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Editor's notes...

JUNE 2022



Brett Shoet, Editor

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

I finally managed to get away on holiday recently and had a wonderful time in the Italian sun. We chose a less popular destination and found it made for a much more authentic experience, proving that sometimes it's good to veer off the beaten track and walk the roads less travelled.

I'd like to take this opportunity to once again encourage our readers to support local businesses. Before making your next purchase, consider if you could buy it from a small business rather than a multinational corporation.

I know local business owners would highly appreciate it, and you can rest safe in the knowledge that your money is making a positive difference in your community.

As well as distributing magazines to thousands of homes and businesses, **VISION** is available at various pick-up points throughout the local area. If any companies would like to be considered as a pick-up point, please don't hesitate to get in touch.

Lastly, I hope everyone enjoyed the celebrations for the Queen's Platinum Jubilee. It is truly a momentous occasion, as the Queen is the first British monarch ever to have reached this impressive milestone. It offered a fantastic opportunity for families, friends and neighbours to get together. After all we've been through over the last two years, we certainly deserved it.

Brett Shoet

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SPECULATE TO ACCUMULATE

FROM FLAMETHROWERS TO SPACE ADVENTURE TO TWITTER, ELON MUSK CONTINUES TO REWRITE THE RULE BOOK

He is a tech entrepreneur, an eco exemplar and an ambassador for how we might, as people, forge a future that combines function with fun. Despite all his innovation – with Tesla and SpaceX particularly, but also across other projects – Elon's is a name to which we have really only become accustomed in the last decade or so.

Tesla, the brand, was incorporated in 2003, yet even after seven years only 5,000 of its vehicles were on the road. The total is now 200 times that, with the two-millionth car set to roll out of the factory this summer.

While Musk – who dropped out of Stanford University after just two days – is most renowned for the electric car revolution that promises to define us as motorists across the next generation, his exploration of space through SpaceX, the space vehicle, rocket and communications business, is just as big an achievement.

However, in April, as if yielding the power over the way we explore the world geographically wasn't enough, Musk made perhaps his biggest move yet, reinforcing his icy grip on the digital world with a buyout of Twitter that now sees the 50 year old as an overarching power of social media. Not only is he putting his and investors' money – some \$44billion – behind the acquisition, he also intends to run it himself, which spells trouble for the current incumbents who have frequently been criticised for sidelining those whose political and social values don't fit.

His move to take over the controversial platform is a shot in the arm for free speech, in an era where the entrepreneur admits he has become tired of cancel culture.

While Twitter is arguably his biggest project yet, the South Africa-born entrepreneur has sought out countless other initiatives – from creating and selling his own computer game at age 12, to launching SolarCity, which grew to become the second-biggest provider of solar power systems in the US. Then there was Neuralink, his move into integrating the human brain with artificial intelligence; plus The Boring Company, which digs tunnel systems, and through which he manufactured and sold 2,000 novelty flamethrowers, as inspired by Mel Brooks in the 1987 movie *Spaceballs*. He has even released music in the rap and dance genres.

The fact that Musk is rapidly ascending to a personal fortune topping \$300billion is by virtue of an intense entrepreneurial mind that spreads opportunity and investment across a range of projects.

His commitment to Tesla and SpaceX only came about because he'd sold previous start-up Zip2 to HP, and merged his X.com business with PayPal (which led to a payout of \$180million when the money operator was bought by eBay).

As a phrase, 'speculate to accumulate' has never seemed more apt than when applied to the journey taken by Elon Musk, and those supposing his dynamic sideways step into social media is the last piece of the jigsaw would probably do well to think again.

HAVE YOU BEEN

SP KED?

1



HOW TO RECOGNISE IF YOUR DRINK HAS BEEN SPIKED AND HOW TO PREVENT IT FROM HAPPENING

When you go out, can you honestly say that you watch your drink at all times? Spiking is currently at high levels in the UK and can happen to anyone.

Find out how to recognise the signs of spiking and what to do if you think your drink has been spiked below.

WHAT ARE THE MOST COMMONLY USED ILLEGAL DRUGS TO SPIKE DRINKS?
The most common illegal drugs used to spike drinks are GHB, ketamine and benzodiazepines such as valium and rohypnol.

HOW TO RECOGNISE IF A DRINK HAS BEEN SPIKED

1. It has a foggy appearance
2. It has excessive bubbles
3. The ice sinks to the bottom
4. A change in colour

It is important to know that some of the most regularly used drugs to spike drinks do not produce a smell or taste, meaning it can be difficult to know if your drink has been spiked until it is too late.

THE MOST COMMON SYMPTOMS OF SOMEONE WHO HAS HAD THEIR DRINK SPIKED ARE...

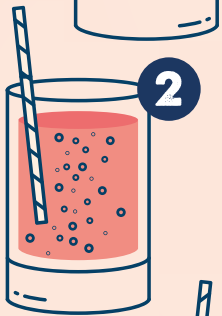
Dizziness | Difficulty walking | Confusion the next day | Nausea or vomiting | Hallucinations | Tiredness | Blurred vision | Paranoia | Amnesia

WHAT TO DO IF YOU THINK YOU'VE BEEN SPIKED

If you think your drink has been spiked, stop drinking it. Tell someone you trust as soon as possible as spiking substances can take effect very quickly. Be wary of asking strangers for help and instead, if you are alone, seek out security or venue staff. If you need urgent help, call 999 and tell them you think you may have been drugged.

HOW TO PREVENT YOUR DRINK BEING SPIKED

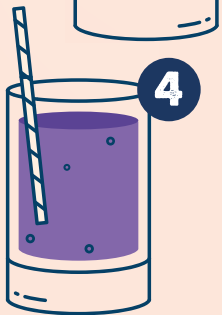
- > Do not leave your drink unattended
- > Invest in anti-spiking lids from StopTopps, available from stoptopps.com
- > Do not accept drinks from strangers
- > Be vigilant of changes to your drink
- > Don't drink anyone else's drink.



2



3



4

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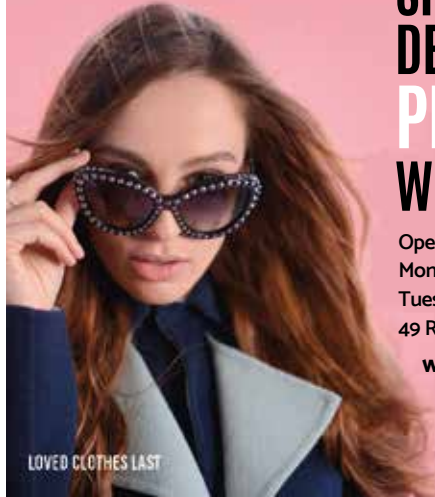
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FASHION

BRA 101: style guide



Balconette



Plunge



Full cup



T-shirt



Strapless



Sports

Did you know that the average woman owns between nine and 12 bras? However, the majority purchase the same type of bra time and time again.

If this sounds familiar, maybe it's time to branch out and try a different style?

Balconette bra

A popular shape that provides a rounded look and great support, this type of bra offers less coverage than a full cup style. With wider straps, a balconette bra is not the best choice for women with narrow shoulders. However, it is perfect for any occasion where you want to achieve great cleavage.

Plunge bra

Offering less coverage but plenty of support, a plunge bra is best worn with low-cut outfits. A good choice for women with a fuller chest who are looking for a comfy yet sexy bra.

Full cup bra

As the name suggests, a full cup bra provides all-over coverage and support. The straps tend to be closer-set, making them ideal for women who have narrow shoulders.

