

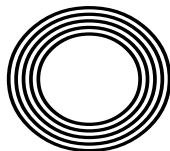
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LIVE LONG & PROSPER
this Star Trek Day

IDRIS ELBA OBE

The actor's rise to the big screen as he turns 50



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SEPTEMBER 2022

Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Hertford. Following on from the Lionesses' magnificent victory in the Euros final, I think it's been great to see how many girls and women in our local area have been inspired to take up the sport. As the new football season begins, now is the perfect time to consider joining your local club - after all, you never know how far it might take you!

This summer has been full of events that were previously cancelled owing to COVID-19 - from weddings to festivals, fairs to community get-togethers. And this is all the more special because it has reminded us how important it is to cherish time with family and friends.

The beautiful weather we've been having has certainly helped. I was born in the summer of 1976, famously one of the hottest on record. I think in years to come, the summer of 2022, when temperatures reached 40 degrees, will be looked back on with a similar kind of awe.

I'd like to take this chance to thank our distributors for delivering our magazines come rain, shine or snow. They are an integral part in keeping **VISION** running, and they deserve to be recognised.

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Brett Shohet

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STAR QUALITY

One of the most enduring television programmes in broadcast history has certainly lived up to its famous quote – “Live long and prosper”.

And if the legacy of the iconic sci-fi series wasn't reason enough to don the Starfleet uniform, the so-called Star Trek Day – September 8 to you and me – surely is.

Legendary actor Leonard Nimoy committed almost 50 years of his life to playing the Vulcan character Spock, dating right the way back to the first *Star Trek* pilot episode in 1964. And until his death in 2015, the actor presided over a franchise that never lost its edge or appeal.

In fact, it's because the series is as admired today as it was on its original run back in 1966 that director J.J. Abrams has been tempted back for a third reimagination, expected to air sometime in 2023.

Before then, Trekkies have a special date in the calendar upon which they can hang their USS Enterprise hat. That's thanks to the growing popularity of September 8 on the sci-fi calendar, a date affectionately known as Star Trek Day.

The date mirrors when Trekkies got their first glimpse of the crew in 1966 – the result of Gene Roddenberry's vision of a drama inspired by *Forbidden Planet*, *Horatio Hornblower*, and *Gulliver's Travels*.

To say that *Star Trek* has blown apart pop culture over the course of its existence is something of an understatement – with revenue approaching £10 billion, it's certainly one of the highest-grossing media productions on record.

The 2009 *Star Trek* reboot movie by Abrams saw a new alternate timeline so as to continue with the original characters, albeit portrayed by a new cast. Indeed, the franchise has so far managed to swerve some of the prequel/sequel criticism levelled at its distant sci-fi relation, *Star Wars*.

Perhaps the reason for that is because *Star Trek* has always succeeded in showing a strong regard for humanity because it's the universe – our own shared universe – they're all fighting for. Maybe that's why it has stood the test of time for seven decades. It's certainly what fans the world over will embrace on September 8, with thousands of meet-ups celebrating characters, friendships, memories and just a bit of old-fashioned sci-fi sorcery.

Strangely, it's possible Roddenberry, the show's creator, had the Second World War to thank for his vision of space warfare; he was a brave bomber pilot for the US Army Air Force, during the conflict, and was awarded the Air Medal and the Distinguished Flying Cross, before becoming a police officer in Los Angeles.

He got his big television break soon afterwards, and so too did the likes of James T. Kirk, Dr Leonard McCoy, Montgomery Scott and others.



STAR TREK



OLD SPICE?

IT'S 26 YEARS SINCE THE RELEASE OF THE SPICE GIRLS' DEBUT SINGLE, *WANNABE*, BUT MEL C IS STILL GOING STRONG

Melanie Chisholm has stuck close to her roots – following the phenomenal success of her stint as Sporty Spice with the Spice Girls, her solo career has sparked eight albums and produced three number-one singles, and will see embarking on a UK-wide book tour.

For those of us old enough to remember it, the summer of 1996 was a golden one. Britpop had given the country a unique swagger, the Euros were here, the sun was out and beer was cheap. And riding on the coat-tails was a new thing called 'girl power', pushed by a spectacular PR machine and fronted by the Spice Girls.

The legacy of the band that followed, both musically and in inspiring a generation of girls to stand tall and be heard, is well known; though perhaps the greatest accolade you can give to Simon Fuller's creation was that each member went on to achieve great things – and Mel C is no exception.

Visually, she's a world away from the tracksuit-clad kung-fu kicking star who pirouetted around stages and *Top of the Pops* studios – these days

the singer, at 48, is stylish and motherly; yet can still mix romantic anthems with dancefloor anthems.

"For me, music has always been about evolving with the things around you," she says. "You need to follow trends, while still keeping your own sense of originality and creativity over the music you make."

Away from the bright lights, Mel C has encountered her own fair share of challenges. She's battled depression, eating disorders, and admits that up until the birth of her only child, Scarlett, in 2009, she never fully had a sense of responsibility to herself.

2022 is an exciting year for the singer, as not only has she got a number of upcoming performances, but she is also publishing her first-ever autobiography, which promises to tell all about her time with the Spice Girls as well as the years that followed. It will take readers behind the scenes of her showbiz lifestyle, as well as revealing the darker side of fame, and finally gives Mel C the chance to tell her story in her own words.

Who I Am: My Story is available to purchase from September 15.

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FRINGE FASHION

is back in town!

Fringe is back with a vengeance this autumn and has already been spotted on stars such as Charlize Theron and Olivia Palermo. From tasseled denim jackets to fringed mini-dresses, there are so many stylish ways you can embrace this trend in 2022.

WHAT IS FRINGE FASHION?

Fringe first came into fashion in the 1920s as part of the flapper look, with dresses that were typically cut from luxurious materials and ornamented with fringed trim. Over the decades, fringe has gone in and out of fashion, but is now back bigger and bolder than ever before. It can be found in many different styles on garments made out of a variety of fabrics, from leather and suede to denim and silk.

HOW TO ROCK FRINGE THIS AUTUMN

1. Fringed midi leather skirt

Why rock only one autumn 2022 fashion trend when you could embrace two? Leather is a great material for fringing and, when showcased on a midi skirt, guarantees you will look super stylish.

2. Fringed denim jacket

The denim jacket is the perfect wardrobe staple to take you from summer to autumn, and adding a little (or a lot) of fringe detailing can inject a touch of fun to any outfit. Look for an oversized and boxy shoulder with plenty of fringe for maximum effect.

3. Fringed wrap dress

Ideal for taking you from shopping to a hot date, a fringed wrap dress promises to make you look sophisticated and stylish. Pair with some strappy shoes and minimal accessories for an effortlessly glam vibe.

4. Fringed accessories

If fringed clothing is a little bit too far outside your fashion comfort zone, then why not try adding a few fringed accessories? For your first foray, fringed earrings are a great choice, or why not pick up a tasseled handbag?



