

HOW TO  
MAKE  
BUBBLE  
TEA

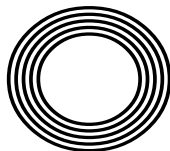
FIVE  
TIPS FOR  
HIRING  
A CAR

*Remembering jockey*  
LESTER PIGGOTT

NATURAL REMEDIES  
to treat sunburn this summer

Sue  
BARKER CBE

Presenter announces Wimbledon retirement after 30 years



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# Editor's notes...

JULY 2022



Brett Shohet, Editor

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

Last month, we celebrated the Queen's Platinum Jubilee, and it was amazing to see people coming together to celebrate this momentous occasion. After the difficult time we've gone through over the past couple of years, this was a chance to recognise how far we've come since we first went into lockdown. Though many things have changed since then, our love for a party certainly hasn't, and I enjoyed attending a couple of street parties in my local area.

It was great to watch the concert at Buckingham Palace; it was truly a spectacular evening and reminded me how proud we should be of our country.

When I've been out and about recently, I couldn't help but notice that many of our local businesses have been quiet, so I'd like to once again appeal to our readers to support them. I heard a statistic recently that said when you spend money in your community, it circulates five times in the local area. So your money not only has the potential to help one business, but it can also make a positive difference across the whole community.

The weather is improving and summer is finally here. So make sure you take advantage of the longer, warmer evenings - let's get out and about with Friends and Family.

*Brett Shohet*

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# A RACE *for the* TAPE

CELEBRATING THE LIFE OF THE LEGENDARY JOCKEY, LESTER PIGGOTT

**W**e are used to identifying icons in popular culture – stars who have committed decades to their pursuit, taken home countless honours and, in the process, inspired a generation to try to emulate their achievements.

As far as the sporting world goes, from Muhammad Ali to Serena Williams, Freddie Flintoff to David Beckham, we can reel off the names of defining stars with relative ease, though despite their intense and varied achievements, the question of whether they can rival those of the late Lester Piggott is an interesting one.

Certainly in terms of longevity of a professional career, none comes close. Piggott, who passed away in May, rode his first winner at the age of just 12, way back in 1948, at Haydock Park. And five decades later, he was still taking the plaudits – his last winner also came at the Merseyside track, at the age of 59.

In total, Piggott rode a colossal 4,493 winners – a sporting legacy fuelled by half a glass of champagne each day, a few coffees and a handful of cigars.

Nicknamed the Long Fellow, given that at 5ft 8in he was tall for a jockey, his pedigree in the saddle never faded, and to back up the admiration he gleaned as the UK's favourite jockey, he had a rogue-like edge that, while courting admiration from contemporaries – and the opposite sex – also landed him in hot water from time to time.

This was never more the case than when the champion jockey was arrested and found guilty of tax evasion in 1986. He was subsequently given a three-year prison sentence (later reduced to one year) and stripped of his OBE, as it transpired he hadn't declared £1.3million of income received from riding, plus a further £1million from bloodstock operations.

It seemed peculiar that a multimillionaire would feel the need to defraud the public purse, but Piggott was very much a man in his own creation, and abiding by the rulebook wasn't part of his plan.

"If I was to toe the line, I would never have got to where I was in my career; I would never have ridden my first horse when I was 12," he said in an interview with the BBC. "I always wanted to take things one step further, to push the narrative, to challenge boundaries."

"I think if you want to get somewhere and if you want to be someone, this is the route you need to take... even if sometimes it may not work out the way you planned."

In 2021, Piggott was one of the first two entrants in the British Champions Series Hall of Fame – alongside the horse Frankel.

Although a private man, in later years Piggott remained active in the horse racing world, and was a close friend of the Queen. He had two daughters and a son, and passed away in hospital in Geneva, Switzerland, on May 29, aged 86.





# Full of PRIDE

## CELEBRATING THE PROGRESS OF PRIDE IN THE UK AND ELSEWHERE

It's perhaps surprising to note that Pride, a collection of events that celebrate the progress and popularity of the LGBTQ+ movement, actually comes from a place of conflict.

Certainly, our modern interpretation of Pride and, by association, LGBTQ+ Pride Month, which took place in June, is one where people can express their sexuality in a way that brings it into mainstream conversation.

It wasn't always like this. Back in 1969, and under the moniker Stonewall, a series of riots around Manhattan provided a watershed moment. The name referenced the Stonewall Inn, a gay bar in Greenwich Village where transgender people rioted following a raid by police.

Looking now at the way Pride is encouraged in all its forms, it's clear we have come a long way since then.

In the UK, parades in London and Brighton are some of the most popular of any live events held to celebrate Pride. Across the pond, various US presidents have committed to referencing and promoting Pride Month, while corporations the world over throw their collective marketing might behind that familiar multicoloured flag.

What's more, last year the United Arab Emirates supported the LGBTQ+ community in a way they had never before by raising the rainbow flag to celebrate Pride Month; and with the World Cup due to be held in Qatar at the end of the year, the Middle East remains under significant pressure to uphold its renewed pledge for dignity and equality.

These days, Pride is more than a dress code, a parade or a festival. It is a 24/7 lifestyle that encompasses people of all different persuasions, in pursuit of respect, tolerance and understanding. And it's a battle that's being won.



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# Calling all SHOPPING ADDICTS

In a recent study, London has been named the second best city for shopping in the world, with an overall shopping score of 8/10. The results come just days after the capital was crowned the third most popular city on the planet.

## HOW DID THE STUDY SCORE EACH CITY?

The study analysed cities all around the world based on the number of shopping locations, number of fashion shops within one mile, number of shopping malls within one mile, number of boutiques within one mile, and number of designer boutiques in the city.

## HOW DID LONDON FARE?

London ranked in second place due to gaining the second highest number of shopping locations (1,221) and its number of boutique stores within one mile (102). The researchers were particularly impressed by London's variety, saying: "London is one of the fashion capitals of the world,

and its place as one of the world's most ideal cities for shopping is well established."

The study also revealed that London has a whopping 19 Rolex retailers.

## WHO TOOK THE TOP SPOT?

Tokyo was crowned the number one shopping city in the world, with an overall shopping score of 9/10, boasting an impressive 1,970 shopping locations and 240 shopping malls and fashion shops within one mile. Paris took the third spot, with Sydney, New York and Boston also ranking strongly.

## WHO CAME OUT WORST?

Vienna was named the worst city to shop in the world, with just 267 locations. Munich scored nearly as badly, with only 15 shopping malls and six boutique stores within a one-mile radius of the city centre.

## BEST SHOPPING DESTINATIONS IN LONDON:

Oxford Street | Regent Street | Knightsbridge | Bond Street | Mayfair | Westfield | Carnaby Street | Covent Garden.

Copy credit: Study carried out by Hey Discount



## HOW TO REMOVE sun cream FROM CLOTHES



Sun cream is a summer essential, helping to protect your skin from the harmful rays. However, do you know how to protect your clothes from sun cream stains? Find out how below.

### STEP 1: REMOVE ANY EXCESS CREAM

Start by scraping off any excess sun cream from the item of clothing. This can be done with a dry cloth or your fingers if you do not have anything else to hand.

### STEP 2: RINSE UNDER WARM WATER

Rinse the garment under warm water to remove further residue from the stain. Do this for between 10 and 15 seconds.

### STEP 3: POUR WASHING LIQUID DIRECTLY ONTO THE STAIN

Look for a washing liquid that specifically offers stain removal aimed at these types of stains, such as Persil Small and Mighty Bio, which is designed to tackle grease and oil stains.

### STEP 4: LOAD INTO YOUR MACHINE

Place your garment in your washing machine with

other similar items and add your usual laundry detergent to the drum.

### STEP 5: WASH YOUR GARMENT

Wash your items on the usual cycle but use the hottest wash temperature indicated by the instructions on the garment's fabric care label.

### STEP 6: DRY YOUR GARMENT

Remove the garment from the washing machine and allow to air dry outside for optimal results.

