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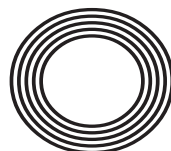
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- 6 KYLIE MINOGUE
- 9 LOCAL NEWS
- 17 HOME & DIY
- 23 GARDENING
- 24 PETS
- 26 JAMES CORDEN
- 29 FOOD & DRINK
- 32 HISTORY
- 35 HEALTH & FITNESS
- 36 FASHION
- 38 BUSINESS & FINANCE
- 41 BEAUTY
- 43 SPORT
- 44 KIDS
- 46 WHAT'S ON
- 47 THE **VISION** LISTINGS
- 50 PUZZLES

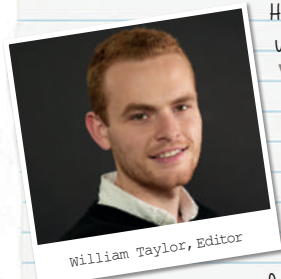
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Editor's notes...



William Taylor, Editor

Hello and welcome to the very first edition of **VISION**Woodbridge. For me, this is the end product of months of hard work.

I first got involved with **VISION** upon the recommendation of a friend who has been publishing a magazine in his local area for some time now. I was really struck by his enthusiasm for it and knew straight away that I wanted to launch one in my own town, Woodbridge.

It is my goal to create a magazine which represents you, the people of Woodbridge. Your contributions are welcome and we want to be at the heart of everything that is happening in our town.

I also want to give a special mention to all the advertisers who have kindly chosen to support our magazine from the outset. If ever there's something you're looking for, be sure to scour the pages of **VISION**Woodbridge first and keep the pound local.

In local news this month, a charity is asking for the community's votes to help it receive funding, Deben Leisure Centre reopens after refurbishment and a woman is preparing to trek through the Sahara Desert for charity.

I hope you enjoy reading this month's edition of **VISION**Woodbridge.

Will

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Kylie Minogue

REINVENTING THE ICON

As princess of pop Kylie Minogue celebrates her 50th birthday, we look at the Aussie's phenomenal career, and her recent reinvention as a bejewelled country star.

There are few popstars who could boast a three-decade long career, record sales of over 80 million and enough awards and triple platinum discs to fill a warehouse. And yet, when it comes to Kylie Minogue, the media seems to fixate on one thing: her relationship status.

Part of this is down to the fact that she recently celebrated her 50th birthday, looking as fabulous as ever in a series of photoshoots to mark the impressive milestone, with polaroid snaps of her birthday bash revealing her dancing the night away at London's exclusive Chiltern Firehouse with new beau Paul Solomons, the creative director of GQ. Meanwhile, her many fans and admirers ask how could someone so beautiful, talented and successful, not have settled down with the man of her dreams before now.

But then the mono-monikered popette has always danced to the beat of her own drum, and after winning our hearts as sparky mechanic Charlene in *Neighbours*, Kylie knew instinctively that her future lay in music. Her pop career began in earnest in the UK under the tutelage of 'hit factory' producers Stock, Aitken & Waterman, who steered the young singer towards a slew of number one hits and albums, with tracks like *I Should Be So Lucky*, *The Locomotion* and *Especially for You* (a duet with former *Neighbours* co-star and real-life lover Jason Donovan) becoming iconic hits of the Eighties.

By the early Nineties however, Kylie was growing

bored of her saccharine image. At the time she was dating fellow Aussie and INXS frontman Michael Hutchence, who seemed to fuel her desire to make darker, more complex music. Her fans weren't so sure, and although her 1995 collaboration with Australian artist Nick Cave for the song *Where the Wild Roses Grow* was a surprising highlight of this period, it seemed as if this might be the end of the road for the perky popstar.

But Kylie had other ideas, and when she returned in the new millennium wearing gold hot pants for the video of sublime disco hit *Spinning Around*, the world fell in love once more. Since then, Kylie's career has maintained a steady pace, though her personal life has had its turbulent moments. Aged 36, she was diagnosed with breast cancer (which she subsequently beat), then just last year she admitted to suffering a nervous breakdown following her split from fiancé Joshua Sasse.

Proving that she is as buoyant as her famous curls, Kylie always bounces back, making a triumphant return earlier this year with country-inspired record *Golden*, which zoomed straight to the top of both the UK and Australian charts.

Arguably, such impressive success deserves praise, not consternation at her decision not to bear children, because as generational music icons, few can ever hit the heights reached by Kylie Minogue.





LOCAL NEWS

from your neighbourhood



Leisure centre off to a great start following refurbishment

It has been a great start for Deben Leisure Centre in Woodbridge as new state-of-the-art leisure facilities are attracting the crowds.

The centre reopened on June 20, following a 10-month closure to undergo a £3.5million refurbishment. This was the first project in Suffolk Coastal's five-year programme to improve leisure facilities.

There was a great turnout in the opening week, with over 2,000 people visiting in the first week alone.

Deben Leisure Centre is already doing extremely well with new membership sign-ups comfortably exceeding expectations.

Councillor TJ Haworth-Culf, Suffolk Coastal's cabinet member with responsibility for customers,

communities and leisure, said: "It has certainly been a couple of busy weeks for Deben Leisure Centre, which is fantastic to see.

"We have had some really fantastic feedback from our customers, and we are very grateful to them for telling us how they feel about the new facilities.

"Knowing that people are responding so positively to what we have achieved makes all the hard work worth it."

Deben Leisure Centre now offers longer opening hours to fit around people's schedule and is open Monday to Friday, 6am until 10pm and Saturday and Sunday, 7am until 8pm.