HOW TO MAKE YOUR OWN

eyeliner

EYELINER IS A MUST-HAVE MAKE-UP ITEM FOR MOST, BUT SHOP-BOUGHT VARIETIES CAN CAUSE A WHOLE HOST OF ISSUES, INCLUDING IRRITATED SKIN

HOW TO MAKE EYELINER USING ACTIVATED CHARCOAL

- > Break a few capsules of activated charcoal into a small dish.
- > Dip your eyeliner brush directly into the charcoal and apply.
- > You do not need to add any other ingredients as the charcoal will naturally mix with the oil on your skin and stay in place once applied.

HOW TO MAKE EYELINER USING ALMONDS

- > Use a pair of tweezers to hold an almond while you burn it with a lighter. Make sure you wear heatproof gloves to protect your hands.
- > Continue to burn the almond until half of it has turned to soot.
- > Scrape the soot into a dish using a butter knife.
- > Try to avoid scraping any large chunks of unburned almond into the dish.
- > Dip your eyeliner brush into the soot and apply it in your preferred style.
- > If you prefer a more gel-like consistency, you can add a few drops of jojoba, almond or coconut oil.

HOW TO MAKE DIFFERENT COLOURED EYELINER

1. Cocoa to make brown eyeliner: Mix unsweetened cocoa powder with a few drops of water or jojoba oil and apply.

2. Spirulina to make green eyeliner: Pour spirulina powder into a dish and apply directly or mix with water or oil for a gel effect.

3. Beetroot to make red eyeliner: Add beetroot powder to either activated charcoal or cocoa powder to create a reddish hue.

4. Mica powder to make a rainbow of colours: Mica powder can be bought online and comes in every colour of the rainbow. Use this powder the same way you'd use activated charcoal.

EYELINER HACKS YOU SHOULD KNOW

- > Draw small dots on the top of your lash line with a pencil and then join with liquid liner
- > Use a magnifying mirror
- > Always start with the eye you find the most difficult.



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FITNESS FOR ALL

TO CELEBRATE NATIONAL FITNESS DAY, WHICH TAKES PLACE ON SEPTEMBER 21
THIS YEAR, WE HAVE ROUNDED UP A SELECTION OF WORKOUTS, WITH OPTIONS TO
SUIT ALL AGES AND ABILITIES

EXERCISES FOR ALL AGES AND ABILITIES

20s

Focus on incorporating cardio, weight training,
balance work and stretching. Aim for 30-60 minutes
of cardio two or three days a week, such as running,
swimming or cycling, and one or two weight training
sessions to challenge all muscle groups.

30s

It can take longer to recover from workouts in your
30s, so you should add 30 minutes of resistance
training at least twice a week to your normal workout
routine, incorporating exercises such as squats,
push-ups and planks. This is especially important
for women as it can help to offset issues such as
osteoporosis and arthritis.

40s

With age, your bone density decreases, as does
your strength and muscle mass. Counteract this by
combining strength training exercises such as lifting
weights or using resistance bands with moderate-

intensity cardio three times a week.

50s

Resistance training is vital in your 50s, especially
for your hips and shoulders. Schedule 30 minutes
of walking five days a week and two sessions of
resistance training.

60s

During your 60s, fitness is more important than ever
before, helping you to keep your independence
for longer. Opt for low-impact exercises such as
swimming, rowing or stationary core moves.

Wheelchair users

Regular aerobic exercise and muscle-strengthening
exercises are crucial for wheelchair users. Aim to get
at least 150 minutes of the former per week and
set aside two sessions for building strength. Arm
raises, side twists and sitting bicycle crunches are
all good choices, as are wheelchair sports such as
basketball, badminton and netball.



Know your

NAILS

DISCOVER THE SIX MOST COMMON NAIL PROBLEMS AND HOW TO RECOGNISE THEM

Chances are you don't pay that much attention to the condition of your nails. However, did you know that a change in their appearance can indicate an underlying health condition?

BEAU'S LINES: Beau's lines are deep grooved lines that run from side to side on the fingernail or toenail. They often look like ridges or indentations on the nail plate. Beau's lines can indicate uncontrolled diabetes, a zinc deficiency or peripheral vascular disease.

YELLOW NAIL SYNDROME: If you have yellow nail syndrome, your nails will thicken and nail growth slows down. This results in a yellowish discolouration of the nails. Yellow nail syndrome is often a sign of respiratory disease or lymphedema.

TERRY'S NAILS: Terry's nails is a condition that makes the nails appear white apart from a narrow pink band at the tip. This nail condition can occur because of ageing, but it can also be a sign of a more serious health concern such as liver disease, kidney failure or diabetes.

SPOON NAILS: As the name suggests, spoon nails are soft nails that look as if they have been scooped out. Spoon nails are often a sign of an iron deficiency or a liver condition known as hemochromatosis. They are also associated with heart disease and hypothyroidism.

NAIL CLUBBING: Nail clubbing occurs when the tips of the fingernails become enlarged and the nail curves around the fingertips. Nail clubbing can be a sign of inflammatory bowel disease, cardiovascular disease or liver disease. It is also sometimes the result of low oxygen in the blood.

NAIL PITTING: Ice-pick-like depressions in the nail are known as nail pitting. This nail condition is common in people with psoriasis. Nail pitting can also be related to connective disorders such as Reiter's syndrome and alopecia areata.

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It's all about Balance



Balance Awareness Week takes place from September 18-24 and aims to broaden the understanding of inner ear disorders and how they can affect someone's daily life.

Most people take balance for granted, yet without it, you can suffer a whole host of health problems.

Why is balance important?

Balance is needed to perform everyday activities, including walking, going up and down the stairs, and even just standing upright. It is particularly important in older adults, as good balance can help to prevent falls. Some of the main benefits of improving your balance include:

- > Preventing injuries
- > Improving posture
- > Strengthening muscles
- > Improving coordination
- > Improving cognitive function

How to improve your balance

There are several exercises you can do at home to improve your balance, and you don't need a single piece of equipment to do them.

Single leg lift

Stand upright with your feet close together. Keep your head straight, take a deep breath and slowly lift your right leg off the floor. As you gain confidence, bring your leg higher so that your knee is as close to your chest as you can comfortably manage. Repeat with your left leg.



Single leg lift side version

Stand upright with your feet close together. Keep your head straight and your eyes forward, then slowly lift your right leg to the side. Make sure you keep your body upright as you do this. Do not lean to the side. Repeat with your left leg.



Balance walk

Find a straight line or place a piece of tape on the floor. Extend both arms to your side, keep your feet straight and place your right heel at the tip of your left toes. Next, place your left heel at the tip of your right toes. Continue placing one foot in front of the other without straying from the line.



SLOE & STEADY *wins the race*

There's something magical about turning a humble hedgerow berry into something to tease the tastebuds, like sloe gin. And better still, it's really simple to make.