### TOP TIPS FOR GETTING SUN CREAM STAINS OUT OF WHITE CLOTHING:

- After washing, hang your item out to dry in the sun, which can naturally bleach your clothing and banish sun cream stains.
- For stubborn stains, squirt a little lemon juice onto the affected area before drying on the washing line.
- Apply a chemical bleaching agent that is diluted with water to the stain. Always make sure you do this in a well-ventilated area and ensure pets and children are kept out of the way.





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# Strawberry LEGS: SYMPTOMS, CAUSES AND TREATMENTS

While this may be one of the more cute-sounding skin conditions, strawberry legs can be more than a little annoying, especially when you are getting ready to bare your pins for summer.

## WHAT ARE THE SYMPTOMS OF STRAWBERRY LEGS?

- ♦ A dotted or pitted appearance on the skin of your legs
- ♦ The darkening of open pores on your legs
- ♦ The appearance of brown or black spots after shaving

## WHAT CAUSES STRAWBERRY LEGS?

- ♦ **Shaving:** If you shave with an old or dull razor or you fail to use shaving cream, this can sometimes result in ingrown hairs which can lead to strawberry legs. Razor burn can also cause this condition.
- ♦ **Clogged pores:** The skin on your legs contains thousands of pores and these can become clogged with bacteria, dead skin and other debris. Known as open comedones, when the oil inside the pores is exposed to air, it oxidises and turns black.
- ♦ **Folliculitis:** Caused by shaving, waxing or other hair removal techniques, folliculitis occurs when a hair follicle becomes inflamed. This leaves the follicle open and more at risk of exposure to bacteria.
- ♦ **Very dry skin:** Although dry skin does not directly cause strawberry legs, it can make you more susceptible to irritation after shaving, which can cause razor burn or folliculitis.

## HOW TO TREAT STRAWBERRY LEGS

Depending on the cause and the severity, you can choose to treat strawberry legs at home or you can seek professional help.

**Home remedies:** Shave in the direction of hair growth with a moisturising shaving cream | Use an epilator to avoid traumatising the skin | Moisturise the skin on your legs daily | Dry brush the skin daily | Use a body wash that contains salicylic or glycolic acid.

**Professional treatments:** Electrolysis | Laser therapy.







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# NATURAL SUNBURN REMEDIES



HEALTH & FITNESS

According to a poll by the British Association of Dermatologists, 35 per cent of Brits have been sunburnt in the last year. Although we all know the dangerous effects of the sun's powerful UV rays, we can all be guilty of being a bit lax when it comes to applying sunscreen, so here's what to do if you start feeling the burn.

### BAKING SODA AND OATMEAL

If your skin is feeling sore after too long in the sun, an oatmeal and baking soda bath is just what you need. Adding a few tablespoons of baking soda to a cool bath can help to minimise sun damage, and adding a cup of oats can soothe any irritation and help the skin to retain moisture.

### COCONUT OIL

Once your initial sunburn has calmed down, coconut oil can be applied to the skin to moisturise and hydrate it. Coconut oil is also good for dry or peeling skin, as it helps to lock in moisture and keep the skin soft.

### ALOE VERA

One of the most common ingredients in after-sun products, aloe vera is known for its cooling and soothing properties. If you have your own aloe vera plant, simply break off a chunk of the plant and apply the gel directly to the affected area. Alternatively, pick up some aloe vera gel at your nearest pharmacy or supermarket.

### CHAMOMILE TEA

Did you know chamomile tea can soothe not only your mind but also your skin? To use chamomile as a sunburn remedy, brew a cup of tea as you usually would and then allow to fully cool. Soak a clean cloth in the tea and apply to the skin. Do not use this treatment if you are allergic to pollen.

### WHAT NOT TO PUT ON SUNBURNED SKIN:

Petroleum jelly (Vaseline) | Ice or ice packs | Fragranced moisturisers.



IT'S GOOD TO

talk



Talking therapies are becoming increasingly popular in the UK as people seek out alternatives to mental health medication. There are several different types of talking therapies available, most of which are covered by the NHS.

#### Who can benefit from talking therapies?

While anyone who feels like they need someone to speak to can benefit from talking therapies, some specific issues that can be dealt with are: Mental health problems | Low self-esteem | Traumatic past events | Bereavement | Redundancy | Relationship problems.

#### What are the different types of talking therapies?

##### Cognitive behavioural therapy (CBT)

CBT involves looking at how your thoughts and beliefs affect your feelings and behaviours. This type of therapy tends to be short term, between six and 12 sessions, and often involves tasks or practising the skills you have learnt.

**Good for:** Depression | Anxiety | Obsessive compulsive disorder | Eating disorders | Post-traumatic stress | Schizophrenia

##### Dialectical behavioural therapy (DBT)

DBT is an adapted form of CBT that is designed to help people who experience intense emotions by

helping you to cope with stress.

**Good for:** Borderline personality disorder | Addiction | Depression | Self-harm/suicidal thoughts | Eating disorders

##### Psychodynamic therapy

Psychodynamic therapy explores how your childhood and unconscious mind influence your current feelings and behaviours. This therapy involves talking freely about what is on your mind and understanding your past relationships.

**Good for:** Depression | Anxiety | Post-traumatic stress | Eating disorders | Long-term physical health problems | Addictions

##### Humanistic therapy

Humanistic therapy involves exploring your entire self rather than just a specific problem. It is designed to help people grow and become their true self.

**Good for:** Obsessive compulsive disorder | Post-traumatic stress | Personality disorders | Anxiety | depression

##### How to find a therapist

Your GP or another health professional may be able to refer you to a qualified therapist or you can self-refer if you live in England. It is worth noting that there are often long waiting lists for NHS therapists.

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# BEGINNER'S GUIDE TO COOKING WITH *banana leaves*

We are literally going bananas for banana leaves. Beautiful to look at, fun to use and easy to cook with, once you've finished reading the below, you'll wonder why you didn't take advantage of these cheap and plentiful cooking aids before.

## HOW TO PREPARE BANANA LEAVES FOR COOKING

- Gently wash the leaves and then cut off the thick spine.
- Pass over an open flame quickly until the leaf turns bright green and glossy. This will soften the leaves for folding. Make sure to wear heat-resistant gloves when doing this and keep any flammable items out the way.
- Place on a chopping board and cut to the desired size.

## TO STEAM FISH

A banana leaf makes a fragrant and convenient steaming packet that will ensure your preferred fish is both succulent and tasty. Wrap the leaf around any kind of firm-fleshed fish, such as halibut or snapper, and then simply add your favourite herbs and spices as well as some form of moisture, such as broth, wine or lemon juice. Secure with toothpicks. You can also use banana leaves to steam rice and meat.

## TO GRILL VEGGIES

If your vegetables always stick to the grill, then a banana leaf provides the perfect solution. Just place the leaf on the grill first and then arrange your vegetables on top of it. This method will also add a mellow, smoky-sweet flavour to your vegetables. Also great for grilling prawns and other shellfish.

## TO SERVE SUSTAINABLY

Banana leaves aren't just for cooking with; they also make great biodegradable serving platters, place settings and even linens for formal tables. Banana leaf boats make pretty bowls for rice, salads and desserts.

## TOP TIPS

- Although not toxic, banana leaves are hard to digest, so you should not eat them.
- Banana leaves are porous, so if you are baking, place the leaf packets in a pan to catch leaking juices.
- Banana leaves freeze really well. Blanch first and then wrap in greaseproof paper and place in freezer bags.



# Bubble BONANZA

Bubble tea has been trending on social media for a while now, with this Insta-perfect colourful beverage being every bit as tasty as it looks.

## WHAT IS BUBBLE TEA?

Bubble tea is a Taiwanese recipe that is made by blending tea with milk, fruit and fruit juices and then adding tapioca pearls. While it is now all the rage in the UK, it has been enjoyed in countries such as China since the 1980s.