For more information and to sign up, go to www.debenleisurecentre.co.uk

Companies rally together to help voluntary organisation

The management, customers and staff of Notcutts, Wyevale and Houchell Ltd have been extremely generous and supportive in helping with the Woodbridge Rotary Club in their collection of tools and miscellaneous items on behalf of Tools With A Mission (TWAM).

TWAM is a voluntary organisation based in Ipswich, refurbishing the items donated and passing to those in need around the world.

A massive amount of garden tools, engineering, plumbing and carpentry equipment, including haberdashery items and computer screens, have been donated, exceeding all expectations.

These items together with many others will be sent overseas with the sole intention of helping others sustain themselves through work and self-sufficiency.

Robin Pivett,

For and on behalf of Woodbridge Rotary Club

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Woman to trek through Sahara Desert for charity



A woman from Woodbridge will be taking part in a trek across the Sahara Desert to raise money for charity.

Michelle Gerrie is hoping to raise £3,000 for a charity which is very close to her heart – RP Fighting Blindness.

Michelle, who has three children, was diagnosed with RP over 24 years ago and also had neck cancer over six years ago. She underwent surgery and weeks of radiotherapy.

She said: "Through being positive, strong and holding great faith I am here today. I'm now taking part in challenges and facing my fears to help charities."

Michelle will be trekking 70km through the vast and barren landscape, conquering some of the biggest dunes in the desert from February 3 to February 8 next year.

She said: "I am totally looking forward to it. It's a

challenge I will be able to talk about for many years.

"I'm very scared of the unknown and the fact that I have limited eyesight but I'm determined to do it not only for myself but a charity very close to my heart.

"I have been walking every day wearing army issue desert boots and socks. I have also done three collections in Woodbridge so far.

"People's interest and generous donations have truly touched me."

To donate, visit www.justgiving.com/fundraising/michelle-gerrie

Counselling service opens for young people

A woman from Woodbridge has set up a counselling service for children and young people.

Emili Tack is a fully qualified BACP registered integrative counsellor and set up the service as she is very passionate about what she does.

She said: "I know that the government is trying to put money into treating mental health issues, but at the moment the waiting lists are incredibly long and often one of the requirements for getting help and even on to the waiting list is that you have attempted suicide already.

"We know that if a child or young person is at this stage it takes a lot longer to feel well again. I believe

help and support should be available a lot sooner."

Emili is based at the Woodbridge Complimentary Health Centre and also works with schools.

She chose to work with children and young people because she believes the earlier they intervene with mental health problems, the better the outcome may be.

Emili continued: "The whole family is affected when a child or young person is in turmoil and it is important to implement help and support for all involved, not just the client."

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and spent a lot of time travelling around several other pools.

Nikki Hall, club committee secretary, said: "We lost many swimmers on the closure and are looking to build the club back up.

"It is a great family club and all about inclusion and enjoyment."

Deben Swimming Club covers teaching from ASA Level 4 and upwards, all the way to county, regional and national qualifying swimmers.

If you are interested in joining Deben Swimming Club, email new member secretary Dawn Fosket on dawnfoskett@btconnect.com

Charity asking for community's help

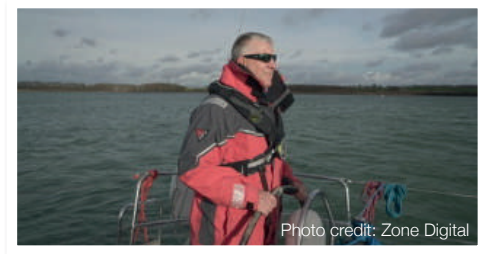


Photo credit: Zone Digital

A local charity is hoping it will be the recipient of The National Lottery funding.

The East Anglian Sailing Trust (EAST) is in the running for a £5,000 grant which will cover 25 per cent of the charity's annual running costs.

Simon Daws, trustee of EAST, has been registered blind for nine years and has been part of the trust since 2009.

He said: "I always did sailing from when I was a teenager. I did it purely for fun and relaxation.

"My sight started to decrease when I was about 40.

"My wife thought it wasn't safe for me to sail anymore as I couldn't find my way back. I had to sell my boat with a heavy heart. It was my pride and joy."

The EAST gives adults and children with disabilities the opportunity to enjoy sailing.

Simon continued: "It's a huge social aspect for people that come here. It's about confidence and pushing the barriers."

If the charity received the funding it would be put towards running costs.

Simon said: "Getting money for running costs is a very different kettle of fish and that's where we struggle.

"All the boats have to be thoroughly maintained and kept in good order. Also, the centre we run which was funded by The National Lottery needs new things doing.

"We have no paid employees – it's all voluntary.

"We have to fund around £20,000 a year."

There are several ways you can vote for EAST to receive funding. You can Tweet using the hashtag #NLAEast, call 0844 836 9706 or visit www.lotterygoodcauses.org.uk/project/east

Royal British Legion Poppy Appeal looking for volunteers

The Suffolk Royal British Legion is looking for poppy collectors in readiness for the Poppy Appeal collection later this year.

Volunteers are needed for several roles.

Mandi Cox-Osborne, community fundraiser for Suffolk, said: "Poppy Appeal will begin in Suffolk on October 27 through to November 11, however help is needed before the commencement of Poppy Appeal to deliver boxes and pots to businesses, schools and groups.

"Nevertheless, Poppy Appeal is not just for two weeks, we have to raise money for a further 50 weeks of the year – to enable the Royal British Legion to continue to provide the vital services for our Armed Forces Community."

This year also marks 100 years since the end of the First World War and as a result the Thank You campaign has been launched.

Mandi continued: "The example and experience of those who lived through it shaped the world we live in today. The Royal British Legion is leading the nation in saying Thank You to all who served, sacrificed and changed our world."