Sloes grow on blackthorn bushes, which are found all over the UK. The bushes blossom in early spring with clouds of pretty white flowers, and the deep purple berries start forming in August.

For sloe gin, people often recommend that you don't pick them until after the first frost. Apparently, this makes the berries sweeter and softer. The only problem is that birds love sloes, too, and they might get there before you do.

So the Woodland Trust recommends that you pick sloes from late September. After washing and drying them, just pop them in the freezer. This creates an artificial frost – and the berries will keep in the freezer for several months.

When you're out picking sloes, it's a good idea to wear gloves and a long-sleeved top as their branches are prickly and covered with thorns. And remember, sloes don't taste good raw. And while eating them in this state won't harm adults, never give them to children.

How to make sloe gin

Ingredients:

500g sloes (rinsed and dried) | 250g caster sugar | 1 litre gin

Method:

- Prick the sloes with a cocktail stick and tip into a 2-litre glass jar.
- Add the sugar and gin, seal the jar and shake well.
- Once a day for a week, give the jar a good shake.
- Store the jar in a cool, dark place and leave for 2-3 months.
- Line a plastic sieve with a square of muslin, strain the liquid into a bowl and decant it into clean, dry bottles.
- Your sloe gin is now ready to drink.
- Drink it neat or top it up with prosecco for a sparkling aperitif.



The Blackberry Day

They look good, they taste good, and they do you good too. What more could you ask of a fruit you can gather for free?

Blackberries have been eaten in Britain since Neolithic times. And there are plenty of places to pick them throughout most of September. You'll find them in straggly clumps, in woods, hedges, heaths, roadside verges, and perhaps in your own garden.

Blackberries are a great source of vitamin C, potassium, manganese and antioxidants. Research indicates they may help prevent heart disease, certain cancers and inflammatory conditions such as arthritis.

You'll need to pick the berries when they're ripe – when their colour changes from red to purplish black. Once you're home, wash them in cold water. Add a little salt and leave them to soak for 5-10 minutes. This will get rid of any bugs, which should float to the surface.

Remember, fresh blackberries don't last long. So make sure to use them within a day or two or freeze them for later.

There are loads of delicious blackberry recipes – both sweet and savoury. This one's a twist on an old favourite.

Blackberry fruit crumble squares

INGREDIENTS:

250g sugar | 375g plain flour | 1 tsp baking powder
| 200g butter (soft) | 1 egg | 450g blackberries (washed) | 1 tbsp cornflour

HOW TO MAKE:

- > Preheat the oven to 190°C/170°C fan/gas mark 5 and grease a 20x30cm tin.
- > Stir together 200g sugar, flour and baking powder. Using a fork, blend in the butter and egg. The dough will be crumbly.
- > Pat half the dough mixture into the tin.
- > Mix together the fruit, the remaining 50g sugar and cornflour. Mix gently (it doesn't matter if the mixture is a bit squishy).
- > Spread the blackberry mixture evenly over the dough.
- > Crumble the remaining dough mixture on top.
- > Bake for 35-40 minutes, till the top is golden.
- > Cool, then cut into squares. Enjoy!



LONDON CALLING

OPEN HOUSE FESTIVAL LONDON – SEPTEMBER 8 TO 21



Are you itching to nose around London buildings usually closed to the public? If so, the Open House London Festival is a must. It's a two-week celebration of the city's architecture, homes and outside spaces that runs from September 8-21. And it's back this year, after a two-year break, to celebrate its 30th birthday.

There's something going on in every borough. This includes not just open buildings but also special events, guided tours, walks and family activities. The great news is that all visits and events are free – but book early to avoid disappointment. You'll need tickets for most visits and some get snapped up very quickly.

The organisers stress that the festival is not just about grand buildings; it's about celebrating every aspect of London's urban landscape in all its shapes and sizes. As well as award-winning modern offices and historical buildings, you could have the chance to step inside a

suburban semi, a studio flat or even a houseboat.

In past years, around 800 buildings have flung their doors open for the event. They include 10 Downing Street, the Foreign & Commonwealth Office, the Gherkin and several private clubs. There have also been windmills, train stations, tunnels and even cabbies' shelters. So there really is something to suit all tastes.

Each year, around 250,000 visitors attend an Open House event in London, making it the biggest festival of its kind in the world. The festival is organised by a charity called Open House, and the aim is to encourage people to learn more about their environment and each other, to help make their city a better place for everyone who lives or works there.

As we go to press, the full list of 2022 events isn't yet available, so please check the festival website at openhouselondon.org.uk/2022 for the latest information.

Photo credit: open-city.org.uk





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pretty pumpkin



HOME & DIY

Who says pumpkins are only for Halloween? And they're not just for eating, either. Find out how to make a pumpkin spice candle at home.

MAKE A PUMPKIN SPICE CANDLE

YOU WILL NEED:

- > A wide-necked 370g jar with lid (a Mason jar or old jam jar is perfect)
- > 370g soy wax pellets
- > A candle wick (15cm)
- > A candle wick holder
- > Glue dot (heat resistant)
- > 1 tsp (5ml) pumpkin spice essential oil
- > Pumpkin spice (ground) plus a few whole spices, such as cinnamon, star anise, cardamom, clove or allspice, for decoration (optional)

HOW TO MAKE:

- > Thread the wick through the holder and apply the wick tab to the inside bottom of the jar.
- > Warm the jar in the oven at 30°C.
- > Gently melt the wax in a microwave or double boiler.
- > Cool for a few minutes then stir in the essential oil, mixing thoroughly.
- > Fill the jar to 1cm below the rim and make sure the wick is still in the centre.
- > When the wax gets cloudy, sprinkle a pinch of pumpkin spice on the top and scatter the whole spices.
- > Cool at room temperature then trim the wick.

Add a homemade label or check out Etsy for something really stylish. Remember to remove the whole spices before lighting your candle.



There are loads of other ways to decorate your home with pumpkins this autumn. Why not try one of the below ideas?

- > Arrange a group of pumpkins and decorate them by painting, drawing or spraying them in metallic colours – and add a few chunky faux candles. Remember, odd numbers of items work best.
- > Hollow out a pumpkin, fill with water and add seasonal flowers – or pop in a pot filled with small succulents.
- > Fill a hollowed-out pumpkin with a glass jar. Twist a small bendy branch with berries around the top and add a candle (a faux candle is safest).

Photo credit: countryhilledge.com,

Sanctuary Home Decor: thefearlessandfree.com



SUBSTANCE TO THE style

Through a heritage that includes a maternal family descending from a nomadic Rajasthani clan that migrated across Arabia and Persia over centuries, a passion for global art and the experiences of travel have permeated Bethan Gray's appreciation for a design look that crosses from India to the Middle East, North Africa to South America.