## WHY IS IT CALLED BUBBLE TEA?

It is the tasty tapioca pearls that sit at the bottom of bubble tea and the floating bubbles that are created by vigorous shaking that give this increasingly popular drink its name.

Bubble tea can be served hot or cold, but always in a transparent cup and with a thick straw so that the pearls can be seen and sucked up with ease.

## WHAT DOES BUBBLE TEA TASTE LIKE?

There are lots of different flavours of bubble tea that you can try, and you can even get various flavours of tapioca pearls. These pearls have a chewy

consistency that is somewhere between jelly and chewing gum.

## HOW TO MAKE BUBBLE TEA

### You will need:

Tea | Milk | Tapioca pearls | Honey or agave

### How to make:

- Bring 3 cups of water to the boil and add 1 cup of tapioca pearls.
- Simmer until the pearls float to the top.
- Brew your chosen tea and allow to steep for 5 minutes.
- Chill the tea in the fridge or pour over ice to cool.
- Place the cooked pearls in a tall glass.
- Add honey or agave to sweeten if desired.
- Pour your chilled tea two-thirds of the way up the glass.
- Add a splash of milk if you want a creamier drink.
- Stir and enjoy with a thick straw.

## POPULAR BUBBLE TEA FLAVOURS

Taro milk tea | Matcha green tea | Mango tea | Brown sugar milk tea.







# CHEF *select*

THE CHERISHED KITCHEN IMPLEMENTS OF  
THE COUNTRY'S BEST CHEFS

While a good workman doesn't blame his tools, for those who specialise in the wonder of food, the perfect kitchen implement can transport an everyday dish into a work of culinary completeness.

We have collated the must-have cooking utensils and items for a selection of the UK's leading chefs, and in some cases, the results were surprising.

**JAMIE OLIVER:** Globally famous chef and restaurateur.

"An empty jam jar: super cheap and super useful, for anything from salad dressings and salsas to storing pulses and spices."

**YOTAM OTTOLENGHI:** Respected food columnist and chef.

"For years I struggled with all sorts of mashers, then I found the Masterclass potato ricer. It fits in a drawer, it's easy to handle and clean, and creates a mega-smooth mash. I now use it for mashing all my root veg."

**CLARE SMYTH:** Michelin-decorated female chef and previous winner of the Chef of the Year award.

"My Big Green Egg barbecue. You can put whatever you like on it, pull down the lid and leave it for hours without having to do anything at all. Good food made with ease and no stress."

**TOM KERRIDGE:** Owner of award-winning The Hand and Flowers pub.

"My Homer Simpson bottle opener, a present from my personal assistant, Zabrina. Each time I open a bottle, it goes, 'Mmmmmm, beer'."

**JAMES COCHRAN:** Winner of *Great British Menu* 2018.

"It has to be my Braun J300 Juicer. I've been making amazing juices every morning to ensure I'm full of energy for the day."

**MARWA ALKHALAF:** Co-owner of Michelin restaurant, Nutshell.

"Rubber spatulas of all shapes and sizes. They don't scratch and ensure that every last bit is scraped up. When you are working with precise recipes, especially with pastries, it's crucial every gram is accounted for."

Photo credit: amazon.co.uk, claresmyth.com, biggreenegg.com, actionfiguresitalia.it, @cochran\_ja @Twitter, greatbritishchefs.com



# ISLAND HOPPING

## BY DESIGN

Greece's design aesthetics have typically been regarded in the sense of the ancients – the coming together of the Doric, Ionic and Corinthian orders in an appreciation of the classical architecture found in towering columns, stone temples and buildings.

While the template was set by others many thousands of years ago, the classic but cool elements of design from modern style contemporaries is leading a whole new generation of fans to flock to the Greek islands.

Take **Milos**, for instance – an island whose fishing heritage has led to the creation of a proliferation of single-storey lodges made of stone and decorated with local materials with, typically, a white or grey palette.

Then there is the **Athens Riviera**, a more populous and money-motivated area, where nearby forests have provoked a string of seaside spaces that rely more on timber and versatile fabrics, such as woven leather, particularly those with weather-resistant capabilities.

In **Syros**, the island vibe leads to artistic flair dressed in a veil of sustainability and self-

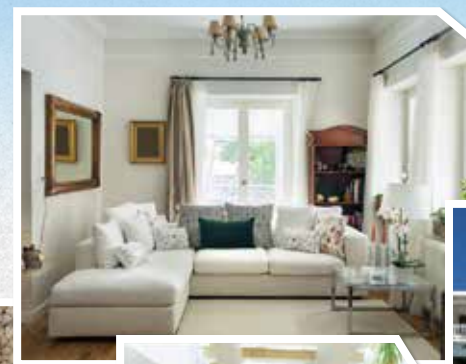
preservation. A two-hour ferry ride from Athens transports people to a neoclassical paradise that offers echoes of Capri, without the unnecessary excess.

And what about **Antiparos**? Although a stylish idyll first made popular by the English poet Lord Byron, there remains a rustic, simple charm to the architecture on show, with stone walls, wicker frames, rattan furnishings and a mass of driftwood.

In **Santorini**, this volcanic isle does everything at sharp angles. Like much of the Amalfi Coast, buildings overlap and overhang, yet the dazzling white brightness of apartments disguises very well their angular elements. Medieval hilltop towns feel a world away from the seaside cafés and restaurants, but there is a cleanliness to both that makes the island so special.

Finally **Mykonos**, which has discovered a recent surge in popularity, enveloping everyone from entrepreneurs to indie bands. The vibe is totally relaxed, however, on an island inspired by cubic architecture, and with a mood that combines sharp lines with stylish poolside pads.

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HOW TO CREATE YOUR OWN

# abstract cushion

Could your cushions do with a makeover? High street cushion covers can be expensive and a little generic, so why not design your own? We love this simple yet bold abstract cushion design that anyone can create at home with just a few craft essentials and a little artistic flair.

artistic, you could draw your own abstract face design and use this instead.

## STEP 2: Draw around the template

Position the template pieces onto the front of your cushion cover and draw around each one using a pencil. Take your time with this step as accuracy is key.

## STEP 3: Paint the face design

Place the piece of cardboard inside your cushion cover – this will stop your paint bleeding through to the back of the cushion. Using a thin paintbrush and the black fabric paint, carefully paint the face design and then allow to dry fully.

## STEP 4: Create the lip design

Use the template to cut out a pair of lips from the iron-on foil. Set your iron to a cool setting with the steam off and then place the lips onto the cushion cover. Lay a tea towel on top of the lips and then gently iron until the foil has bonded with the fabric. Remove the tea towel and allow to cool before peeling off the top carrier layer of foil.

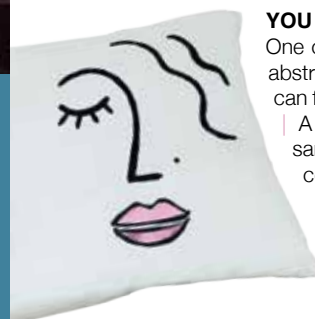
## YOU WILL NEED:

One cotton cushion cover | An abstract face template (you can find these online) | A pencil | A piece of cardboard the same size as your cushion cover | Black fabric paint | Thin paintbrush | Iron-on foil in your choice of colour | An iron | A tea towel

## HOW TO MAKE:

### STEP 1: Print out the face template

Print out your chosen face template onto a piece of plain white paper and carefully cut out the different parts of the face. Alternatively, if you are feeling







Baby don't cry

# COME OVER TO THE DARK SIDE

**W**hile black might not be the first colour that comes to mind for a baby's room, this gender-neutral shade is becoming increasingly popular in the nurseries of the rich and famous. Here are some suggestions for decorating with black.

**GO FOR GOLD:** If you are looking to create a glamorous room for you and your baby to spend time in together, then a black and white nursery room with a few touches of gold is the way to go. Opt for black walls, a combination of black and white furniture, and some well-placed gold accessories.

