

FREE

Photo credit: Shutterstock

HM Queen
ELIZABETH II

1926 – 2022

Thank you, Ma'am, for dedicating 70 years to your people



YOUR HOME, YOUR FUTURE... OUR COMMITMENT

We are Morgan Alexander – Estate agents in Hertford dealing with property sales and rentals.

Our business is built on our ability to offer our clients a personal service that is both professional and flexible to suit all our clients' needs.

Above all we believe our success is underpinned by two things – our experience, and our intimate

and extensive knowledge of Hertford, Ware and the surrounding areas.

Whether you're looking for a home or to sell or rent your property you need to work with an agent whose expertise you can trust. At Morgan Alexander we listen to what you want, meaning the service you get is tailored exactly to what you need.

"We recently sold our house and purchased through the guys at Morgan Alexander who we honest, professional and easy to communicate with. I would highly recommend them. Incredibly supportive and helpful throughout the entire process."



GET IN CONTACT

📍 40 Castle Street, Hertford, SG14 1HH

☎ 01992 248028

✉ info@morgan-alexander.co.uk

🌐 www.morgan-alexander.co.uk



Editor's notes...

OCTOBER 2022



Brett Shohet, Editor

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

I'm sure there's only one thing on everyone's minds at the moment, and that's the sad passing of Her Majesty Queen Elizabeth II. While people all over the world loved the Queen, when I lived in America, citizens there were always especially eager to hear about the Royal Family. The British monarchy has always added a sense of glamour to our country; they are a beacon of heritage and history, and it is part of the Queen's legacy that it will continue even when she is no longer with us.

For my entire life, HM the Queen has been there as a reassuring presence in the background. It's a lesson to us all not to take those things we think of as constants for granted, to look around us and appreciate the fact that even familiar things are special.

This extends to our local businesses. Walking past the same shopfronts every time you go to your local high street, it's easy not to see what's right in front of you, but these businesses and the people running them are an important part of what makes our local areas special. It's up to all of us to make the effort to support our high streets by keeping our pound local.

And, as always, if any local businesses need a hand, get in touch with us and we can help get the phone ringing.

Brett Shohet

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

HOME & DIY | GARDENING | PETS | HEALTH & FITNESS | BEAUTY | FASHION | HISTORY | LOCAL NEWS | FOOD & DRINK | TRAVEL | BUSINESS & PROPERTY | SPORT | PUZZLES | MOTORING | KIDS | WHAT'S ON | TECHNOLOGY | THE LISTINGS

CONTACT US: www.visionmagherts.com | hertford@visionmag.co.uk | 01992 276101

[@visionmagherts](https://twitter.com/visionmagherts) [@visionmageastherts](https://www.instagram.com/visionmageastherts) [Vision Magazine East Herts](https://www.facebook.com/VisionMagazineEastHerts)

CONTRIBUTORS | Tabatha Fabray, Jacob Collick

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

All pages are recyclable

THE B7 MEDIA GROUP

PRINTING • BUSINESS CARDS • LEAFLETS • DISTRIBUTION
SIGNAGE • MENUS & BROCHURES • RETAIL PACKAGING
EXHIBITION BOARDS & BANNERS
WINDOW VINYLs • LOGO DESIGN
BRAND ALIGNMENT • VEHICLE WRAPPING
CARBON PADS • WORKWEAR • WEBSITES
SOCIAL MEDIA • I.T. SOLUTIONS

ENQUIRIES@B7MEDIAGROUP.COM

01992 276101

EMPIRE
UPVC & ROOFING
SPECIALISTS

**WE GUARANTEE OUR CUSTOMERS
A FRIENDLY, RELIABLE AND
PROFESSIONAL SERVICE**



Empire UPVC and Roofing Specialists independently trade throughout Hertfordshire and a 40 mile radius from our office in Nazeing.

- ✓ Felt, Tile & Slate Roofing
- ✓ Liquid Rubber Roofing
- ✓ Fibreglass Roofing
- ✓ Roofing Leadwork
- ✓ All Roof Windows
- ✓ All Roofing Repairs & Maintenance
- ✓ Moss Removal
- ✓ Gutter Cleaning & Unblocking
- ✓ UPVC Fascias, Soffits & Guttering
- ✓ UPVC & Hardie Plank Cladding

Office: 01992 276 028

office@empireupvcandroofing.co.uk
www.empireupvcandroofing.co.uk

Visit Our Showroom at:

Unit 50 Hillgrove Business Park
Nazeing New Road, EN9 2HB



Checkatrade.com

FULLY INSURED





HM QUEEN ELIZABETH II

Farewell

While the death of Her Majesty Queen Elizabeth II (London Bridge is down) was unexpected, it was of course true that a plan of action for this sad event had been in place for decades. As such, a strict code of practice and protocol kicked into place as soon as Her Majesty left us – this was called Operation Unicorn as she passed away in Scotland.

September 8: Prime Minister Liz Truss was informed of the Queen's passing at Balmoral Estate at 4.30pm, and the news was announced publicly at 6.30pm. All official flags were set to half-mast. Her Majesty's coffin was laid to rest in the drawing room at Balmoral Castle.

September 10: King Charles III was formally proclaimed as the new Monarch and 21-gun salutes were fired around the country.

September 11: Her Majesty's coffin was draped in the Royal Standard of Scotland and a wreath of flowers from the Balmoral Estate was placed on the coffin before it was taken on the Gun Carriage to the Palace of Holyroodhouse in Edinburgh, the monarch's official residence in Scotland.

September 12: A procession took Her Majesty's coffin from Holyroodhouse down the Royal Mile to St Giles' Cathedral. Members of the Royal Family attended a service followed by the chance for the public to pay their respects as the coffin Lay in State for 24 hours. Her Majesty's children held a vigil at 7.20pm.

September 13: The Queen's coffin, accompanied by Princess Anne, was flown from Edinburgh at 6pm, arriving at RAF Northolt at 6.55pm. During this journey, the Royal Standard of Scotland was changed to the Royal Standard. Her Majesty was then driven to Buckingham Palace in a customised state hearse which she helped design. It was beautifully lit with a glass roof, so the public had a clear view of Her Majesty's coffin. The Royal Family paid their respects in private.

September 14: The Imperial State Crown was placed on the coffin before it was taken on the Gun Carriage of The King's Troop Royal Horse Artillery from Buckingham Palace to Westminster Hall via Queen's Gardens, The Mall, Horse Guards and Horse Guards Arch, Whitehall, Parliament Street, Parliament Square and New Palace Yard to Lie in State for four days.

September 16: Her Majesty's four children held a vigil at Westminster Hall at 7.30pm.

September 17: Her Majesty's eight grandchildren held a vigil at Westminster Hall at 6pm.

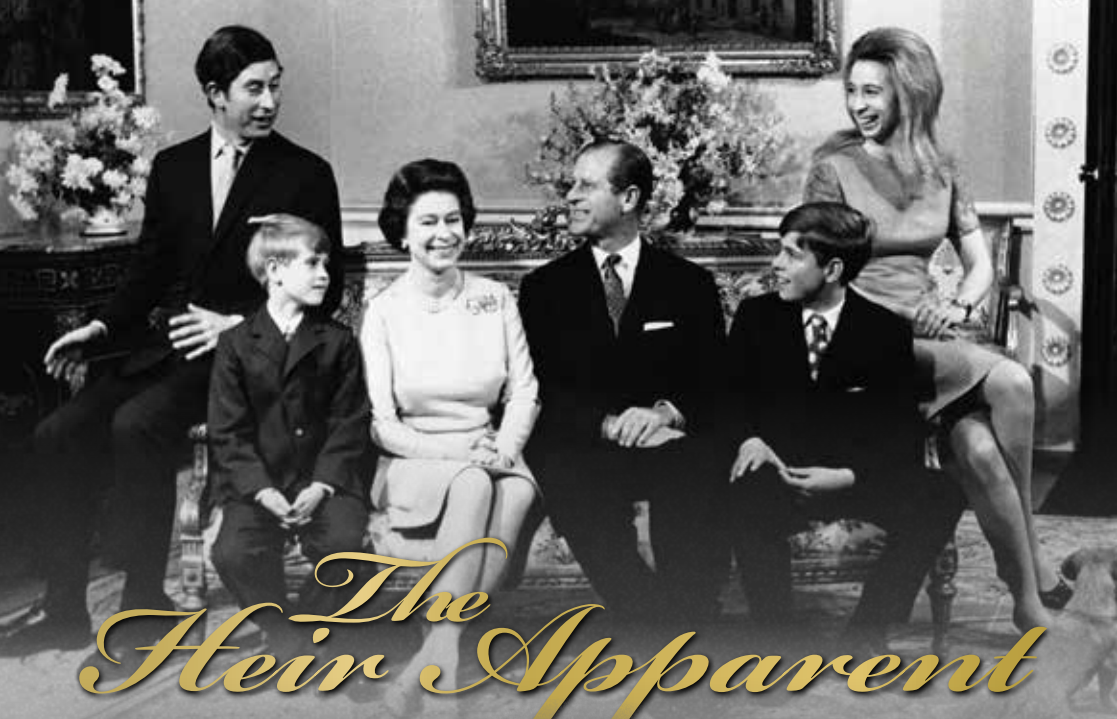
September 19: The Lying-in-State ended at 6.30am. This day was confirmed as a bank holiday in the form of a Day of National Mourning by King Charles III.

10.44am: Her Majesty's coffin was placed on a 123-year-old, 5,600-pound Royal Navy State Funeral Gun Carriage, followed by the King and members of the Royal Family, which travelled from Westminster Hall to Westminster Abbey for the State Funeral. The Gun Carriage was drawn by 142 Royal Navy service personnel.

11am: The State funeral began, and ended with a two-minute silence. A procession then took place where Her Majesty's coffin was taken to Wellington Arch and transferred to the state hearse, which was then driven to Windsor.

4pm: The committal service took place where the Imperial State Crown, the Orb and the Sceptre were removed from Her Majesty's coffin and placed on the altar. King Charles III placed the Queen's Company Camp Colour of the Grenadier Guards, and The Lord Chamberlain 'broke' his Wand of Office and also placed it on the coffin. The Queen's coffin then descended into the Royal Vault, and the congregation sang 'God Save the King'.

7.30pm: The King and members of the Royal Family attended a private burial service. Her Majesty's final resting place is in the King George VI Memorial Chapel, where her mother and father are buried, along with her sisters' ashes. The coffin of her late husband, Prince Philip, has been moved from the Royal Vault to the Memorial Chapel to join her.



BRILLIANT AND BEAUTIFUL, HER MAJESTY QUEEN ELIZABETH II MAY HAVE BECOME A MONARCH SOONER THAN EXPECTED, BUT IT WAS THE ROLE SHE WAS BORN TO PLAY

When Princess Elizabeth Alexandra Mary Windsor was born on April 21, 1926, she was third in line to the British throne.

Her Uncle Edward, Prince of Wales, was the eldest son of King George V, but with no children of his own it was expected that on his death the crown would be passed either to his younger brother Albert, Duke of York, or, should he no longer be with us, Albert's eldest daughter, Elizabeth.

In other words, Elizabeth was always expected to become Queen at some point in her life, but in 1936, after the death of King George V, the process was accelerated when her uncle's love for American divorcee Wallis Simpson proved stronger than his love for the crown.

With her father now the reluctant King, the young princess fully embraced her new role as heir apparent. She joined the Auxiliary Territorial Service during the war – where she learnt to fix engines and drive military vehicles – and on her first overseas visit to South Africa in 1947, gave a speech dedicating herself to the Commonwealth. It turned out to be a promise Her Majesty kept to the very end.