How this translates itself back to the somewhat more structured surrounds of lounges, bedrooms and workspaces in the UK is the challenge that was taken on when Bethan Gray Design was established in 2008. The agency, based in London, is run by Bethan and CEO husband Massimo, and follows a decade she spent as Habitat's design director – a role that connected her with craftspeople all around the world.

Now, using a combination of client stories and experiences, plus the expertise of master craftspeople – with styling partnerships that are based on mutual trust and respect – she has created contemporary design and home accessories. The result has been four ELLE Decoration British Design Awards for her statement pieces. From contemporary deco-like chests of drawers that echo Arabic shimmers and desert landscapes to elegant cabinets, bold coffee tables and velvet sofas, the translation of stories and heritage into stunning furniture is complete.

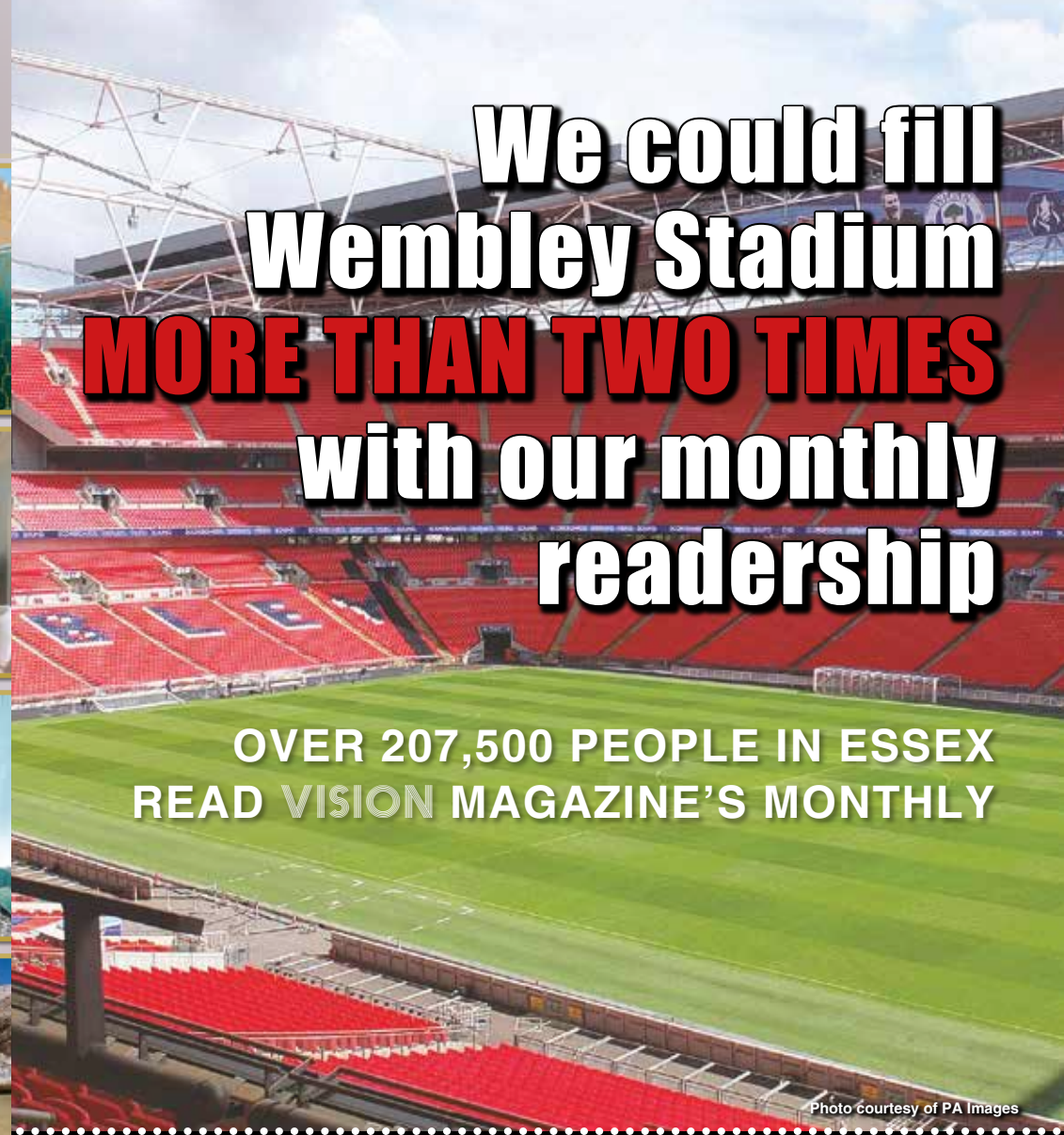


Photo credit: Bethangray.com

While the price tags in stores such as Harrods and Liberty's may push some away, Bethan focuses on styling that can be replicated by anyone.

"My modus operandi is elegant lines, both in the edging of furniture and the detail within it. Set against browns, greens, creams and statement shades, it's possible to create a palette that transports the mind to far-off places and a desire to travel.

"For me, it's about the practicality of a room or a piece of furniture, combined with the journey that piece can take you on, and that combination feels very special."



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LIMESCALE elimination!

**NATURAL REMEDIES FOR LIMESCALE
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KITCHEN CUPBOARD**

Over the past year, one in three Brits claims that hard water in their home has worsened, with limescale becoming an increasingly common problem in many UK households.

If you are looking to eliminate limescale without the use of harsh chemicals, the below home remedies are just what you need.

VINEGAR

Have you noticed a build-up of limescale on your taps and showerheads? If so then you need to act fast as this can cause dullness, chipping and peeling. One of the most effective methods for removing this is to fill a plastic bag with white vinegar and then attach it to the affected area. Leave for 15 minutes to soak, or overnight for stubborn limescale build-up.

BAKING SODA

Limescale on the glass of your shower can be tricky to shift, especially if it has been allowed to build up. To remedy this, create a cleaning spray using 1 tsp baking powder, 1 tbsp white vinegar and ½ cup warm water. Spray onto the glass, leave for 3-4 minutes and then wipe with a clean cloth. You do not need to rinse the glass.

LEMON JUICE

Lemon juice is one the most versatile natural cleaning remedies available, having the ability to dissolve dirt, remove grease, deodorise and tackle limescale. Simply pour pure lemon juice into a spray bottle, spritz on the affected area, leave for 30 minutes and then clean off with water and a soft cloth.

CITRIC ACID

If you do not like the strong smell of vinegar, then citric acid is a good choice for descaling your kettle. Simply boil a half-full kettle, turn it off and unplug it. Next, add 2 tbsp of citric acid and leave for 20 minutes. Pour out the water and rinse twice before using.



HOME & DIY



IDRIS ELBA

OFF SCRIPT?

WHEN YOU'RE A DJ SUPERSTAR, A FASHION DESIGNER, MOVIE DIRECTOR, HOLLYWOOD A-LISTER, AND ALL-ROUND LOVEABLE MOGUL, ATTENTION TO DETAIL IS EVERYTHING – JUST ASK IDRIS ELBA OBE

“I’m probably a perfectionist,” admits Idris Elba OBE, who turns 50 this month. “With what I do, I need to be, whether it comes from film, music, whatever. You’re putting a piece of art out there, and you need to be confident with it because once it’s out there, it’s out.”

