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REMEMBERING 9/11

The facts you may not
have known before

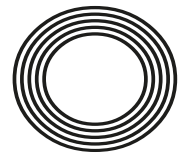
LONG HOT SUMMER

The truth behind the soaring temperatures

Nadiya

HUSSAIN

Baking sensation takes over the small screen



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Editor's notes...



William Taylor, Editor

Hello and welcome to this month's edition of **VISION**Woodbridge. Can you believe it's already September? This year seems to have flown by, and what a summer we were treated to.

I really do love this time of year. Not only is it a little cooler, but it's also that time when our hedgerows are bursting with delightful berries and fruits.

My daughter is almost one-and-a-half, so this has been the first time she's really been able to appreciate the joys of foraging. Just the other week, we took her out to show her how to pick blackberries - she seemed amazed that these sweet juicy berries just grew by the side of the road, and wolfed down about 20 of them!

Once again, I'd like to give a big thank you to the businesses that have chosen to advertise in **VISION**Woodbridge this month. It's been reassuring to hear that they've received good feedback, which is great because it shows that between us we're keeping the £ local.

In local news this month, the community are being asked to keep their eyes peeled for a missing dog, the victim of a fatal collision has been named and Woodbridge Town FC celebrate start of the season success.

Have a great month,

Will

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When rain started to fall in the first week of August, an audible sigh of relief emanated from commuters, the elderly, stay-at-home mums and dads, and even the odd child. As summers go, this one has hit some dizzying heights, as have the temperatures, so with things starting to cool off a little, we're left wondering if the crazy climatic shift that has singed us as well as most of Europe was a one-off, or a prelude to future summers.

Firstly, let's all relax – something it's easier to do now without breaking into sweat every time we reach for the remote control – because although this summer has been one of the stickiest ever, the concept of a heatwave isn't anything new. What has made the past few months remarkable have been the lack of a break in play and the relief of some light rain.

The sweltering conditions were caused by temperatures in the North Atlantic, which have affected the strength and direction of the jet stream, thus keeping us truly ensconced in this barrage of heat.

The result has been the hottest and driest summer on record, with a temperature of 32C or more recorded for 15 consecutive days. And, of course, we're not alone – the rest of the northern hemisphere has felt the effects too, with Portugal and Spain topping 48C and Ouargla in Algeria recording a pulverising 51.3C.

Of course, any heatwave has its victims. As well as people unaccustomed to the heat and suffering the sometimes terrifying effects of heatstroke, the effect on nature sees wildfires commonplace, and this summer Greece and Sweden bore the brunt of some terrifying blazes, while Saddleworth Moor in Lancashire saw heathland alight for three weeks.

We won't know if this year's extreme temperatures were a one-off for about another 10 months when next summer rolls around, but average temperature across the whole of the year has been on the rise for the last couple of decades. In fact, by 2022, global increases are expected to break through the threshold put in place following the Paris climate change summit in 2015, which says we must not progress to more than 1.5C above pre-Industrial Revolution average temperatures.

And yes, climate change is now being taken very seriously as a contributing factor to this summer of extreme sun, but agreement differs still over where the line is drawn between natural planet temperature increases and those caused by human activity. Wherever the truth sits, the moves to combat global warming will continue... after all, the consequences (droughts, destruction of eco systems, rising of sea levels and increased spread of diseases) are too terrifying to consider. We are constantly reminded to reduce, reuse and recycle, to consider fuel usage (from the petrol and diesel we put in our cars to saving electricity and cutting back on air conditioning), to eat green, use local suppliers and even plant trees.

These are all small steps that, when combined, can produce tremendous, positive effects for our environment. They'll also ensure you can begin to enjoy the positive side-effects of the heat without the guilt... now how is that tan lasting?

The Heat is on





REMEMBERED

FACTS YOU MAY NOT HAVE KNOWN ABOUT 9/11

You may think you have heard everything about the worse terrorist attack in living memory, but has time allowed some of the most startling facts from Tuesday, September 11, 2001, slip away unnoticed. Here are five 9/11 thoughts...

FATHER MYCHAL JUDGE

The body bag marked Victim 0001 contained the corpse of Father Mychal Judge. Upon hearing that the World Trade Centre had been hit, he rushed to the site. The Catholic chaplain to the New York City Fire Department was asked to pray for the city and its victims. Judge prayed over the victims' bodies who were lying in the street and then entered the lobby of the North Tower where he continued to offer prayers for the rescuers, the injured and the deceased.

When the South Tower collapsed at 9.59am, flying debris entered the North Tower lobby killing many inside, including the Judge.

Despite others being killed before him, Judge was recognised as the first certified fatality as his body was the first to be recovered.

SURVIVORS

Only 14 people escaped from the impact zone of the South Tower, which was from floors 77 to 85, after United Airlines Flight 175 struck, with just four

people from the floors above making it out (through the only remaining stairwell, A). In the North Tower, no one survived either in or above the impact area.

COLLATERAL DAMAGE

Medical authorities, who conducted studies on the people affected by 9/11, published their findings in August 2013. They found that 1,140 people who either worked, lived or studied in Lower Manhattan at the time of the attacks had been diagnosed with forms of cancer as a result of "exposure to toxins at Ground Zero".

PRESIDENT NOT PRESENT

So great was the perceived danger to George W. Bush, that the 43rd President of the United States was whisked off in Air Force One and stayed in the air until intelligence believed it was safe to bring him back to the ground. His was the only plane in US airspace for eight hours.

WHITE ROSES

In 2013, a volunteer had the idea of placing a white rose on the name of each victim of the 2001 tragedy on the day of their birthday at Ground Zero. Every morning a member of staff at the 9/11 Memorial Museum checks to see who should be remembered on that day.



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS

Community come together to help find missing dog



The local community's continued help is needed to get missing dog China home.