In these early years before she became Queen, Elizabeth was also busy cultivating her private life. On November 20, 1947, she wed her sweetheart, Lt Philip Mountbatten (also her third cousin), in a lavish ceremony at Westminster Abbey. The following year, Prince Charles was born, followed

by Anne in 1950, with the young family settling into a quiet life in Malta where Philip was stationed as a naval commander. But the plans to put her husband's career first until her inevitable accession to the throne were thwarted by the King's faltering health and his untimely death in 1952.

She may have been a young Queen, aged just 25, but she was devoted from the start and wasted no time in winning over the hearts and minds of everyone she encountered. Her coronation at Westminster Abbey was the first to be televised, and on her gruelling first tour of the Commonwealth, alongside Prince Philip, Her Majesty's warm spirit and ceaseless enthusiasm made even the most reluctant among her audiences fall helplessly in love with her. She also became the first reigning monarch to visit Australia on her maiden tour as Queen.

Despite her tender age, Queen Elizabeth II was natural in her role as Head of State. No task was too formidable as she effortlessly won over her fiercest critics, including Prime Minister at the time, Winston Churchill, who declared her to be "only a child". However, the pair soon became fast friends, and remained so until Churchill's death in 1965.

Now, 70 years after those early days of her reign, the legacy of HM Queen Elizabeth II seems even more extraordinary. So devoted, so beloved and so effortlessly full of grace and kindness; Her Majesty was truly one of a kind.

Photo credit: AP/Shutterstock

**AIR CONDITIONING | VENTILATION | HEAT RECOVERY
AIR SOURCE HEAT PUMP TECHNOLOGY**



KEEP COOL THIS SUMMER

Life is a breeze with Ecofactors bespoke air conditioning.

Design | Installation | Repair

Low emission air conditioning

Government grants available



BOOK YOUR **FREE CONSULTATION** VIA OUR WEBSITE [ECOFACOR.CO.UK](https://www.ecofactor.co.uk)

www.ecofactor.co.uk | 01992 276 049 [f @ecofactoraircon](https://www.facebook.com/ecofactoraircon) [@ecofactorac](https://www.instagram.com/ecofactorac)



HOW TO MATCH TRAINERS WITH *jeans*

You may think that you can't put a foot wrong when it comes to pairing jeans and trainers, but sadly this is not the case. If you want to rock your favourite denims and your much-loved trainers, you need to make sure you are getting your combos right.

HIGH-TOPS: From Adidas to Nike, Converse to Reebok, all your favourite trainer brands have their own high-top offerings. A timeless trend that provides both comfort and an edge of cool, pair with wide-leg ecru jeans and a simple tee for a laid-back look. Alternatively, wear with a cropped flare jean for casual daytime chic or with a sleek pair of skinny jeans for a more glam vibe.

WHITE PLIMSOLLS: Classic and understated in their design, everyone should have a pair of white plimsolls in their wardrobe. Wear with your much-loved skinny jeans, slightly rolled up if you wish, or with wide-leg white jeans for an instant nautical vibe. Avoid pairing with bootcut varieties.

DAD TRAINERS: One of the most versatile styles of trainers and enjoying a resurgence at the moment in the fashion world, dad trainers work well with mom jeans, straight-leg jeans and wide-leg jeans alike. Opt for stonewashed jeans for the very epitome of daddy cool.

CHUNKY TRAINERS: Unlike dad trainers, which are more vintage in their design, chunky trainers tend to reflect current trends in footwear. Ideal for rocking with super baggy boyfriend jeans, ripped jeans and straight-leg varieties, throw on a graphic tee and an oversized cardi and you are good to go. Chunky trainers should never be seen with skinny jeans as this can result in the dreaded clown feet look.



Photo credit: ASOS.com



High volume *hairstyles*

SIX HAIRSTYLES TO BRING MORE VOLUME TO YOUR HAIR

Do you suffer with fine, limp or thin hair? Then these volume-boosting hairstyles are just what you need to add a little oomph to your locks.

Asymmetrical bob

If you are looking for a shorter style that promises to add volume, then the asymmetrical bob is the hairstyle for you. Adding both volume to your hair and definition to your face, this ultra-sleek style suits women of all ages.

Messy lob

For those with shoulder-length fine hair, a messy lob is a great choice. Ask your hairdresser to add choppy layers to your locks and you will instantly see more movement and volume.

Tousled loose waves

Long hair can be prone to looking flat, so why not add some tousled waves to give the appearance of more volume? Simply wash your hair with a volumising shampoo, put in braids and leave overnight. Let your hair down in the morning for gorgeous waves.

Textured pixie

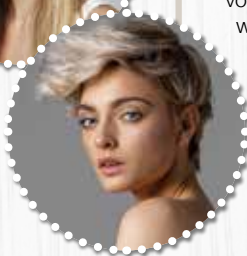
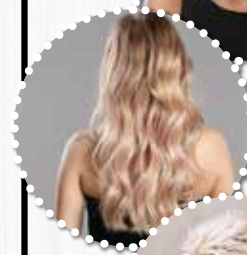
For those who dare to go super-short, the textured pixie is the ideal cut for people with thin hair. This versatile style works with any texture of hair, from curly to straight. To style this look, use a water-based pomade or a matte wax.

Heavy fringe

A full fringe can make your entire head of hair appear thicker and more voluminous. Adding both density and fullness to your locks, this hairstyle works best with no parting. Opt for either a blunt or textured style but be sure to keep it heavy.

Vintage pompadour

The pompadour is making a huge comeback this year and is another short style that is perfect for adding volume and height. Pair short, edgy sides with a curly texture on top for a modern look that demands to be noticed.





15 Church Street, Hertford,
Herts SG14 1EJ
shop@classicmobility.org.uk



MOBILITY SALES • MOBILITY HIRE REPAIR & MAINTENANCE

Classic Mobility is a family run business
with over 20 years experience in sales
and care of your mobility equipment

- ✓ Short and long term hire
- ✓ Quality equipment & service
- ✓ Delivery within 24 hours
- ✓ Home visits available
- ✓ Delivered & installed by
our own trained technicians



Wheelchairs • Mobility Scooters • Power Chairs
Walking Aids • Bathing • Seating • Walking Frames
Stair Lifts • Care Beds • Daily Living Aids

YOU'RE NOT ALONE



OVER 207,500 OTHER PEOPLE IN ESSEX
READ **VISION** MAGAZINE'S MONTHLY

Your
Monthly
Lifestyle
Magazine



CONTACT US TO GET YOUR BUSINESS SEEN BY OUR READERS

See all our magazines at www.visionmagessex.com

Billericay Shenfield Bishop's Cleeve Stortford Brentwood Ongar Chelmsford Beaulieu Epping Theydon Harlow Braintree
Hertford Hornchurch Leigh Thorpe Bay Loughton Maldon Burnham Rayleigh Wickford South Woodford Tending
Woodbridge



HEALTH & FITNESS

OCTOBER IS BREAST CANCER AWARENESS MONTH, AND WITH 55,000 WOMEN DIAGNOSED WITH THE DISEASE EACH YEAR, IT'S NEVER BEEN MORE IMPORTANT TO BE BREAST AWARE

What is normal?

Every woman's breasts are different, in terms of size, shape and consistency. It is also not uncommon for one breast to be larger than the other. It is a good idea to get used to how your breasts feel at different times of the month so that you can notice any changes.

How to be breast aware:

The NHS Breast Screening Programme has produced a five-point plan for how to be breast aware:

1. Know what's normal
2. Look at your breasts and feel them
3. Know what changes to look for
4. Report any changes to your GP immediately
5. Attend routine screening if you are aged between 50 and 71.

How to check your breasts:

Look at your breasts and feel each one and your armpit, including up to your collarbone. Many women

find this easiest to do in the shower or bath. You can also look at your breasts in the mirror, both with your arms by your side and with them raised.

Breast changes to look out for:

- > A change in size, outline or shape
- > A change in the look or feel of the skin, such as puckering, a rash or redness
- > A new lump, swelling, thickening or bumpy area on the breast or armpit
- > A discharge from the nipples
- > Change in the position of the nipples
- > A rash or crusty or scaly skin around the nipple
- > Any discomfort or pain in the breast.

When is the best time to check your breasts?

You should check your breasts once a month on the same day, ideally a few days after your period. This is because many women notice changes to their breasts during their menstrual cycle and they may become swollen, tender and even lumpy.





Control your CHOLESTEROL

Although it gets a bad rap, cholesterol is actually an essential molecule in the body that produces vital hormones such as progesterone, testosterone and cortisol.

However, around 40 per cent of people in the UK have high or borderline high levels of bad cholesterol, which can have a detrimental effect on health.

WHAT CAUSES HIGH CHOLESTEROL?

There are several factors that increase your risk of having unhealthy cholesterol levels, including: A poor diet which is high in saturated and trans fats | A high body mass index | Lack of exercise | Being a smoker | Drinking too much alcohol | Being over 40

Certain medical conditions such as chronic kidney disease, diabetes, lupus and hypothyroidism can also lead to high cholesterol. If you are aged 40-74, you can get your cholesterol checked as part of an NHS Health Check.

WHAT HEALTH COMPLICATIONS CAN OCCUR FROM HIGH CHOLESTEROL?

High cholesterol can lead to a dangerous accumulation of cholesterol on

the walls of your arteries. This is known as atherosclerosis and can cause complications such as chest pain, heart attacks and strokes.

HOW TO PREVENT HIGH CHOLESTEROL THROUGH DIET

Foods to eat: Oats | Wholegrains | Beans | Nuts | Soy | Oily fish

Foods to avoid: Fatty and processed meats | Animal fats such as butter, ghee and margarine | Full-fat dairy products

HOW TO FIND OUT YOUR CHOLESTEROL LEVELS

As high cholesterol does not cause symptoms, you can only find out if you have it by requesting a blood test from your GP.

A cholesterol test can measure your total cholesterol levels, both good and bad, including low-density lipoprotein (LDL) and high-density lipoprotein (HDL), and your level of triglycerides.

Healthy cholesterol levels for each are as follows:

- Total cholesterol = 5 or below
- Good cholesterol = 1 or above
- Bad cholesterol (LDL) = 3 or below
- Bad cholesterol (non-HDL) = 4 or below
- Triglycerides = 2.3 or below



MobilityPlus



The UK's leading provider of affordable electric wheelchairs.

Premium Electric Wheelchairs That Support Independent Living



Includes FREE next day delivery



MobilityPlus+ Ultra-Light Instant Folding Electric Wheelchair
24KG, 4MPH, 2 LITHIUM BATTERIES

Only **£879.99**



MobilityPlus+ Deluxe Ultra-Light
FOLDING ROLLATOR WITH SEAT
Only **£114.99**



MobilityPlus+ Upright Rollator
WITH FOREARM SUPPORT
Only **£154.99**



MobilityPlus+ Quick-Split Electric
LIGHTWEIGHT, COMPACT, 4MPH
Only **£599.99**



MobilityPlus+ Featherlite
18.7KG, 4MPH, LITHIUM BATTERY
Only **£899.99**

Customer Support Team

01992 610 434 | www.mobilitypluswheelchairs.co.uk

OUR SHOWROOM: 26-27 WOODSIDE TRADING ESTATE, EPPING, ESSEX, CM16 6LJ (APPOINTMENT ONLY)

Hula! Hula! Hula!

Did you have a hula hoop as a child? Fun, wasn't it? Offering a whole host of health benefits, the joy of hula hooping doesn't have to end when you reach a certain age.

WHAT ARE THE BENEFITS OF HULA HOOPING?

Burn calories: Hula hooping can burn anywhere between three and seven calories per minute, depending on your body weight and the type of hoop you use. This equates to up to 210 calories per half-hour session, which is on a par with kickboxing.

Build core strength: Hula hooping requires strong movement of the hips to keep the hoop from falling, which means that you have to work your core muscles hard.

Maintain good posture: If you spend most of the day sitting at a desk, then hula hooping offers a great way to improve your posture. When keeping the hoop moving, your body form is stabilised and engaged throughout, which can help your form with other exercises.