**ADD WARMTH WITH WOOD:** To design an earthy, natural-looking nursery, paint a dominating wall in black to give the space a sense of drama and definition and then add warm woods and rich textures to create feelings of comfort.

**USE BLACK AS AN ACCENT:** If you are not ready to paint an entire wall black, then why not try adding some black accessories to your nursery? You could add a black toy storage box, a black wicker basket, or mix and match black accessories with animal print.

**MIX AND MATCH PATTERNS:** Stick to just black and white as your colour scheme of choice and then add depth and visual interest by mixing and matching whimsical graphic patterns. Think a black and white striped rug, black and white spotty blankets, and black and white patterned wallpaper.

**PAINT THE CEILING BLACK:** For an ultra-modern nursery, set black against white by painting all the walls white and the ceiling black. Providing stark contrast, you can then add your choice of accessories either in a pop of colour, such as yellow or orange, or continue the monochrome theme.

Photo credit: [www.nurserydesignstudio.com](http://www.nurserydesignstudio.com), @winterdaisy/Instagram, Tealrybchuck/Instagram, StyledByNinaJ/Instagram



# ART THERAPY

with Rebecca Sicardi

**WHY REBECCA SICARDI'S DESIGN VISION IS GOOD FOR THE HOME AND THE MIND**

**W**e can all relate to a piece of furniture, or a space, or an entire house transporting us to a place of mindful calm, but designer Rebecca Sicardi took the concept one step further when launching her interior design business in 2017.

Despite studying History of Modern Art at Manchester University, it was only when she began decorating her duplex apartment in Hackney that the concept of satisfaction and gratification really came to the fore for the designer, who prioritises subtlety, restfulness, neutral shades and stripped-back finishes in order to promote a place of sanctity, harmony and calm.

She explains: "I don't think it's a secret that most of us will respond well to relaxed, subtle shades and tones, and they really are at the heart of what I create as a template for thought."

"On top of that, I will add context, detail and stimulation in the form of statement pieces or effects that really stand out."

By the designer's own admission, it's not a revolutionary way of thinking; however, in an era where we are impacted by so many modes and messages, reconnecting with sanity, clarity and a sense of clearness could be the ultimate antidote to the world's ills.

The words 'sensitivity' and 'sanctuary' permeate so much of what Sicardi styles, with pastels, wood, stone and rattan offering a base on which everything else can be constructed.

As for Sicardi's recommendations for others looking to follow her design style, she suggests always checking colours carefully, especially 'off-whites', valuing texture and materiality over almost anything else, and using a pared-back palette as a starting point before adding on top, while always telling a story through the art and furniture you select.

She adds: "Don't expect it to work first time. Persist with what feels as if it might work, because with persistence, it will."

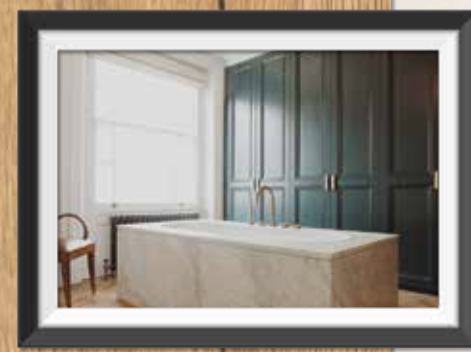
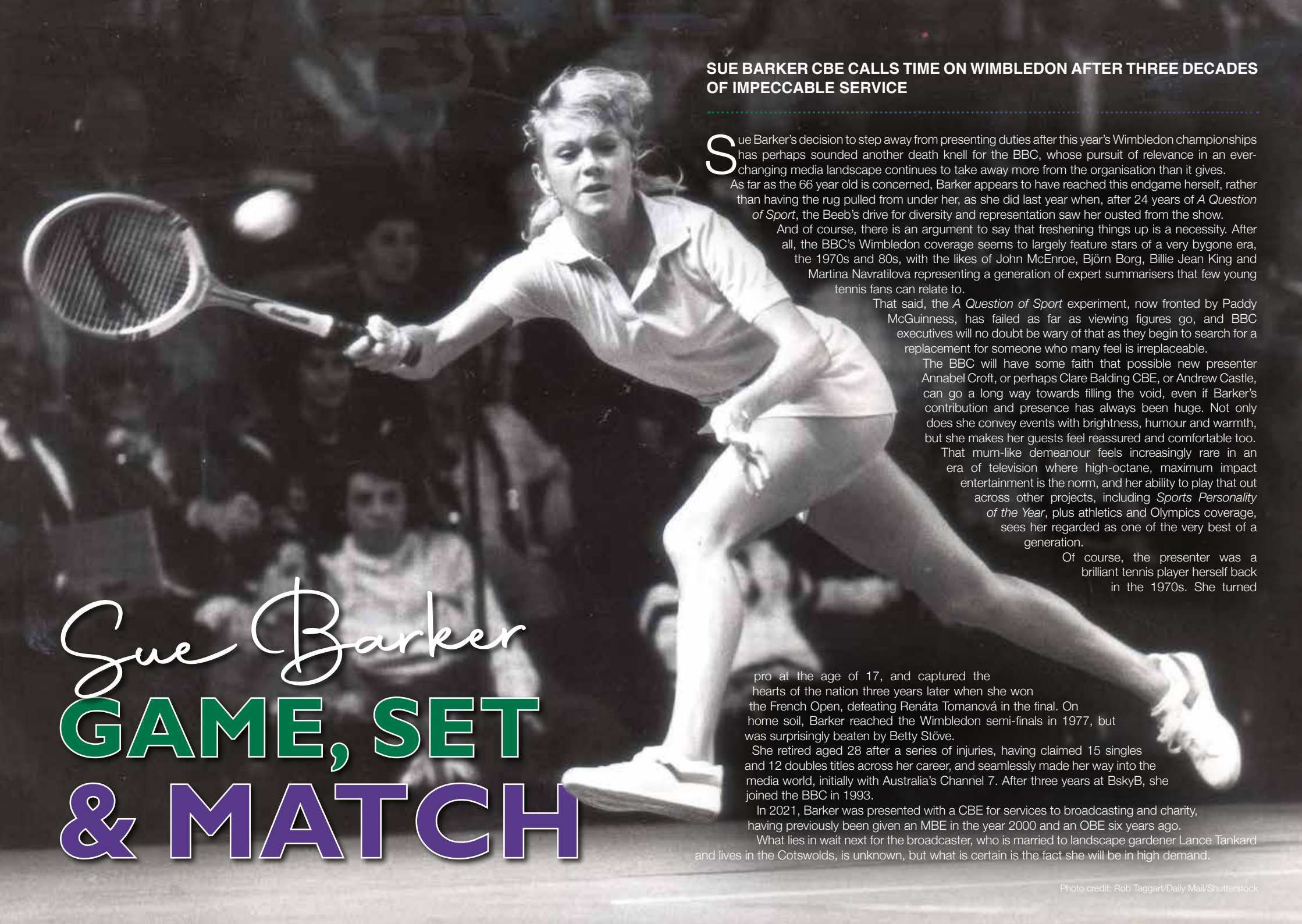


Photo credit: rebeccasicardi.com





## SUE BARKER CBE CALLS TIME ON WIMBLEDON AFTER THREE DECADES OF IMPECCABLE SERVICE

Sue Barker's decision to step away from presenting duties after this year's Wimbledon championships has perhaps sounded another death knell for the BBC, whose pursuit of relevance in an ever-changing media landscape continues to take away more from the organisation than it gives. As far as the 66 year old is concerned, Barker appears to have reached this endgame herself, rather than having the rug pulled from under her, as she did last year when, after 24 years of *A Question of Sport*, the Beeb's drive for diversity and representation saw her ousted from the show.

And of course, there is an argument to say that freshening things up is a necessity. After all, the BBC's Wimbledon coverage seems to largely feature stars of a very bygone era, the 1970s and 80s, with the likes of John McEnroe, Björn Borg, Billie Jean King and Martina Navratilova representing a generation of expert summarisers that few young tennis fans can relate to.