China, a rescue dog, went missing from Woodbridge and ran three miles after being spooked back in January 2017. He stopped running in Martlesham and that's where he's been surviving ever since.

There have been many close up and confirmed sightings of him in the Martlesham and Kesgrave areas but he could be travelling further afield.

Mel Perry, who is leading the search, said: "I really need everyone in the local area to know about China so that they can report any sightings, even if people aren't sure as a lot of possibilities add up."

A group of local residents named Team China need more information to work out his routes so they can set up a place to start feeding him and then make a rescue attempt.

Mel continued: "He is so very missed.

"He is very timid and is now in survival mode which means he sees all humans, even the ones he knows, as predators and he'll avoid them as though he's part of the wildlife.

"It's very important that people don't approach him or call out to him as he may run into danger or leave the area."

Facebook group Martlesham's Missing Dog – China has been set up to provide regular updates.

If you have any information, please call Mel on 07817 776280 or send a message via his Facebook Page. Mel has been overwhelmed by the incredible support and needs everyone to know that China's still out there and all information is followed up.

14-year-old robbed after being pushed to floor

Suffolk police are appealing for witnesses after a 14-year-old girl was pushed to the floor and robbed.

The incident took place in Jetty Lane in Woodbridge at 9.10pm on Wednesday, August 8.

The girl was walking alongside the car park when she was pushed, dropping her phone and money.

The robber then ran away with the items.

The victim came away unharmed, apart from a small graze to the knee.

Anyone who witnessed the incident or saw any suspicious activity should contact Suffolk police on 101 quoting crime reference 37/45046/18.

Alternatively, contact Crimestoppers anonymously on 0800 555 111 or via their anonymous online form at crimestoppers-uk.org



Photo credit: Barrie Hayter

Sea Scout group raise hundreds at Maritime events

A Woodbridge Sea Scout group raised hundreds of pounds towards their upkeep at an event recently. 5th Woodbridge Sea Scout Group held a Maritime Woodbridge BBQ on September 9 serving hot dogs, cakes and hot and cold drinks.

The money raised will be put towards their £3,000 per year running costs.

Barrie Hayter, group Scout leader, said: "The event went very well for the number of visitors that were there. We raised over £700 which added to the other money we have raised makes £3000 made from BBQ's this year."

The Sea Scout group is also looking for people to fill several roles including leaders, project volunteers for their building renovation project and facility and equipment maintenance helpers.

Barrie said: "The whole group is run with volunteers who give anywhere between occasional support for events, a couple of hours a week to support a Beaver, Cub or Scout meeting, to some of the team that can spare eight to 10 hours a week.

"Without volunteers the group could not function.

"People don't need to have kids in the group to volunteer either."

Woodpeckers celebrate success so far



Photo credit: Paul Leeson

Woodbridge Town have started the season with the FA Cup taking centre stage, fighting back to earn a replay in their first match, drawing 2-2 at home to Clapton, with an injury time equaliser by George Bowman.

With just 11 players available for the replay due to injury, work commitments and holidays, a terrific win on penalties after extra time in East London meant a home draw to Hadleigh.

The Woodpeckers came out 5-1 winners and, at the time of writing, now play either Swindon Supermarine or Dunstable away in the next round (September 8).

In the FA Vase an excellent 3-1 home win over Eynesbury Rovers gives the Woodpeckers a home tie against Pinchbeck United from Lincolnshire in the next round on September 15.

Upcoming fixtures include:
September 22 - Wroxham (away) League
September 29 - Godmanchester Rovers (home) League
October 6 - Long Melford (away) League
*Fixtures subject to change, please check the club website for details.



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News from

Councillor Geoff Holdcroft

District & Town Councillor for Woodbridge

This month is the tenth anniversary of me being elected to represent Woodbridge on Suffolk Coastal District Council and ten years on I still feel very privileged to serve this wonderful town.

As well as doing my council work on both Suffolk Coastal District and Woodbridge Town Councils I also represent those councils on several outside bodies. In 2016 I was nominated by the Town Council to become a Governor of the Seckford Foundation, sitting both on the main board as well as on the Community Benefit Committee which I now chair.

Although the Seckford Foundation has a very visible presence in the town in the shape of Woodbridge and Abbey Schools as well as the Seckford Almshouses, much of the work of the Foundation both with young people and older people often goes on unrecognised by many.

Through their Springboard initiative, the Foundation

support and help young people under 25 in the local communities with the aim of enabling young people to lead economically independent and productive lives. The Foundation for Work programme, in conjunction with local businesses, offers apprenticeships which are open to disadvantaged or marginalised young people. The Foundation also has its own mentoring programme, through which we aim to develop the life skills of those young people who may be struggling to find a job or suitable training or are uncertain about their next steps.

Recently I have been working with the Foundation and other organisations to spearhead Dementia Awareness with the aim of Woodbridge becoming a Dementia friendly town. I wear my Dementia Friends badge with pride.

Successful return for Maritime Festival

Maritime Woodbridge returned, following the completion of the new Whisstocks Place and Longshed recently.

This was the seventh edition of the biennial festival, which celebrates the town's sailing and boatbuilding heritage.

With the weekend not being held in 2016/17 due to the redevelopment of the boatyard, a lot was expected this year.

Chairman of Maritime Woodbridge, Paul Webster, was delighted to finally have the festival back in its new setting.

He said: "In place of the rusting industrial units we now have a splendid new plaza, together with the amazing Longshed to centre our activities. It is a festival for all the family.

Brian Higgs, part of the organising committee, was pleased with the turnout given the period of time since the last festival.

He said: "It's very new and a lot has changed. It will take time to build it back up to what we had six or seven years ago, but particularly on the Sunday, lots of people came along."