Boost cardiovascular system: It is recommended that you get 150 minutes of moderate exercise a week, and hula hooping can help you to reach this goal. A fun form of cardio, it can also help to boost your heart and lung health and lower your cholesterol.

HOW TO HULA HOOP

1. Start by swinging the hoop clockwise for as long as you can.
2. To keep the hoop around your waist, move your hips forwards and backwards as opposed to in a circular movement.
3. Then change direction to a counter-clockwise movement.
4. Repeat a few times and try to increase the duration of each set as you get stronger.
5. To further isolate your abs, concentrate on keeping your lower body steady.
6. Try a weighted hoop for enhanced fat burning.

OTHER WAYS TO USE A HULA HOOP

- Skipping through the hoop is fun for kids to try
- Circle a hoop around each arm
- Do crunches with the hoop between your legs
- Do squats or lunges with the hoop held over your head.

Whipping up a STORM

THE NAME GAME BEHIND OUR TURBULENT WEATHER SYSTEMS

The naming of storms in the United Kingdom is a relatively new phenomenon, with the first, Abigail, being credited on November 10, 2015.

New names have recently been announced for 2022/23. As usual, a cross section is being chosen to reflect the country's diversity, although many of the names never actually get used – the Met Office resets in autumn, meaning the chances of a late-alphabet letter being used are slim.

In addition, Q, U, X, Y and Z are not assigned in the international storm-naming conventions. However, those that are used are assigned by the Dutch weather forecasting service KNMI, the Irish forecaster Met Éireann and the UK Met Office.

The reason for naming storms is so that the public are aware of the possibility of severe weather conditions. The individual process of naming also prevents confusion over other inclement weather systems in different parts of the country or even on the continent.

However, personifying a storm, in a psychological sense, makes it a more real incident to prepare for.

The system clearly works – 98 per cent of people inside a red warning area were aware of the intense Storm Eunice, which hit Europe in February 2022, with 91 per cent of that figure making sure to protect their business, property or themselves.

As for 2023, Met Éireann has picked out the names Cillian, Fleur, Ide and Nelly as its selections; with KNMI choosing Antoni, Hendrika, Johanna and Loes (named after famous scientists in the Netherlands).

Met Office names put forward were Betty, Daisy, Elliott, Glen, Khalid, Mark, Owain, Priya, Ruadhan, Sam, Tobias, Val and Wouter. Of those, Daisy, Glen, Khalid and Owain were suggestions by the public, submitted via email. Betty won out during a public vote on Twitter.

The 2022/23 storm names alphabetically are Antoni, Betty, Cillian, Daisy, Elliot, Fleur, Glen, Hendrika, Ide, Johanna, Khalid, Loes, Mark, Nelly, Owain, Priya, Ruadhan, Sam, Tobias, Val and Wouter.



AN

apple A day

In the UK, you could eat a different variety of apple every day for more than six years. Well, that's the theory, at least – because more than 2,500 types of apples are grown here.

Apple Day, which falls on October 21 every year, celebrates the eponymous fruit and all the ways we use them to create desserts, drinks and even savoury foods. But more than that, the day helps people appreciate where food comes from and live better with nature.

There are hundreds of Apple Day activities taking place throughout the country. To find out what's happening in your neck of the woods, type 'Apple Day events near me' into a search engine.

BEST EVER APPLE CRUMBLE: Serves 4-6**INGREDIENTS:**

For the filling: 575g cooking apples, peeled, cored and sliced | 2 tbsp caster sugar

For the crumble: 175g plain flour | 110g caster sugar | 110g cold butter | Pinch of salt

HOW TO MAKE:

Heat the oven to 190°C/170°C fan/gas 5 | Toss the apple slices in 2 tbsp sugar and press into a 23cm round baking dish | Mix the flour with the sugar and salt | Grate the butter into the mixture and rub it in till the mixture looks like fine breadcrumbs | Spread the mixture over the apples and press it down slightly | Bake for 35-40 minutes till golden.

HOT SPICED APPLE CIDER: Serves 8**INGREDIENTS:**

6 apples | 2 oranges | 2 cinnamon sticks | 10 cloves | A nutmeg | 2 star anise | 50g brown sugar | 2.5 litres cold water

HOW TO MAKE:

Wash and chop the fruit into 2cm pieces (don't remove seeds or skin) and put in a large saucepan | Add the whole spices, sugar and water | Bring to the boil, cover, then simmer gently for 45 minutes | Remove the whole spices | Mash the mixture with a potato masher | Strain the cider through a fine sieve | Serve warm.



Photo credit: Joe Giddens/WPA Pool/Shutterstock

A dish fit for our Queen's coronation

There are a multitude of food dishes that carry with them a certain historical significance that's evident in the name – from beef wellington to eggs benedict. Some point to the person we expect; others are a little more misleading (the Caesar salad is named after an American restaurateur, not the Roman emperor).

In the case of the subtly curried coronation chicken, it's satisfying that the dish was indeed invented in order to mark the Queen's coronation in 1953, even if its origins actually point to a similar chicken recipe conceived for George V's Silver Jubilee in 1935.

The recipe was published as the nation prepared for street parties, although in those post-war years, some ingredients may have been deemed extravagant as it was previously more complex, and

only recently has it evolved into something more sultana-heavy.

The recipe took more than four weeks to create, and was perfected by Angela Wood, now 88, a student at Winkfield Place College, which was preparing the menu for a banquet at nearby Westminster School for more than 350 dignitaries after the coronation.

She said in an interview: "The brief was 'something that had a bit of flavour, but not too much', to appeal to the banquet guests. For a month or more, I was cooking a chicken a day and we had to alter the balance of the spices in the sauce to get it right."

The dish has now gone down in national folklore, used in sandwiches, salads and jacket potatoes.

Coronation chicken recipe

INGREDIENTS: 6 tbsp mayonnaise | 2-3 tsp mild curry powder, to taste | ½ tsp ground cinnamon | 500g shredded cooked chicken | Black pepper | Optionals which can be added are 2 tbsp mango chutney and 1-3 tbsp sultanas, or to taste

STEP ONE: Mix the mayo, curry powder and cinnamon (add the chutney and sultanas if using) together and season with black pepper.

STEP TWO: Add the shredded chicken and stir to coat in the sauce. Stir in 2 tbsp water to loosen if needed, then season and serve as desired.





Bifold doors, sliding doors
and roof-lights available
for next day delivery.



01992 948 980
essex@homehubgroup.co.uk
137-139 Epping High Street
f @HomeHubGroup

There's no place like Home Hub

With no pressure sales, transparent pricing and exceptional service levels you'll feel right at home with Home Hub. Our elegant lifestyle showroom is now open in Epping, call us to book an appointment.

homehubgroup.co.uk

Windows • Sliding Doors • Bifold Doors • Roof Lights

FADE TO *grey*

In a modern era where we're so attached to the political, sporting and social trends of the moment, the ongoing debate over whether grey is pulling its weight as an interior design colour rages on.

Sure enough, at the start of each year many noble names in home renovation declare grey's day is done, while just as many applaud it for its innovative ability to ignite the imagination.

Yet once again this Marmite tone looks likely to win us over. Here's why:

NEUTRALITY: Grey is neither white nor black, and for that reason it holds a split personality when being matched with other shades and tones. It can lift up a darker tone, or darken a lighter one, and this versatility gives it endless potential.

A PASTEL PAL: Most of us love pastel shades, though in abundance they can often come across as child-like or boring. By layering pastels with grey, however, they are given a rebellious edge.

WOOD WORKS: The ubiquity of Scandi style and use of wood textures and tones is something many of us stand by, and greys certainly lift the light browns and blues of wintry warmth to provide rooms with a traditional yet modern aesthetic.

A TOUCH OF CLASS: Grey has long been a colour associated with style and substance. Mixing tones of grey will also provide a space with a set of artificial textures that lead the mind into greater spatial awareness and visual satisfaction.

MAKING A STATEMENT: Grey also acts as a stunning backdrop to a statement piece. It's not as blasé as white, so will shape a piece of furniture, an antique or a painting in a way that guides the eye rather than forcing it to fix on something.





Spruce up YOUR HOME

If you're after some wallet-friendly home decoration this autumn, get out to your local park or woodland and gather some pine cones.

All conifers produce cones to protect their seeds. But the best ones for autumn decorations are standard pine cones – the ones with thick, woody scales.

Collect your pine cones on a dry day, while they're still fresh. If the scales are closed, don't worry. They'll open in a couple of days.

When you get home, give the cones a quick soak in warm water with a splash of washing-up liquid. Leave them to dry naturally or pop them in an oven at 180°C/160°C fan/gas 4 for half an hour.

Cones look great piled into a bowl, or add some mini fairy lights for a festive look. For scented cones, leave them in a sealed polythene bag for a few days with 10-20 drops each of cinnamon and orange essential oil. You can also make a simple wreath.

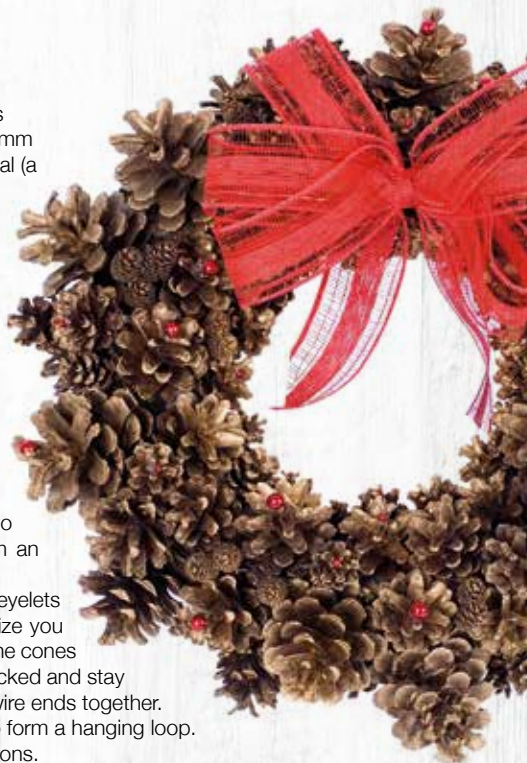
YOU WILL NEED

- > Pine cones
- > A glue gun and glue sticks
- > A packet of brown pony beads
- > 1m of thick wire – 12 gauge/2mm diameter aluminium wire is ideal (a wire coat hanger will do but is harder to work with)
- > Jute string or ribbon for hanging
- > Wire cutters
- > Decorations (optional)
- > All extra materials you need can be found at craft stores or online.

INSTRUCTIONS

- > Trim off any stalks at the base of the cones.
- > Glue the side of a pony bead to the base of each cone to form an eyelet.
- > Thread the wire through the eyelets till you can form a circle the size you want. You may need to jiggle the cones to make sure they're tightly packed and stay in place. To secure, twist the wire ends together.
- > Tie on your string or ribbon to form a hanging loop.
- > If you like, add a few decorations.

Photo credit: www.wikihow.com



GUY OLIVER'S OBJECTS OF DESIRE

WHY MATERIAL POSSESSIONS ARE SO IMPORTANT TO DESIGNER GUY OLIVER

In his twenties, designer Guy Oliver spent a large amount of time in Soviet Russia with the British Navy. His perception of the country was enforced as one of suspicion and mistrust, but when the whole state opened up at the end of the Cold War, the now Kensington-based designer discovered a style and beauty in the possessions and memorabilia he picked up.

It was that initial investment in objects and items that had real provenance in a specific era, and with personality attached, that has led Oliver into building a landscape that focuses completely on the items we use to make our houses feel like homes.

Across a background tone of whites, beiges and occasional blues, Oliver incorporates cherished possessions, statement antiques and "familiar things" into his living space.

"I believe we can only really be comfortable when we're living and existing around things that give us place and purpose," he says. "We fill our homes with

items that represent places we have loved, people we have admired, time we have spent."