That said, the *A Question of Sport* experiment, now fronted by Paddy McGuinness, has failed as far as viewing figures go, and BBC executives will no doubt be wary of that as they begin to search for a replacement for someone who many feel is irreplaceable.

The BBC will have some faith that possible new presenter Annabel Croft, or perhaps Clare Balding CBE, or Andrew Castle, can go a long way towards filling the void, even if Barker's contribution and presence has always been huge. Not only does she convey events with brightness, humour and warmth, but she makes her guests feel reassured and comfortable too.

That mum-like demeanour feels increasingly rare in an era of television where high-octane, maximum impact entertainment is the norm, and her ability to play that out across other projects, including *Sports Personality of the Year*, plus athletics and Olympics coverage, sees her regarded as one of the very best of a generation.

Of course, the presenter was a brilliant tennis player herself back in the 1970s. She turned

pro at the age of 17, and captured the hearts of the nation three years later when she won the French Open, defeating Renáta Tomanová in the final. On home soil, Barker reached the Wimbledon semi-finals in 1977, but was surprisingly beaten by Betty Stöve.

She retired aged 28 after a series of injuries, having claimed 15 singles and 12 doubles titles across her career, and seamlessly made her way into the media world, initially with Australia's Channel 7. After three years at BskyB, she joined the BBC in 1993.

In 2021, Barker was presented with a CBE for services to broadcasting and charity, having previously been given an MBE in the year 2000 and an OBE six years ago.

What lies in wait next for the broadcaster, who is married to landscape gardener Lance Tankard and lives in the Cotswolds, is unknown, but what is certain is the fact she will be in high demand.

Sue Barker  
**GAME, SET  
& MATCH**





# LOCAL NEWS

*from your neighbourhood*



## Open-air cinema to show family favourite films

Hertford Castle will be the backdrop to three open-air cinema screenings next month.

The event, organised by Hertford Town Council (HTC), will take place on Friday, August 19.

*Raya and the Last Dragon* and *Encanto* will screen during the day for children and families, and *The Bodyguard* will be the evening showing, suitable for adults.

Visitors are invited to pitch up their picnic chairs and bring their own food and drink, or enjoy the refreshments available to purchase from stalls throughout the screenings.

Councillor Jane Sartin, chairman of HTC's

Development and Leisure Committee, said: "Hertford Castle is a great backdrop to watch a film, and the two children's films shown during the day will provide a great summer holiday activity.

*"The Bodyguard*, which will screen in the evening, was a film requested by people who have attended the event in previous years, and I'm sure will make for a great evening's entertainment at the castle."

Tickets are priced at £3 each for the family daytime performances and £7 each for the evening screening.

Tickets are available online at [www.hertford.gov.uk/events](http://www.hertford.gov.uk/events) or from Hertford Town and Tourist Information Centre in the town centre, or by calling 01992 584322.



Photo credit: Hertford Town Council

## New book celebrates inspirational artist

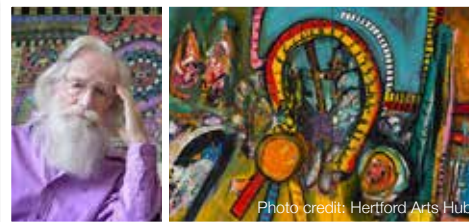


Photo credit: Hertford Arts Hub

A book celebrating the remarkable life of an artist from Hertford is now available for purchase.

Painter, poet and musician Alan Davie (pictured above), who lived in the hamlet of Rush Green on the outskirts of Hertford, built up a huge portfolio of colourful images before he died in 2014 at age 93.

For more than 65 years, Davie exhibited across the world, including at the Museum of Modern Art in New York, the Tate Modern in London, and the Peggy Guggenheim Collection in Venice.

Much has been written about Davie's life and talent. However, a new book written by art critic Mark Hudson examines Davie's connection to Hertford in more detail.

Speaking about the book, Mark said: "Lavishly illustrated with rare archive photographs and little-known paintings, *Alan Davie in Hertford* demonstrates that Davie's richly symbolic art was far more informed by actual physical places than is generally supposed, not least the quiet market town of Hertford, where he lived for 60 years."

*Alan Davie in Hertford* by Mark Hudson is available via the Hertford Arts Hub website at [www.hertfordartshub.org](http://www.hertfordartshub.org) or via [www.bit.ly/3OP3suv](http://www.bit.ly/3OP3suv)

A free exhibition, called *Alan Davie: Sunbirds and Skybands*, is currently on display at Hertford Arts Hub from 1pm to 5pm on Wednesdays and Thursdays and from 11am to 3pm on Saturdays.

## Warning after series of cashpoint scams

Police are warning anyone using a cashpoint to be vigilant after incidents of fraud in Hertford.

The scam involves a device being fitted to a cashpoint to glean data which is then transmitted remotely to fraudsters who can print a duplicate card.

Incidents have been reported in Hertford, Hitchin, Hoddesdon and St Albans.

In Hertford, a victim entered their PIN and on checking their account afterwards, found three transactions had been carried out from another ATM.

Detective Sergeant Mark Fava, from Hertfordshire's

Serious Fraud and Cyber Unit, said: "It appears that these thefts are being achieved by a discreet device being placed over the card slot of the machine, which scans the card details, transmits the data to the criminal and then blocks the card from being returned.

"The best way to avoid this happening to you is to cancel or suspend your bank card if it is retained by an ATM.

"If you have a banking app on your phone, you may be able to freeze your card temporarily until you can establish what has happened. Alternatively, you may need to call your bank to cancel or suspend the card until it has been recovered."

## MP fights for earlier cancer diagnosis in young people

Julie Marson, MP for Hertford and Stortford (pictured below left), has called on the government to implement a law to improve early diagnosis of cancer in young people.

Mrs Marson MP held a Parliamentary debate on Jess's Law – named after Jess Brady (pictured below right) who died of cancer when she was in her 20s – and said that its implementation would save lives.

The proposed law asks that after the third contact with a GP surgery about a condition or symptom, the patient's case should be elevated for review.

In her speech, Mrs Marson MP said: "I wish I was not here raising the issue of cancer in young adults.

"We are clear that this should not be a tokenistic exercise, such as an inconclusive blood test with the patient given the all-clear. The investigations need to be thorough to make a difference and to save lives."

In reply, Health Minister Maria Caulfield said: "If we can prevent a similar tragedy from happening to another family, we must do absolutely everything we can to make sure we do.

"We have now set a target that, by 2028, 75 per cent of all cancers should be diagnosed at stages 1 or 2. Doing that means diagnosing people as early as possible."



Photo credit: Julie Marson







Photo credit: Caxton Capital Partners



# Plans to transform industrial estate revealed

After Hertford Industrial Estate in Caxton Hill was purchased for £16.6million, as reported in the **VISION** Hertford May 2022 edition, local residents are being invited to have their say on regeneration plans for the area.

Caxton Capital Partners has launched a public consultation on plans to transform the site, which is currently made up of largely derelict buildings.

The proposals include replacing the older buildings with 15,450 square metres of modern industrial units, and planting new trees and landscaping.

A spokesperson for Caxton Capital Partners said: "Hertford Industrial Estate is designated in East

Hertfordshire's District Plan – the policy that plans for development across the district up to 2033 – as being part of the Caxton Hill employment area.

"The majority of the site is made up of buildings from the 1940s. It would not be possible to renovate these buildings to bring them up to modern energy-efficiency standards and to meet the needs of 21st-century operators.

"By regenerating the estate, up to 440 jobs will be supported in a sustainable location within walking distance of many of the people who will work here."

To take part in the consultation, please visit [www.hertfordindustrialestateregeneration.co.uk](http://www.hertfordindustrialestateregeneration.co.uk)

## Former model locked in £1.2million court row

A former *Vogue* model is locked in a £1.2million court fight with builders, after an extension at her Hertford home was derailed by bats in the attic.