T-shirt bra

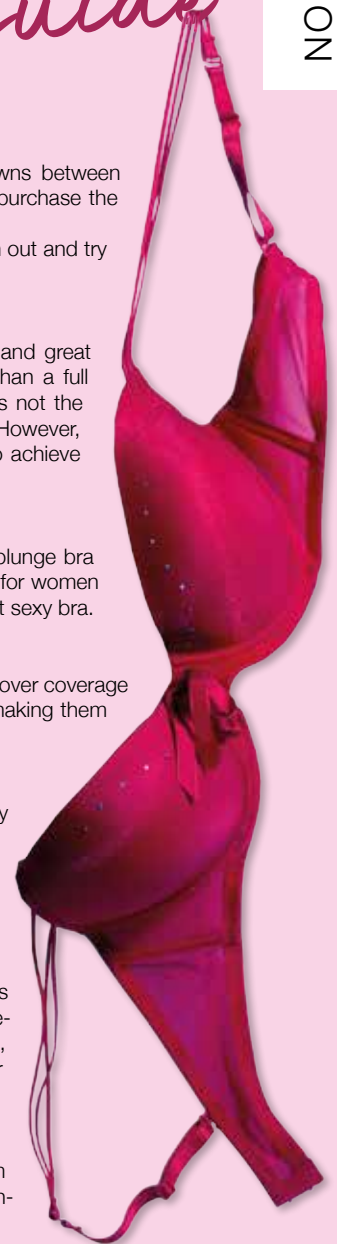
Available with padded or non-padded cups, every woman should own at least one t-shirt bra. Offering a seamlessly smooth silhouette, this style of bra is designed to be worn under tight-fitting tops but can be worn with almost anything.

Strapless bra

Having come a long way in their design, strapless bras are now a feasible option for small- and large-chested women alike. Created to prevent slipping, strapless bras give you the freedom to wear whatever you want without any straps on show.

Sports bra

Providing maximum hold and minimum movement, sports bras are usually made of non-stretch fabric designed to beat the bounce.





BEAUTY



5 NATURAL ALTERNATIVES TO deodorant

If you are looking for a more natural way to banish body odour, then we can help you. Check out these five deodorant alternatives that are completely chemical-free and promise to keep you feeling and smelling fresh for longer.

Witch hazel
Not just great at soothing sunburn and stopping spots, witch hazel is also a natural astringent and an anti-inflammatory, meaning it can soak up excess moisture and kill unwanted bacteria. Plus, it gets rid of odour fast.
Simply place a dab of witch hazel onto a cotton cloth and rub it on your underarm area. Reapply as and when needed.

Baking soda
Baking soda makes a great natural personal hygiene product and can be highly effective in banishing underarm smells. Mix 1/8 tsp with a little water and rub under your arms. Or to combat perspiration, mix one part baking soda with six parts cornflour and dust the affected area. Avoid if you have sensitive skin.

Lemon juice
Lemon juice contains citric acid, which has the ability to naturally get rid of odour-causing bacteria. All you need to do is squeeze 1 tsp of lemon juice onto a cotton ball and apply to your underarms. Do not do this directly after shaving.

Apple cider vinegar
This clever ingredient is antibacterial and is able to both absorb and neutralise unpleasant odours. Simply mix 1 tbsps with 1 tbsps of water and apply under your arms using a clean cloth.

Coconut oil
Coconut oil is antiviral and antibacterial, so is the perfect ingredient for eliminating odours caused by bacteria. Take 1/4 tsp of coconut oil and rub it directly under your arms using a cotton cloth. Allow to dry completely before dressing as it can stain clothes.



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HEALTH & FITNESS

5 DISTURBING FACTS ABOUT *drowning*

To raise awareness of Drowning Prevention Week, which takes place between June 18 and 25 this year, we have collated five disturbing facts about drowning that you should be aware of.

1. YOU CAN DROWN IN AS LITTLE AS 30ML OF LIQUID

Although most people associate drowning with large bodies of water such as swimming pools and the sea, you can drown in as little as 30ml of liquid. There are reported cases of people, particularly children, drowning in buckets, toilets and even puddles.

2. PEOPLE WHO ARE DROWNING WON'T SHOUT AND WAVE THEIR ARMS

When people are drowning in films, they tend to be shouting for help and waving their arms in the air to attract attention. Sadly, when someone is drowning, this is not physically possible. The body goes into survival mode and prioritises breathing over all other actions.

3. MOST DROWNING DEATHS OCCUR WHEN SOMEONE IS INTOXICATED

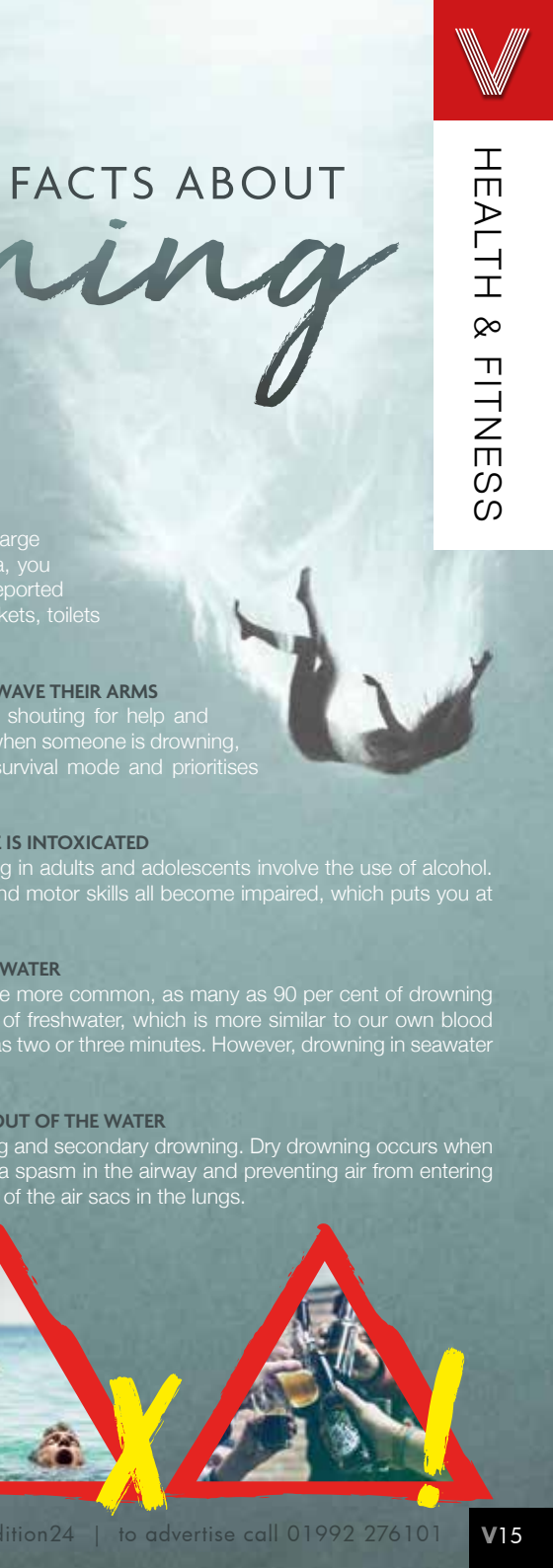
As many as 70 per cent of deaths caused by drowning in adults and adolescents involve the use of alcohol. When you are intoxicated, your judgement, balance and motor skills all become impaired, which puts you at much greater risk of drowning.

4. YOU DROWN DIFFERENTLY IN FRESHWATER AND SEAWATER

While you may think that drowning in the sea would be more common, as many as 90 per cent of drowning cases occur in freshwater. Owing to the composition of freshwater, which is more similar to our own blood than seawater, you can drown in freshwater in as little as two or three minutes. However, drowning in seawater can take up to 10 minutes.

5. DELAYED DROWNING CAN OCCUR AFTER YOU GET OUT OF THE WATER

There are two types of delayed drowning: dry drowning and secondary drowning. Dry drowning occurs when you inhale water through the nose or mouth, causing a spasm in the airway and preventing air from entering the lungs. Secondary drowning results from a swelling of the air sacs in the lungs.





KNOW YOUR BITES

Most of the time, insect bites are more irksome than perilous, but that doesn't mean you shouldn't try to identify what has bitten you. It's always better to be safe than sorry.

Bedbugs | Danger rating: 2/5

Bedbugs leave a small bite mark on the skin that can be red and very itchy. They are often found on areas of the body not covered by clothing, such as hands, neck and feet. In rare cases, someone may experience a serious allergic reaction to a bedbug bite.