If you would like to enquire about volunteering, please contact Mandi Cox-Osbourne by emailing mcox-osborne@britishlegion.org.uk or calling 07823 416748.



stock image

Club looking for swimmers

A swimming club in Woodbridge is looking for new swimmers to join after several left due to the closure of Deben Leisure Centre.

The club has been without its home pool for 10 months due to the refurbishment of the leisure centre

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News from
Councillor Geoff Holdcroft
District & Town Councillor for Woodbridge

I was very pleased to be asked to write an article for this new magazine celebrating all that is good about Woodbridge. As Suffolk Coastal's cabinet member for economic development I wish **VISION** Woodbridge every success in promoting the town and its surrounding area.



On Father's Day, in June, Woodbridge Regatta and Riverside Fair celebrated its 180th anniversary which included a record breaking entry for the raft race organised by 1st Woodbridge Scout Group although local bragging rights went to the rival Scout group in town, 5th Woodbridge as they ended up as victors in a closely contested final race.

Also in June, the new Deben Leisure Centre opened its doors after a nine-month £3.5million redevelopment by the district council. The new gym is amazing and together with a new spa area at the rear of the completely redecorated pool area is a much-needed facility for the area. I know some people were disappointed that a smaller pool suitable for young children could not be incorporated in the new building, but space is very limited and it just wasn't possible.

The new East Suffolk Council, which will stretch all the way from Felixstowe to Lowestoft, comes into being on April 1, 2019 with elections scheduled for May 2. The Local Government Boundary Commission for England has been looking at the size and shape of the wards that councillors will represent, and they published their draft proposals on July 3. If you wish to comment on them you have until August 27 to have your say. The proposals can be seen online at www.eastsuffolk.gov.uk/yourcouncil/new-single-council

Women affected by cancer screening scandal

More than 7,000 women in Suffolk and north Essex, including Woodbridge, are among the 174,000 who missed out on breast cancer screening because of an IT error, new figures have revealed.

An independent inquiry was launched last month after the government admitted around 75 women had died prematurely as a result of the technical mistake, which dates back to 2009.

Health Secretary Jeremy Hunt MP revealed that 4,412 women in Suffolk who missed their final screening have been offered a new appointment.

Suffolk Coastal was the worst hit constituency, with 840 letters sent. The figure stood at 551 in Ipswich, 637 in Central Suffolk and North Ipswich, and 699 in Bury St Edmunds.

There were a further 597 appointments offered in South Suffolk, 377 in West Suffolk and 711 in Waveney, the *East Anglian Daily Times* reported.

Women aged 50 to 70 are invited for an X-ray

mammogram every three years to detect any lumps or abnormalities that could be or become breast cancer.

However, a technical issue dating back to 2009 and only identified in 2018 was responsible for some women in England missing out on the last of their regular invitations for screening.

Mr Hunt MP said the government originally estimated that between 135 and 270 women had died prematurely as a result of the failing – however, he has since reduced that figure to 75.

All those affected who want to be screened will be seen by the end of October, Mr Hunt MP said.

He added: "I would like to repeat my wholehearted and unreserved apology to the women affected and their families – and above all reassure them that we are working hard to understand what went wrong and what we need to do to stop similar incidents from happening in the future."

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Whether you want to give your existing pantry a makeover or create one from scratch, we can help you be the envy of all your neighbours with the below top tips.

THINK FUNCTIONALITY

Remember above all else a pantry should be an effective storage solution for any items that you do not want on show in your kitchen. Accessibility is vital; place heavy equipment at an easily reachable level, light items such as herbs and spices on the top shelves and any items you want your children to be able to help themselves to at the very bottom.

STYLE IT UP

Think of this space as an additional room in your house, it needs to have its own personality. Colour co-ordinated storage containers are a must; we

love pastel colours and mint in particular will make your pantry look fresh and clean. Feature wallpaper can be used to effectively inject some fun into this practical space, while well-placed lighting will brighten up any dark corners and help you keep track of all your kitchen supplies.

PLAN AHEAD

It is vital that you think about what you want from your new pantry before you storm ahead putting up shelves and picking colour schemes. You need to account for every cabinet, container and drawer to ensure you maximise the use of this amazing storage space.

ORGANISATION IS KEY

Labelling is essential, and we love chalk paint and pens for a homely yet stylish look that is easily changeable to adapt to your pantry. Glass jars offer visibility and stock rotation helps avoid food going out of date.



HOME & DIY

Photo credit: www.fromgreatbeginnings.com, Pinterest: www.containerstore.com



Ice Cream COLOURS

Indulge in this delectable home décor trend which is good enough to eat

Ice cream is officially in. But if you're on a diet, don't worry, for this home décor trend is calorie free. You see, we're talking about knitted throws and cushions in sumptuous strawberry sorbet shades, rugs that are the colour of vanilla and mint choc chip cones, and vases which look like they've been dipped in rich raspberry ripple.

Basically, it's the perfect style for summer, and is a great way to brighten up your home without splashing out on a full redecoration. Though if you do have a room in your home that needs a lick of paint, Dulux has released some delectable ice cream-themed shades within their Easycare range, including Vanilla Sundae, Soft Peach and Pretty Pink.

For just a hint of mint (or cherry or violet), consider hunting out some soft serve furnishings. A cheery green vase perhaps filled with blush pink roses, a lemon lampshade, or even an art print with delicate splashes of colour. Table cloths and throws are another way to brighten up dull or dreary furniture, while a candy floss-scented candle both looks and smells delicious.

You could even have a go at making something yourself. For example, there is a popular marbling craft trend at the moment which can help you create wonderful pots or vases. Start by spraying your piece with white enamel paint, then once dry, fill a larger pot with warm water and pour in up to three different shades of nail varnish. Swirl using a toothpick, then dip in your vase. Before you know it, you'll have your own cherry or blueberry swirl design. Yummy.