Susan Warren, who is married to boxing promoter Frank Warren, is being sued for £1.2million by a building firm after allegedly refusing to settle a bill for an extension to the couple's mansion at Frogmore Farm.

Mrs Warren fell out with the boss of the company managing the build, Caudle Developments Ltd, after work on the couple's mansion stopped for six months when bats, which are a protected species, were discovered living in the attic of the house.

Dan Caudle, director of the company, eventually told his team to down tools, claiming Mrs Warren had failed to keep up with payments following the delay.

Now the building company is suing Mrs Warren for £1.2million in compensation for lost profit, unpaid bills and loss of business.

Mrs Warren denies owing the builders anything, claiming the £900,000 they were paid before walking out more than covers the value of the work they did.

She is also countersuing for £400,000 to cover the cost of finishing the project.

The hearing was still ongoing at the time of print.



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Photo credit: Hertford Town Council



# Popular festival to return to castle next month

Hertford Town Council (HTC) has announced that the free Rock at the Castle music festival will return to Hertford Castle next month.

The event, which will take place from 12.30pm to 7pm on Sunday, August 7, will support East and North Hertfordshire Hospitals' Charity (ENHHC).

As reported in the **VISION** Hertford April 2022 edition, HTC invited charities and community organisations to apply to be a beneficiary of the event, and ENHHC was selected as the chosen charity.

Although the event will be free, ENHHC will be fundraising at the gates. The donations will be used to refurbish the play area at Hertford County Hospital.

Eloise Huddleston, charity director at ENHHC, said:

"We are delighted to be Rock at the Castle's chosen charity of the year.

"The funds raised will help us transform the play area at Hertford County Hospital to make visiting the hospital a little easier for children and their parents.

"We will refurbish the garden area so that children and their parents can take a break outside, and we will also provide sensory toys."

Chairman of HTC's Development and Leisure Committee, councillor Jane Sartin, said: "The money raised should make a positive difference to children's experience of visiting Hertford County Hospital, and I hope everyone attending the event will be generous with their donations."

# New walking routes launched for residents

Local people are being given an extra incentive to get outdoors this summer following the launch of new walking routes in and around Hertford.

The initiative, called Beyond Hartham Common, has seen the creation of three colour-coded circular walking routes of varying lengths: the three-and-a-half mile Green Route, the seven-mile Orange Route, and the 10-mile Purple Route.

The initiative has been developed by Hertfordshire County Council on behalf of East Herts District Council (EHDC), with assistance from Hertford Town Council, Panshanger Park, and Herts and Middlesex Wildlife Trust.

Councillor Eric Buckmaster (pictured right), executive member for wellbeing at EHDC, said: "I hope residents not only enjoy these new walking routes, but also perhaps get to enjoy spaces around Hertford that they've not discovered before."

Colour-coded directional way markers have been installed along each of the routes to guide walkers.

To download the route maps, visit [www.eastherts.gov.uk/harthamcommon](http://www.eastherts.gov.uk/harthamcommon)



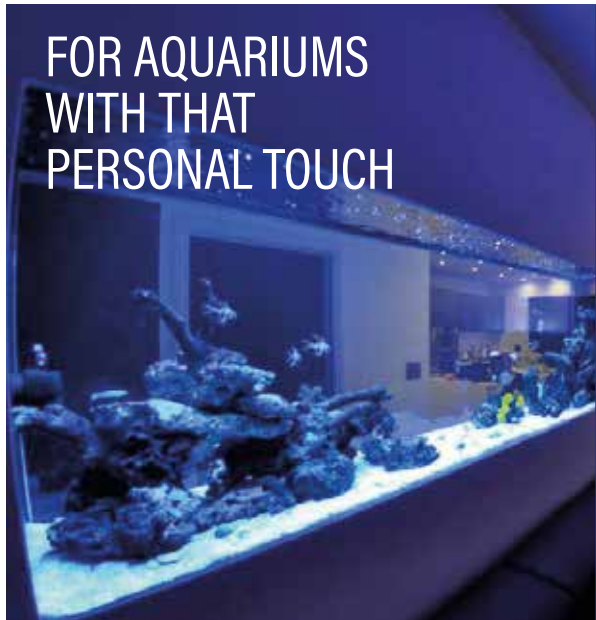
Photo credit: East Herts Council



LOCAL NEWS



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# CRAZY COMPANIONS



FROM GIANT SPIDERS TO PYGMY HEDGEHOGS, HERE ARE SOME OF THE CRAZY PETS KEPT IN BRITAIN

### TARANTULA

The very notion of having a pet tarantula crawling about the place as you sit down for your evening meal seems totally perplexing, yet while many of us view these incredible arachnids as dangerous, many tarantulas offer a bite that's little worse than a bee sting.

Naturally, you'd rather avoid that if possible, but that shouldn't rule out having a Chilean Rose, Mexican Redleg or Costa Rican tarantula as a pet.

### SUGAR GLIDER

This possum offers affection (once it gets to know you), inquisitiveness, a tail that's as long as its body and an ability to glide through the air with almost Tarzan-like abandon.

One slight downside is it's strictly nocturnal, meaning if you really want to bond with one, you'll be staying up late.

### GIANT AFRICAN LAND SNAIL

Who would have thought owning a snail implied you were living on the edge? It is indeed the case, though, given that the giant African land snail is illegal in many parts of the US for the destruction it can cause to agriculture.

We're a bit more relaxed in the UK, though it is against the law to release them into the wild; and contrary to the marketing, they're not really so 'giant' after all, coming in at around 15cm long (which is still impressive as molluscs go).

### CHINCHILLA

A bit like a squirrel on steroids, the chinchilla is an adorable member of the rodent family and rarely puts a paw out of place, though does require a fair bit of maintenance.

### AFRICAN PYGMY HEDGEHOG

Anyone who has spotted a hedgehog going about its nightly duties will know that – horrific waistcoat of lethal-looking spikes aside – they are one of our cutest garden visitors. The pygmy (or four-toed) hedgehog is a smaller version more suited to life as a pet, and their popularity in the UK is soaring.





# To bee OR NOT TO BEE

THAT IS THE QUESTION – AS IN, ‘WHAT’S ACTUALLY THE DIFFERENCE BETWEEN A BUMBLEBEE AND A HONEYBEE?’

**W**hen it comes to buzzing beauties in our gardens, most of us would be none the wiser as to exactly what we’re looking at – we’ll simply exercise caution to prevent getting too close to them.

The truth, though, is that bumblebees and honeybees look and live very differently.

## APPEARANCE

Bumblebees are bigger, have a puffier, more decorated exterior and subsequently buzz at a slower rate and lower frequency.

Honeybees are more streamlined and can often be mistaken for wasps.

## NESTS

Honeybees will nest whenever they can find a decent space. A tree, a cave, a roof space, even under your car bonnet – they’re happy as long as they believe it’s a safe and secure space.

Bumblebees will create homes underground.

They have less of a need to build high as they’re not protecting a mass of honey, so will typically use abandoned burrows or holes underground.

## JOB

Honeybees, as the name suggests, produce honey. Bumblebees, on the other hand, are responsible for transferring nectar from flowers.

## STING

We all know the peril of a bee sting, though it’s only a honeybee sting that’s terminal... for the bee. Bumblebees have the ability to sting many times – you’ve been warned.

## HIBERNATION

While bumblebees will see out the cold of winter in a safe, warm space, honeybees do not hibernate and will keep going throughout the cold months. They will rely on pre-stored food to last them through to the spring.



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# How to deal with...

The average total debt for an adult in the UK is a whopping £32,053. If you are one of the many people struggling with debt, it can feel all-consuming. Fortunately, there is light at the end of the tunnel.

### Step 1: Make a list

If you have been burying your head in the sand about your debt, then now is the time to make a list of everything you owe. Although it can be scary to see this on paper, this is an essential task in becoming debt-free.