Bees/Wasps | Danger rating: 3/5

Bee stings result in a red skin bump that has a white circle around it. You are also likely to experience swelling, itching and some pain. With a wasp sting, a raised welt will appear around the site and you may feel itching, burning and a sharp pain. A severe allergic reaction to a bee or wasp sting can be life-threatening.

Fleas | Danger rating: 1/5

Flea bites are instantly recognisable by an itchy welt on the skin which is surrounded by a red halo. These are often found in clusters on the ankles and legs.

Mosquitos | Danger rating: 2/5

Mosquitos leave a raised, itchy, pink skin bump. You may find you have multiple bites in the same area. In rare cases, someone may experience a serious allergic reaction.

Spiders | Danger rating: 4/5

Most spider bites cause minor symptoms, such as red skin, swelling and pain at the site. However, some spiders found in the UK are venomous and their bites can cause nausea, vomiting, dizziness and/or sweating. Spider bites can also become infected or cause a severe reaction in some cases that requires immediate medical care.

Ticks | Danger rating: 3/5

If you are bitten by a tick, you may notice a red bite, a rash, itching and burning. Around two per cent of tick bites cause Lyme disease, which can result in fever, fatigue and rashes.



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Sustainable Salad

Are you fed up with finding soggy, slimy and generally sorry-looking salad in your fridge?

Keep your leaves looking (and tasting) lovely for longer with our top tips for how to keep salad fresh.

GIVE IT SOME TLC: If you fling your salad in your shopping bag with heavier food and drink items such as tins and bottles, then your leaves are highly likely to become bruised and battered. Instead, handle your salad with care and it will be less likely to spoil.

DRY YOUR SALAD: Pre-packaged salads are usually ready to eat and do not require washing. However, sometimes the leaves can look a little damp. If this is the case, give them a quick spin in a salad spinner to remove any excess moisture. Alternatively, gently pat them with a dry cloth or tea towel.

REMOVE ANY SPOILT LEAVES: When you get

your salad home from the supermarket, open it up and remove any spoilt or squishy leaves that could potentially cause fresher leaves to wilt. It can also be a good idea to fluff up your salad before storing.

PLACE IN AN AIRTIGHT CONTAINER: Store your salad leaves in an airtight plastic container that has been lined with a paper towel. This will help to absorb any moisture and keep your leaves fresher for longer.

STORE IN THE FRIDGE: Salad leaves should be kept in the crisper drawer of your fridge as this provides the optimal temperature for fresh fruits and vegetables. This should also help to ensure that your salad does not become partially frozen.

FOLLOW THE SEVEN-DAY RULE: Even if you follow the above tips, bagged salad leaves are not designed to last longer than a week. After this time, it is usually a case of use it or lose it.

Robust

Rosemary



A hardy herb that will grow with abandon once established, rosemary has a long history of culinary, aromatic and medicinal uses.

WHAT ARE THE HEALTH BENEFITS OF ROSEMARY?

- > A rich source of antioxidants and anti-inflammatory compounds
- > Improves digestion and helps to treat indigestion
- > Enhances memory and concentration
- > Relieves stress and anxiety
- > Protects against cancer
- > Contains carnosic acid which can protect the brain
- > May be able to help prevent Alzheimer's.

HOW TO USE ROSEMARY IN THE KITCHEN

Rosemary salt

To create a rosemary-infused salt, fill a cup with rosemary leaves pulled from the stem and place in a bowl with 3 cups of salt. Stir together, cover and leave to sit for 2-3 weeks.

Rosemary oil

To make rosemary-infused oil, pour 2 cups of olive oil into a small pan and allow to simmer. Remove from the heat and add 3-4 dry sprigs of rosemary. Pour into a sterilised jar and cover with a lid.

Rosemary sugar syrup

Rosemary sugar syrup can be drizzled over cakes, yogurt or fresh fruit for a sweet and fragrant twist. Bring 1 cup of water to the boil and add 2 cups of sugar and 3-4 sprigs of rosemary. Once the sugar has dissolved, remove from the heat and take out the rosemary. Pour into a sterilised jar.

Rosemary lemonade

To make refreshing rosemary lemonade, simply bring 2½ cups of sugar to a boil, remove from the heat and add 9 sprigs of rosemary. Leave to steep for 30 minutes and strain. Add ½ cup of fresh lemon juice and 4 cups of cold water. Chill and serve over ice on its own or with your favourite gin.

Rosemary butter

Soften a stick of butter (but don't melt it) and blend with rosemary leaves that have been removed from the stem and diced into small pieces. Slather on crackers, bread, meat or fish.



The LONGEST WORDS

that exist

What would be the longest word you can think of right now? Perhaps it could be **Llanfairpwllgwyngyllgogerychwyrndrobwlilllantasiliogogoch** – the village on the Isle of Anglesey? At 58 letters, it's actually the second-longest place name in the world after New Zealand's **TaumatawhakatangiHangakoauauotamateaturipukakapikimaungahoronukupokaiwhenuakitanatahu** at a whopping 85 letters, which translates to 'St Mary's Church in the Hollow of the White Hazel Near to the Rapid Whirlpool of Llantysilio of the Red Cave'.

Eighty-five letters is a lot for one word, so what are the other longest words that exist?

Pneumonoultramicroscopicsilicovolcanoconiosis (45 letters)

This is a type of lung disease caused by inhaling quartz dust or silica.

Hippopotomonstrosesquipedaliophobia (36 letters)

Of course, the word for a fear of long words would be long.

Supercalifragilisticexpialidocious (34 letters)

While it may have been a word invented for the film *Mary Poppins*, it does appear in the dictionary. As the title character says, it's a word to say when you have nothing else to say.

Pseudopseudohypoparathyroidism (30 letters)

A mild form of pseudohypoparathyroidism, a genetic disorder in which the body fails to respond to the parathyroid hormone.

Floccinaucinihilipilification (29 letters)

This means the estimation of something having no value or being worthless.

Antidisestablishmentarianism (28 letters)

This word was once used to describe opposition to the disestablishment of the Church of England, but now refers to the opposition to withdrawing government support for a religion or church.

Honorificabilitudinitatibus (27 letters)

Seen in Shakespeare's *Love's Labour's Lost*, this means 'the state of being able to achieve honours'.

