dark spaces. You'll need to ensure they have cover
in their terrarium, and keeping two males together is
a strict no-no as they are known to fight.



Box turtles

Box turtles may look cute, but they are a lifelong
commitment and can live for more than 40 years.
This pet is not suitable for kids – despite their
sluggish demeanour, the turtle has complex care
requirements, can suffer from anxiety, and requires
cleaning out each week.



Chameleons

We know chameleons are ever-changing, ever-evolving
creatures, and that extends right the way through
to liking different temperatures at different times
of the day, so as maintenance goes, they require
more than most.

Factor in a need for good ventilation and natural
sunlight, and a preference for living in trees, and it all
points to this being a tricky reptile to maintain unless
you can ensure plenty of foliage and a clean, non-toxic
surrounding.

Create your own OUTDOOR KITCHEN

The COVID-19 pandemic meant that many of us turned our attention to our gardens to create the perfect outdoor living space.

Great for entertaining, hosting in the garden has become the ideal way to entertain family and friends.

Creating an outdoor kitchen gives you a stylish space to cook outside so you can make the most of the warmer weather with your family and friends.

Learn how to create an outdoor kitchen on any budget, ready for summer entertaining.

MEASURE YOUR SPACE: You can design an outdoor kitchen to suit all kinds of spaces. Measure your designated area to establish what you have to work with. A basic kitchen will need space for an appliance, like a barbecue, and some workspace. The larger your space, the more you'll be able to add.

FIND THE RIGHT APPLIANCES: Find cooking appliances that will suit your budget. Pizza ovens are bang on trend and can be used for all cooking. However, if that doesn't take your fancy, barbecues and grills are available in different sizes according to your needs. Some people even add fridges and microwaves to their outdoor spaces.

GET YOUR CONNECTIONS IN PLACE: You may need to bring in professionals to provide electricity, lighting and plumbing to your space. Keep everything secured away for safety and to make sure the space looks neat and organised.

BUILD A SHELTER TO COVER ALL WEATHER: A shelter is a must if you're dealing with electrical equipment, but it will also help you make the most of your space. Having shelter will let you use your outdoor kitchen in any weather, for year-round entertainment.

MAKE SURE YOU'VE GOT ENOUGH STORAGE: Storage is a must for your outdoor kitchen. Shelving, trolleys and cupboards can keep your utensils, tableware and other supplies safe and clean, ready for when you need them.

An outdoor kitchen is a must if you like entertaining at home. Start now to get yours ready in time for summer.



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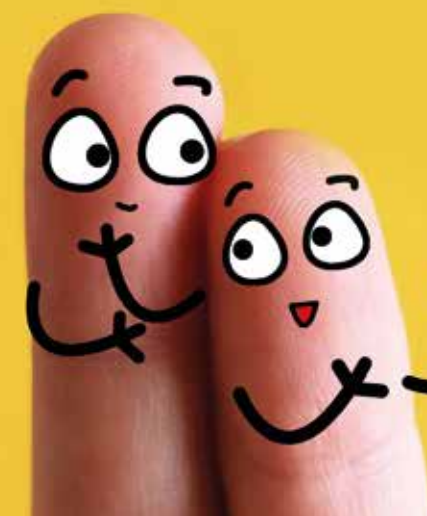


BUSINESS & PROPERTY



BRUCEKING

on why people buy



What shall we buy?

In his final column, sales mentor and personal growth coach, Bruce King, discusses why people buy and how to stop yourself buying things you don't need.

We all buy for emotional, not logical, reasons, although we'll create logical reasons to justify our decisions.

For example, did you buy or were you sold a new pair of shoes when you had plenty already and your favourite pair just needed a good polish? You bought a new pair because you love new shoes and they make you feel good, or the salesperson said you looked great in them.

Maybe you justified your decision with logic on the basis that if someone saw your expensive new shoes, you would create a better impression.