Wendy Rigby, a 55-year-old houseboat owner on Ferry Quay, said she loved the event and was thankful that it had returned.

She added: "We are so lucky living where we do. We thank our lucky stars every day."

Ewout Van-Manen, 64, travelled down on both days.

He said: "Woodbridge Martime Festival was Woodbridge at its best. The river had a very good selection of classic boats and barges. Many thanks to the organisers."



LOCAL NEWS



News from

Councillor Caroline Page

Liberal Democrat Councillor for Woodbridge

I've just come back from China - a country developing so fast that many cities and towns I knew, say, seven years ago are literally unrecognisable. All of the landmarks replaced, obliterated, disguised.

It's very disconcerting to a British eye.

And my how everything has grown - both outwards and upwards.

We revisited the city of Guiyang, remembered as a sleepy provincial backwater dominated by a giant statue of Mao - as large or larger than the buildings around him. We looked for it everywhere in the glossy here and now. In vain. Surely the Chairman couldn't have fallen so far from grace that he'd been redeveloped out of existence? Was I misremembering? Was it a different city?

As we left Guiyang my eye fell on a mini Mao, a positive midget amongst the towering skyscrapers around him. No, he hadn't changed - it was the city that had outgrown him, like Alice in a futuristic Wonderland. Sleepy Guiyang is now a technological hub with faster growth than Shanghai.

"Seven years is a long time!" explained a Chinese friend. And in China it is.

There are other significant differences to Britain. In China, growth doesn't force poorer people to the margins: development provides for everyone.

In Beijing, the beautiful old central hutong streets are still low-rise, low-density, low-tech - and still mainly contain families who have lived there for years, rather than rich incomers or second homeowners.

These are single storey dwellings in one of the richest capitals in the world. But one that realises the importance of social capital and understands that the people who sweep your streets, make your meals, cut your hair and clean your house shouldn't have to travel 20km for the privilege of doing so.

Perhaps Suffolk Coastal needs to take note of this example when planning development?

Change, progress is unavoidable. But you can choose whether it benefits everyone or just the few.

Whether it's a matter of private capital, or social capital, both are investments. But only one will maintain a working, active, healthy community!

First Suffolk Farmer's Market to be held

The Suffolk Agricultural Association (SAA), Suffolk Market Events and the East of England Co-op have joined forces to bring Suffolk Farmers' Market to Trinity Park on Saturday, October 13.

Entry is free to the first ever Suffolk Farmers' Market which will take place from 10am-4pm. The SAA have introduced this event to connect local producers to the community and encourage people to buy seasonal, fresh, delicious food that is grown and produced in our county.

The food and artisan market will bring together a range of over 60 farmers, local producers and crafters all under one delicious roof.

The extensive list of local producers includes Hillfarm Oils, Stokes Sauces, the New England Boar Company and many more.

The SAA, Suffolk Market Events and the East of England Co-op are delighted with the support from producers and are thrilled with the excellent line up for the first event.

Suffolk is well known for its food and drink and the Suffolk Farmers' Market will celebrate the talent of our local producers and growers.

With plenty of new foods to 'try before you buy' the market will have something to suit everyone with a wide range of cuisines and sweet treats alongside healthier options.

There will be more than just treats for the taste buds. Scrumptious home accessories and decorations will be available including Elsie & Mim designer linen products and Laura Jayne Fisk's beautiful homeware range featuring her popular hand-drawn illustrations.

Suffolk Farmers' Market will be a family friendly, fun day out with something for everyone to enjoy, as well as getting people to think about the journey from field to fork by getting face to face with farmers.

Find out more about the farmers' market by visiting www.suffolkfarmersmarket.co.uk

See advert on page 35

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St Michael's welcomes Suffolk Singers



Photo credit: James Billing

Suffolk Singers will be providing an evening of music at St Michael's Church.

The mixed choir of over 30 voices, which includes members from Woodbridge, will perform at the church in Framlingham on October 6 from 7.30pm.

The music has been specially selected to complement the acoustics of the church.

Suffolk Singers has been established for over 25 years and has just become one of the most accomplished amateur choirs in the country.

Tickets for the concert are £10 and available to buy from www.WeGotTickets.com, by emailing rjrcolneis@aol.com or by calling 01394 279907.

The choir also hosts a very popular annual workshop which is attended by over 100 singers from across the country. This will be held on November 4 at Woodbridge School.

For more information on Suffolk Singers visit www.suffolksingers.co.uk

Victim of fatal collision named

A 90-year-old pedestrian who died after being hit by a car in Woodbridge has been named by police.

The incident occurred just before midday on Monday, July 30 at the junction of St John's Hill and Castle Street, involving a grey BMW 120 Sport.

Peter Grimer, of Victoria Road, Woodbridge, was taken to Ipswich Hospital for treatment, but sadly died following complications arising from his injuries on Wednesday, August 8.

Peter was the widower of Margaret Grimer and known to his family as 'Frog'.

Anyone with information or dash cam footage of the incident should contact the Serious Collision Investigation Team by calling 101 and quoting CAD 164 of 30 July.

School's back - How to keep active this September

The summer holidays are over and your little ones are getting back into their routine.

Whether you have a little bit more free time or if you'd like more activities for your children, Deben Leisure Centre in Woodbridge have some great ways of keeping active this September.

Now's the perfect time to give your children a skill for life. Swimming lessons teach them everything they need to stay safe and have fun in the water.

If you'd like more information or if you'd like to reserve a space in the swim school, call 01394 694600 or visit Deben Leisure Centre's website.

Alternatively, slip, slide and race your way along the huge pool inflatable.

You can also host a party on the inflatable which gives exclusive access for an hour followed by 30 minutes in the studio for food.

Last year, Deben Leisure Centre redeveloped the soft play area, Funtasia.

Children must be supervised by their parents or guardians at all times.