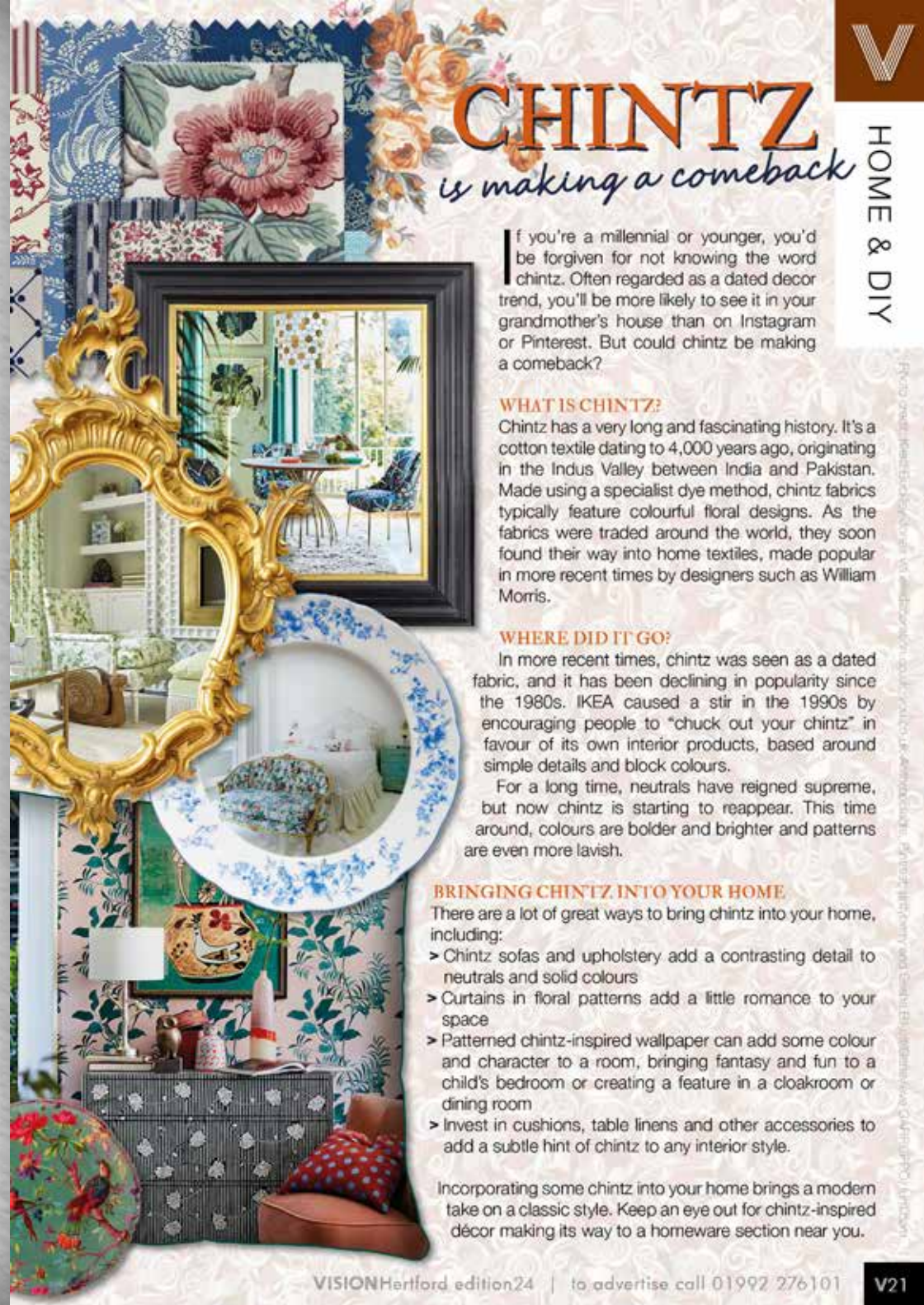
Thyroparathyroidectomy (22 letters)

The name for the process of removing the thyroid and parathyroid glands.

Incomprehensibilities (21 letters)

A word that you might actually be able to use, this means something that is difficult to understand or comprehend.

With so many of the longest words irrelevant to daily conversation, we think we'll stick with the shorter words.



CHINTZ

is making a comeback



HOME & DIY

If you're a millennial or younger, you'll be forgiven for not knowing the word chintz. Often regarded as a dated decor trend, you'll be more likely to see it in your grandmother's house than on Instagram or Pinterest. But could chintz be making a comeback?

WHAT IS CHINTZ?

Chintz has a very long and fascinating history. It's a cotton textile dating to 4,000 years ago, originating in the Indus Valley between India and Pakistan. Made using a specialist dye method, chintz fabrics typically feature colourful floral designs. As the fabrics were traded around the world, they soon found their way into home textiles, made popular in more recent times by designers such as William Morris.

WHERE DID IT GO?

In more recent times, chintz was seen as a dated fabric, and it has been declining in popularity since the 1980s. IKEA caused a stir in the 1990s by encouraging people to "chuck out your chintz" in favour of its own interior products, based around simple details and block colours.

For a long time, neutrals have reigned supreme, but now chintz is starting to reappear. This time around, colours are bolder and brighter and patterns are even more lavish.

BRINGING CHINTZ INTO YOUR HOME

There are a lot of great ways to bring chintz into your home, including:

- > Chintz sofas and upholstery add a contrasting detail to neutrals and solid colours
- > Curtains in floral patterns add a little romance to your space
- > Patterned chintz-inspired wallpaper can add some colour and character to a room, bringing fantasy and fun to a child's bedroom or creating a feature in a cloakroom or dining room
- > Invest in cushions, table linens and other accessories to add a subtle hint of chintz to any interior style.

Incorporating some chintz into your home brings a modern take on a classic style. Keep an eye out for chintz-inspired décor making its way to a homeware section near you.



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5 ALTERNATIVE USES FOR DENTURE TABLETS

Denture tablets can be used to clean so much more than just your dentures. Discover five surprising uses for denture tablets below and you may be tempted to buy some – even if you have all your teeth.

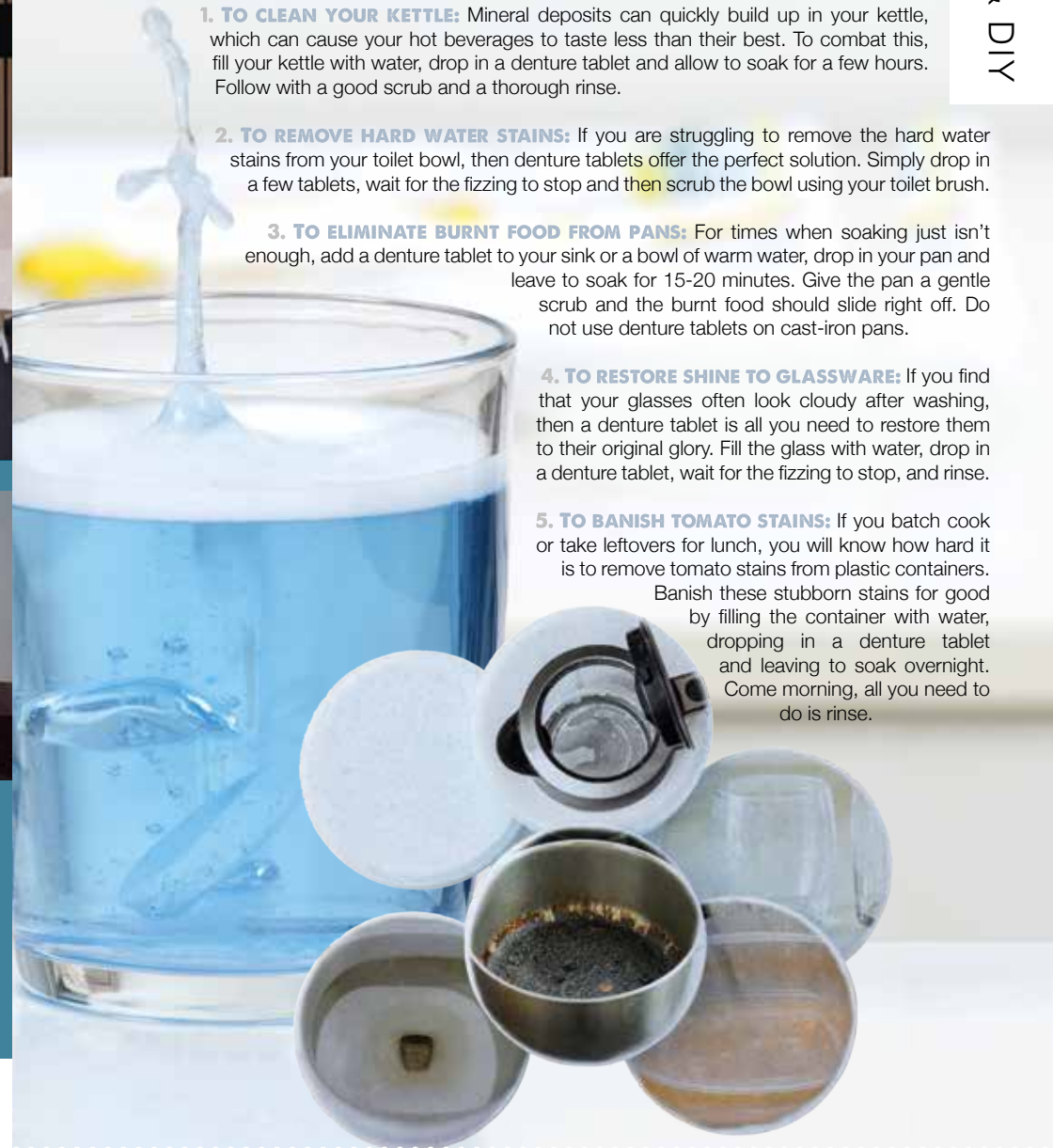
1. TO CLEAN YOUR KETTLE: Mineral deposits can quickly build up in your kettle, which can cause your hot beverages to taste less than their best. To combat this, fill your kettle with water, drop in a denture tablet and allow to soak for a few hours. Follow with a good scrub and a thorough rinse.