Ever bought a new car when there was nothing wrong with your current model, but the look, feel and smell of a new car makes you feel wonderful, and the salesperson said you looked so impressive in the driving seat?

Perhaps you justified your decision on the basis

that a new, more expensive car would impress your customers and make them more likely to do business with you.

Why do we do this? The answer lies in how the brain works – it has an emotional part and a logical part. All decisions we make start in the emotional part – that's how our brains work.

If the emotion is strong enough, we'll usually ignore the logical part. Love and want are both strong emotional reasons for buying something.

To stop ourselves being sold to, switch on the logical part by asking a question – something as simple as, 'Do I really need this new car or these new shoes?' your brain will probably respond with a resounding 'NO!' and save you a lot of money.

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

Guide to the best hot springs in the world

While many of us enjoy a soak in a hot tub during a getaway, there's nothing better than the natural version – a hot spring. This is a naturally occurring phenomenon where water is heated from the Earth's crust. Some of the world's most popular travel destinations are home to some incredible hot springs, and are a must to experience during your visit. Check out our guide to the best hot springs in the world.

blue Lagoon geothermal spa, iceland: One of the most famous hot springs in the world, more than 4,000 people visit Blue Lagoon every day. The beautiful blue water, alongside the idyllic mountain scenery, provides the perfect spot for relaxation. With 38°C temperatures and an on-site spa, a visit to Iceland isn't complete without a visit to Blue Lagoon.

pamukkale thermal pools, turkey: Pamukkale Natural Park is a UNESCO World Heritage Site and home to a dozen thermal springs. It's a picture-perfect setting with beautiful blue water set against white limestone – ideal for relaxing in the Turkish sun. The Egyptian Queen Cleopatra is known to have visited the Pamukkale pools.

banjar hot springs, bali: The Banjar Hot Springs provide a stunning setting across two levels and offer complete relaxation. There is even a family pool, providing something for everyone in this wonderful part of Indonesia.

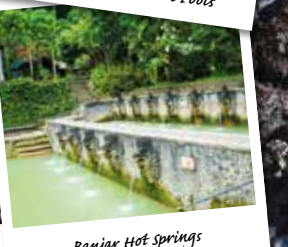
kerosene creek, new zealand: New Zealand provides so many amazing experiences, and Kerosene Creek doesn't disappoint. Set deep within the Rotorua forest, spending time relaxing in this striking hot spring is an experience you won't forget.

cascate del mulino, italy: One of Tuscany's most popular spots, the Cascade del Mulino is open 24 hours a day, allowing guests to experience its beauty at all times of the day and night. The limestone pools are magnificent, and it's a great place to unwind after a day exploring the sights of Tuscany.

With incredible hot springs located all over the world, will you visit one on your next adventure?



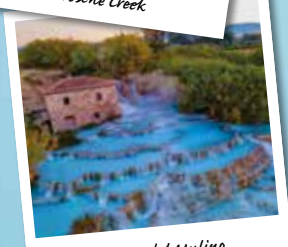
Pamukkale Thermal Pools



Banjar Hot Springs



Kerosene Creek



Cascade del Mulino

Photo credit: Unsplash/under Creative Commons/alf-stielden

LEARN how to say NO

STRUGGLING TO UTTER THAT TWO-LETTER WORD TO YOUR BELOVED YOUNGSTER? HERE'S HOW TO MASTER IT AND WHY YOU NEED TO TAKE BACK CONTROL

Constructive, confident and considered parenting means not always bending to your child's wants and desires. Sometimes the simple action of saying 'no' can seem obstructive and unkind, but when coaching our kids, the logic and reasoning behind our decision is vital.

Turning down some of our youngsters' requests is a key part of their development, but only if done in the right way.

ONE:

WHAT'S IN A WORD?

An obstructive 'no' is rarely going to garner a positive response. As well as being blunt, it leaves a child with little explanation as to the decision reached. Instead, parents are reminded of the benefits of using positive and negative wording. So instead of saying "Stop hitting", say "Keep your hands to yourself". Or replace "No, you can't have that" for "Why don't we look at these?".