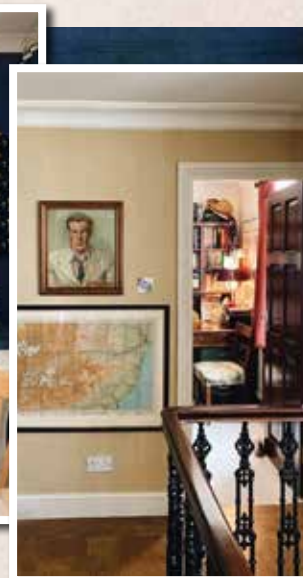
On this point, Oliver zooms in on what truly makes a living space feel perfect and the importance of how the things that fill our homes make us feel. In the designer's case, that's everything from a portrait of an 18th-century Levantine merchant, a Japanese temple model purchased from Harajuku market in Tokyo, or even a set of sketch caricatures dating back 100 years that sit perfectly within the windowpanes of a door.

He adds: "My parents taught me to appreciate antiques and fine craftsmanship – the importance of the provenance of an object and if it can be authenticated.

"We can't take anything with us when we go, so let's surround ourselves with life memories while we're here. The seemingly commonplace can have enormous value in our own minds."



Photo credit: Guy Oliver





POINT BLANK

WHY REPOINTING YOUR BRICKWORK COULD SAVE YOU THOUSANDS

Is there a more misunderstood home renovation term than 'repointing'? Cue the *Fawlty Towers* clip where John Cleese exclaims: "Repoint my chimney? It looks pretty straight to me."

While Cleese had (for want of a better phrase) a point, in reality all brick masonry will require repointing over time. The literal building blocks of our homes endure all manner of abuse, in all weathers, and a brick's insulation qualities mean it is constantly heating up and cooling down during the day, something that also weakens it over time.

The repointing of a wall essentially refers to the repair of breaks, splits and holes in the brick or cement matter. It is through these gaps that water ingresses can form, and once a leak has found its way through into the home, the fault will only accelerate, compromising not just the external wall, but also plaster, wood and decorative elements inside the house.

The actual process of repointing is relatively straightforward for an experienced bricklayer, and it centres on repacking mortar sitting between individual bricks or stone blocks.

Many home DIYers have taken on the task of repointing, achieving adequate results. The risk is that poor craftsmanship will not only look bad, but may also fail to solve the problem of a leaky ingress.

A good repointing job should preserve the integrity of a wall for many decades, adding a small amount of value to a property while protecting its contents from the elements.

A bricklayer will also have the knowledge and expertise to point out other developing issues, as well as being able to safely work at heights, hence it's recommended that the work is outsourced to a professional.



HERTS
KITCHEN & BEDROOM DESIGN



Kitchens ^ Bedrooms
Appliances ^ Worktops ^ Accessories

BOOK YOUR FREE DESIGN PACKAGE

www.hertskitchensandbedrooms.co.uk

0800 193 5550

info@hertskitchensandbedrooms.co.uk

DOWNLOAD
OUR FREE
BROCHURE



"Tony and his team completed our project in a professional manner, and we are in love with our new kitchen"

**Beautiful, quality
kitchens & bedrooms,
at surprisingly
affordable prices**



Byrver Flooring

ALL YOUR FLOORING NEEDS UNDER ONE ROOF

We supply and install every type of home and office flooring

- Synthetic & Wool carpeting ● Laminates
- Vinyls ● Luxury Vinyl Tiles ● Wooden floors
- Established over 30 years

01920 355020

www.byrverflooring.co.uk

info@byrverflooring.com

8A Baldock Street, Ware, SG12 9DZ



A Lady TO THE LAST

REFLECTING ON HER MAJESTY QUEEN ELIZABETH II IN HER LATER YEARS AS A SERVANT TO THE PEOPLE

“This is our country's saddest day. In the hearts of every one of us, there is an ache at the passing of our Queen, a deep and personal sense of loss – far more intense, perhaps, than we expected,” began former Prime Minister Boris Johnson in his moving tribute to Her Majesty Queen Elizabeth II. And while he may not have quite lived up to his expectations as Prime Minister – Her Majesty made sure to ‘see him off’ two days before her passing – his ability to transpose feelings into words remains second to none.

For many of us in Great Britain, life without our Queen is something we have never known, and it is only in her passing that we truly appreciate how extraordinary her feat of 70 years on the throne was. Even her twilight years were spent cementing her legacy through continued work and devotion, and over seven decades she travelled to 117 countries and hosted countless high-profile guests and heads of state, including Robert Mugabe, Nelson Mandela and Donald Trump.

Upholding to the very last one of the cornerstones of the British Constitution – that the monarch ought to always stay out of politics – Her Majesty saw 15 Prime Ministers come and go. No matter how turbulent the political seas became, she always stood steady and calm; a constant port in the storm for the British people to depend on.

As is to be expected, Her Majesty saw her fair share of good and bad times. The year 1992 was particularly dire, with revelations of lusty phone calls between Camilla and Charles, the separation of Andrew and Fergie, and the blaze that almost destroyed Windsor Castle. Her ability to play out such tragedies in the public space was forced upon her, in many ways, yet she took the hits and moved forward.

While she later admitted to being desperately sad at the demise of so many great things around her that she believed were so strong, the humanity displayed during that period – and more recently with the scandal involving Prince Andrew and the Harry/Meghan storm – has served to align the Royal Family with our own families.

Rather than their being regarded as a group of people immune to the disturbances and disappointments that come to us all, the Queen has readily admitted the Windsors’ fallibility.

And while the passing of Prince Philip, just 17 months before her own, may have struck another blow to a lady we believed would always be with us, at least her own departure means the two can be reunited again, wherever that place is.

Certainly, it's fair to say the truest echoes that remain from Queen Elizabeth's life are the laughs, the pleasure, the playfulness, and the reinvention of how we view our monarchy.

A job well done, Ma'am.





LOCAL NEWS

from your neighbourhood

Woman raped by homeless man she had befriended



A Hertford woman was raped by a homeless man she had befriended, St Albans Crown Court heard last month.

The victim, who is described as vulnerable, met Andrew Rudge, 62, in Hertford town centre and bought him a coffee, food and whisky and invited him back to her flat so he could have a shower.

Prosecutor James Keeley said: "He repaid her kindness by hitting her to the floor and raping her, before urinating on her and leaving the flat."

The jury was told Rudge, a paranoid schizophrenic, was not mentally fit to plead. They had to decide if Rudge had carried out the acts of causing actual bodily harm and two rapes. They found he had carried out one rape and had caused the actual bodily harm.

Recorder Peter Guest adjourned the case until November 4.

He told the jury: "If there had been a normal trial, he would fall to be sentenced."

"The court does not move forward in that way where he has been found unfit to be tried."

He said he needed reports from two psychiatrists before he could make an order for Rudge to be detained in a mental health unit.

The trial will resume November 4.

Man left with life-threatening injuries after traffic collision

Police are appealing for witnesses after a man in his 50s was taken to hospital in a life-threatening condition following a road traffic collision in Hertford.

A white Mercedes A45 was travelling along the A119 Ware Road when it was involved in a collision with a silver BMW 535 at around 1.30pm on Sunday, September 25.

The Mercedes continued onto Gascoyne Way, where it was then involved in a collision with a grey Hyundai i10 on the roundabout at the junction with Hale Road.

The Mercedes left the carriageway, striking metal

railings and a tree before coming to a stop.

The driver was taken to hospital with life-threatening injuries. The passenger suffered non-life-threatening injuries, while the drivers of the two other vehicles were not seriously injured.

Sergeant Mark Casey, from the Bedfordshire, Cambridgeshire and Hertfordshire Road Policing Unit, said: "We're continuing to make enquiries around the incident and would appeal for any witnesses to please come forward."

"We're keen to hear from anyone who may have captured dashcam footage."

Anyone with information can contact PC Zach Flint via email at zach.flint@herts.police.uk or call 101 quoting ISR 349 of September 25.

MP reflects on the life of 'remarkable' Queen

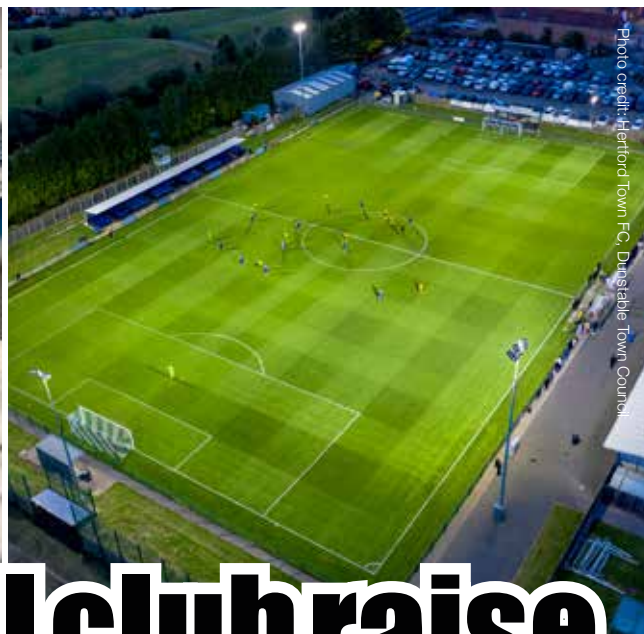
Julie Marson, MP for Hertford and Stortford, has shared her reflections on Her Majesty the Queen and what she meant to the country following her death last month.

She said: "I share the deep sadness and sense of loss felt by people in Hertford and Stortford, throughout our nation and across the Commonwealth and the world, at the passing of our Queen."

"She served us with truly remarkable dedication and dignity for seven decades and we rightly celebrated that glorious reign over the summer, where the affection and respect our nation held her in was demonstrated in abundance."

"We will mourn her loss and cherish her memory. But the monarchy also represents continuity and so I know we can also proudly say God Save the King."

In a speech in Parliament, the MP said: "The end of a great historical epoch has indeed passed, but we are all privileged to have lived at least some of our lives in the great second Elizabethan age."



Football club raise £3,500 for player's recovery

Hertford Town FC have helped raise more than £3,500 to support one of their players after he suffered a cardiac arrest while on the pitch.

Potchu Mendes, 24 (pictured left), was playing away at AFC Dunstable on Saturday, August 27, when he suffered a cardiac arrest. He was attended to by physiotherapists from both teams, who used a defibrillator in the dugout, and was taken to hospital.

Owing to Potchu not being able to play during his period of recovery, Hertford Town set up the benevolent fund to provide him with additional support.

Following the incident, a club statement said: "In what were extremely distressing scenes, we'd like to thank all of the management, staff and fans of AFC Dunstable for their help and support on the day."

"On behalf of ourselves and Potchu, we'd like to

express our thanks and appreciation to the wider football community for all of their well wishes and supportive messages; it's been nothing short of overwhelming. Thank you."

Announcing the GoFundMe page to support the player, a spokesperson for Hertford Town FC said: "Hertford Town FC have pledged to continue paying Potchu during his recovery and we know times are tough, but we would really appreciate any contributions you may be able to give."

"One hundred per cent of any funds raised will go directly to Potchu."

The club set a target of £5,000 and have so far raised £3,550.

To donate, visit www.gofundme.com/f/potchu-mendes-benevolent-fund





Photo credit: iStockphoto.com, Featureflash Photo Agency/Shutterstock.com

Celebrities take part in memorial football match

A host of celebrities and volunteers came together to play a football match in memory of Hugh Menai-Davis, who was five years old when he was diagnosed with cancer and passed away a year later in September 2021.

The match was organised to celebrate his life by It's Never You, a charity set up by Hugh's parents to support the parents of children with cancer.

The symbol of the charity, the butterfly, was decided when Hugh's younger brother asked his parents what happened to Hugh. They told him that Hugh was like a caterpillar and had turned into a butterfly to fly away.