2. TO REMOVE HARD WATER STAINS: If you are struggling to remove the hard water stains from your toilet bowl, then denture tablets offer the perfect solution. Simply drop in a few tablets, wait for the fizzing to stop and then scrub the bowl using your toilet brush.

3. TO ELIMINATE BURNT FOOD FROM PANS: For times when soaking just isn't enough, add a denture tablet to your sink or a bowl of warm water, drop in your pan and leave to soak for 15-20 minutes. Give the pan a gentle scrub and the burnt food should slide right off. Do not use denture tablets on cast-iron pans.

4. TO RESTORE SHINE TO GLASSWARE: If you find that your glasses often look cloudy after washing, then a denture tablet is all you need to restore them to their original glory. Fill the glass with water, drop in a denture tablet, wait for the fizzing to stop, and rinse.

5. TO BANISH TOMATO STAINS: If you batch cook or take leftovers for lunch, you will know how hard it is to remove tomato stains from plastic containers. Banish these stubborn stains for good by filling the container with water, dropping in a denture tablet and leaving to soak overnight. Come morning, all you need to do is rinse.





GUIDE TO CLEANING PAINTED WALLS

There is nothing worse than noticing a dirty mark or stain on a freshly painted wall. Keep your painted walls looking fresh and fabulous for longer with our handy guide.



HOW TO CLEAN PAINTED WALLS

1. Dust off any excess dirt using a lint-free cloth or a soft broom for hard-to-reach areas.
2. Fill a bucket with warm water and a gentle detergent.
3. Apply to the walls using a sponge mop or soft sponge.
4. Do not oversoak your sponge or mop as this can result in water stains.
5. Leave the solution for 10-15 minutes.
6. Rinse with clean water and a sponge or mop.
7. Dry by placing a microfibre cloth onto a flat-headed mop and gently rubbing over the wall.

HOW TO CLEAN PAINTED KITCHEN WALLS

Painted walls in the kitchen are prone to grease. To combat this, apply a gentle degreaser to any affected areas before following the same steps as above.

HOW TO SPOT CLEAN PAINTED WALLS

To get rid of small stains or marks on your painted walls, apply a mixture of water and baking soda or bicarbonate of soda to the affected area using a soft cloth or towel. Half a cup of baking soda or bicarb in a bucket of warm water will do the trick.

HOW TO REMOVE OIL STAINS FROM PAINTED WALLS

1. Mix one cup of white wine vinegar into a bucket of warm water.
2. Soak a soft sponge and apply to the stain.
3. Rub gently until the stain has disappeared.
4. You do not need to rinse the area.

WHAT NOT TO USE

You should not clean your painted walls with any cleaning products that contain alcohol or harsh chemicals, as these ingredients can break down your paint surfaces and leave your walls looking a mess.



Photo credit: Unredited/AP/Shutterstock



OUR QUEEN

Perfectly Platinum

CELEBRATING THE QUEEN'S PLATINUM JUBILEE

Few would dispute the notion that Queen Elizabeth II is our most impressive monarch ever. She has presided not just over seven decades of exemplary rule, but also across a social and cultural timeframe in which so much has changed and evolved. This summer's Platinum Jubilee is not only a celebration of Her Majesty's time at the top table of British society, but also recognition of a job that's been done impeccably.

Even in the last year, in the wake of the passing of her husband Prince Philip, the scandal involving son Prince Andrew, and the turning of public opinion against her grandson Prince Harry, Queen Elizabeth, now aged 96, has presided over her nation with faultless grace and dignity.

And while the Queen still values her privacy, she respects too the need to be visible and approachable, and perhaps this relatability is what makes her so endearing, so popular and so special.

It was way back in February 1952 that the death of Elizabeth's father, King George VI, triggered her accession to the throne. The Platinum Jubilee marks the 70 years she has served the United Kingdom, and 70 years from when, upon her coronation, she declared herself fully at the service of the nation she served.

She said, in that characteristic crisp and measured voice: "I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong."

“I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong.”

Taking strength from those around her, the Queen has never professed to have all the answers. She has admitted that trial and error has often been the way forward, and that sense of humility permeates right up to the present day. "I know of no single formula for success," she said, "but over the years I have observed that some attributes of leadership are universal and are often about finding ways of encouraging people to combine their efforts, their talents, their insights, their enthusiasm and their inspiration to work together."

Certainly she has excelled in that, with the Platinum Jubilee, beginning on Thursday, June 2, stretching across a weekend of celebrations. Queen Elizabeth II, family, friends and the nation will look back over seven decades of exemplary rule, and forward to the future.

From Trooping the Colour, which marks the Queen's birthday celebrations with more than 1,400 parading soldiers, 200 horses and 400 musicians, to the traditional RAF fly-past, the 1,500 Platinum Jubilee beacons that have been distributed across the UK in a tradition that dates right the way back to 1897, to a thanksgiving service on Friday, June 3, at St Paul's Cathedral, to The Derby at Epsom Downs, the events over Elizabeth's special weekend are as memorable as the thousands of others held during her years on the throne.

And yet the Platinum Jubilee is about much more than just Queen Elizabeth II. It is an opportunity for people across the UK to share in what it means to have a strong, proud, resilient monarch, particularly in an era where so much around us feels restricted or under threat.

With communities encouraged to head into their streets to mark celebrations of the seven-decade reign in their own special way, the Platinum Jubilee is a universal event that celebrates not just the Queen, not just royalty, but also the people of this country.





LOCAL NEWS

from your neighbourhood



New mayor hopes to bring people together

Hertford's new mayor said she will do all she can to bring people together during her year in office. Councillor Susan Barber (pictured left) was elected at Hertford Town Council's annual meeting last month. She has lived in the town for more than 40 years and was elected to the town council in 2019. Her consort will be her husband of more than 30 years, Tony Barber (pictured right). Cllr Barber said she was delighted to have been elected by her fellow councillors. She added: "It is a great honour to be elected an ambassador for the County Town. I hope to be able

to support the people of Hertford and I will try as mayor to do all I can to bring people together. Over the forthcoming year, I will look forward to meeting as many people as possible." Cllr Barber's chosen charities for the year are Hertford Dramatic and Operatic Society, a theatre group which has been performing shows in the town for more than 90 years, and Future Hope, which helps empower young people aged 11-19 to reach their full potential. Town and district councillor, Rosemary Bolton, was elected Deputy Mayor for 2022/23.

Chatter Benches to support residents' mental health



To help tackle mental health issues, East Herts District Council (EHDC) has introduced Chatter Benches in four of its parks, including one in Hertford. The scheme is designed to help start conversations and get residents talking to each other. EHDC launched the benches during Mental Health Awareness Week, which ran from May 9 to 15, and they are located at Hartham Common, Southern Country Park, Pishiobury Park and Castle Park. The idea is simple – by sitting on one of the benches, which are marked by plaques, you are letting people know you are happy to chat if they sit next to you. Councillor Eric Buckmaster (pictured inset), executive member for wellbeing at EHDC, said: "I have mentioned the concept of the new Chatter Benches to many people and the idea has been extremely well received. "It is exciting to finally get the plaques installed and give residents who might be feeling lonely a way to find someone to have a chat with. "It is so important people can reach out when they are feeling low, and the introduction of these new benches is a small step towards supporting people who might be feeling isolated. I do hope residents will look out for people sitting on our new Chatter Benches and take time to stop for a quick chat."

Refurbished swimming pool opens to the public

The redevelopment of Hartham Leisure Centre in Hertford took a major step forward last month when its refurbished swimming pool opened to the public. The reopening of the pool marked the completion of phase two of the centre's redevelopment and modernisation programme. The swimming pool changing village has been refreshed and the downstairs gym changing rooms refurbished, with cubicles in the pool showers and improved heating in the changing rooms.