For a perfectionist, however, Elba is chilled and agreeable in conversation. He offers cool, considered responses with ease.

The man radiates so much energy and intensity that you can’t escape it, and that permeates through an increasingly diverse slew of roles, embodying the likes of DCI John Luther, Heimdall in the Marvel Cinematic Universe, *The Wire*’s Stringer Bell and Charlie Jaffey in *Molly’s Game*.

And yet those iconic characters only represent half of what the Londoner is all about.

His style, swagger, gruff exterior and devastating charm mean he is a man who can flit between so many different worlds; and yet he pulls off the look with respect and humility.

“I think a lot of that comes from the fact I had to struggle to get to this point,” he says. “For many years, I was a nobody who couldn’t catch a break and just blended into the crowd.”

“There were very few directors who wanted to take a chance on me, and as time went on, so too did I begin thinking that I should just focus on my music, or my art, or perhaps just get a real job.”

The relief is that Elba didn’t. In 2022, he has George Miller’s epic fantasy adventure *Three Thousand Years of Longing* opposite Tilda Swinton, and *Thor: Love and Thunder*, plus the film version of *Luther*, which will screen on Netflix.

“*Luther* returning as a film is a really big new thing, and I think for it to work it needed to be different.

“You are elongating what you have to play with, yet at the same time shortening the whole story into two hours, so the very fabric is altered.

“I think for that reason you can regard it as original and very exciting.”

Asked whether he actually affords himself the ability to stop and take stock, the father-of-two notes: “I don’t have much time to rest, and I don’t really like long sleeps. They don’t put me in a place of urgency and that’s where I want to be, certainly in terms of work and productivity and happiness. That’s not to say I don’t try to get as many hours of good sleep as I can – I’m just not very good at it,” he laughs.

“It’s a real balancing act and it’s safe to say I’m not there yet.”

Elba’s laid-back approach is a factor that will win him a bounty of script offers moving forward. He is someone who, in these troubled times of panic, indecision and hysteria, emits an effortless sense of cool. “I think it’s easy to confuse being laid-back with being laissez-faire about things,” he says. “I think you can be calm and charged at the same time.

“Your actions don’t always reflect your emotions – hey, I’m an actor, after all.”

And one of our finest...





LOCAL NEWS

from your neighbourhood

'Predatory' serial offender jailed for 16 months



Photo credit: British Transport Police

A man from Hertford has been jailed for 16 months after he was caught masturbating in front of a woman on the London Underground.

Terence Emberson, 55 (pictured above), of Church Road, appeared at Westminster Magistrates' Court on July 18, where he pleaded guilty to one count of indecent exposure and breaching a Sexual Harm Prevention Order (SHPO), which he was given following another exposure offence in 2020.

On August 15, Emberson was sentenced to 16 months' imprisonment at Inner London Crown Court. He was also ordered to sign the Sex Offenders Register for 10 years.

At around 7pm on June 1, Emberson boarded a Victoria line train at Tottenham Hale Station and the victim noticed him staring in the direction of two other women on the carriage.

He then turned towards the victim and exposed his genitals, staring at her while he masturbated.

Officers quickly matched Emberson to the victim's description of the offender, evidencing a breach of his SHPO which prohibited him from lowering or unzipping his trousers in any public place. He was later arrested at his home.

British Transport Police Detective Constable Emma Martin, said: "I'm pleased to see Emberson behind bars for his sickening actions. SHPOs are given to protect the public, and Emberson's blatant disregard of this proves his predatory mindset.

"No one should be subjected to this behaviour, and we are absolutely committed to stamping it out."

Ukrainian refugees embraced by business community

Two Ukrainian friends forced to flee their homes due to the Russian invasion have settled in Hertford and been embraced by the local business community.

Nastia Novikova and Anna Neustroieva arrived in the town and were given a place to live with Adam Taylor, corporate account manager from Handelsbanken in Hertford, who along with his wife Jo registered to open their home to those in need after watching the horrific events unfold in Ukraine.

With support from Adam and Hertfordshire Chamber of Commerce (HCoC), which is also now hoping to help the women become more independent, Nastia and Anna were able to find work. Nastia has secured a permanent position with Cariad while Anna has a temporary position at Steven Austin, also in Hertford.

Briege Leahy, chief executive officer at HCoC, said: "These two young women have escaped a warzone and I am delighted that our members have come together to give them not just a safe place to live, but also to provide them with employment."

Firefighters contribute to child's fundraiser

Firefighters from Hertford Fire Station climbed the equivalent height of Mount Everest in full fire kit in aid of a young girl's fundraising campaign.

The charity ladder climb took place during the station open day on September 3 to raise money for Arianna Solieri (pictured right), a five-year-old girl diagnosed with cancer. Her family is fundraising so that she can access potentially life-saving treatment options abroad.

The challenge saw fire crews climb 8,849m via 13.5m ladders and raised nearly £550 to help Arianna's family move one step closer to their fundraising target of £350,000.

To donate to the firefighters' fundraiser, visit www.justgiving.com/fundraising/firefighterladderchallenge and to donate to Arianna's page, visit www.justgiving.com/campaign/arianna

To find out more information about Arianna, please follow @ariannatherealwonderwoman on Instagram.



Photo credit: The Company of Players Facebook



Small theatre could be extended after proposal

A small theatre in Hertford could be extended if proposals by a theatre company are approved by East Herts District Council.

The Company of Players has been staging productions at The Little Theatre for more than 50 years, regularly performing at festivals and winning awards for its productions.

The auditorium seats 63 people and five productions are staged there every year.

Converted from a Victorian primary school, the theatre features a foyer, dressing rooms and a control

room for lighting and sound engineers.

The proposed extension along the southern elevation of the building would provide a more spacious foyer and enhanced cloakroom facilities, along with three new audience toilets. There would also be a larger backstage area and workshop that would free up the auditorium and stage for more productions and events.

It is hoped that the extension, if given the go-ahead, will allow more productions to be staged and bring in larger audiences.



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LOCAL NEWS



Councillor raises nearly £8,000 for charities

The former Mayor of Hertford, councillor Bob Deering (pictured second from left), raised nearly £8,000 for his chosen charities during his year in office.

Each Mayor of Hertford selects two charities to support during their term in office and cllr Deering's chosen charities were the Samaritans and Isabel Hospice.

Despite the lockdown restrictions on gatherings during his term in office, cllr Deering was still able to hold several fundraising events, including the Mayor's Quiz, Carols at the Castle, a civic dinner and a sponsored walk, raising a total of £7695.95.