### Step 2: Prioritise your debts

The next step is to put your debts in order of importance; these are known as priority debts. These may include:

- Mortgage repayments
- Rent
- Secured loans
- Utility bills
- Taxes
- Court fines

These debts need to be paid back first as they

could result in you losing your home or being disconnected from a service.

### Step 3: Work out a budget

A weekly or monthly budget helps you to see what your monthly income and expenses are and allows you to find out how much you can realistically pay your creditors. If you need help working out a budget, the MoneyHelper offers a free budget planner at [www.moneyhelper.org.uk/en](http://www.moneyhelper.org.uk/en)

### Step 4: Communicate with your creditors

Once you know what you can afford to pay back, you should contact your priority creditors to talk them through your situation. Make sure you are realistic about what you can afford to pay and don't assume you will be able to pay more in the future.

### Step 5: Get independent advice

You can get free advice on dealing with debt from charities such as Step Change. Visit their website at [www.stepchange.org](http://www.stepchange.org) to find out more.



BUSINESS & PROPERTY





# HIRE CAR *high-fives*

CLEVER TRICKS TO CONSIDER WHEN HIRING A CAR

**B**eing taken for a ride when hiring a car is probably one irony too many, but it's possible to steer clear of hire car horror and save some additional money by following a few clever tricks.

**INSURANCE INSANITY:** Car hire companies profit from every level of insurance they sell, and as with most policies, you'll not need it 99.9 per cent of the time. Beware convoluted offerings, including a super collision damage waiver which, despite the name, still won't save you having to pay your excess. Others can take the excess down to zero but will cost you more than arranging private insurance. Alternatively, see what's covered on your credit card benefits.

**THE POWER OF THE HOUR:** Beware returning your hire car after hours – bringing it back late may well cost you an extra day's hire. Alternatively, think about the free trick on car hire when it comes to having a car on a day when the

rental centre isn't open. You'll find the cost for hiring Friday to Sunday is the same as Friday to Monday – in other words, you're getting a free day.

**THE FUEL RULE:** It always pays to return the car with the same fuel level in the tank. Returning it without refilling will incur additional fees.

**BOOK IN ADVANCE:** As is usually the case, booking in advance will save you money. And in the COVID-19 era, many rental centres are insisting on pre-uploading your driver's licence and other ID documents, meaning you can save time on collection.

**THE AIRPORT AGGRO:** As we get back into the mindset of holidaying abroad, try to avoid airport rentals. They are notorious for expensive add-ons at a time when people are in a tense state of mind. The better solution is to get a taxi to a nearby town to pick up a prearranged rental.




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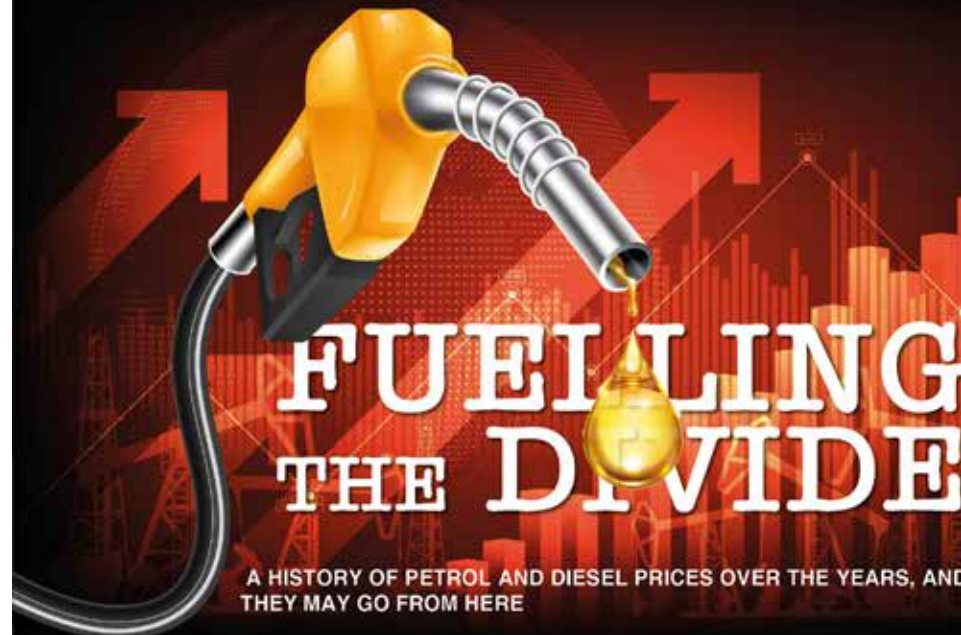
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# FUELLING THE DIVIDE

A HISTORY OF PETROL AND DIESEL PRICES OVER THE YEARS, AND WHERE THEY MAY GO FROM HERE

The devastation caused by the conflict in Ukraine has affected no one more than those immediately impacted by the war; and while it feels churlish perhaps to complain about the price of fuel at the pumps, it's not unreasonable to highlight the extraordinary increase in the price of filling up, and the very real impact it's having on home shores.

The current cost-of-living crisis is about much more than fuel, but the extent to which we rely on the ability to transport both ourselves and our goods around the UK means that even small fluctuations in petrol and diesel can have an onward effect across all retail and service sectors.

It's not just the war either – there is a multitude of other global factors contributing to an increase in logistics and refining costs.

Going forward, the threat of a full EU ban on Russian energy imports could see the cost of fuel climb even higher above the record prices we've seen – around £1.91/litre for petrol and £1.98/litre for diesel.

Even as recently as 2017, filling up at the pump was more than 30 per cent cheaper, and back in 2005, the amount we spend today would have got us twice as far down the road.

## PETROL PRICES OVER TIME

15 years ago (Jun 2007)	96p/litre
10 years ago (Jun 2012)	£1.32/litre
5 years ago (Jun 2017)	£1.15/litre
3 years ago (Jun 2019)	£1.27/litre
1 year ago (Jun 2021)	£1.30/litre
7 months ago (Dec 2021)	£1.45/litre
4 months ago (Mar 2022)	£1.67/litre

## DIESEL PRICES OVER TIME

15 years ago (Jun 2007)	97p/litre
10 years ago (Jun 2012)	£1.37/litre
5 years ago (Jun 2017)	£1.16/litre
3 years ago (Jun 2019)	£1.31/litre
1 year ago (Jun 2021)	£1.32/litre
7 months ago (Dec 2021)	£1.49/litre
4 months ago (Mar 2022)	£1.78/litre



# Just JAKE

JAKE DANIELS BECOMES THE UK'S FIRST OPENLY GAY FOOTBALLER IN THREE DECADES

They say young footballers go about their craft with a sense of fearlessness, and that's certainly the case where Blackpool forward Jake Daniels is concerned.

The 17-year-old, who signed pro terms with the Championship club in 2022, is yet to make a league appearance for the Seasiders, though he has singlehandedly cultivated more column inches than any of his vastly more experienced teammates by coming out as the English Football League's only gay footballer.

For many years, conjecture over the possible treatment of gay footballers – in an environment where terrace banter very often crosses the line between acceptable and not – has clearly led to a huge number of gay footballers afraid to fly their true colours.

That's what makes Jake's revelation all the more brave – namely that someone right at the start of his football career has the confidence and honesty to nail his LGBT colours to the mast and declare, as would Gloria Gaynor, "I am what I am".

He said: "I can't really put a date on it, but I was probably five or six years old when I knew I was gay, so it's been a long time that I have been living with the lie. "Now is the right time to speak. I feel like I am ready to tell people my story. I want people to know the real me."

"I have been thinking for a long time about how I want to do it, when I want to do it. I know now is the time. I am ready to be myself, be free and be confident with it all."

The UK's first openly gay footballer since Justin Fashanu way back in 1990, Jake is correct in his assertion that attitudes and values have changed. And while the late Fashanu was derided for his honesty and bravery, the fact Jake Daniels has been roundly praised shows just how far society has come since then.