TWO:

THE EXPLAIN GAME

No, if accompanied by an explanation that uses

emotion, empathy, consequences and alternatives will steer your child into a place where they not only go along with the response, but also agree with the sentiments behind it.

THREE:

WHAT WE HEAR

Furthermore, as humans listening to a sentence, we listen to some of the first part, all of the last part and very little of the middle. Consider this when outlining something to your child that they perhaps don't want to hear.

FOUR:

ACTION STATIONS

Accompanying rejection with a hug, or holding a hand, will soften the action and reduce the sense of loss a child may feel.

FIVE:

BALANCE

Finally, perhaps the true art of saying 'no' is to ensure you practise saying 'yes' as well. Children will be more understanding of the things they don't have if they know there are many other things that they have received, or will over time.



MOTORING



MAGNIFICENT MOTORS

THE MODIFICATIONS BEING MADE AHEAD OF THE 2022 FORMULA 1 CHAMPIONSHIP

The evolving entity that is Formula 1 is undergoing perhaps its most rapid change ever in 2022, with a blueprint for the future (and the new season which began in Bahrain on March 20) based on two principles – greener and more competitive racing.

On the eco side, the fact that the world's exemplars of motoring excess have signed up to increasing bio-components within the fuel system is impressive. The new season has seen this increase from 5.75 per cent of fuel load to 10 per cent, via the new E10 fuel. The E stands for ethanol, which has a near-zero carbon footprint, and sets a precedent for even cleaner fuel in the future. F1 experts are already working hard to formulate a fully sustainable product in the near future.

Combining this eco drive with more competitive, exciting racing – the like of which we saw at the conclusion of the 2021 championship when Lewis Hamilton had an eighth world title snatched from his

grasp – is a win/win for F1. To aid this, the new cars set to be launched are rounder, slicker and more stunning to look at.

Included in their structure are moves to make them more equipped for closer racing (with the removal of excessive downforce), notably through over-wheel winglets and wheel covers. They also have 18-inch low-profile tyres, reducing overheating when they slide, plus entirely new front wings and noses so as to generate consistent downforce when close to a car in front.

Finally, rolled tips on the rear wing will allow clean air for chasing cars to drive through.

Further good news for F1 fans is that the existing power units – the 1.6l turbo-hybrid – remain. These are the most advanced engines on the planet, and are designed so that the unit will separate from the chassis without exposing the fuel tank. This also makes it the safest racing car ever made.

All we need now are the drivers...

Photo credit: Alessio De Marco/Shutterstock.com

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THE GREAT *Dame*

Each month, we look at one of the most significant events in British sporting history. This month, it's Dame Kelly Holmes DBE and her double Olympic gold

It's possible to strive for so long for something that you imagine it may never arrive, and that's certainly true in the case of Dame Kelly Holmes DBE.

An athlete who turned professional in 1993, she initially enjoyed a number of successes, including winning the 1,500m title at the Commonwealth Games in 1994.

Injuries – notably stress fractures – marred the years that followed, and while interspersing her time on the sidelines with silver and bronze medals, Holmes believed she may never return to gold medal contention.

"It was always silvers and bronzes," she says. "I was proud to be picking up World Championship medals, and of course my first Olympic medal – the 800m bronze in Sydney in 2000 – was wonderful. But I was never close enough to think I could move myself up."

At the Athens Olympics in 2004, Holmes, by then 34, was in the heyday of her career. Her form

going into the 800m and 1,500m events had been good – she'd scored her first major gold in five years at the Commonwealth Games in 2002, with three silvers the following year.

And, sure enough, everything clicked in Athens. For once injury-free, she powered past rival Maria de Lurdes Mutola on the final bend in the 800m to take a gold medal in a victory celebrated up and down the country. She had only decided to enter the race five days previously.