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FIVE SECRET, COST-EFFECTIVE TIPS TO GET YOUR FURNITURE GLEAMING AGAIN

Revive with coconut oil

If your wooden surfaces or leather upholstery are looking a little lacklustre, they probably just need rehydration and nourishment. But you don't need to splash out on fancy furniture polish or beeswax, as a little coconut oil will do the trick just as well. Start by giving the surface a wipe down with warm water and soap, and when dry, apply coconut oil to an old rag before thoroughly rubbing into furniture.

Use vinegar to naturally stain wood

If you have a wooden table that's looking patchy, or you just prefer a new finish, you can stain naturally with vinegar. Simply combine one cup of vinegar (balsamic for a dark effect, apple cider for a lighter colour) with one cup of water and leave in a bucket for 24 hours with a steel wool pad. Then paint this solution onto your wood – note: it will look significantly lighter when wet (not darker, as you may expect).

Remove stains and marks with everyday products

Forget the harsh chemicals, by mixing up a solution that's three quarters vegetable oil and a quarter vinegar, you can get rid of most superficial wood marks – just rub on and leave. For leather, try using lemon juice, or for tough stains, rub in alcohol.

Shine up glass and mirror surfaces

Got smears that just won't budge? Start with a microfibre cloth to remove dust, then mix a solution that's half white vinegar and half water in a spray bottle. Apply and then buff with microfibre. Finish with a rub of scrunched-up newspaper.

Fill nail holes with wood

What's the best material to fill a hole in wood with? Wood, of course. Depending on the size, use a toothpick, or wooden skewer to fill the space, cut it to the right size and fix with a little wood glue. Sand to finish.



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GARDENING

Do you have a love for all things homegrown and fancy dipping your toes in sustainable living but don't have a lot of outdoor space? Building or converting an allotment shed could be the perfect solution for you.

Utilise recycled materials

In keeping with the sustainable vibe, try to source as many recycled materials as possible; old pallets are perfect for building a shed from scratch, used tyres are ideal to create raised vegetable beds and recycled water bottles make great hanging planters.

ambience and to allow you to enjoy the space late into the night without any detrimental effects to the environment. For the winter months a wood burning stove is a must-have; logs are considered a carbon neutral fuel and therefore much greener than gas or electric heaters.

Create space to escape

It is just as important to create a place to relax in your shed as well a place to store your garden appliances and grow produce. Don't shy away from interior design; injecting your personality into your shed will make you want to spend more time in it, as will a comfy, upcycled chair.

Know your limits

Building a green space on your shed roof is a brilliant way to create an allotment with limited space, but this type of project is not for beginners. Drainage, weight distribution, possible planning permission and choosing suitable plants are all important factors. If you are not an experienced gardener then it might be best to start small with a selection of veg you can grow in your shed such as tomato plants, lettuces, potatoes and a selection of herbs.



5 POISONOUS PLANTS

Beware the hidden dangers that are lurking in your garden which could prove fatal to your beloved family pets if consumed. We have identified the most common garden plants which could poison your dog or cat to help you keep your animals safe.

1. TULIPS

From the stem to the petals, the tulip flower is toxic, but the bulb specifically is poisonous to dogs and cats and when consumed will result in a nasty case of nausea, mouth irritation and excessive drooling. If you are a horse aficionado, it is worth noting that this flower is toxic to our equine friends also.



2. TOMATO LEAVES

If you are a keen allotment gardener, always ensure that your tomato plants are not accessible to either cats or dogs as the leaves of this plant are toxic to them.



3. AUTUMN CROCUS

This variety of crocus is extremely dangerous for both cats and dogs and if ingested can lead to liver and kidney damage, seizures and even death. The spring crocus is not without fault as it can still cause vomiting and diarrhoea but doesn't lead to fatalities.



4. LILIES

The beautiful lily flower is a complete no-no for any cat owners as every part of this plant is toxic to them; as little as one petal can make them very ill indeed. Certain varieties are also toxic to dogs.



5. FOXTAILS

This common perennial grass weed that can grow up to two feet tall is incredibly harmful to dogs. Most likely to be found in open fields but it could be growing in your garden, this weed shows itself in the form of a spikelet that carries the foxtail seed. This seed, if buried in your pets, can lead to infections, abscesses, perforated lungs and eventually death.



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Crazy 'BOUT CORDEN



After upping sticks for the US three years ago, James Corden has become one of the biggest names in world entertainment, yet it's refreshing to find Uxbridge's most famous export hasn't lost any of his tenderness, humility or down-to-earth charm.

He presents one of the biggest talk shows in the world, stars in Hollywood blockbusters and calls Harry Styles his best mate. In December, he welcomed his third bundle of joy, Charlotte, and despite a burgeoning family life, remains hopelessly in demand for shows and events on both sides of the Atlantic.

With all the showmanship and perfect appearances that are required for TV work, it follows then, that if an opportunity arises to get a job done by putting in a little less effort, James Corden grabs it with both hands. Like his recent turn voicing the imitable Peter Rabbit in Sony's adaptation of the Beatrix Potter classic. 'Voicing' being the operative word. For to play the woodland scamp, the 39-year-old simply had to turn up in a recording booth... naked, if he wanted. "Any job where I don't have to make any effort with my appearance... where I can turn up looking like a hot mess, is fine by me," he laughs.