Display boards donated to RSPCA



The RSPCA East Suffolk and Ipswich branch have been donated presentation boards by a café.

The Mendlesham Internet Sat Café sponsored the boards and presented them to the RSPCA branch on September 1 at the Old Schoolroom in Mendlesham.

Representatives from the branch were warmly welcomed and given refreshments before the presentation.

A spokesperson from the branch said: "The public still seem unaware that the local branch of the RSPCA is independent, mainly self-funding and has its own charity number. This is why we have to ask for sponsors as well as do shop bucket collections and organise events to raise money.

"All donations in our area go to the local branch and are spent wisely by the unpaid locally based trustees."



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Clashes

HOME & DIY

Like peanut butter and jam, these colour combos ought to clash, but somehow they work like an interior designer's dream.

Rose and almost every blue

From electric to sky and royal to navy, there isn't a shade of blue that doesn't work beautifully with a delightfully dusky pink. Of course, which you choose depends on the effect you want to create. Pastel shades are more romantic and work particularly well when choosing bed linen and cushions; bolder blues make more of a statement; while a navy palette with hints of blush screams luxury.

Teal and raspberry

The antique green of teal with a bright splash of raspberry is a disarming combination, and one for the intrepid interior designer. It is better to use the former as the overall base for the room, and then utilise the red to accentuate with a lamp or velvet sofa, creating a mysterious and somewhat oriental atmosphere.

Grey and lemon

Grey is a gorgeous palette for interiors, but on its own it can feel dreary like an endlessly cloudy day. So, what's the cure for clouds? Sunshine, or in this case, bright, zesty lemon. And it really ought to be a daring hue to cut through, so seek out the most lip-puckering colour you can and add generous splashes of it.

Green and purple

This is a bit of a 'love it or loathe it' combo. Done right, it can make a room feel regal and luxurious, but mess it up and your interiors can appear stuffy or strange. The solution is to choose lighter shades for a more bohemian feel, or bolder colours that evoke nature over acidic lime and bright purple.

White and gold

Though it has flashy connotations, there is something about the buttery glow of gold against a clean white background that is wonderfully modern. So start out with the whitest of whites and heavily embellish with bling (photo frames, lamps, wall art...) to make your home a masterpiece.

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Boho ON SHOW

Photo credit: greenweddingshoes.com and WayFair & HarpersBazaar

In half a century, a trend that started in the wild, expansive outdoors of festivals such as Woodstock has progressed into a chic, stylish interior must-have.

At one turn it's hippyish, floaty and ever so slightly nihilistic, but boho these days isn't just all about flower-power and herbal cigarettes.

That's because 'modern boho' means something rather less wafy, with minimalism meeting maximalism in a celebration of bohemian style; where rustic fabrics, elegant patterns, shimmering tones and considered possessions morph closely in one area, before giving way entirely in other spaces to sweeping floors and contemporary skirting boards.

The great thing about this style is there's so much allowance for personal taste. The design trends that force us to subscribe to certain ideas and processes are rapidly being vanquished in this era of individualism, and the mass of possessions,

flavours, colours and textures that are ripe for composting with modern boho means that everyone – from goth to hipster, chav to yummy mummy – can style their own little nest.

Even when it comes to floors, permit parquet mixing in with elegant Moroccan tiles; consider fluffy rugs giving way to polished concrete – this is the style of the late noughties and, by its very nature, will allow you to update subtly as you see fit, without having to redecorate completely. You can even find a place for that garish lampshade your great aunt bought you.

If there's one piece of advice, it's to keep an eye on colours. White walls will paint your boho paradise in the best light, while brass and flexes of metal offer a beautiful offset.

To sum up modern boho, why not imagine vintage and contemporary meeting across a crowded bar, although for heaven's sake, don't for one moment try to suppose what sort of music they'd dance to.



HOME & DIY

STAIRWAY TO heaven

The days of stairways merely operating as some sort of human A-road between floors are long gone. These days, they're a perspective-led invitation to experiment with every variety of colour and technique, as the new ombre stairs trend is certainly proving.

Ombre stairs use the principle of combining a constant tone for each horizontal step panel with a different colour on the vertical, which gradually graduates from dark to light, or vice versa. The end effect is a staircase that guides the idea, offers shadow and brightness where you most need them, and permits a personal colour touch that is modern, magnificent and marvellously matched to your hall or landing.

ONE: Sand your stairs for a smooth finish that's ready to paint (this will be your toughest and dirtiest job).

TWO: Apply a high-quality wood primer.

THREE: Using different mix ratios for different grades of colour (e.g. 13 parts teal to 13 parts white, right down to one part teal for 13 parts white), prepare tubs of this mixed paint, one for each step.

FOUR: Similarly, have your horizontal colour ready to go.

FIVE: Consider an appropriate colour for your handrail and balustrades, then get painting.

SIX: Add a protective coating.

Other options for brightening up your stairs and turning them into a feature could be to use

- > Feature Wallpaper
- > Decorative Tiles
- > Runner Carpet

Photo credit: www.freegreatpicture.com and www.politecnicaucuenca.com



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Budgie on a BUDGET



PETS

Moneysaving tips when caring for the feathered, finned or furry friends in your life.

BUY IN BULK

Pets are definitely not just for Christmas, and so too should you be stocking up on certain things like food, bedding (straw), cat litter and treats at any time of the year when bargains are there to be had. Shop around for the best deals and ensure you have somewhere dry and safe to stow your purchases.

SAVE ON THE ESSENTIALS

There is no animal NHS, and dogs and cats in particular require regular medicines and health procedures that you really can't scrimp on. Handily, many vets offer pet plans to cover essentials (basic vaccinations, bi-annual health checks, claw clippings, monthly flea and worm treatments plus discounted food) for a small monthly fee.