Her specialist event, the 1,500m, proved another dream race. She ran from the back of the field, advanced, and this time held off World Champion Tatyana Tomashova of Russia on the home straight, setting a new British record in the process.

Holmes had become only the third woman in Olympic history to do 'the double', and, to prove it was no fluke, won gold at the IAAF World Athletics Final later in the year, before hanging up her spikes.

A true people's champion, Dame Kelly now undertakes fantastic work as an athletics and mental health ambassador.

Photo credit: sipa/Shutterstock

TITANIC'S WATERY

Grave Remains

SOME 110 YEARS ON FROM THE SINKING OF THE MOST FAMOUS SHIP IN HISTORY, TITANIC'S WATERY REMAINS ARE STILL VIRTUALLY UNTOUCHED

April 15, 1912, will be a date forever etched in the annals of maritime disaster as, at 2.20am, the RMS Titanic sank into the icy depths on its maiden voyage from Southampton to New York.

It is a ship made famous by its demise, and as another anniversary passes, the sinking of this 'unsinkable' vessel continues to fascinate, terrify and, dare we say it, even entertain the world in every bit the same way as it always has.

This year marks the 110th anniversary since the ship sank to the bottom of the North Atlantic, taking 1,517 poor souls with it.

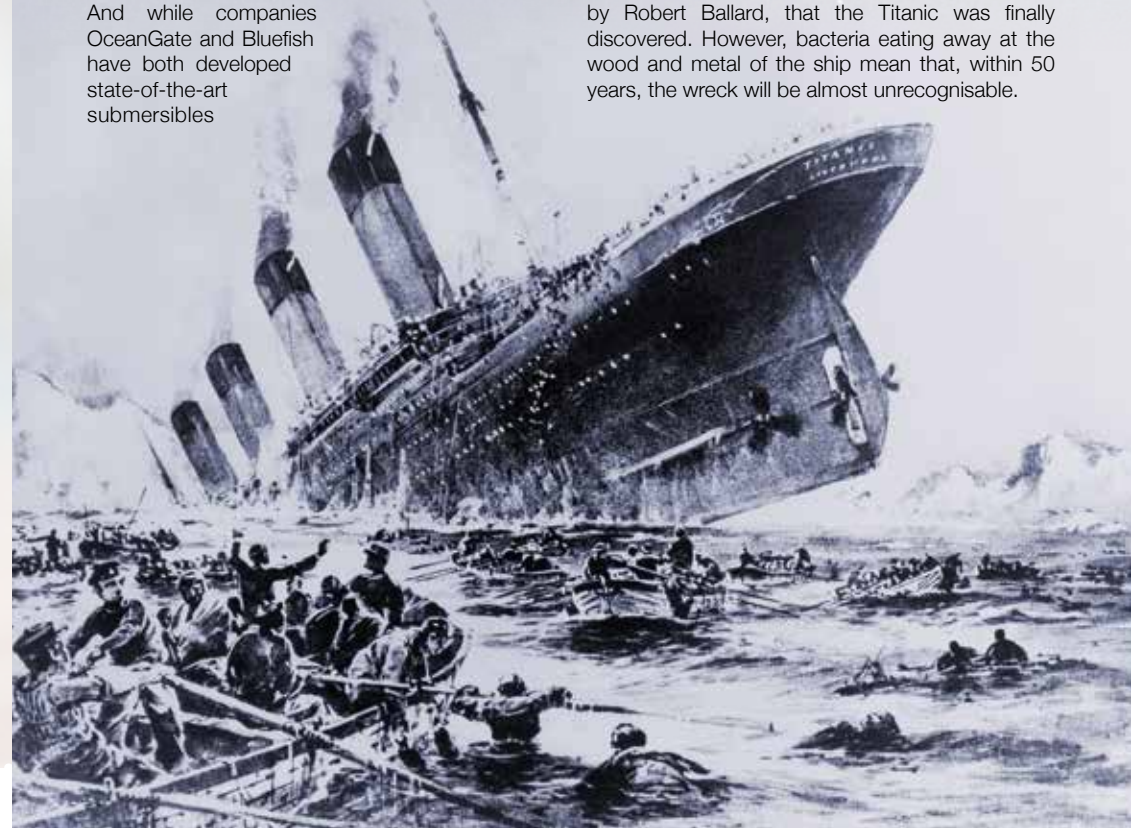
The ship remains 13,000ft beneath the surface, as any attempt to retrieve it would see it break up, while diving to the wreck can only be performed by registered scientists.