The match featured celebrities such as charity trustee Jermaine Jenas (pictured inset), Yung Filly, Theo Walcott and Les Ferdinand as either players

or managers of the two teams playing at The Lamex Stadium, Stevenage.

More than 2,000 people attended the game on September 18, the anniversary of Hugo's death, and it was a huge success, raising around £45,000.

Ceri Menai-Davis, Hugh's father, said that starting the charity gave him a reason to get up in the morning, and the opportunity to help others going through the same difficult situation.

He said: "You have got to find something to help you grieve and get through it. Hugh was the kindest, most gentle boy you could ever meet. Even when he was ill, he would run across the field and help a young girl carry her basket over."

Find out more at itsneveryou.com

Teenager is hospitalised after violent assault

Police are appealing for witnesses and information following an assault in Hertford that left a teenager in hospital.

Two teenage boys were walking in the grounds of Hertford Castle at around 6pm on Tuesday, September 13, when they were approached by a number of youths.

The youths began to chase the two boys, before throwing rocks at them. One of victims was then punched in the face numerous times and was taken to hospital for treatment.

PC Sabrina Di Trollo, who is investigating, said: "This was a violent and completely unprovoked attack. The

victim was taken to hospital but thankfully did not sustain any serious injuries.

"It was reported that the group consisted of six males, estimated to be aged between 13 and 17 years old. They were not known to the victim.

"If you witnessed the incident taking place, or if you believe you may have seen the group, please get in contact with me as soon as possible.

"Any information, even something that may seem relatively minor or insignificant, could be key to progressing our investigation."

Anyone with information is asked to please email PC Di Trollo at sabrina.trollo@herts.police.uk

THE **B7** MEDIA GROUP

PRINTING • BUSINESS CARDS • LEAFLETS • DISTRIBUTION
SIGNAGE • MENUS & BROCHURES • EXHIBITION BOARDS & BANNERS
RETAIL PACKAGING • WINDOW VINYLs • LOGO DESIGN
BRAND ALIGNMENT • VEHICLE WRAPPING • CARBON PADS
WORKWEAR • WEBSITES • SOCIAL MEDIA • I.T. SOLUTIONS



ENQUIRIES@B7MEDIAGROUP.COM



01992 276101



The style your home deserves

SPECIALISTS IN THE DESIGN & INSTALLATION OF KITCHENS, BEDROOMS & LIVING SPACE FURNITURE



SPOONS
KITCHENS
BEDROOMS AND LIVING SPACE



■ PLAN ■ DESIGN ■ DELIVER ■ INSTALL

We can offer the personal service you require when buying new furniture for your kitchen, bedroom or study. We work closely with you from the start, through to the completion of your home improvement project. We will ensure we fulfil your expectations every step of the way.

01992 472133

info@spoonskitchens.co.uk

www.spoonskitchens.co.uk



FREE*

Mirrored cabinet or high raised toilet with any full bathroom installation

ahm
installations

Bathing a problem? We can help

- Wet rooms
- Walk in showers and baths
- Waterproof wall panelling
- Slip resistant safety flooring
- Grab rails, shower seats & raised toilets
- Disabled Facilities Grants
- Discounts for over 60s, and EX Service personnel
- Charity work and grants

Call for our friendly advice, free survey and quote

01992 948005

Checkatrade.com

info@ahminstallations.co.uk www.ahminstallations.co.uk

*Terms and conditions apply, visit our website for more details.



LOCAL NEWS

Photo credit: The Mexican UK

Popular Mexican restaurant to open branch

A popular Ware-based Mexican restaurant will soon be opening a second branch in Hertford.

The Mexican in Ware has high ratings on both Google reviews and TripAdvisor and featured on the BBC Two show *Britain's Top Takeaways*, in which takeaway restaurants were pitted against one another to be named local people's favourites.

Co-owned by Alastair Bramley and Brett Cahill-Moreno, the restaurant teased the opening on Facebook last month, saying: "Do I hear the pitter-patter of little Mexican feet?"

The post was met with overwhelmingly positive

responses, with more than 150 reactions and 50 comments.

The Mexican opened in Ware in 2019 and is co-owned and run by Mexicans with family in Yucatan. Brett's grandmother ran her own restaurant and wrote a cookbook, and many of the dishes on the menu are inspired by her recipes.

Its website describes the restaurant as offering authentic Mexican street food in a fun and relaxed environment.

For more information, visit www.themex.uk/the-mexican-hertford

New wheelchair provider chosen for county

A new company has been chosen to provide wheelchair services to users in Hertford.

AJM Healthcare was chosen following an extensive selection process and has taken over from the previous provider, Millbrook Healthcare. Wheelchair services will be provided from two new locations on Mead Lane in Hertford and Tolpits Lane in Watford.

Dr Jane Halpin, chief executive officer of Hertfordshire and West Essex Integrated Care Board, said: "We are pleased that AJM has a strong track record of delivering safe, high-quality, customer-focused services and will be working to deliver wider

benefits including providing a service with strong green credentials."

Kumar Moorthy, a wheelchair service user and Healthwatch representative involved with the procurement process, said: "I welcome the fact that wheelchair users and carers have been involved throughout – from making suggestions that helped shape the requirements for the new service to interviewing bidders."

More information about the services available and the latest news and updates can be found at hertfordshire.wheelchair.services

FOR AQUARIUMS
WITH THAT
PERSONAL TOUCH



ND Aquatics Ltd are manufacturers of custom aquariums, focusing on the highest of quality and customer satisfaction.

If you are looking for a quality aquarium then we at ND Aquatics will take all the time necessary to listen to your needs, to answer your questions and to give advice and recommendations.

For more information & advice: 01992 535916 ☐ 01992 538266
info@ndaquatics.co.uk ☐ www.ndaquatics.co.uk ☐ @ndaquatics
2 Mimram Rd, Hertford, SG14 1NN

UR/SOCIAL

URSOCIAL

MARKETING SOLUTIONS

UR Social has never been more important. Our bespoke marketing packages are tailored to suit your business need...

Social
Influencer Campaigns
Email Marketing
Content Creation

Videography
Photography
Overall Marketing strategy
Paid Social Advertising

+44 (0) 7368 292854
www.ursocial.uk
@URSsocial.uk



*Be seen
everywhere*



PETS



Purrfect PETS

LOOKING BACK AT THE HISTORY OF DOMESTICATED CATS TO CELEBRATE NATIONAL CAT DAY

Around one in four UK households owns at least one cat. If you're one of them, you'll no doubt want to mark National Cat Day on Saturday, October 29.

The day's mostly about celebrating all things feline. But it also helps raise awareness about all those cats that need a new home. But where did cats come from?

The most popular theory is that domestic cats are the distant offspring of Middle Eastern wildcats. Some 12,000 years ago, farmers started working the land in an area known as the Fertile Crescent. This is a boomerang-shaped area that runs from north-east Egypt, along the Mediterranean coast and down to the Persian Gulf.

The soil was good here and the crops grew well. But when it came to storing grain, the farmers were plagued with mice. So it was only natural for farmers to invite in the local wildcats. The animals were thrilled with all the tasty morsels on offer. And

the farmers were delighted with their easy pest control system.

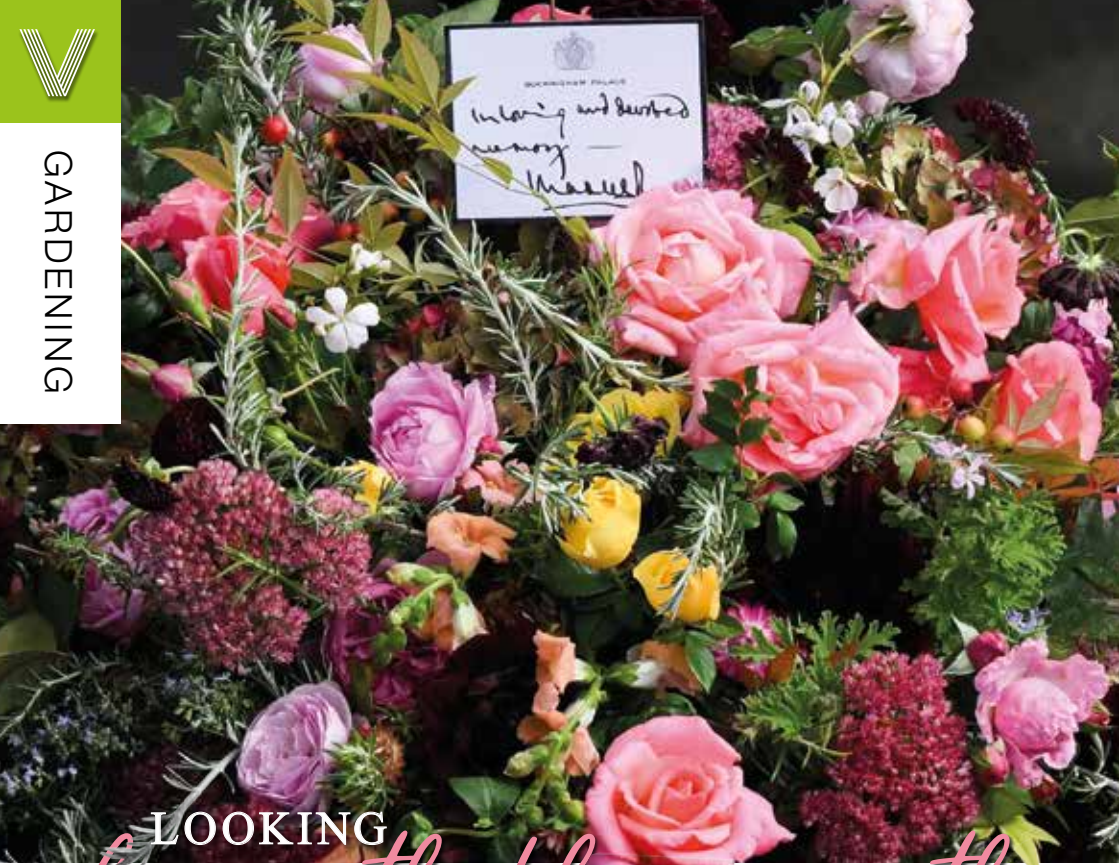
Gradually, as people came to prefer those cats with milder temperaments, the animals adapted to their new environment. And they eventually evolved into the hundred or so cat breeds we're familiar with today.

Cats probably didn't arrive in Britain until the Romans invaded, bringing their mice-gobbling moggies with them. But when the Romans were driven out of the country a few hundred years later, their cats' descendants remained behind.

Somehow, during the Middle Ages in Europe, cats became linked to witchcraft, and hundreds of thousands of cats were killed. Some scholars believe that this led to an explosion in the rat population which helped spread the plague.

Thankfully, by the 17th century, the reputation of cats improved. And they're now the most popular pet in the world.





LOOKING *beneath the wreath*

Flowers are perennially at the heart of the way we offer our tributes to the departed, and few presentations have been as beautiful, perfect or significant as the floral wreath that adorned the Queen's coffin as she made her final journey on September 19.

The choice of flowers on the wreath is not done by luck – it represents a carefully selected process that uses beautiful sprays of colour to celebrate and commemorate so many of the things that enlightened, amazed and enchanted Queen Elizabeth II during her life.

First, the provenance of the flowers is important – they were picked from the gardens of Buckingham Palace, Clarence House and Highgrove House. It was touching to see the use of the myrtle flower, grown from a sprig of the Queen's wedding bouquet when she married her late husband, Prince Philip, in November 1947.

Also present was English oak, a foliage that represents the strength of love, plus pelargoniums, garden roses, autumnal hydrangea, sedum, dahlias

and scabious. All flowers were sustainable, on King Charles' request.