GET INSURANCE

Better still, cover your tail and get full-blown pet insurance. For a palatable sum you can avoid the situation where, tragically, bills escalate out of control, leaving owners

with the painful decision to put a loved companion to sleep.

BAKE YOUR OWN BONIOS

Why not bake your beloved buddy some yummy homemade treats? Online you can find a plethora of easy recipes, like biscuits made with wholemeal flour (ideal for sensitive tummies) and pupsicles (frozen treats for hot days). Some don't even require cooking, such as raw peanut butter balls.

UPCYCLE

All animals love their creature comforts, but luckily they're also very easy to please, meaning you don't need to spend a fortune on expensive toys and beds. Hamsters are happy to have a toilet roll centre as a tunnel, guinea pigs love cardboard boxes, dogs will play for hours with an old soft toy (be sure to remove button eyes) and your cat can make a lovely bed from a tatty blanket and a crate.



Nadiya... Born to Bake

FROM THE COOKER TO THE CAMERA, A LIFE IN THE LENS FOR ONE OF OUR FINEST BAKERS.

When Nadiya Hussain sent in her application for *The Great British Bake Off* she made a deal with her husband Abdal that were she to do well, they would move from Leeds to London in order to make her baking career dream a reality. In the end of course, she would not only win the contest, but the hearts of the British public as well, allowing the affable star to embark on a glittering new career (though as a compromise the family moved to Milton Keynes over the capital).

Surpassing everyone's expectations – not least her own – the second-generation British Bangladeshi reveals it was always her lack of confidence, not talent, that held her back. "My whole life I have suffered from severe anxiety, but even though there were moments where I felt it creep up on me during the filming of the show, I have definitely learnt how to control it more than I used to. And sometimes, it's by pushing myself to do things that truly terrify me, that I can overcome them," says the 33-year-old.

Certainly, the enormous support she has received from fans nationwide must have buoyed her on what was a gripping journey that gathered pace so rapidly - the baker soon found herself being referred to as a modern cooking inspirational, particularly within the British Muslim community. Gracefully shrugging off questions such as why she decided to start wearing a hijab (to hide a bad haircut as a teenager) or why she settled on an arranged marriage... "I had no time to date," she quickly moved the focus back to the food.

And, as a result, life since *Bake Off* has been a whirlwind of television shows (*The Chronicles of Nadiya*, *Nadiya's British Food Adventure*, *Big Family Cooking Showdown*), cookbooks (*Nadiya's Kitchen*, *Nadiya's British Food Adventure* and *Nadiya's Family Favourites*) and numerous writing opportunities, including a regular column for *The Times Magazine*.

However, her most prestigious moment arguably came in 2016 when Nadiya had the enormous honour of baking the Queen's 90th birthday cake. Expressing a desire to do something "a bit different", she created a stunning three-tiered orange drizzle cake with orange curd and butter cream, resulting in a sponge that was decadent, beautiful and "very citrusy". On meeting Her Majesty, the baker recalled: "I suddenly found myself so nervous and tongue-tied, but she is so nice... I think it went well."

Determined to inspire the next generation of bakers, the mother-of-three has created her third children's book, *Nadiya's Bake Me a Celebration Story*, which combines charming stories inspired by annual celebrations from different cultures, with accessible recipes.

For someone who cherishes her role as a mother as much as she does her position as a baking icon, such forays into children's fiction are not surprising. And when asked how her life has altered since that stunning baking victory, she replies, somewhat bemused: "I definitely feel very lucky for how it has all turned out, but if it all came crashing down I would be fine too, because I have a wonderful family. And though I get to experience both worlds, I know which one is most important to me."



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GROUND WORK

If you think you've suffered from the heat of the past couple of months, think how that sun-baked lawn has fared without even so much as a dash of sun lotion.

Of course, any knowledgeable gardener will tell you it's better to take action to protect your flora while the sun is out, but if the damage done has only just become evident, there are at least a few techniques that will begin the restoration process for your beloved garden.

WATER WATER WATER

It's the fuel that keeps your plants alive, so if the autumn proves to be as stingy on precipitation as the summer was – and, of course, providing there are no hosepipe bans in place – tend to your land with plenty of nature's lubricant in order to stimulate stems, fire up flowers and galvanise grass.

NOTHING BUT A DIRTY GRASS

Just as you'd exfoliate your own skin to remove dead matter, do exactly the same with your garden. Remove debris and dust to make the land as ready for replenishment as possible.

CUT BACK TO MOVE FORWARD

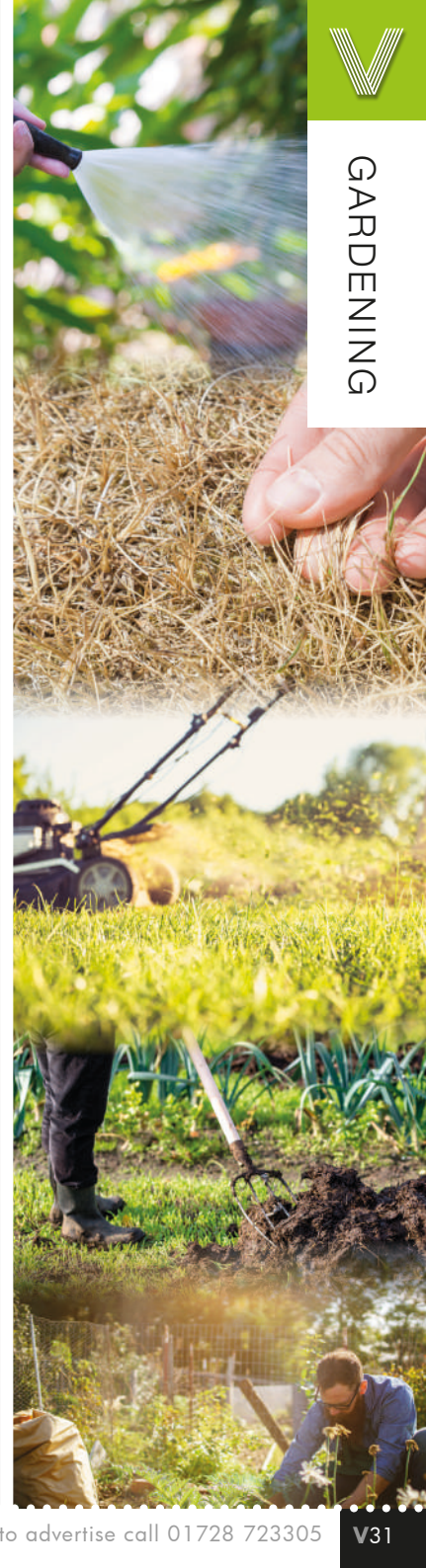
The more you mow, trim and prune, the quicker your greenery will spring back to life, so this is a great way to get your plant matter back in fully efficient mode.