Cllr Deering said: "When I became the Mayor of Hertford in 2020, I was pleased to nominate the Samaritans and Isabel Hospice as my mayoral

charities. They both do very important and valuable work for the community and thoroughly deserve all the support they get. I am so pleased that we were able to raise more funds for them and would like to thank everyone who contributed and helped along the way."

Barbara Doherty MBE (pictured right), president of Isabel Hospice, said: "Our great thanks to cllr Deering for all his support during this past year. Please continue to support us through your donations and local efforts. We at Isabel Hospice are so grateful for your help."

Susannah Fenton (pictured left), director of the Hertford and Ware Samaritans, said: "We're very grateful for the support from the mayor and from all across Hertford. It means a lot because it reminds us that people value the service we provide."

Libraries to host free healthy advice sessions

Residents of Hertford can benefit from free health and wellbeing advice at libraries across the district next month as the Healthy Hub East Herts team hits the road.

Healthy Hub is a one-stop source of information connecting residents to local health, wellbeing and social support, as well as offering community activity options.

From managing mental health and weight loss to bereavement support and unemployment, it can help residents get back on track.

The team will be coming to Hertford Library between 12.30pm and 2.30pm on October 13 and November 10.

Councillor Eric Buckmaster, executive member for wellbeing at East Herts District Council, said: "Our libraries already offer fantastic support and do so much for their communities to promote health and wellbeing. We are delighted to have the opportunity to engage with local people in this way."

Find out more at www.eastherts.gov.uk/healthyhubactivities





Crowds gather at free rock music festival

Rock at the Castle, the free charity music festival, returned to Hertford Castle last month, as reported in **VISION** Hertford July 22 edition.

The famous annual festival, organised by Hertford Town Council, saw an estimated 6,500 visitors flock to the grounds of the castle on August 7, with musicians and bands performing across three stages.

The chosen charity for the event was NHS North and East Hertfordshire Hospitals, whose dedicated volunteers raised £2,417 on the day.

Councillor Jane Sartin, chairman of Hertford Town Council's Development and Leisure Committee, said: "After a two-year absence, it was fantastic to see the return of Rock at the Castle, and to see so many people enjoying the event."

Events are once again being held at Hertford Castle following the COVID-19 lockdowns. Upcoming events include the Hertford Castle and town centre enchanted fairy trail from October 22 to 30, and the Christmas market from November 25 to 27.

MP holds cost-of-living surgery at foodbank

Julie Marson, MP for Hertford and Stortford (pictured left), recently held a surgery at Hertford & District Foodbank to support people who are experiencing financial hardship.

The MP met with four people by appointment at the foodbank at Hertford United Reformed Church, and her team is now double checking whether the four people she met with are receiving all the benefits they are eligible for.

Julie Marson MP said: "It was important that I meet with people who are struggling with the rise in energy, food and fuel bills to see what I can do to help."

"The government is helping, and around 8,000 families in Hertford and Stortford are starting to receive the first £326 of government support to help with cost-of-living pressures, with more money coming this autumn."

"However, the work of the foodbank is vital for those who are struggling and I thank it for its work and for allowing me to come and meet with those who need support."

Cheryl Jackson (pictured right), project manager for Hertford & District Foodbank, added: "The Hertford & District Foodbank appreciates the interest and support of Julie Marson MP. As the cost-of-living crisis continues to bite, it is necessary to emphasise how much more is needed to help people who are struggling to make ends meet."



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5 PET PARENTING *mistakes*

We are a nation of animal lovers, with 59 per cent of UK households owning a pet. However, that doesn't mean that we always get everything right with their care. Read our list of the most common pet parenting mistakes below to see if you're guilty.

✗ NOT TRAINING YOUR PET

Did you forgo puppy training? If yes, then you are putting your pooch at a distinct disadvantage. When done correctly, training can help to provide guidance, support and structure, all of which your puppy needs in the early stages of their development.

✗ OVERFEEDING YOUR PET

Overfeeding is an extremely common pet parenting mistake which can lead to a whole host of health problems. Whether you don't know the correct portion sizes or you are guilty of handing out too many treats, it is vital that you help your pet maintain a healthy weight.

✗ AVOIDING THE VET

Vet bills can be extortionate, which can lead to pet parents avoiding essential check-ups. That being said, it is actually more cost-effective to take your pet to the vet regularly rather than wait until they require treatment. Remember, prevention is always better than cure.

✗ FORGETTING DENTAL HEALTH

Oral health problems such as sore gums, tooth decay and bad breath can all affect pets in the same way that they do humans. Therefore, it is essential that you care for your dog's or cat's teeth. Daily brushing is the most effective way to prevent periodontal disease and only takes a few minutes of your day.

✗ NOT GIVING ENOUGH ATTENTION

While you may have showered your new puppy or kitten with love, it can become all too easy to fall into the habit of not paying your pet enough attention. However, the more you observe your pet, the more likely you are to spot any behavioural changes or health issues.



PETS



Gorgeous GARDEN GREENS

Does your garden boast beautiful blooms during spring and summer but look a little bleak and bare the rest of the year? If yes, then check out these flowering evergreen plants that promise to provide colour all year round.

Heather: Heathers are compact, evergreen shrubs that boast tiny bell-shaped flowers in an array of stunning shades including white, pink, red and mauve. You can find varieties that flower in summer and autumn, and even ones that bloom during the coldest months of the year.

Creeping myrtle: Creeping myrtle, aka Vinca minor, is a blue-flowering vine that boasts shiny evergreen leaves on long, arching stems. With the ability to provide ground cover for shade, creeping myrtle can grow up to six inches tall, with a spread of 18 inches. Ideal for those who want an attractive and hardy evergreen plant in their garden.

Azaleas: If you have a shady spot in your garden that needs brightening up, then azaleas are the ideal choice. A small evergreen shrub that showcases bright flowers in spring and vibrant greenery all year round, plant azaleas in the ground or opt for dwarf varieties in pots if you are short on space.

Camellias: Camellia sinensis is a welcome sight in late winter and early spring, offering an abundance of colour when most other plants are not in bloom. With glossy evergreen leaves that promise to look good throughout the year, camellias thrive in shady spots and acidic soil.

Choisya: Choisya, also known as Mexican orange blossom, is a low-maintenance evergreen shrub that proudly displays white star-shaped flowers and glossy green leaves. Plant in a sunny and sheltered spot and enjoy the delicious smell of orange blossom in late spring/early summer.



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HOW TO HACK-PROOF YOUR PASSWORD

There is a hacker attack every 39 seconds, with 300,000 new malware created every day.

One of the easiest ways to protect your data is by using strong passwords.

1. USE EIGHT CHARACTERS MINIMUM

Each character you add to your password makes it harder to crack. Your passwords should contain a

minimum of eight characters and up to 20 if you can remember them.

2. AVOID WORDS IN THE DICTIONARY

Using words that are correctly spelt from the dictionary is not a good idea as these are much easier to hack. This is particularly true if you use a word that is related to either your personal life or your business.