Cheeky, charming and affable as ever, it isn't hard to wonder why the star has enjoyed stellar success, though no one could have predicted he would crack America with such ease. But since taking over from Craig Ferguson as host of CBS's *The Late Late Show*, Corden's fanbase has swelled, as has his bank balance. His popularity is mostly down to a perfectly delivered, self-deprecating sense of humour, though is helped along by an impeccable contacts book, which has seen the likes of Justin Bieber, Mariah Carey and Adele booked for his brilliant *Carpool Karaoke* skit.

But away from the glaring spotlights, Corden likes to keep his life simple. Yes, he is mates with some of the biggest stars going, but outside of work the Brit loves nothing more than relaxing at his home in LA with wife Julia Carey, children Max, seven, Carey, three, and their recent new-born. Family life provides a necessary anchor in the sea of celebdom, as he jokes that his kids don't give a fig about his illustrious career. "They've got bigger fish to fry - I'm just dad. I do the dishes and make funny faces; that's all I'm good for," he jokes.

Having made his name in the late 1990s with the BBC Three sitcom *Gavin & Stacey* - which he co-wrote and starred in with his *Fat Friends* co-star Ruth Jones - Corden is living proof that anything is possible. For here is a man who started out with no connections to Hollywood, and who certainly doesn't boast the looks of your average film star. Yet his last role was opposite some of cinema's hottest and most celebrated stars, in the *Ocean's 8* all-female reboot starring Sandra Bullock, Cate Blanchett and Rihanna.

"*Ocean's 8* was really fun," he says with a grin. "I mean, with a cast like that, you know it's going to be incredible.

"I still count myself as lucky every day. To be successful is all I wanted, but as time goes on, you come to realise that to be happy and to feel loved is much more important."



Photo credit: Coco Van Oppens, Adrian Rogers, Bret Hartman



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The thought of a cool glass of Pimm's on a hot summer's day is enough to send anyone running to their nearest supermarket. And although we love a classic Pimm's, we have three fabulous alternatives using summer fruits and herbs that are perfect for impressing your friends.

Pimm's Ginger & Peach Punch

YOU WILL NEED:

260ml Pimm's | 750ml ginger beer | 500ml lemonade | Mint leaves | 2 peaches, halved, stoned and cut into thin wedges | Ice cubes to serve

HOW TO MAKE:

Put peach wedges into a cocktail pitcher | Add a generous handful of ice cubes | Pour in Pimm's, ginger beer and lemonade | Top with mint leaves



Pimm's Tropical Fruit Fusion

YOU WILL NEED:

400ml Pimm's | 800ml pineapple juice | 200ml sparkling grapefruit juice drink | Half a chopped mango | 1 sliced kiwi fruit | Quarter of lime | Mint leaves | Ice to serve

HOW TO MAKE:

Pour the Pimm's and pineapple juice into a cocktail pitcher | Add the mango, kiwi and ice cubes | Squeeze in lime juice and then throw in the wedges with the mint leaves | Top up with the sparkling grapefruit drink, stir and enjoy



Pimm's-icles or Pimm's Ice Lollies

YOU WILL NEED:

500g of halved strawberries | 10 mint leaves | 75ml Pimm's | 100g caster sugar | 20 thinly sliced cucumber pieces

HOW TO MAKE:

Blend the strawberries and mint until smooth | Pour the mixture through a sieve to remove any seeds | Stir in the Pimm's, lemonade and sugar until dissolved | Add the cucumber pieces to 10 individual ice lolly moulds and pour over the mixture | Freeze for 45 minutes and then insert lolly sticks | Continue to freeze until solid | To serve, dip the mould in hot water, then slowly remove the lollies



FOOD & DRINK

Photo credit: urbanbuzz / Shutterstock.com



FOOD & DRINK



A CHIP OFF THE OLD BLOCK

The history of the classic fish 'n' chips

The UK may be serving up the world something of a food renaissance when it comes to ground-breaking chefs, but in reality, all we need to really dine out on is our greatest ever food export, fish 'n' chips.

Although some of the history around our finest takeaway treat is sketchy, it seems the idea of marrying together the two first came about in the 1860s in Lancashire, when Mossley-based entrepreneur John Lees began selling the combo out of a modest wooden hut. Prior to that, the idea of frying potato had actually been considered as an alternative to fish for the times in the cold winter months when rivers and fishing lakes froze over.

This new dinner revolution quickly caught on, particularly as, over time, people began to discover the ability to add their own subtle touches: ketchup, salt 'n' vinegar, tartar sauce as extra flavouring;

right through to mushy peas, sausages and onion rings as full accompaniments.

Fish 'n' chips are even credited with helping us win the First World War, with the British government of the time making the safeguarding of stocks a priority, just as they did again when we went into battle again in 1939. And you can see why such a complement of carbohydrates and fish (that we regularly call 'brain food') would fuel a nation under attack.

Being an island too, fish stocks have always been in plentiful supply, even if EU regulations over recent decades have affected our reach. Some of the red tape has led to a slight change in consumer tastes, with the emergence of fish such as pollock and hake, although cod remains a solid first choice, with over 60 per cent of us choosing the fluffy, white, moist flavours as our perfect Friday night treat.



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Nelson Mandela

A MAN OF THE PEOPLE

ON THE CENTENARY OF HIS BIRTH, ROYAL CORRESPONDENT CHARLES RAE LOOKS BACK AT NELSON MANDELA AND HIS RELATIONSHIP WITH BRITAIN.

Nelson Mandela walked into a room with the Queen in Durban, South Africa. He briefly left her side as she talked to another guest. I suddenly found myself standing next to the great man and he turned to me and said: "Isn't Elizabeth wonderful?"

Slightly taken aback and wondering who he was taking about, I asked, "Who is Elizabeth?"

Mr Mandela, who had retired as South Africa's first Black president a few months earlier in 1999 looked astonished and pointed at the Queen and said: "Elizabeth of course, your Queen."