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It does exactly what it says on the tin, and the best way to boost growth where your living matter is concerned is with an approved, high-quality fertiliser. Remember though not to apply until growth is already well on its way, or you'll simply end up scorching the earth.

STARTING AFRESH

And of course, the best way to get your garden humming again is to invest in it. Consider plants, flowers and garden additions that will suit the rustic autumn season to come, and with a few new purchases you'll be inviting the neighbours round again before you know it.



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colourful CONCOCTIONS

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But what if we told you that you can make this revolutionary product from the comfort of your own home with only one specialist ingredient?

How to make your colour-changing spirits

YOU WILL NEED

Gin | Vodka | Tequila | And the secret ingredient Dried Butterfly Pea Flower Tea (which can be bought at several online retailers)

HOW TO MAKE

Simply infuse one cup of each of the spirits with 5-8 butterfly pea flowers in a sterile jar for a few hours or overnight if possible.

You will find that your vodka and tequila will turn purple and your gin a deep shade of blue.

Once this has happened strain your alcohol into labelled bottles.

Now you have your specialised spirits you can start making magic with the below cocktails...

The Miraculous Margarita

YOU WILL NEED

1.5oz of colour changing tequila | 3oz lime and lemon juice | 1oz sugar syrup | 1.5oz triple sec | Half a lime | Salt

HOW TO MAKE

Rub the rim of your margarita glass with lime and then salt the rim

Pour in the lime and lemon juice, syrup and triple sec

Gradually add the butterfly pea-infused tequila

Watch your spirit change from purple to a sunset orange/yellow combination

Photo credit: www.theflavourbender.com

OTHER COLOUR-CHANGING COCKTAILS YOU CAN TRY ARE...

The GlowGin Martini

Simply mix lemon juice, sugar syrup, vermouth and your preferred frozen fruit, then add your colour-changing gin.

The Magic Mint Julep

Mix lime juice, sugar syrup, creme de menthe, 10 mint leaves and kiwi juice, then pour in your colour-changing vodka.

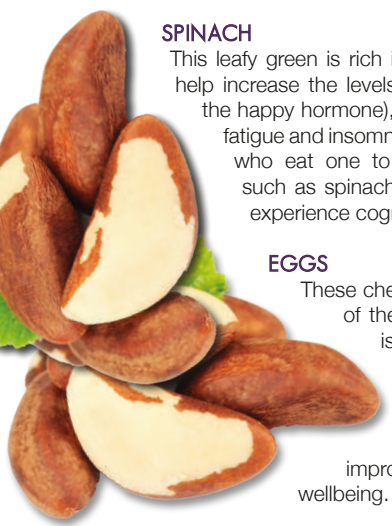


FOOD & DRINK



Foods To Improve YOUR MOOD

We all know that the food we put into our bodies has a direct effect on our physical wellbeing, but did you know that it can also have an impact on your mental health? By making a few simple changes to your daily diet you can significantly improve your mood, feel more energetic, think more clearly and reduce your risk of mental health problems such as depression, ADHD and Alzheimer's disease.

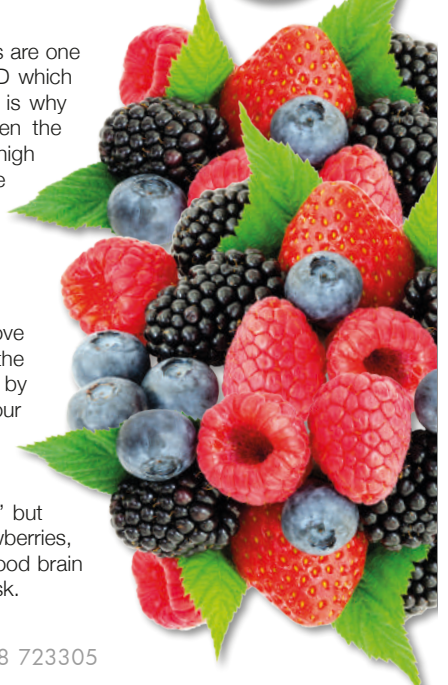


SPINACH

This leafy green is rich in folic acid and tryptophan which help increase the levels of serotonin in the brain (this is the happy hormone), reducing your risk of depression, fatigue and insomnia. Studies have also shown people who eat one to two portions of green vegetables such as spinach or kale are considerably less likely to experience cognitive decline than those who don't.

EGGS

These cheap and cheerful kitchen staples are one of the few food sources of vitamin D which is known to lift your mood; this is why most people feel happier when the sun is shining. Eggs are also high in protein and a great source of omega 3s which help improve your overall health and wellbeing.



BRAZIL NUTS

The Brazil nut is the most important nut variety for helping improve your mental health as it contains selenium which is crucial for the prevention of depression and anxiety. And the great news is that by eating only one Brazil nut a day you are getting 125 per cent of your daily requirement of selenium.