This was a different wreath from the one that accompanied Her Majesty Queen Elizabeth II on her journey south from Scotland. Using flowers picked from her Balmoral Estate, the wreath featured sweet peas – one of her favourites – dahlias, phlox, white heather and pine fir.

While the wreath flowers have garnered much attention, the large quantity left at Green Park and by the gates at Buckingham Palace represented a huge challenge for the authorities.

There is a set process for the disposal of these flowers, which began seven days after the funeral. Gradually, those flowers wilting first would be removed and taken to Hyde Park nursery for composting. This compost will be used on the flowerbeds at Kensington Gardens.

Cards and labels are put into boxes – some will make it into museums; most will remain stored away forever and are unlikely to see daylight again for decades.

Photo credit: Daniel Leat/AP/Shutterstock

Are you looking for an... **ELECTRICIAN**

FREE QUOTES ON ALL WORK

- RE-WIRES & ELECTRICAL ALTERATIONS
- ELECTRIC VEHICLE CHARGE POINTS
- CONSUMER UNIT/FUSE BOX UPGRADES
- ADDITIONAL SOCKET AND LIGHTS

Call Today on:
01992 276 107

FREE!

Visual electrical
installation health check
with every booking

Herts Plants Ltd

For more information on our range of products & services
Call 01992 276 043 or visit Foxholes Farm, London Rd, Hertford SG13 7NT

Working towards that perfect garden

Beautiful flowers, plants & trees
We stock many unusual plants and import large specimens direct from Italy.

- House plants
- Climbers
- Roses
- Herbs
- Perennials
- Container plants
- Vegetables
- Garden Design
- Hard Landscaping
- Garden Maintenance

Facebook Instagram Twitter



APPLIANCE REPAIRS AND SALES

We repair all makes and models

Washing Machines • Tumble Dryers
Dishwashers • Ovens • Hobs • Cookers
Fridge/Freezers • Extractor Hoods

New appliances in stock for
same day delivery & installation

Prices listed on our website

Call 01279 310793

Or Book Online

www.spindoctoruk.co.uk

forestreet

recruitment & training

Supporting local people & local businesses
with all their recruitment needs

Urgently recruiting for:

- Customer Service Advisors
- Administrators • Warehouse Operatives
- MHE Trainer • Assistant Accountant



Corporate
Member

**IF YOU ARE LOOKING FOR A JOB OR
LOOKING TO RECRUIT PLEASE GET IN TOUCH!**

01992 583256

www.fore-street.co.uk

@ForeStreetLtd @forestreetrecruitment

info@fore-street.co.uk



**Duffield
Harrison LLP**
SOLICITORS

YOU CAN COUNT ON US EVERY STEP OF THE WAY

**AREAS OF LAW COMMERCIAL PROPERTY | COMPANY & COMMERCIAL
DISPUTE RESOLUTION | EMPLOYMENT LAW | FAMILY LAW
LASTING POWERS OF ATTORNEY | LITIGATION | NEW HOMES
PERSONAL INJURY | RESIDENTIAL CONVEYANCING
TOWN & COUNTRY PLANNING**

**THISTLE HOUSE, 32A ST ANDREW STREET,
HERTFORD, HERTFORDSHIRE, SG14 1JA**

www.duffieldharrison.co.uk

HODDESDON 01992 442 911 | HERTFORD 01992 587 065 | ENFIELD 020 8804 5271



resolution
first for family law



HOW BREWDOG FOUNDER JAMES WATT KICKSTARTED THE CRAFT BEER REVOLUTION

The BBC recently broadcast an exposé on BrewDog founder James Watt, which attempted to highlight a darker side to the craft beer visionary's persona, including working practices at the brewery's Aberdeenshire HQ.

While it dressed up the drama of wrongdoing, the response from the beer-buying public was decidedly lukewarm. The reason? People love IPA more than they love scandal and salacious gossip.

In fairness, BrewDog has always been built on an image that begins and ends in the can or bottle. 'Equity for punks' is a phrase that the brand has long carried around with it – a linking of a drinks revolution with social cohesion and sustainability, fuelled by the momentum of the hipster movement.

It all began in 2007 when twenty-somethings James Watt and Martin Dickie found themselves in Fraserburgh, the foggy, windy, cold Scottish outpost. While frustrated at the lack of real choice in a drinks market populated by imported lagers, they remained sentimental about the role of traditional

alcoholic staples that had fuelled generations of factory workers, miners and engineers.

Sure enough, by feeding new life into old flavours, progressing from their bedrooms and kitchens to their first brewery, they fused creativity with credibility. Punk IPA was born.

"I think a lot of people felt there was a disconnect at the time between a certain demographic and the drinks they were consuming," says Watt. "Lager and fizzy beer had gone the way of the young lads, with football and nightclubs piggybacking and then driving the trend. Ciders and fruit-based drinks had a very summer existence, while spirits, shorts and wines were mostly for women. The market needed something different."

BrewDog's ability to provide that, initially through signature brew Punk IPA, then a raft of variations, expanding into a pub empire that now totals more than 80 locations worldwide, has taken Watt's personal fortune to more than £250million – a self-made punk now living life in the fast lane.

Photo credit: Shutterstock



BUSINESS & PROPERTY

YOUR GUIDE TO visiting Antarctica

Looking for your next travel destination? Why not make it Antarctica? Here's what you need to know about visiting the world's southernmost continent.

WHY VISIT?

Antarctica is one of the world's last untouched destinations. With its beautiful wilderness, it's a place unlike any other, a real trip of a lifetime.

Away from the tourist traps, busy cities and constant connectivity, it's the perfect getaway from reality.

WHEN TO VISIT

The best time to visit Antarctica is from November to March – the Antarctic summer. You'll get to enjoy 24-hour sunshine, giving you the best chance of seeing the continent's incredible wildlife.

WHAT YOU WILL SEE

Besides the stunning landscapes, Antarctica is home to some of the world's most fascinating

creatures. See penguins, albatrosses, whales and more in their natural habitat – a truly spectacular experience.

WHAT TO PACK

Brace yourself for some cold temperatures on your adventure. Take plenty of thermals and layer up your clothing to help you stay warm.

Remember to take your camera. You won't want to miss out on those amazing photo opportunities.

WHAT TO DO

A trip to Antarctica will give you the chance to discover the history of famous explorers, including Robert Falcon Scott and Sir Edmund Hillary.

While these explorers might have had to survive in difficult conditions, you could enjoy your Antarctic adventure on board a luxury cruise, with all of their modern comforts.

Could a visit to Antarctica be on the cards for you in 2022 or 2023?

Photo credit: antarcexpeditions.co.uk, redsarahna.com



YOUR ADVERT RIGHT HERE

CONTACT US TODAY TO
PLACE YOUR ADVERT
IN THE MAGAZINE

CALL BRETT ON 01992 276101

Give your child a head start

Loved by thousands of families since 2007
RUGGERBUGS is a multi award winning, FUN & Exciting
motor skills development programme based around
non-contact rugby for children from Walking to 7yrs.

Saturday mornings from 10am
Pinewood School,
Hoe Lane, Ware SG12 9PG

Book your 4 week
intro for only
£35

**MONEY BACK
GUARANTEE**

Scan Here Book Today
01992 472 062
bookings@ruggenbugs.co.uk
www.ruggenbugs.co.uk

The GOODLIFE LODGE CO

invest in the good life...

Visit our four fantastic locations today....

**Luxury Lodges, great fun and
a great return on investment!**

www.goodlifelodge.com • info@goodlifelodge.com • 0800 564 2266

DEAD gorgeous.

Remember *Coco*, the award-winning Disney Pixar film? It featured cute skeletons and was inspired by Mexico's Day of the Dead, a festival that is all about honouring the lives of dead relatives and reminding yourself that death is just part of life.

In the lead-up to the day, skull and skeleton decorations can be seen almost everywhere, and streets are festooned with colourful bunting. Marigolds are popular too – their sweet smell is believed to entice the dead back to life.

The day is celebrated on November 2. So get busy now with these Day of the Dead crafts and you'll also be ready in time for Halloween.

SKULL STONES

You will need: A smooth, flat, oval stone (8cm-10cm long) | White acrylic paint | A paintbrush | A set of acrylic marker pens (including black) | PVA glue | Glitter | stick-on gems

How to make: Paint a simple white skull shape on the stone and leave to dry | With the black marker, outline the shape and draw on the features | Decorate with the coloured markers, and stick on the glitter and gems.

TISSUE PAPER MARIGOLDS

For two flowers you will need: A sheet of orange tissue paper (approx. 51cm x 66cm) | 2 x 30cm green chenille stems (pipe cleaners) | Scissors

How to make: Cut the tissue paper sheet into quarters | Then cut each quarter into half so you have eight small sheets | Stack four sheets together | Fold in concertina pleats, starting at the short end | Cut each end into a point | Twist the end of a chenille stem round the middle of the paper | Fan out and gently separate the layers.

BUNTING

You will need: 12-15 round paper doilies (approx. 16cm diameter) | Acrylic paints in red, pink, purple and orange | A paintbrush | Jute string | PVA glue

How to make: Paint each doily with diluted paint | Dry thoroughly | Fold the doilies in half | Run the string inside the half-circles and glue the sides together.

Photo credit: aiseburke.blogspot.com, iagriffith.com, kitchenatbedclassroom.com

SPORT TECH: CHANGING PERCEPTIONS OF SPORT

As a sport-watching nation, we have become much more accepting of the role of technology. The early days of video assistant referees (VAR) were awkward and unsatisfying, and many football fans felt a sense that they were losing the raw wholesomeness of the sport amidst a blur of replays, lines on screens and toenail-width decisions.

While the calm that's followed has proved that, conducted in the right way, the technology does work, it has altered our investment in key moments.

WE HOLD BACK ON SUCCESSES

When a goal is scored, a wicket is taken or a forearm smash tickles the baseline, sports fans have acquired a unique hesitation. We fear a decision review, and only when action restarts can we fully relax.

IT AIN'T OVER TILL IT'S OVER

Sports tech reviewing has added extra hope and drama into the equation; even bad news comes with the hope of a reprieve.

WE OBSESS OVER TECH

In days gone by, the precision of sport was a fingertip save or a catch in the slips. Nowadays, we over-scrutinise computer graphics and millions of pixels on a screen with all the same elegance of a Usain Bolt dip over the finish line.