3. DO NOT USE FAMILY NAMES

This may seem obvious, but you will be surprised at how many people use the names of their children, spouse or pets in their passwords. This information

is easy to guess and can be readily found on your social media profiles.

4. INCLUDE SPECIAL CHARACTERS

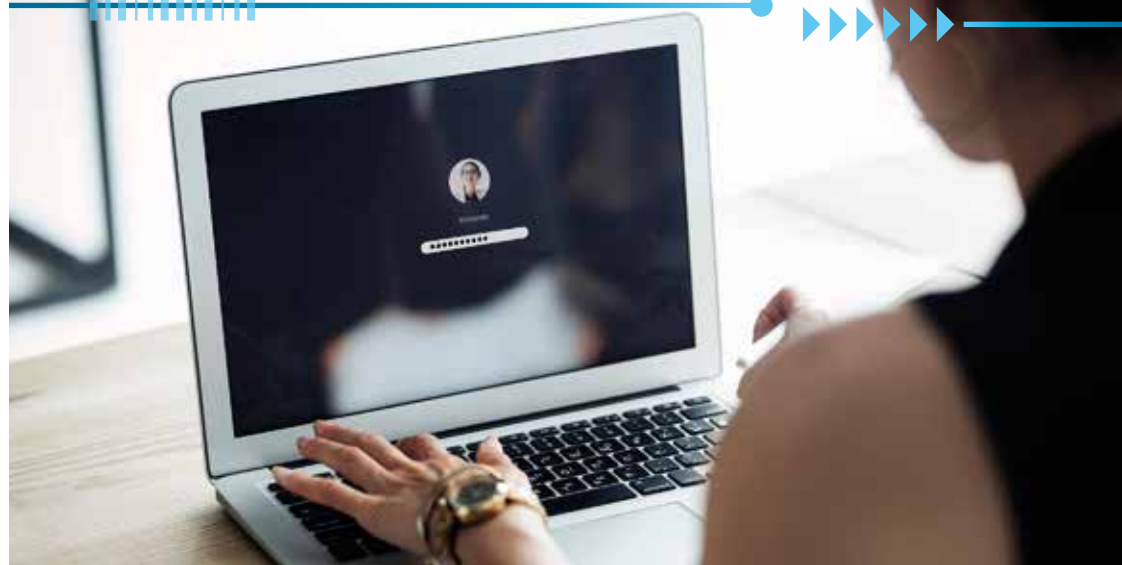
A good trick is to replace certain letters in your passwords with special characters. For example, rather than using the password 'Edward1', you could use '3dw4rd!'. By replacing letters with characters that look similar, you are also less likely to forget your password.

5. USE PASSPHRASES, NOT PASSWORDS

A phrase such as the title of a book or a line in a film is much more difficult to crack than just a word. Plus, once you start replacing some of the letters with special characters, you are even closer to creating an unhackable password.

6. TRY A PASSWORD GENERATOR

There are many free apps that you can download which will generate passwords for you. These passwords are designed to be completely random, which does make them harder to remember, but means they are nearly impossible to hack.



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MONZO: If you want low ATM fees and capped overdraft charges, then Monzo is the bank account for you. With the ability to convert your money into your chosen currency and back with no foreign-sterling transaction fee, you are also able to drop into your overdraft.

WISE: Formerly known as TransferWise, Wise offers £200 worth of free cash withdrawals per month before you are charged. It also allows you to convert your cash into 40 different currencies and offers free international transfers, and you can use the app to find out real-time currency exchange information.

MONSE: If you travel or work between the UK and Europe, Monese is a great choice. Specialising in multi-currency accounts, this digital bank does not carry out any credit checks and you don't even need proof of address. With the Simple Monese plan, you are allowed to withdraw £200 free, with a two per cent charge for any withdrawals beyond this.

REVOLUT: Revolut is a prepaid card and app that allows you to hold and exchange 30 different currencies up to £1,000 per month. You can withdraw up to £200 free of charge and there are no fees for card payments, including contactless ones. Choose from a standard account (free), plus account (£2.99), premium account (£6.99) or metal account (£12.99 per month).

CHASE: Chase is one of the largest banks in the United States and has recently come over to the UK, offering both current and savings accounts. Not only can you withdraw up to £500 per day from cash machines when abroad with no fees, but you can also earn one per cent cashback when you book your flights and on your everyday spending abroad.



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Wave goodbye to

Are you struggling to find snacks for your kids that aren't loaded with sugar? Check out these sugar-free snacks that are easy to prepare, cost-effective to make and help to support healthy teeth and gums.

Roasted chickpeas

Although chickpeas are most commonly associated with humous, they can also be roasted to create a healthy sugar-free snack. Simply place on a baking tray, drizzle with olive oil and then add whatever spices your children like.

Vegetable pikelets

Perfect for little ones who are averse to eating vegetables when they can see them, vegetable pikelets are a great savoury after-school snack. Make a batter by mixing 2 cups wholemeal flour, 3 tsp baking powder, 2 eggs and 1.5 cups of milk. Add 2 cups of your chosen vegetables and 1 cup cheese. Mix and then fry like little pancakes.

Peanut butter dip

Although some peanut butters contain sugar, you can get natural ones that are sugar-free at most supermarkets. To make a delicious kid-friendly dip, whip together equal parts cream cheese and peanut butter until light and creamy. Serve with apples or celery.

Boiled eggs

Super-simple, filling and nutritious, boiled eggs are a great snack for kids who come home from school starving. You can hard boil eggs in advance, peel and store in the fridge. Serve just as they are, sprinkle with spices or make some devilled eggs.

Guacamole

Avocado is full of healthy fats and makes a great snack for babies, toddlers and older children alike. To make a delicious guacamole, smash up or blend a ripe avocado and then squeeze in some lime juice. Stir in a little Greek yogurt until you get the desired consistency. Serve with veggie sticks or pitta.



IN A HEARTBEAT

WHY DOCTORS ARE ADVISING CAUTION WHERE HEARTBEAT-TRACKING DEVICES ARE CONCERNED

Technology has put us more in touch with our bodies than ever before. It all began with the advent of the internet, whereby we could quickly and effectively research ailments by typing symptoms into Google.

Of course, seeing as we've all wrongly self-diagnosed a worst-case scenario, it might be said that the technology lets us down, and that concept is at the core of why a growing number of doctors are expressing fear at the breadth of heartrate monitors that now follow our every move.

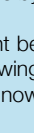
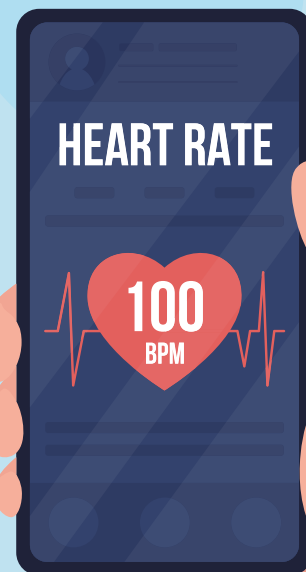
From the simple Fitbit to the Apple Watch, right through to medical-grade vests measuring every throb and pulse, the data we accumulate can often be used in real-time to warn us of a possible problem, because when someone's heart skips a beat, tech companies want to let that person know about it.