I was shocked as I had never heard anyone be so familiar with Her Majesty. I knew her family name was Lilibet and that the Duke of Edinburgh sometimes affectionately called her "Cabbage".

If that left me surprised, I was more shocked when I spoke to his daughter Zindzi who told me that when Mr Mandela and the Queen were alone together in private he called her "Lizzie".

If anyone could pull it off, it's the late South African president. He and "Lizzie" were quite close—she signed letters to him with "Your sincere friend, Elizabeth R."

She referred to him as Nelson.

The couple had become great friends ever since his release in 1990. Eighteen of those years were spent on Robben Island, off the coast of Cape Town. He had been jailed in 1963 after being found guilty of trying to overthrow the government.

The Queen had shown a remarkable piece of judgment. After all, Mrs Thatcher had called Mandela a terrorist in Vancouver in 1987.

The world mourned when he died in 2013, aged 95. This month (July 18) marks the centenary of his birth.

Although he spent his life fighting Britain's colonial legacy in South Africa, Nelson Mandela was an Anglophile. The roots of his close and contradictory relationship with Britain were in his childhood.

Born into a tribal aristocracy in the Transkei, the seven-year-old Rolihlahla Mandela was sent to a Christian mission school.

It was the custom then for all the African boys to be given English names, so on his first day his teacher renamed him Nelson Mandela and a man of the people was born.

Photo credit: wallpapersak.com via capri.conreview



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If travel sickness means you dread long journeys, these helpful dos and don'ts may serve you well on your next vacation.

- DO choose the best seat. The front of the car, the middle of the aeroplane over the wing, or the lower levels of a ship are where you should be.
- DO have a steady flow of fresh air.
- DO be prepared. If you are prone to sickness, take antihistamines the night before, then on the morning of your trip. If you only think you might be sick, pack hyoscine tablets such as Kwells, which can work within 15 minutes.
- DO dose up on ginger. Studies have shown that this warming spice can really help travel sickness. So, take ginger capsules half an hour before travelling, have ginger candies in your bag (from health food stores) and if you are sick, drink plenty of water to overcome the effects.
- DO trust in acupressure. Travel bands around your wrist work by stimulating a specific pressure point; but if you don't have these, try holding your thumb firmly on the middle of the underside of your wrist.
- DON'T sit backwards. These conflicting motion cues can discombobulate the hardest of traveller.
- DON'T have constant air con on. The cold air will dehydrate you and the warm air will increase your sense of nausea.
- DON'T suffer in silence. Strike up conversations, play games and do whatever you can to stop your mind fixating on the sickness.
- DON'T eat too much pre-travel. If you know you are prone to sickness, eating a huge greasy meal before you start, or travelling hungover, will make your life hell.
- DON'T be ashamed. Worrying will only make your sickness worse, so take precautions and carry sick bags just in case... but mostly, relax.



FASHION



Summer Shades



On the catwalk this year we saw an exciting combination of contemporary design mixed with retro influences in men's sunglasses. Make sure you are bang on trend with our pick of top five styles that showcase some of this summer's hottest looks in eyewear.

METAL FRAMES

Say goodbye to acetate frames and hello to striking gold and silver ones. Perfect for men that like a lightweight frame which screams sophistication.



THE CHARLESTON FRAME

A nod to the charmingly stylish era of the 1920s, the Charleston frame is guaranteed to update your look in an instant. With a round frame and a distinct retro feel, this frame is ideal for those wanting to look effortlessly cool this summer.

ROUND VINTAGE GLASSES

If you only buy one pair of sunglasses this year, make sure they are round and small framed; think back to the '90s when sunglasses were simply shaped. Embrace this decade full throttle and look for a pair with tinted lenses; another top trend for 2018.



D-SHAPED FRAMES

Fancy looking super sexy on the beach as well as on the morning commute? D-framed sunglasses are instantly noticeable by the sharp straight line across the rim and are a perfect balance of futuristic cool and nostalgia. If you have a square-shaped face this is definitely the sunglass style for you.

MODERN OVERSIZED AVIATOR

This classic style takes on a contemporary twist by going super-size this season; a combination of deep lenses and squared brow means this style suits nearly all face shapes. And who doesn't want to look a bit like Tom Cruise in *Top Gun* this summer?



Photo credit: www.asos.com

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HAIL MARY

THE QUEEN OF THE HIGH STREET WAXES LYRICAL ON BUSINESS, LIFE AND FACING FEARS



From humble beginnings in Watford, retail expert and TV star Mary Portas has rose to the highest heights.

Her stellar career has seen her become a board member of Harvey Nicholls by the age of 30.

She went on to run her own highly successful retail consultancy and star in popular shows on national TV.

At a recent conference she talked candidly about her past, present and her brilliant approach to business you couldn't help but be moved, motivated, entertained and inspired. Especially as Mary is such a powerful advocate of empowering women in society to soar to heights unimaginable in less enlightened times.

Here are some of the gems from Mary. Not only do they help people in business, but they are wise words to help us all get the most out of all aspects of our lives.

Mary's background was an interesting one.

Her story started on the tough streets of Belfast during the time of the Troubles.

Sectarian violence was a daily occurrence. And Mary's parents were that often targeted rarity – a cross sectarian relationships between a Catholic and a Protestant.

To escape the troubles her family moved to England. It was a toss up between Watford and Dagenham. Watford won, and the Portas family moved into a terraced house in Windsor Road.

But the stability of her family life was shattered when her mum died. Mary was only 16 years old.

Her grief-stricken father died just three years later.

At just 19 years old Mary was thrown into being the head of her family.

But rather than shrink she grew quickly into the challenge. The rest as they say is history.