And while companies OceanGate and Bluefish have both developed state-of-the-art submersibles

that can take explorers on the 90-minute descent, the price tag of £100,000 per person means this is one disaster best viewed through the eyes of documentary-makers and film directors.

The Titanic sank when it struck an iceberg. Spotted at the last minute, First Officer William Murdoch attempted to turn the ship to avoid it – experts believe if it had hit the iceberg head on, it probably would have survived. Instead, while it could reportedly stay afloat with as many as four of its 16 compartments filled with water, five were breached, with the dipping of the bow causing water from the ruptured spaces to spill over into forward compartments.

It wasn't until 1985, during an expedition led by Robert Ballard, that the Titanic was finally discovered. However, bacteria eating away at the wood and metal of the ship mean that, within 50 years, the wreck will be almost unrecognisable.





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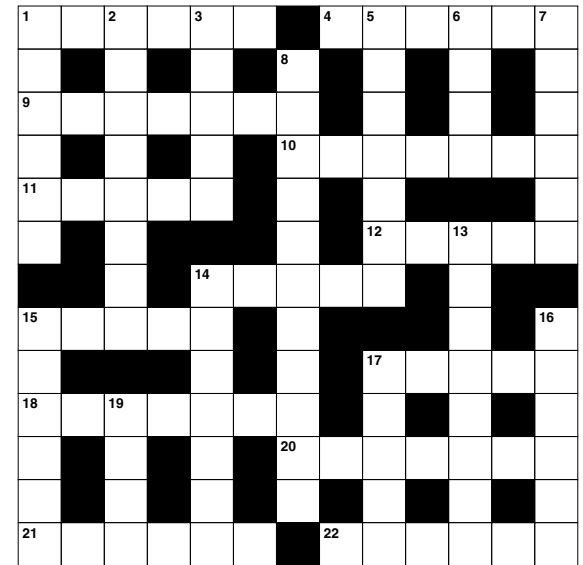
Answers: see end of The VISION Listings

ACROSS

1. Creative act (6)
4. Pertaining to vinegar (6)
9. Nerve impulses (7)
10. Not solid or liquid (7)
11. Send money in payment (5)
12. Country in North East Africa (5)
14. Loathe (5)
15. Sense of seeing (5)
17. Wrong (5)
18. Light shoes (7)
20. Prior (7)
21. Enjoy greatly (6)
22. Large eel (6)

DOWN

1. Wish for (6)
2. Propelling the body through water (8)
3. Haggard (5)
5. Small mat (7)
6. A group of three (4)
7. Form-fitting garment (6)
8. Sea beacons (11)
13. Giving way under pressure (8)



14. Reaches (7)
15. Female sibling (6)
16. Listener (6)
17. Refrain from (5)
19. Invalid (4)

DID YOU KNOW?

- ▶ The heart of the average blue whale is approximately the size of a car
- ▶ The Chrysopelea snake can leap from trees and 'fly' distances of around 300 feet
- ▶ Dogs can sense human emotion, knowing when people are feeling sad, happy or something else
- ▶ The platypus is one of the few living mammals to produce venom
- ▶ Some spider species try to eat their partners after mating
- ▶ The unicorn is the national animal of Scotland
- ▶ Every tiger and zebra has a unique stripe pattern
- ▶ A flamingo's head has to be upside down when it eats

SUDOKU

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

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