The development entered its main construction phase last month when work began on the new two-storey extension to deliver additional studio space, a gym, new soft-play facilities and terrace-style café. Councillor Eric Buckmaster, executive member for wellbeing at East Herts District Council, said: "We now have a pool hall and modernised changing village that will provide vitally important health and wellbeing facilities for Hertford residents and surrounding areas for many years to come. "Phase three is already underway to construct the new two-storey extension and I look forward to seeing the completion of this major project next year." The redevelopment programme is on track to be completed by summer 2023.

Residents jailed for their part in drugs network

Four members of an organised crime group (OCG), including two people from Hertford, have been jailed for their part in running a network supplying drugs in Watford, Borehamwood, Essex and Luton. Leanne Campo (pictured left), 37, of Fore Street, Hertford, has been jailed for four years, and Alfie Mancini (pictured second from left), 34, of the same address, has been jailed for 10 years and six months. Both were charged with conspiracy to supply cocaine. Joseph Reardon (pictured second from right), 35, of Sheldon Square, London, was jailed for eight years and eight months, and Lee Mussett (pictured right), 46, of Abbots Road, Abbots Langley, was jailed for six years and four months for the same charge. In May 2020, Mancini was stopped by police and found to have almost a kilo of cocaine in his van. Campo was also stopped driving her car, where police found £54,820 in cash, electronic scales and a small amount of cocaine. Interrogation of data from EncroChat – an encrypted phone app used by the OCG members to communicate – identified Reardon as a courier and Mussett as another member of the OCG.





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LOCAL NEWS



Castle set to host open-air theatre shows

Theatre lovers in Hertford are in for a treat later this month when the town's castle will provide a picturesque backdrop for two open-air theatre performances.

Following on from the success of the Hertford Town Council-run event in 2021 (pictured), the castle will host two special performances on Saturday, June 25.

The first show, starting at 2.30pm, is *The Reluctant Dragon*. Performed by Quantum Theatre, it tells a touching, sweet and funny tale of bravery and friendship.

The second show, starting at 7pm, will be the classic

Shakespearean comedy *A Midsummer Night's Dream*, directed by Michael Whitmore and also performed by Quantum Theatre.

Gates will open half an hour before each performance and visitors can pitch up their picnic chairs and bring their own food and drink, or purchase refreshments from the stalls on site.

Tickets cost £10 and are free for those aged under two. They are available online at www.hertford.gov.uk/ events and from Hertford Town and Tourist Information Centre. They can also be purchased over the phone by calling 01992 584322.

Driver convicted of killing teen in hit-and-run

A driver who killed a teenager from Hertford in a hit-and-run was convicted of causing death by careless driving last month.

Paul Gabriel (pictured right), 18, was pronounced dead at the scene after he was struck by a grey Vauxhall Corsa driven by Rizwan Rizwan, 35, on Sundon Park Road in Luton on May 15, 2020.

In a statement, Paul's family said: "Paul was a gentle giant. He aspired to become a dentist and was working hard to go to university.

"We will miss the warmth and joy he brought to the family and his cheeky smile. He was a much-loved son, great brother and an amazing friend. He served passionately in his local church and his love for the work of God took him to Finland as a missionary. He was loved by all he met."

Rizwan, of Culverhouse Road, Luton, was cleared of causing death by careless driving while under the influence of drugs, but was convicted of causing death by careless driving. He is due to be sentenced on June 24.





Photo credit: Dave Wraggles

Travel delays after lorry hits railway bridge

Drivers and rail passengers in Hertford suffered delays after a lorry hit a railway bridge in Bengoe last month.

Emergency services rushed to the scene on Saturday, May 14, after the vehicle became lodged under the bridge at the junction of Beane Road and Welwyn Road, near Hertford North Train Station.

On Twitter, police warned drivers to steer clear of the area.

They tweeted at the time: "We are currently at the

scene of a collision in North Road, Hertford. The road has been closed to allow emergency services access, and is expected to remain closed for some time. Please avoid the area where possible."

Train operator Great Northern Railway also updated its passengers on social media.

It tweeted: "The lorry is currently stuck under the bridge. Response teams and the emergency services are on site. Until the bridge has had a full safety check, trains will need to run at a slower speed."

Visitors and residents enjoy vintage cars event

Car owners and visitors were not put off by the inclement weather last month as this year's Cars at the Castle event proved to be another resounding success.

Dozens of car owners displayed their vehicles in the grounds of Hertford Castle for 2,000 visitors to enjoy.

Councillor Jane Sartin, deputy mayor of Hertford Town Council (HTC), presented prizes in a number of categories, including best British car, best interior, best paint, and mayor's favourite.

A spokesperson for HTC thanked all those involved for making the day such a success.

They added: "We'd also like to extend our thanks to the event sponsors, Gates Ford and Johnson & Co, the stall holders and musicians who kept us refreshed and entertained throughout the day, and of course all the visitors who attended."



Photo credit: Hertford Town Council





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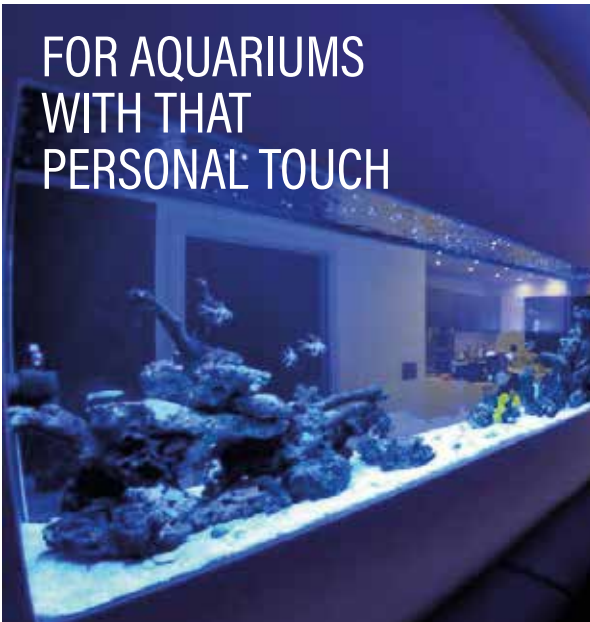
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HOW TO SET UP A FRESHWATER FISH TANK



Thinking about adding an aquarium to your home? Bringing beautiful colours and life to your surroundings, as well as a whole host of health benefits, discover how to set up a freshwater fish tank for maximum wow factor.

1. CHOOSE AN AQUARIUM

Think about the amount of space you have, the type of fish you want to get and your budget. Large aquariums are more stable and require less work to maintain, whereas smaller ones need more attention. Wide aquariums are ideal for active fish such as danios, and narrow ones are better suited to less active fish such as angelfish and gouramis.

2. PICK THE RIGHT SPOT

When it comes to where to place your new aquarium, you need a spot where you spend a lot of time so that you can get as much enjoyment from it as possible. Avoid windows that receive direct sunlight and areas near exterior doors which can be too cold.

3. ADD DECORATIONS

Obviously, gravel and water are essential for your freshwater tank, but there are lots of other decorative features that you can add. Some of the most popular additions include live and artificial plants, rockwork, sunken ships, castles and figures. Taller plants and décor items should be placed at the back to hide filter tubes and cords, with smaller items at the front. You can also add background material to hide hoses and add visual depth to your display.

4. USE A TEST KIT

Test kits are recommended for new aquariums as nitrite and ammonia levels can rise and become hazardous. You can buy these online or at most aquatic centres.

BEST FISH FOR BEGINNERS:

Danio | Guppy | Platy | Tetra
Avoid mollies as these fish are prone to disease and hard to keep alive for beginners.



Create your own outdoor CINEMA

There's no better way to spend a warm summer evening than watching a film under the stars. Outdoor cinemas have become very popular in recent years, and with just a few simple steps, you could build one in your own garden.

Get ready to make those summer nights even better with your own outdoor cinema.