A VARIETY OF BERRIES

A few years ago, blueberries were hailed as the new 'superfood' but in fact all berries offer amazing health benefits; raspberries, strawberries, blackberries and blueberries. This versatile fruit family supports good brain health including preventing memory loss and lowering dementia risk.



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Inside Suffolk's 'BEST RESTAURANT'



VISIONWoodbridge went to see if the gastropub lived up to its billing

Bromeswell is now a firm fixture on the culinary map. The Unruly Pig has been making waves locally for years, but in 2017 really announced itself to the world by being featured in the Michelin Guide as one of East Anglia's top six restaurants.

It's a gem in Suffolk's food and drink crown.

This tremendous honour was sandwiched between being named Best Suffolk Pub in 2016 and this year's Best Restaurant at the Suffolk Food and Drink Awards.

And when **VISION**Woodbridge was invited to test their Autumn menu recently, it soon became clear just why this was.

Head Chef Dave Wall has forged a stellar reputation with his array of inventive dishes, including octopus with Nduja, rabbit with pistachio and his intriguing deconstructed strawberry cheesecake with champagne jelly.

For all the technical brilliance, the real success comes in the simplicity of every dish.

Our two starters were the epitome of this. The octopus was served with handmade nduja tortellini and burrata; it was surprisingly soft and melted in the mouth, which came as a great surprise given many previous experiences elsewhere of it being anything but, even in countries where it is much more commonly consumed.

The quality of the mozzarella also really shone through when served with datterini tomato, basil and rocket.

For the main, it would have been sacrilege to have

ordered the rump steak anything but rare. The flavour and tenderness was as good as anything money can buy, yet very reasonably priced at just £20 a serving. It was served with a beautiful salad of confit potato, Italian leaf, walnuts and broad beans. Again, simple ingredients, but masterfully combined.

We also sampled the lamb rump – one of the specials that night – which succeeded in its seasonality and flavour combinations. It was served with a pea, broad bean and mint risotto which complimented the lamb perfectly.

We asked Brendan Padfield, The Pig's hugely passionate proprietor, for his tips when it came to desserts and wine. His recommendation of Chataeu Lestrille, a claret from Bordeaux, was magnificent and worked well with the main courses.

First up for dessert was the panna cotta, served with an amaretto sauce, pistachio nuts and port-soaked cherries and a "cherry soup". As it was brought out it looked like a work of art which was almost a shame to eat, if not for the stunning taste.

The other dessert we tried was the white peach trifle with raspberry and vanilla, and laced with champagne, which again tasted great, was truly unique and immaculately presented.

One thing is for certain: The Unruly Pig most certainly lives up to its title of "Suffolk's Best Restaurant".

Expect Michelin Guide quality food at a fair price that won't require you to re-mortgage. You must go.

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Your
Monthly
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Magazine





START SAVING SMART for Christmas

An estimated eight million people in the UK will fall behind with their finances this January as a result of Christmas spending. Furthermore, one in four Brits want to start saving early according to the Money Advice Trust.

But can you start saving this late in the year? The answer is yes.

1. GET ORGANISED

Make a list of everything you need to purchase for the Christmas holidays. This includes presents, food and drink, decorations and socialising. This way you will know exactly how much you need to save.

2. PAY INTO A SEPARATE SAVINGS ACCOUNT

Leaving money in your current account at the end of the month is a poor choice as most offer very low interest rates. Instead pay a certain amount into a savings account each month. Just make sure that it has easy access withdrawal with no penalty fees so that you can access your money in time for Christmas.

3. SWITCH BANK ACCOUNTS

Many high street banks are offering cash incentives if you switch to their

bank accounts; some paying as much as £100-£150. Don't delay, switch today.

4. SELL UNWANTED POSSESSIONS

Not only will this earn you some much-needed extra cash, it will also clear some space for all the new toys and presents that you will have come Christmas Day. eBay is a great way to sell specialist or more expensive items, whereas Facebook is ideal for bulk items or bundles of toys and clothes.

5. JOIN A SUPERMARKET SCHEME

This option is particularly good if you are loyal to one supermarket and shop there often. They offer generous bonuses on what you spend throughout the year; usually between three to six per cent.



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WHEN 2+2 EQUALS 4x4

After months of anticipation, the new luxury Audi Q8 coupe-SUV is finally here, and what a rival it is to the Mercedes GLE and BMW's X6. So how does it stack up?

The Audi Q8 coupe-SUV has arrived. More bubbly, more bullying and perhaps with smoother lines than we might expect, it is the trademark, iconic grill that again keeps the German brand that step above.

As sister to the Q7, the Audi Q8 comes with a similar £65,000 price tag. It may be shorter in length than the Q7, but it is longer than both the main competitors as well as being slightly wider than its stablemate.

The car has a large 605-litre boot, plus more internal space than both the BMW and Mercedes challengers, and is available in 12 colours. Although just one choice of engine at present - a 282bhp, 3.0-litre diesel V6 50 TDI, this still achieves 6.3-second 0-62mph acceleration and 144mph maximum speed. And there is a monster 335bhp petrol 55 TFSI arriving next year, with a V6 45 TDI 228bhp version later in 2019.

The car's 48V mild-hybrid technology allows an extended stop-start and coasting function. Add in Quattro 4WD as standard, titanium styling, an ear-bashing Bang & Olufsen sound system and Park Plus Assist, and what once felt futuristic in car technology is quickly becoming the norm.

What's also interesting about the premium market is that the longevity and durability of these iconic brands - with engines now able to push up to and beyond 150,000 miles without any major qualms - is allowing in used-car purchasers, with the entry point for models seven years older now starting as low as £5,000.