Yet cardiologists say the information these devices produce isn't always useful. After all, notifications from the devices aren't definitive diagnoses, and in our pursuit of health we are now more likely to respond in a manner that leans on the healthcare system, when what we are receiving is often a false alarm.

"The technology has outpaced us," says Rod Passman, a cardiologist at Northwestern University who's assisting with a study examining the Apple Watch's ability to screen for heart rhythm conditions. "Industry came out with these things because they could. Now we're playing catch-up and trying to figure out what to do with this information."

So while some products will call for help if the wearer has been in a car crash or had a bad fall, others are fully making patients the protagonists in maintaining their health, and that's dangerous.

Rod adds: "The fact is that these devices are lifestyle, not healthcare, devices, and the hundreds of millions of users need to enjoy their exercise without the anxiety of the unknown."





PLUGH'S ABOUT THAT?

UNUSUAL SPORTS: NATIONAL PLOUGHING CHAMPIONSHIPS

If you suspected you were alone in feeling as if there were few things in life as satisfying as watching a tractor or harvester carve a path across a field, leaving in its wake a pattern that would help calm the nerves of even the most intense OCD sufferer, then, with regret, the news is you are just one of many millions.

That level of contentment is played out every year in Ireland, keeping up a long tradition that began way back in 1931, when horses and ploughs were the order of the day, rather than the bustling, ultra-precise, often satellite-guided machinery that we see scoring neat lines across our country's fields nowadays.

Of course, Ireland's National Ploughing Championships, which take place in September each year, rely very much on the skill of the farmer, as they did way back when an argument between two lifelong friends – Denis Allen of Gorey, County Wexford, and JJ Bergin of Athy, County Kildare – created this curious event in 1931.

From simple beginnings – a small field of just

26 acres – the annual contest now requires more than 700 acres of land, so great is the interest from machinery operators who travel from all around to compete in the spectacle.

And the National Ploughing Championships have become much more than just an annual inter-county competition; it's an intrinsic part of rural Irish life, having expanded to include trade show stalls, a food fair, craft village, and cookery demonstrations, plus education, fashion and lifestyle elements.

In total, the championships attract 1,700 exhibitors and more than 300,000 visitors, and after lockdown interruptions, the 2022 event – which is to be held in Ratheniska, County Laois, between September 20 and 22 this year – is set to be one of the biggest ever. The winner is judged on the neatest ploughing arrangement.

As for who won that first ploughing showdown between Allen and Bergin, in true Irish fashion, the result was disputed, so it was agreed they would try again the following year.

Find out more about the event at www.npa.ie



Photo credit: Christophe Ena/AP/Shutterstock



BRITAIN'S GREATEST SPORTING MOMENTS... VICTORIA PENDLETON CBE *cycling to gold*

By the time she retired in 2012, Victoria Pendleton CBE had risen to become

Britain's most successful female Olympian of all time. Her list of accolades includes two Olympic gold medals, a record nine World Championships, two European Championships and a Commonwealth gold.

It's incredible to think this approachable star of cycling has now been away from competitive action for almost a decade. Going out in style, she won Keirin gold at the London Olympics in 2012.

The Keirin event is one of the more peculiar, with five-and-a-half laps behind a motorised bike – the speed of which increases from 30km/hr to 50km/hr – followed by a two-and-a-half lap sprint finish.

Pendleton progressed comfortably through both heats to make it to the final. There, Australia's Anna Meares attempted to edge in front once the pacemaker had moved aside, but Pendleton's extraordinary burst of pace put her back in first place at the bell.

Around the back straight it was China's Guo Shuang who looked the biggest threat, and despite taking a wider line on the final corner, she was closing in.

With all the drama befitting an Olympic final, Pendleton crossed the line with an advantage no more than half a wheel's width, and the gold medal was hers.

The London Games came at the start of a golden period for British cycling. Bedfordshire-born Pendleton, meanwhile, continued her legacy on two wheels with the launch of a range of ladies' bikes, matching a surge in popularity in cycling – for both sport and leisure – that continues today.





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TOUR DE FORCE



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A streamlined dream straight out of the future, the Ford Sierra was first unveiled in 1982, and the world sat up to take note.

When Ford revealed its Sierra model at the British International Motor Show at the NEC in Birmingham near the end of September 1982, it knew the reaction would be huge.

The company was in the throes of investing more than \$1.2billion into the design, production and manufacture of this sleek, slick piece of automotive engineering, and the industry immediately knew it had something big on its hands.

For Ford, the reaction was just what the doctor ordered. The pressure had been on to find a successor to the Cortina, a stylish car that was, nonetheless, constructed around convenience and practicality.

Industry experts guessed that the manufacturer's next move would be to push those ideals further forward, but instead Ford went into overdrive with a design that rivalled the comfort of Audi, the

sleekness of Citroën and Porsche (indeed, the inspiration for Sierra's quarter glass came from the Porsche 928), and as for dashboard technology, the manufacturer had taken the very best elements from the likes of Saab and BMW.

Sure enough, after a slow initial take-up (mostly because of a punchy purchase price and an excess of Cortinas still sat on forecourts, now with much-reduced process), drivers gradually fell in love with the Sierra.

The Sapphire and, of course, sporty Cosworth models nicely tweaked the Sierra proposition, and it wasn't until the Mondeo arrived in 1993 that sales began to fall.

Looking at the Ford Sierra now, some may label it cumbersome and clumsy by today's aerodynamic standards, but in the 1980s, it was the very height of motor chic, and its legacy lives on today.

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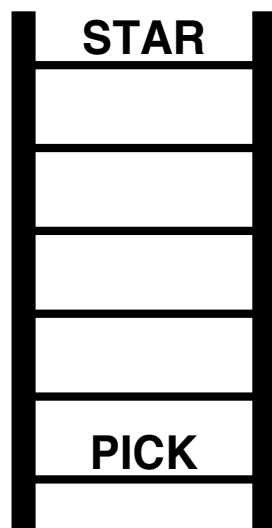
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DID YOU KNOW?

- ▶ Trees contain quite a lot of water. When lightning strikes, most of the water reaches boiling point, turning it to steam and increasing pressure. This can cause the tree to explode.
- ▶ The average blue whale has a heart approximately the size of a car.
- ▶ Around 90 per cent of humans live in the Northern Hemisphere.
- ▶ Blue whales are able to hear each other from around 500 miles away.
- ▶ Platypuses can produce their own venom which is injected through barbs on the male's back legs.
- ▶ When threatened, ostriches run, although their powerful kick is capable of killing a human or even a lion.

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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