A super successful career, massively popular TV shows, a respected figurehead and champion of independent businesses, a mum, partner and loyal

friend – it's fair to say this Wonder Woman has done well, very, very well.

HERE ARE PORTAS POWER POINTERS:

- **When a business is not making money, you must take risks.**
- **Be relentlessly persistent** – she phoned Harrods dozens of time looking for a job – finally she got one at the world's most famous store.
- **Always innovate in your business and life**
- **Get people excited about what you do**
- **Only do things that make your soul sing**

And one final gem from Mary... She told a story about how terrified she was before her interview as a talented youngster at the world famous Royal Academy of Dramatic Arts.

Almost paralysed with fear her tutor told her a poem that she has never forgotten and we'd all do well to remember when faced by fear and seemingly an overwhelming situation.

Here it is in all it's beautiful brevity.

**Come to the edge,
we might fall...**

**Come to the edge,
it's too high...**

**Come to the edge...
and they came,
and he pushed,
and they flew.**

CHRISTOPHER LOGUE

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BEAUTY

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Did you know that by simply applying a tinted primer before your foundation you can mask a multitude of skin complaints? Start using colour correction for a perfect complexion today.

PURPLE FOR SALLOW SKIN

If you are fair-skinned and prone to unwanted yellow undertones, purple and lavender shaded correctors are what you need to achieve brighter, glowing skin.

GREEN FOR ACNE-PRONE SKIN

Skin that is prone to acne, rosacea or even blushing can benefit from a green primer as it can help to mask any redness on your face. If using a green primer, always apply foundation afterwards as it can make you appear ill when used on its own.

PINK FOR TIRED-LOOKING SKIN

Had a few too many late nights? Too little sleep combined with sugary foods that you have most likely consumed for a much-needed energy boost can leave your skin looking dull and exasperate any early signs of ageing. Pink primers add luminosity to all skin tones which will help disguise any fine lines and leave you looking fresh even if you are not feeling it.

YELLOW FOR VISIBLE BLOOD VESSELS

Those with light skin can struggle to hide unsightly blue-purple blood vessels that are sitting beneath the skin. Yellow primer can help minimise the appearance of dark blue tones without the need for excessive concealer.

Darker skin tones can also take advantage of this shade of primer by using it to enhance their naturally darker complexion beneath foundation.

PEACH FOR SUN-DAMAGED SKIN

Sun worshippers can use peach primer to hide the detrimental effects of the sun on their skin such as age spots, dark circles and any unwanted pigmentation. However, this only masks sun damage, so always protect your skin from the sun with a suitable sunscreen.

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BEFORE THEY WERE FAMOUS

the men

SPORT

The life of a professional sportsperson is full of glory and fan adulation – but for many of those who went on to make a name for themselves under bright stadium lights and in front of roaring crowds, there were far more menial jobs to be done along the way.

Roy Hodgson

In spite of his less than glamorous exit as England manager, Roy Hodgson first worked as a PE teacher at Allyn's School in south London. He left the capital in 1976 to embark on a successful early career in Europe, working in Sweden, Switzerland, and Italy, but never Iceland.

a proficient carpenter and shirtmaker during his time at a reformatory and orphanage, and even during The Bambino's high-flying time with the Yankees, Ruth would adjust his own shirt collars.

Graham Hill

As suave a speedster as ever there was, Hill – the only man to win the coveted Triple Crown of Motorsport (the Monaco Grand Prix, Le Mans and the Indianapolis 500) – only passed his driving test at age 24. Before this, he was an apprentice engineer at Smith's Instruments, and even spent some time with the Royal Navy aboard HMS Swiftsure, rising to the rank of Petty Officer.

Jamie Vardy

One of the crowning jewels of Leicester City's incredible 2015 Premier League triumph, Jamie Vardy's journey to the top of the English footballing elite has been deemed worthy of an upcoming Hollywood biopic. But for the Sheffield-born striker, those early days of non-league obscurity were played alongside being a full-time factory worker, making medical splints.

Neville Southall

Widely considered one of the greatest goalkeepers ever to grace British football – and Wales' all-time appearance maker to boot – Southall came into the beautiful game relatively late having worked as a binman, waiter and hod carrier, the first of these becoming the inspiration behind his autobiography *The Binman Chronicles*.

Babe Ruth

Widely considered one of the greatest baseball players ever to grace the diamond, and one of the five first inductees of the sport's Hall of Fame, George 'Babe' Ruth learned to be both




See Before They Were Famous: the women in next months issue...

Day to day fun!

Even the phrase 'summer holidays' can leave most parents feeling anxious at best, terrified at worst. Six whole weeks with your darling offspring to entertain day in and day out can be an overwhelming task to prepare for.


Fear not. We have put together a full week's worth of hands-on activities that you can do at home without breaking the bank. We just hope you don't mind getting your hands dirty.

Monday




Start the week off strong with a super easy **two ingredient slime** recipe. All you need is PVA glue and Aldi's Almat Bio Gel. Pour roughly 250ml of glue into a bowl and add one teaspoon of gel at a time, mixing as you go until the slime no longer sticks to your fingers. Get creative and add food colouring and glitter to your slime.

Tuesday




Build a fortress with DIY **kinetic sand**; so much cheaper than the shop bought product and the kids will never know the difference. Simply bake 2lbs of sand at 120 degrees for 5 hours. Then, mix one bottle (5oz) of clear glue with one cup of liquid starch until you have a runny slime consistency. Gradually add a spoonful of the slime to the sand until you get the desired effect.

Wednesday




Create their favourite animals or insects with **salt dough figures**; hours of endless interactive and imaginative play, and that's after the fun of building the figures. To make the salt dough mix ½ cup of salt with 1 cup of flour, then slowly add ½ cup of water and knead the dough until the texture is ready to use. Acrylic paints work best on this type of dough.