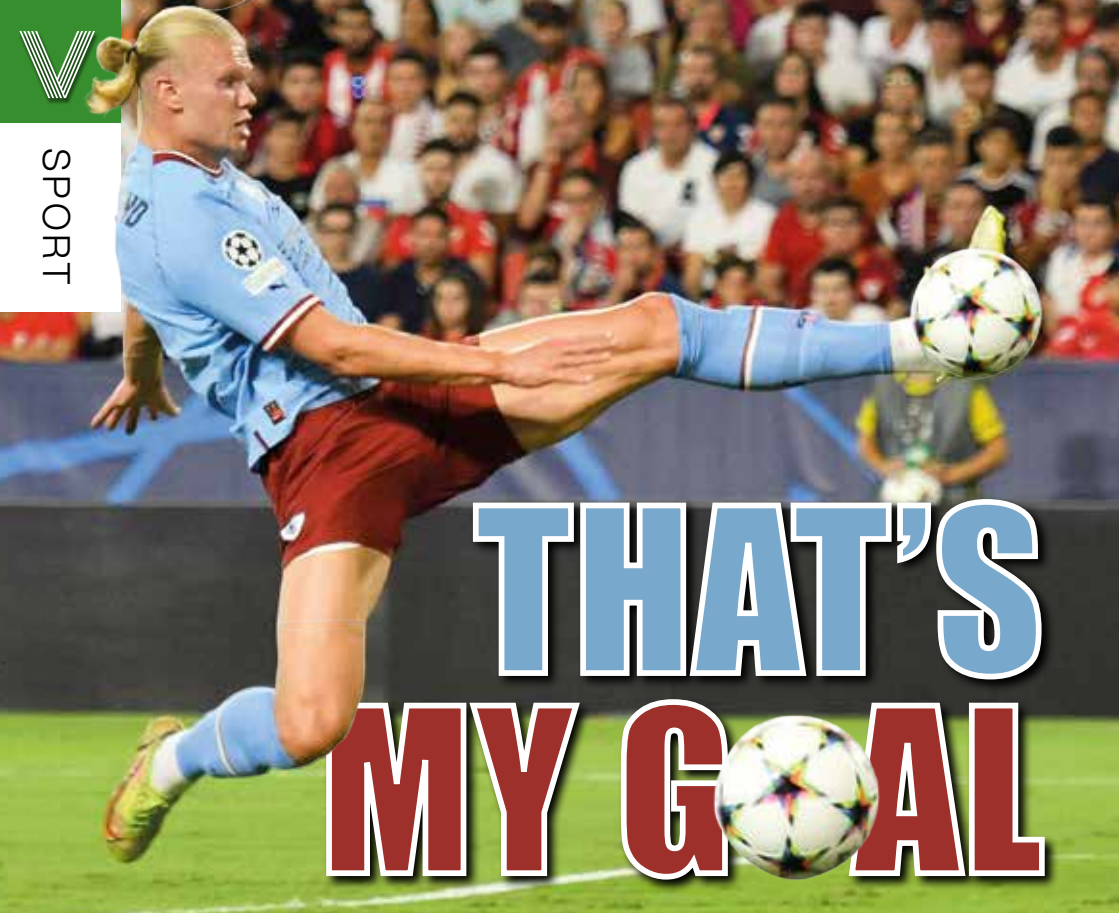
SPORTING CONTESTS LAST LONGER

Delays brought about by review decisions have extended the duration of sport. Ultimately, this gives fans more 'live game' time, but also extends the length of televised sport, with greater post-match analysis and therefore more opportunities for advertisers to pepper us with their messages.

OUR KNOWLEDGE INCREASES

One big advantage of VAR, Decision Review System, Hawkeye and all manner of other innovations is that they enhance our understanding of the legalities and rules of sport, which can be no bad thing.





THAT'S MY GOAL

THERE'S A NEW GUNSLINGER IN TOWN, AND WHEN HE SHOOTS, HE RARELY MISSES

When Manchester City became aware of a release clause in the contract of one of the most highly sought-after goalscorers in world football, they just had to act. Their efficiency and persuasiveness in getting a deal over the line for the former Borussia Dortmund man has secured for them a star who has all the armoury to emulate generational greats such as Ronaldo and Messi.

The future has arrived, and he's a sharp shooter. Erling Braut Haaland was born on July 21, 2000, in Leeds, England; yet instead of representing the country of his birth, he chose Norway, the nation of his parents, both of whom were world-class athletes in their own right.

Alfie, Erling's father, is a former Premier League player, while his mother is Gry Marita Braut, a national heptathlon champion in her homeland.

It sounds impossible that Erling could set the bar higher, yet he has.

His goalscoring exploits have been well documented and, in 2019, he became the first

teenager to score in five consecutive Champions League games, for Austrian club Red Bull Salzburg. It earned him a move to German giants Dortmund.

In between, he scored nine goals in a FIFA Under-19 World Cup group match against Honduras, subsequently securing the Golden Boot.

Haaland went straight into the full Norway side and is still averaging a goal a game for The Lions.

Yet his club exploits have been just as impressive. At the beginning of October, he became the first player in Premier League history to score hat-tricks in three successive home games, and also now holds the record of being the quickest player to have scored three hat-tricks in the Premier League.

Hitting the ground running for City in the Premier League and Champions League, he appears on course to break yet more records.

What City boss Pep Guardiola ultimately recruited him for, though, was to give the club's Abu Dhabi owners what they crave – the Champions League trophy. Watch this space.

Photo credit: Julio Munoz/EPA-EFE/Shutterstock



BRITAIN'S GREATEST SPORTING MOMENTS:

DROP-KICK JONNY

Each month, we look at one of the most significant events in British sporting history. This month, it's England's dramatic Rugby World Cup win against Australia in 2003.

The fact that England came into the 2003 World Cup as tournament favourites didn't for one second lead to any sensible suggestion that the Three Lions might actually take the Webb Ellis Cup back to Blighty with them.

Never had a Northern Hemisphere team won the ultimate prize in rugby, and with the formidable force of co-hosts New Zealand and Australia ready to greet them – the latter as defending champions – only the staunchest England fan imagined Clive Woodward OBE's side could emerge victorious.

Yet in captain Martin Johnson CBE, fly-half Jonny Wilkinson CBE, speedster Jason Robinson OBE (fresh from switching codes having grown up playing rugby league) and a batch of other stars coming into their prime, such as Matt Dawson MBE, Mike Tindall MBE, Ben Cohen MBE, Will Greenwood MBE and Steve Thompson MBE, the feeling that we might be witnessing something special heightened as England sauntered through the group stages.

They accumulated more than 250 points in their opening four matches, seeing off Georgia, South Africa, Samoa and Uruguay with little fuss.

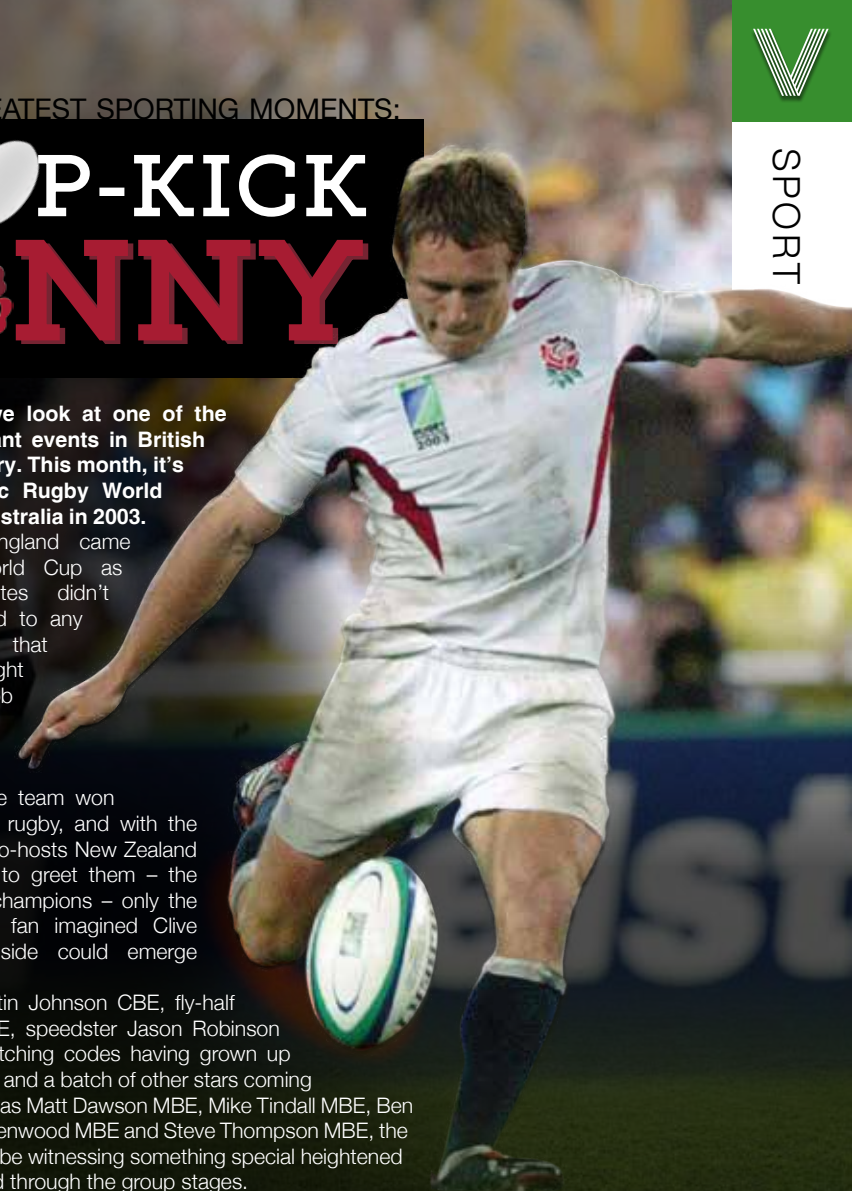
In the quarter-final, Wales scored two tries to England's one, but the kicking of Jonny Wilkinson saw the team home 28-17.

And eight three-pointers in the semi-final against France paved the way for a showdown final with Australia.

In a match screened live in the UK as rugby fans were tucking into a liquid breakfast, Lote Tuqiri scored the opening try for the hosts at Stadium Australia in Sydney, before three Wilkinson kicks and a try gave England a 14-5 lead. Gradually pegged back in the second half, Elton Flatley's last-gasp penalty brought Australia level.

In extra time, Flatley again restored parity at 17-17 with only three minutes to spare, but just as sudden death loomed, Wilkinson received Dawson's pull-back and drilled over the winning drop goal that won the trophy and changed English rugby forever.

Photo credit: David Gibson/Fotosport/Shutterstock



D&B
AUTOCARE



CAR REPAIRS - ALL MAKES & MODELS UNDERTAKEN

MOT & REPAIRS | SERVICING | DIAGNOSTICS | BRAKES & TYRES
SUSPENSION & EXHAUSTS | CLUTCHES | TIMING BELTS



Call us on 01992 276053

Book your vehicle services online 24/7

www.dandbautocare.co.uk



CE

From £895*
for a fully fitted electric garage door.

Gotta get a Garolla.

WHAT'S INCLUDED WITH EVERY DOOR:

- EXPERT MEASURING & FITTING
- 2 REMOTE CONTROLS
- ACOUSTIC & THERMAL INSULATION
- FREE DISPOSAL OF YOUR OLD DOOR
- AVAILABLE IN 21 COLOURS

Trustpilot
★★★★★
14 out of 15 based on 5 reviews

Garolla garage doors are expertly made to measure in our own UK factories, they're strong and solidly built. The electric Garolla door rolls up vertically, taking up only 8 inches inside your garage, maximising valuable space. Our expert local installers will fit your new door and they'll take away the old one too, so there's no mess.

Give us a call today and we'll come and measure up completely **FREE** of charge.

GAROLLA
ROLLER SHUTTER DOORS

www.garolla.co.uk

CALL US TODAY ON:
020 3151 1540
MOBILE:
07537 149 128

LINES OPEN 7 DAYS A WEEK

*Offer valid for openings up to 2.4m wide & including 2 remote controls, 55mm white slats, internal manual override.



small BUT

perfectly
FORMED



MOTORING

CELEBRATING 50 YEARS OF THE FIAT 126, WHICH WAS INTRODUCED AT THE TURIN AUTO SHOW IN 1972

Fiat has never rushed things. Perhaps it's the Italian confidence and sense of candour that means when the car manufacturer commits to something, it sticks to it.

How else can you explain the fact that the Fiat 126, which is 50 years old this year, was the first new model Italian manufacturer Fiat launched onto the market in almost two decades.

With that in mind, the 126 had quite a reputation to live up to, given that it followed the iconic Fiat 500.

Sure enough, it came with its own personality – for a car hitting the market in 1972, it was a rear-engine city runaround. It was cute, small – just a smidgeon over three metres long – boxy and bold, and almost exactly the same dimensions as the Mini.

What became notable about the Fiat 126 was that the Italians never really took it to heart, yet over in Poland its success was prolific – so

much so that within 18 months of launch, most manufacturing was shifted to the Bielsko-Biala factory, and the car was renamed the Polski Fiat.

In fairness, in Italy more than 1.4 million were produced, though no models ever made it beyond a basic 700cc engine. A total of 4.6 million were produced, most in the Eastern Bloc.