CHOOSE THE RIGHT SPOT

First, you'll need to find the perfect spot for your cinema. You'll want somewhere that's dry, preferably flat, and where you can easily set up your screen.

BUY A PROJECTOR, SCREEN AND OTHER ESSENTIALS

Find a projector that fits your budget. Anything over 3,000 lumens is ideal for being able to see a film in bright conditions. There are a lot of budget projectors that produce a high-quality image that's ideal for home theatre use. You may also need to invest in a screen (or a white bedsheet) and some speakers or headphones.

GET YOUR KIT SET UP

Get everything connected and ready. You'll need to choose how you're connecting your projector, whether that be wireless, Bluetooth or via a game console/DVD player.

CREATE A COMFY SETUP

Make your setup nice and cosy with plenty of cushions and blankets. Use your garden furniture, deckchairs or even outdoor beanbags. Cushions from your garden furniture also make excellent seating if you fancy perching on the ground. You might want hot water bottles to hand to keep you warm if things get a little chilly.

GET YOUR SNACKS READY

Finally, get your snacks ready. Popcorn and sweets are a classic, or you could opt for nachos, burgers, hot dogs or pizza for something a little more filling.

An outdoor cinema is the perfect addition to any garden, providing night after night of entertainment in the comfort of your own home.



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Cashback CATASTROPHE?

DO CASHBACK CREDIT CARDS REALLY WORK? AND WHAT SHOULD YOU LOOK OUT FOR WHEN USING THEM?

Offering incentives to put purchases on one card over another is an obvious way of engaging consumers, but the psychology behind cashback cards means you can very quickly be sucked into a trap where the pursuit of a discount becomes a cost, not a reward.

THE PREMISE

For every pound you spend, you are paid a percentage back by the card provider. Typical rates are one per cent, but bigger rewards and other initiatives are available if you shop around.

WHEN CASHBACK CREDIT CARDS WORK

Cashback credit cards should only be used for things you are going to buy anyway, and never as a method for justifying a purchase because it in effect offers a small discount.

Consider your ability to clear the credit card balance, too – if what you're putting on a card is going to be paid off, then there's no reason not to sign up to a cashback deal... providing you only buy

things you'd be equally happy to purchase for cash.

The harsh reality is lenders will quickly tap into the psychology of people not only getting money back on a purchase, but also not having to pay for 30 days or more, and that leads to treating ourselves when there's little justification, and making expensive purchases that we may come to regret. To ensure you are clearing the balance, consider setting up a direct debit.

WHEN CASHBACK CREDIT CARDS DON'T WORK

If you're not clearing your balance each month, or you pay an annual fee for your card, the amount you will pay will very likely wipe out the cashback earned on your card, making it a false economy. Explore the various rates and do the maths.

A cashback credit card needs to be handled by someone who is regimented, knows their numbers and can exercise self-control. Many of us just aren't configured that way... and if that's you, steer clear.



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TRAVEL



Your guide to the best SMALL TOWNS IN ENGLAND

When it comes to exploring England, you probably think of taking in the big cities like London, Manchester and Liverpool. But the truth is, there are a lot of great towns in England that are worth your time. Here's your guide to the best small towns in England.

Windsor, Berkshire

It may be home to The Queen, but Windsor is still considered a small town. You can explore the beautiful streets in the main part of the town, or travel a little further to enjoy Legoland.

Windsor Castle should be at the top of your must-visit list, as well as St George's Chapel.

Castle Combe, Wiltshire

The Cotswolds is full of many gems, but not all have the honour of being dubbed 'the prettiest town in England'. Castle Combe offers plenty to do, including some beautiful walks where you can spot familiar settings from movies such as *War Horse*, *Downton Abbey* and *Stardust*. Many of the homes put out fresh produce in honesty boxes, which are worth visiting to collect goods for a picnic in the countryside.

Tintagel, Cornwall

Tintagel is found on Cornwall's Atlantic coast, an incredible town with a lot to offer. A hike to St Nectan's Glen - which has been voted an area of outstanding natural beauty - will take you to the stunning 60-foot waterfall.

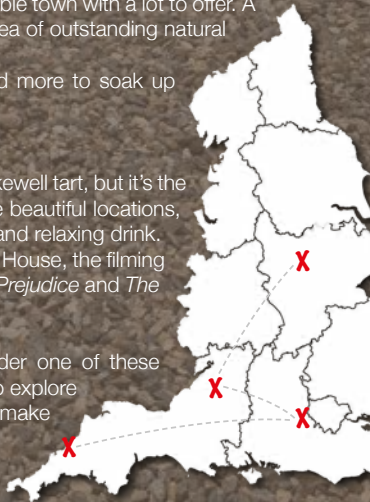
Explore different tea rooms, pasty shops, cafés and more to soak up everything Tintagel has to offer.

Bakewell, Derbyshire

Bakewell is a charming town that is famous for the Bakewell tart, but it's the scenery that will really resonate with you. It has some beautiful locations, as well as plenty of pubs to dine in and have a quiet and relaxing drink.

While you're in Bakewell, be sure to visit Chatsworth House, the filming location for many period dramas, including *Pride and Prejudice* and *The Duchess*.

Next time you're looking to plan a day out, consider one of these fabulous small towns. There are so many great spots to explore in England, so be sure to find out what's out there and make the most of this incredible country.



Windsor Castle



Castle Combe



St Nectan's Glen



Chatsworth House

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THERE IS NOTHING LIKE THE LOOK OF A CLEAN CAR. HOWEVER, IT TAKES MORE THAN JUST A BUCKET OF WATER AND AN OLD RAG TO ACHIEVE A SHOWROOM FINISH

Always carry out a pre-wash

This is one of the most important tricks of the trade – any professional car washer worth their salt will remove as much dirt as possible using a hose or jet wash before they start to use their hands to clean a vehicle. This is because both dirt and grime can drag along the exterior and damage the paintwork.



you need to invest in a wash mitt. Typically made from lamb's wool or microfibre, these are much less likely to leave surface scratches as the deep and fluffy fabric absorbs the dirt better than a sponge.

Do not leave to dry naturally

Never leave your car to dry naturally. Instead, use a purpose-built blower, or even a leaf blower, or a triple-layered microfibre cloth to dry your car.



Use multiple buckets

You should always have two buckets to hand, one that contains your washing solution (ideally you should use car shampoo) and one filled with water for rinsing. It is also advisable to use a grit guard to catch the dirt.



Invest in a wash mitt

Although you can use a large sponge and still achieve a good finish, if you want optimum results,

Avoid extreme heat and direct sunlight

Although you may think that the ideal time to wash your car is when the sun is shining, this is actually not the case. Not only will you have to work harder and faster as your car will dry quicker than normal, but extreme heat can affect the strength of the chemicals in the products you are using. Instead, wash early in the morning or after 5pm.



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HAND OF WAD

DIEGO MARADONA'S ICONIC HAND OF GOD SHIRT SELLS AT AUCTION

When England midfielder Steve Hodge swapped shirts with Argentina double-goalscorer Diego Maradona at the end of the World Cup quarter-final at the Estadio Azteca in Mexico in 1986, he was derided by fans, sections of the press and even his own teammates.

The Argentine wizard had just knocked the Three Lions out of the World Cup with a Jekyll and Hyde display of sporting brilliance and brazen opportunism – one of the best goals ever scored at a World Cup, coming minutes after the Hand of God goal that we've all seen replayed hundreds of times.

In swapping shirts, to some, Hodge crossed the line. Wind forward three-and-a-half decades, and Hodge has the last laugh, after that prized number 10 shirt recently sold at auction for more than £7.1million.

Perhaps one of the most iconic items of sporting memorabilia – the value of which soared after Maradona's death in November 2020 – the shirt made almost twice its guide price, and was sold to someone from Abu Dhabi with links to Manchester City.

The Sotheby's auction process had all the usual twists and turns befitting of Maradona's life. In the lead-up to its sale, the infamous star's family insisted that the shirt was a fake, supposing that the striker swapped shirts at half-time during the game on June 22, 1986, and that Hodge was in fact in possession of the shirt worn in the first half.