Thursday




Experiment in the kitchen but with no burnt fingers in sight with our **no bake peanut butter oat square**. Simply melt 1 cup of peanut butter and ½ cup of honey until smooth and then mix with 3 cups of rolled oats. Add the mixture to a greased pan and place in fridge to set. For a healthier treat try homemade fruit kebabs.

Friday



Strengthen their little fingers (great for handwriting) and have them in fits of laughter with **cornstarch goo**; it's basically homemade quicksand. Just gradually mix cornstarch with water and you are off.


Saturday



Create their very own ice cream parlour with **cloud dough**, super-easy to make and with minimal mess; a win-win situation for all. Simply mix 1 cup of baby oil with 8 cups of flour and you are ready to go. Set out some ice cream scoops, spoons and tubs, and let their imagination do the rest.

Photo credit: FrogsandSnailsandPuppyDogTail.com

Sunday



Bubble painting is the ideal way to end the week; this activity can be altered to suit children of all ages and abilities and creates beautiful, colourful artwork that your kids can proudly show off. All you need is bubble mixture, food colouring, bubble wands and lots of painting paper.



KIDS



WHAT'S ON

in your area

Parish Quiet Day

Sizewell Hall, Sizewell, Leiston, IP16 4TX

July 24, 9.45am – 4pm

Theme: The Church and the Kingdom.

Led by Fr Chris Davidson, a parish priest from the Diocese of Norwich, the theme will be The Church and the Kingdom, a meditation on Your Kingdom Come. To be held in Sizewell Hall, a special place by the sea.

The cost is £20 per person, to include tea, coffee, biscuits and cakes, but please bring your own packed lunch.

Contact the parish office by calling 01394 388820.

Over 60s social afternoon

St Audrey's Social Club, Lodge Farm Lane, Melton, IP12 1LX

July 25, 1pm

Free entertainment and a free buffet, plus bingo and a raffle in aid of two charities.

Ring 01394 461461 to reserve your free tickets.

Woodbridge Station Open Day

Rock Barracks, Woodbridge, IP12 3LU

July 28, 11am – 3pm



23@15 is celebrating what the regiment has achieved over its 15 years of existence with several events in July, culminating in an Open Day on July 28. The event is free and will feature a live band, Apache Helicopter and the Red Devils Parachute Display Team.

Become a Dementia Friend

East Suffolk House, Deben Room, New Street, Woodbridge, IP12 1DT

July 30

Dementia Friends gives people an understanding of dementia and the small things you can do to make a difference. Please join us on one of the six sessions taking place on July 30.

Time slots: 9.15am, 10.30am, 11.45am, 1pm,

2.15pm and 3.30pm.

Each session runs for 45 minutes to an hour.

To book your place please email chloe.winlow@east.suffolk.gov.uk with your preferred time slot.

Antiques Valuation Event - On the road

Woodbridge Community Hall, Station Road, Woodbridge, IP12 4AU
August 8, 10am – 1pm



Come along to a Bishop & Miller free *Antiques Roadshow* style event. Hosted by our experts, we aim to give you a no obligation valuation of any item/s you bring along. And there's no need to book an appointment, please just drop in and see us.

For more information on our valuation days including where else we are heading and auction details please head to www.bshishopandmillerauctions.co.uk or call 01449 673088.

Havergate Adventure

RSPB Havergate Island, Quay St, Woodbridge, IP12 2BU

August 18 – August 20

RSPB Woodbridge Group is running the Havergate Adventure again for the 30th year.

It will run over three days from Saturday, August 18 to Monday, August 20.

We welcome families, individuals, those new to bird watching and those with experience to see what birds and other wildlife you can find on our guided tour of Suffolk's only island.

Boats depart from Orford Quay hourly from 9.30am to 1.30pm and tours last two hours 40 minutes.

Tickets: Adults £15, under 16s £3.

Free binocular hire and homemade refreshments available to purchase on the island.

To book please take a look at our website: www.rspb.org.uk/havergateisland

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PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

ACROSS

- 1. Moved through water (4)
- 3. Fighters (8)
- 9. Annoying (7)
- 10. Spring flower (5)
- 11. Definite article (3)
- 12. Possessor (5)
- 13. Recommended strongly (5)
- 15. Silk fabric (5)
- 17. Data entered into a system (5)
- 18. 23rd Greek letter (3)
- 19. Prize (5)
- 20. Break a rule (7)
- 21. Outer (8)
- 22. Pottery material (4)

DOWN

- 1. Perfect likeness or double (8,5)
- 2. Foot joint (5)
- 4. Getting older (6)
- 5. Evergreen shrub (12)
- 6. Elongated rectangles (7)
- 7. Magnificently (13)
- 8. Spanish adventurer (12)
- 16. Irrelevant pieces of information (6)

1		2			3	4		5		6		7
				8								
9								10				
11								12				
				13								
		14										
				15		16						
17										18		
19						20						
21										22		

- 14. Insert in a person's body (7)
- 18. Jewel from an oyster shell (5)

DID YOU KNOW

- ▶ Indonesia has around 120 active volcanoes.
- ▶ The Maldives will one day disappear as it will be swallowed up by the sea.
- ▶ Almost all of the electricity produced in Norway is clean and renewable.
- ▶ The Great Wall of China is over 13,000 miles long.
- ▶ Spain produces nearly half of the world's olive oil.
- ▶ Dubai has several of the tallest buildings in the world, including the tallest structure and tallest hotel.
- ▶ There are more than 300 languages spoken in London.
- ▶ The water of geysers in Iceland are around 100 degrees Celsius.

SUDOKU

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



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