Photo credit: Paul Dennis/TGS Photo/Shutterstock

BRITAIN'S GREATEST SPORTING MOMENTS...

## Andy Murray WINS WIMBLEDON

Each month, we look at one of the most significant events in British sporting history. This month, we go back to the day when Andy Murray fulfilled a life's ambition at Centre Court.

In the modern era, men's British tennis failed to live up to expectations for a long time. Players such as Tim Henman and Greg Rusedski teased and toiled, but in all honesty were some way short of mounting real and repeated Grand Slam challenges.

When Andy Murray turned pro in 2005, immediately there was something different about this sparky, confident, sometimes arrogant Scot. Buoyed on by a fiercely supportive mum and partner, he had an all-round game that, on the right day, and on the right surface, could challenge anyone.

That day came on July 7, 2013, as the then 26 year old strode out onto Centre Court in the Wimbledon men's final. Only Novak Djokovic stood between Murray arresting a 77-year wait for a men's British champion, and the opening exchanges proved the ride wasn't going to be easy.

Even so, Murray broke his opponent to take the first set 6-4, then recovered from 4-1 down to win the second 7-5. Victory was soon one game away, and as BBC commentator Jonathan Overend said, the arena represented "a cacophony of support, elation and fear. That noise, in those 90 seconds, will never, ever be heard again. So loud, so impassioned, it was like Murray was about to play the final game of his life."

Murray held his serve, and his nerve, to take the final set 6-4. Victory was his.

Of course, Murray repeated his feat three years later, and in a rich spell of success – which saw him rise to the top of the world men's rankings – also took the US Open title and made it to six further Grand Slam finals.

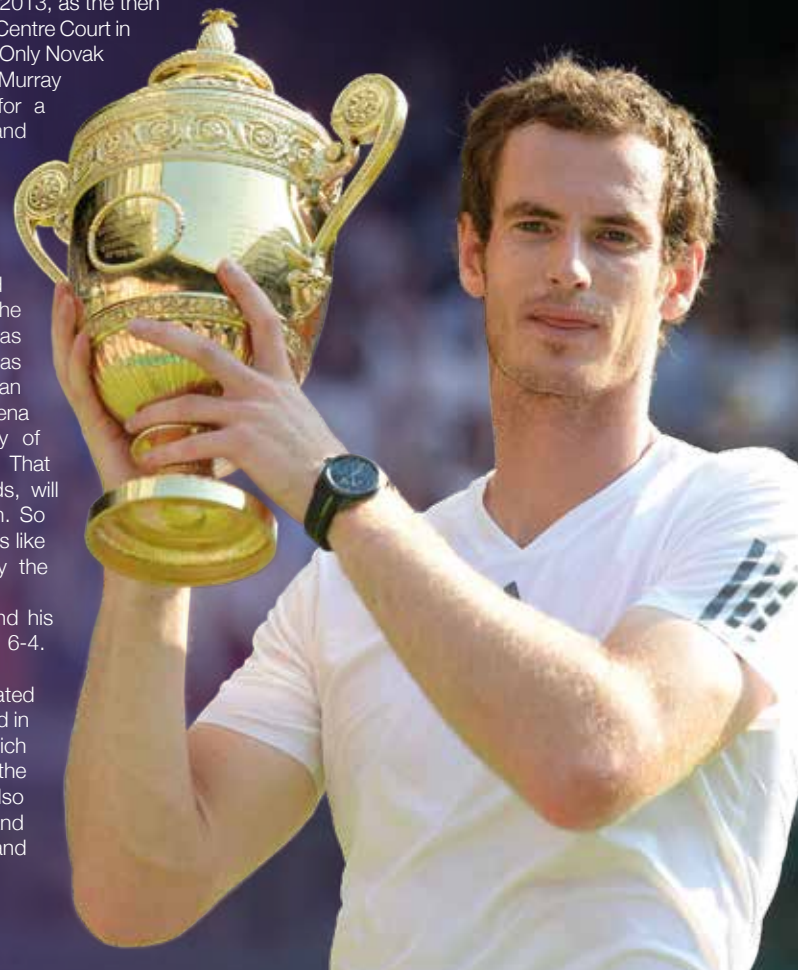


Photo credit: Andy Hooper/Daily Mail/Shutterstock



# Lucky Penny

WHY IT'S IMPORTANT TO UNDERSTAND OUR KIDS' PERCEPTION OF MONEY

There's no parent who hasn't encountered the incessant pleading or hopeful yearning of a child who, while being commended for his or her persistence, has desperately failed to appreciate the value of something we all need perspective on – money.

While in the past the subject of finances was one largely kept clear of kids, experts now believe it's of real value to educate our youngsters as far as the daily cut and thrust of cash goes.

To do so, it is key to understand what our kids perceive as the value of money. It follows, then, that we can better manage expectations if we pinpoint their perspective. For instance, children under the age of seven will understand the concept of money and its function, but only later do they gather the sense of exchange, the idea of borrowing and the fact it comes in various forms.

Past the age of 10, kids glean how work interacts with money and the fact it can be preserved with good habits (or lost easily with bad ones). With that in mind, having a jar where kids can save money, see it accumulate and then spend it on a reward is one of the best introductions.

Parents or guardians should also use a scheme of rewarding tasks (or commissions) rather than the typical pocket money format where, effectively, a child is rewarded no matter what they do.

The importance of giving should also be emphasised, as well as opportunity cost – "If you buy this, you won't be able to buy that."

Early money management offers great practice for later life where, as we will all testify, temptations become much greater.



# AN APPLE A DAY

## THE CHILD PROTECTION SYSTEMS RELEASED BY APPLE

Apple's advancements designed to protect the welfare of children using its hardware are coming into play, although the tech giant has held off activating a third iCloud-based system until next year.

In the meantime, content on devices being used by children will be screened in two ways, should parents choose to turn on the notifications function.

If activated, when an attempt is made to load a page that contains an inappropriate image, a warning note will appear, asking the user if they wish to proceed and view the photo. The note will suggest they consult a responsible adult for advice. This set up effectively eliminates the risk of children accidentally viewing content they would rather not.

A similar message will also appear if the child is apparently attempting to intentionally search for and view a topic or image that it is imagined might cause offence to minors. The system will then direct the user to expert public services for help and advice.

Both systems are currently in use in the US, and they are significant innovations, because they represent the fact that rather than employing a Big Brother approach, Apple recognises that most families would rather police themselves and their own actions, given the opportunity.

A further system, originally announced in 2021 and now put on hold until 2023 at least, involves the scanning of photos uploaded to iCloud, with the aim of finding 'known' child abuse photos.

While the corporation is keen to move forward with this third innovation, it has agreed to take further advice on the feature before proceeding.



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Answers: see end of The VISION Listings

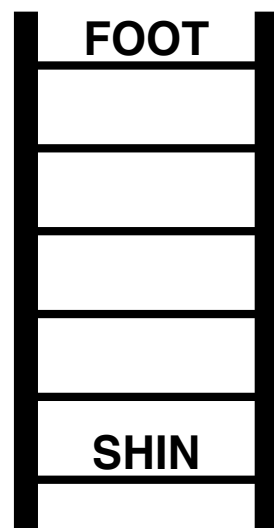
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## DID YOU KNOW?

- ▶ Every planet in the solar system could fit in the space between the Earth and the moon.
- ▶ On Venus, one day (one rotation) is equal to approximately 243 days on Earth, but its year (a trip around the sun) is approximately 224 days on Earth. This means one day on Venus is longer than one year.
- ▶ Lightning can occur in space. It's caused by black holes.
- ▶ As a gas giant, Saturn is less dense than water. It would be able to float on water.
- ▶ The sun rises and sets on the International Space Station around 15 times a day.
- ▶ In space, no one can hear you scream. Sound is vibration travelling through molecules in the air, but as space is a vacuum, there are no molecules to vibrate.

## WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.



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