While the 126 wasn't perhaps the natural successor to the 500 that Fiat had imagined, what made the car iconic was the belief it gave other manufacturers in the pursuit of the classic urban runaround.

In an era when cars were getting bigger, bulkier and more expensive, Fiat was steadfast in its belief that not everyone desired the cost or clumsiness of a large vehicle. While the 126 wouldn't win kudos points in the same way that the 500 might, it did at least unite a new generation with comfort and convenience – motoring morals we all still stand behind today.

THE VISION LISTINGS

ACCOUNTANT & TAX ADVISORS

ALL THINGS ACCOUNTING

Accounting & tax services, we help with self-assessment tax return, corporation tax return, payroll, VAT return, CIS return & bookkeeping. Call 07539 035537 for free initial consultation.

AIRPORT TRANSFERS

PRIMROSE AIRPORT CARS

Competitively priced efficient, clean & reliable service using satellite navigation and tracking of all return flights for Business or Leisure - 01992 364000 | 07966 180531

AUDIO & VISUAL

ULTIMATE AV

We create bespoke systems designed and built especially for you. Small projects to complete home cinema environments. Based in Essex call us on 07531 214339

BEAUTY & NAILS

BEAUTY BY NATASHA KATIE

A local, mobile LVL Technician. Fully qualified level 2 and 3 beauty therapist Babtac insured and approved. 07961 462672

SPECIAL NAILS

Dedicated to provide the best quality nail care for Men & Women. Walk-ins welcome, appointment bookings & gift vouchers available. 01708 442248

THE NAIL STUDIO

Nail Studio lets you switch off and pamper with highly skilled technicians providing top treatments and nail products to meet your every need. 07572 526519

BUILDER

ALIGN BUILDING SERVICES

Based in Hertford, we specialise in: Home extensions, Kitchen Fitting, Structural Alterations and more. For enquiries call 07850 051788

BUSINESS CENTRE

THE TOWNHOUSE HERTFORD

Modern business centre in the heart of hertford offering a variety of office space, meeting rooms and hot desking facilities. 01992 350132

CARPET & UPHOLSTERY

ARWIN CLEANING SERVICES

Over 30 yrs of exp, we can offer a professional, efficient and cost-effective solution for carpet and upholstery, cleaning and maintenance. 07973 417764

CAR & VAN HIRE

SCENIC SELF DRIVE

Your self drive hire specialists. Whether you require modern cars, motorhomes, vans or minibuses. Rest assured we will provide you a professional service 01708 753461

CLEANING SERVICES

GLOWWHITE CLEANING

Serving Hertford and surrounding areas. We specialise in end of tenancy cleaning for tenants, landlords and property managers. Fully insured. Contact: 07561 138855

CLEARANCE & WASTE

THE CLEARANCE TEAM

From clearing a room, house or garden to clearing an entire office block. Fast, reliable and affordable. Working 24/7 so you can book us at your convenience 0207 101 3387

COMPUTER REPAIR & I.T.

MAPTEC IT

Your local residential & commercial IT specialists. We can fix your computers, configure email accounts & printers. Setup your Wi-Fi, Internet router & network. 0203 865 7174

ELECTRICAL & WHOLESALE

CH ELECTRICAL WHOLESALE

Essex & East London's leading electrical wholesalers providing the trade & public a professional service with access to all leading brands. 01708 730591

ELECTRICIAN

CAPITAL ELECTRICAL SERVICES LTD

Domestic/Commercial, Repairs/Installation, Vehicle Charging Points, Portable Appliance Testing, Fire Alarms, Emergency Lighting, Installation Condition Reports. Call 0208 088 2916

TACK ELECTRICAL

Reliable, affordable, fully qualified and insured. We guarantee we'll deliver unrivalled service and workmanship every time. No job too small. 01992 276128

FRENCH POLISHING

DC POLISHING

20 Years experience in wood restoration i.e. Furniture, doors, staircases, worktops, minor repairs & FLOOR RESTORATION. 07949 204969 | dcpolishing.church@gmail.com

FURNITURE ASSEMBLY

FLAT PAC KING

Assembly of all flat pack items. London and Essex areas. Collection & delivery service available. Call Jo 0208 088 2976

FURNITURE RESTORATION

ABBEEY GROUP

Abbey Group are specialist in creating, repairing & restoring quality furniture & wood surfaces to the highest standard. 01708 741135

KINGS UPHOLSTERY

Handmade sofas & chairs designed especially for you to your required specifications. Also providing in re-upholstery & repair work. 01708 444125

GARDEN DESIGN

ARBELLUS

Arbellus solutions for your outside space. Design, planting plans and consultancy. Private and commercial. Contact 01992 236043 | www.arbellus.co.uk

GARDEN SERVICES

JOHN HEARNE

We take care of it all Lawn Mowing, Weeding, Planting, General Tidying, Fence/Shed Painting, Driveway/Patio Pressure Washing and more. Call for details 07908 523101

THE ORIGINAL TREE SURGEONS LTD

Taking care of all your tree care needs and providing a personal first-class service to both domestic and commercial clients. 01708 715440

LAUNDRY & DRY CLEANING

THE LAUNDRY MAN

From everyday washing, drying & ironing. We can pretty much launder anything & everything. Self service laundrette available. 01708 447710

LOCKSMITHS

KEYTEK LOCKSMITHS

From Lock outs to security upgrades, our fully trained DBS checked Locksmiths are the experts | Call 01992 666 121 | Quote: 15077

MASTICS AND SEALANTS

QUALITY MASTICS LTD

Bathroom and shower mastic joint sealing. Kitchens, windows, floors, external seals around windows. For information. Call 01245 520981

PAINTING & DECORATING

PGA DECORATING SPECIALIST

Interior - exterior - paper hanging specialists in Window repair care. 07769 646357 | www.pgadecoratingspecialists.co.uk | pgadecorators@yahoo.co.uk

TRADITIONAL DECORATIONS

We are a family run business specialising in turning your house into a home. Giving advice on current decorating trends. 07737 562406

PLASTERERS

TF PLASTERING LTD

Professional quality workmanship, over 25 years' experience. Public liability insured. Skimming, coving, dry lining, rendering. Free quotes 07738 278036 | 01279 416311

PLUMBING & HEATING

CMS PLUMBING HEATING & BATHROOMS

Corgi registered, 20+ years' experience, public liability insurance, offering free quotes. No job too small. Based in Gidea Park. Call Craig 07855 589185

PROPERTY MAINTENANCE

LILLYWHITE PROPERTY GROUP

For all building works, full refurbishments & property maintenance inc heating, plumbing, electrical, decorating, flooring, tiling & plastering etc. Call today on 07949 394403

STUART GREEN PROPERTY SOLUTIONS

Property maintenance specialist. Carpentry, painting/ decorating, laminate flooring, bath/shower re-siliconing, gutters cleared/repared, insurance work, PLI. 07917 870879

ROOFING

JIM BARR ROOFING

Exterior cleaning & maintenance. Gutters, Paving & UPVC; cleaned, repaired & renewed. 01708 874816 | 07833 572459

WEB DESIGN & PRINTING

SWIVEL CREATIONS

25+ years experience, specialists in Web, Print, Clothing & Embroidery. Professional, affordable, reliable. 01992 570383 | 07736 879233 | www.swivuk.co.uk | info@swivuk.co.uk

DISCLAIMER: **VISION** does not represent or endorse the accuracy or reliability of any of the advertisements, nor the quality of any products, information or other materials displayed, purchased or obtained by any customer as a result of an advertisement or any other information or offer in connection with the service or products. The opinions expressed in articles, reviews and stories are strictly those of the individual authors and do not necessarily reflect the views of **VISION**.

PUT YOUR BUSINESS IN THE **VISION** LISTINGS...CALL **01992 276101** TODAY

ACROSS: 1. SEWING, 7. REPAIRED, 8. PEA, 9. MANIAC, 10. EMIT, 11. BUYER, 13. STETSON, 15. STALELY,
17. FROTH, 21. DEER, 22. SVELTE, 23. NOR, 24. STAND-OFF, 25. SWAYED
DOWN: 1. SUPERB, 2. WHAMMY, 3. GRAIN, 4. OPACITY, 5. DIRECTOR, 6. MERINO, 12. ENTERING, 14. ELISION,
16. TREATS, 18. OPENLY, 19. HATRED, 20. REFS



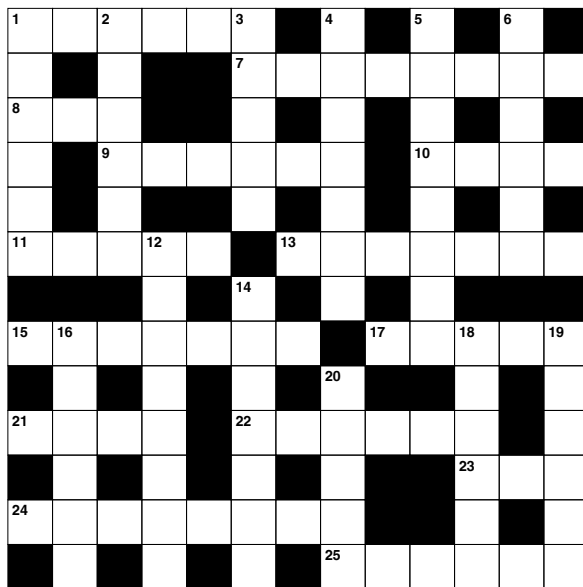
PUZZLES & TRIVIA

ACROSS

1. Stitching (6)
7. Restored (8)
8. Legume (3)
9. Lunatic (6)
10. Release; give out (4)
11. Purchaser (5)
13. Cowboy hat (7)
15. Majestic (7)
17. Foam (5)
21. Ruminant mammal (4)
22. Slender (6)
23. And not (3)
24. Stalemate (5-3)
25. Moved back and forth (6)

DOWN

1. Majestic; wonderful (6)
2. Devastating blow (6)
3. Small particle (5)
4. Cloudiness (7)
5. E.g. Steven Spielberg (8)
6. Sheep known for its wool (6)
12. Going inside (8)
14. Omission of a sound when speaking (7)
16. Special rewards (6)
18. Frankly (6)
19. Intense dislike (6)
20. Submerged ridges of rock (5)



DID YOU KNOW?

- Bananas contain high levels of tryptophan, which converts to serotonin, helping to improve our moods.
- Frank Epperson is believed to have discovered ice lollies by accidentally leaving a glass of soda water with a mixing stick in it outside during a cold night.
- Chilli peppers contain capsaicin. This tricks your sensory nerves into feeling like your mouth is being burnt.
- If you put lemons and limes in water, the lemons would float and the limes would sink. Lemons have around the same density as water, whereas limes are denser than water.
- In 1974, at a supermarket in Ohio, Wrigleys chewing gum became the first-ever product to have its bar code scanned.

SUDOKU

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



Rivers Hospital People Caring for People



Bone &
Joint Pain



Eye
Care



Cosmetic
Surgery



General Medical
Conditions



Men's
Health



Ear, Nose &
Throat Conditions



Physiotherapy



Women's
Health



Weight Loss
Surgery



Diagnostics



Paediatrics



Gastroenterology



Services for children and young people
- **OUTSTANDING**

01279 602 675
rivershospital.co.uk

High Wych Road, Sawbridgeworth, Hertfordshire, CM21 0HH



Rivers
Hospital
Part of Ramsay Health Care



**KITCHENS
BEDROOMS
BATHROOMS**



**For clever design thinking
with expert build & finish**

FREE FITTING ON ALL BEDROOMS t&cs apply – see in store



DESIGN



PLANNING



DELIVER



INSTALL



01992 809000

www.in-exdesign.co.uk

sales@in-exdesign.co.uk

15 The Precinct
High Road
Broxbourne
EN10 7HZ

Factory/Outlet
14A Burnt Mill Ind, Estate
Elizabeth Way,
Harlow. CM20 2HS11