In addition, a late plea materialised from an Argentinian delegation for the shirt to be returned to South America. The group failed with its own bid as the auction price rocketed, though the request remains to display the shirt in Buenos Aires in October, for what would have been Maradona's 62nd birthday.

The sale price mirrors the previous record for any sports memorabilia – the original autographed manuscript of the Olympic Manifesto from 1892, sold by Sotheby's in December 2019.



Photo credit: Shutterstock, Amer Ghazzal/Shutterstock



Photo credit: Charles Knight/Shutterstock

BRITAIN'S GREATEST SPORTING MOMENTS...

BORG AND MCENROE

Each month we look at one of the most significant events in British sporting history. This month, it's the epic encounter between Björn Borg and John McEnroe at Wimbledon on July 5, 1980.

The Championships at Wimbledon have provided countless dramatic sporting memories over the years, and none more special than when British heroes of the ilk of Ann Jones and Andy Murray have lifted the coveted trophy.

Yet perhaps the most remarkable encounter – certainly for sheer blood, guts, aggression and an unrelenting desire for victory – came in 1980 when a Swede faced an American.

Björn Borg had long been painted as the iceman, a Scandinavian purveyor of perfect tennis who was clinical and elegant in his despatching of opponents. John McEnroe, meanwhile, was the sweaty, unkempt brat of the game, with a confrontational,

aggressive game and a temperament to match.

That they collided so spectacularly on that sunny Saturday afternoon on July 5 will go down in SW19 folklore. McEnroe gained the upper hand by winning the opening exchange 6-1, before Borg fought back with 7-5 and 6-3 sets, giving him a 2-1 lead.

Looking to close out the match in the fourth set, Borg had five Championship points in an epic that went well past any reasonably expected distance. Finally, in the 34th game of the set, McEnroe broke the reigning champion – who was looking to win a fifth successive title – and took it 18-16.

Even in the deciding set, the duelling athletes made it to 6-6, though this time Borg broke McEnroe's steely serve, and his resolve, to take the set 8-6, and with it the Wimbledon title.

The epic was recently relived in a 2017 biopic, *Borg vs McEnroe*, starring Shia LaBeouf and Sverrir Gudnason.

A star in the making



THE BEST WAY TO START OFF – AND STICK TO – A REWARDS CHART WITH YOUR KIDS

Most parents have tried to use rewards charts – you know, that large piece of card or app-based drive towards making your children nicer to be around... and your home a tidier place. The reason many charts fail is because, while the concept is great, the complications, complexities and conversations surrounding what tasks have or haven't been done, and to what standard, make managing charts more of a chore than the jobs listed on them.

While rewards charts are available in plentiful supply from shops and online, it's sometimes more fun to make one up yourself – you can then tailor it to your own family, working in hobbies, treats and experiences unique to you.

Six ways to ensure you can make a rewards chart stick!

1

KEEP TASKS SIMPLE

Ensuring jobs are straightforward and achievable will mean kids maintain focus when they need to.

2

UPDATE AFTER EVERY TASK

If possible, apply stars every time your little ones complete a challenge. This direct and very visual reward mechanism will keep them striving for more.

3

KEEP REWARDS REGULAR AND TANGIBLE

Using quick-fire rewards – rather than offering to contribute small additions to a bigger project – means kids will remain engaged and interested.

4

RESTART EVERY WEEK

Make every week a clean slate, where both completed and unfulfilled tasks are wiped away, meaning a new set of challenges – and rewards – awaits.

5

ENCOURAGE TEAMWORK

If you have more than one child, pool tasks so that they become responsible for and beneficiaries of each other's successes.

6

MOVE ON EVENTUALLY

While the rewards chart is a great way to motivate kids, it may lose its appeal over time, so progress the ideas behind it to tasks that offer greater responsibility and bigger rewards for your youngsters.

40 years since the FALKLANDS WAR

A LOOK BACK ON THE FALKLANDS WAR, WHICH ENDED IN JUNE 1982

The commencement of the Falklands War, when Argentina landed on the small island situated 500 miles from its lower-east coast, represented more than simply a country looking to reclaim what it thought it rightfully owned.

On the face of it, that was Argentina's ploy. The Falklands, a modest 4,700 square miles, comprising little more than rocky terrain, cliffs, birdlife and cattle, had been appropriated by the British back in 1765.

Within five years, a Spanish commander from Buenos Aires landed with five ships and 1,400 troops to claim possession of the land. And that remained the case until 1883, when the British returned.

The constant power struggle has raged on, though when Argentina relit the blue and white striped touchpaper in 1982 with severe territorial aggression, it surprised many.

A deeper explanation, away from the geographical claims and disputes, lay in the political situation in Argentina, and the economic

struggles that besieged South America in the 1980s.

The three-man military junta that had assumed power in Argentina in 1976 had evolved over the years, and as it looked to build support and legitimacy by claiming a territory that still held considerable emotional ties to the Argentine people, seizing the Falklands was a clever political move.

On April 2, Argentina invaded, kicking off just over two months of conflict, where the British, led by Margaret Thatcher, responded with air, sea and land attacks. A series of bloody battles raged, with the Battle of Goose Green perhaps the most famous.

Finally, on June 14, Argentina surrendered after British troops yomped across punishing terrain, arriving at East Falkland to find their enemy waving white flags.

While conflict ceased, the ongoing antagonisation between Argentina and the UK (and England in particular) has continued, mostly in sporting rivalries.

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PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

ACROSS

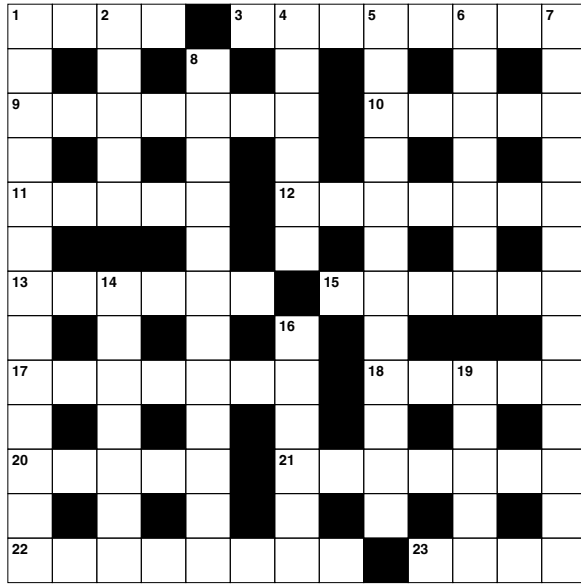
- 1. Eurasian crow (4)
- 3. Excessively emotional (6,2)
- 9. Time off (7)
- 10. Sudden movement (5)
- 11. Steer (anag) (5)
- 12. Wicked look that causes harm (4,3)
- 13. Possessing (6)
- 15. Wind instrument (6)
- 17. More sugary (7)
- 18. Freight (5)
- 20. Deduce or conclude (5)
- 21. Currents of air (7)
- 22. Disregarding oneself (8)
- 23. Depend on (4)

DOWN

- 1. Connections or associations (13)
- 2. Willow twig (5)
- 4. Complied with a command (6)
- 5. Children's toy (12)
- 6. Medieval cell (7)
- 7. Affectedly (13)
- 8. Occult (12)

- 14. Necessary (7)
- 16. Eats grass (6)

- 19. Verse (5)



DID YOU KNOW?

► There are more than 500 species of shark, with around 143 of them listed from vulnerable to critically endangered by the International Union for Conservation of Nature.

► Great white sharks are partially warm-blooded, meaning they can move faster when hunting prey.

► Less than 10 per cent of whale sharks are thought to survive to adulthood, but those who do can live up to 150 years old.

► The Antarctic blue whale is the largest animal on the planet.

► Humpback whales in the Southern Hemisphere don't eat for much of the year. They live off fat reserves for around five-and-a-half to seven-and-a-half months each year as they migrate.

Facts courtesy of WWF-UK

SUDOKU

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



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