That means the days of matching cars to the stereotypical travelling salesman or Chelsea Tractor WAG are rapidly disappearing.

Next up, expect a big response from Jaguar, Lexus and Land Rover, as the manufacturer muscle gets flexed even further.





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THE KYLIE EFFECT



On track to becoming one of the youngest billionaires ever, Kylie Jenner is literally shaping the beauty industry.

Kylie Jenner is an unlikely candidate for the cover of *Forbes*. In fact, five years ago many would have scoffed at the idea given her role as the youngest of the Jenner-Kardashian clan, a reality television dynasty which would have probably lost its allure by now were it not for the sheer relentlessness of its members, particularly savvy 'Momager' and matriarch of the brood, Kris Jenner.

But thanks to her Kylie Cosmetics Makeup Company, the 21-year-old mum – Kylie gave birth to daughter Stormi in February – is estimated to be worth around \$900million, with predictions that she could eventually usurp Facebook founder Mark Zuckerberg as the world's youngest self-made billionaire (aged 23).

Launched two years ago with a \$29 'lip kit' consisting of a matching set of lipstick and lip liner, the brand has gone from strength to strength, selling more than \$630million worth of makeup, and in the process making it one of the hottest cosmetic brands around.

Naturally, much of its success is down to Kylie, face of, founder and 100 per cent owner of her empire, as fans flocked to buy the very first line of lip kits (selling out within the first minute of their launch) in a bid to mimic the star's infamous full lips. And though the company now also offers other products, the lip kits remain the cornerstone of the brand.

Naturally, such enormous success draws its fair share of critique, particularly as *Forbes* labelled the fledgling entrepreneur as a 'self-made' businesswoman, with no nod to her famous family. But the real question is, does Kylie have real influence within the beauty industry? Well, having recently announced that she had removed all her lip fillers, we can only wait and see if the more natural pout will become du jour. Chances are that where the youngest Jenner leads, beauty devotees are sure to follow.





The Early Bird CATCHES THE WORM

Most people fall into one of two categories; either you are an early riser who jumps out of bed as soon as your alarm goes off or you are a night owl who comes alive once the sun sets.

If you fall into the latter group, it may be time to try to change your sleeping habits and reap the rewards of becoming a morning person.

You have enough time for a nutritious and filling breakfast

Late risers who constantly snooze their alarm rarely have the time or inclination to prepare themselves or their family a decent breakfast. Instead they are more likely to reach for a quick sugary convenience snack or even skip breakfast altogether.

Early birds are more likely to exercise daily than night owls

The morning is the most likely time that people will schedule a workout

and follow through with it; late risers will often sleep through this optimal time and therefore exercise less than their early counterparts.

Getting up early leads to more proactiveness

Waking up before your spouse or family can result in a window of opportunity for being proactive and having time to get tasks completed without interruption ahead of a busy day. In fact, a 2009 study showed that early risers were more likely to agree with the statement "I feel in charge of making things happen."

A chance to meditate and reflect on the day ahead

Waking early before the hustle and bustle of the day begins can enable you to have peace of mind and feel calm and centred for the day. Late risers who jump out of bed and rush around are much more likely to feel flustered and unprepared.




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Golden Tale

of Two Cities for Team GB

As an athletics championship goes, this was a strange one, split across those two brotherly cities with so much previous history – Berlin and Glasgow.

But despite the lack of a clear tournament identity (and if you think this one was confusing, brace yourselves for Euro 2020, across 12 cities and 12 countries), our British competitors excelled against the very best from the continent. GB won the most medals overall (74, including an incredible 26 gold), with both the men and the women wrapping things up in style by romping to 4x100m relay success on the final day.

Swimming trio Adam Peaty, Duncan Scott and James Guy clinched four golds each – indeed pool and cycling excellence dominated again with eight of our top nine medal winners coming from those specialisms; the other being triple-gold sprinter Dina Asher-Smith.

Team GB scored the most medals in athletics, but for Russia's lop-sided dominance in synchronised swimming would comfortably have scored the most golds as well.

The championships also saw the emergence of some dominant new names and sports, with Kyle Evans scoring a gold in the BMX event and Matthew Hudson-Smith holding on for a dominant 400m sprint title.

But perhaps our swimmers are those who deserve most credit. Peaty, still only 23, broke his own 100m breaststroke world record, while the emergence and consolidation of several others – such as Georgia Davies in the 50m backstroke, Scott in the 200m freestyle and Jack Laugher in the 3m springboard – shows how water to an island nation can be a perfect route to sporting brilliance.

Photo credit: Allan McKenzie/SWPix.com/REX/Shutterstock & BBC

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WHAT'S ON in your area

WHAT'S ON

Watercolour Workshop with Susan Boddy
Woodbridge Art Club, 15 Tide Mill Way,
Woodbridge, IP12 1BY

September 22, 10am – 4pm

Susan is a popular and regular presenter at Woodbridge Art Club. In this workshop she will focus on the figures in the landscape.

There are a few spaces left for visitors. Don't miss out on this opportunity. The fee is £18 for members and £20 for visitors.

To book your place or for further information, contact Sandy Taylor on sandy@mv-rival.com or call 07960 958656.

Wasted! The Story of Food Waste – FilmFest
Tide Mill Way, Woodbridge, IP12 1BY

September 22 – September 23

The main arena is at Whisstocks Quayside where freshly cooked seafood meals will be available, along with a variety of stalls, music and children's entertainment.

Throughout the town, participating restaurants and pubs will also be serving dishes using locally caught and grown fish and shellfish, including River Deben oysters and mussels.

For more information, visit www.woodbridgeshuck.co.uk

RSPCA Open Day & Fun Dog Show

**RSPCA Animal Centre, 2 Mill Lane,
Woodbridge, IP12 4PD**

September 23, 11.30am – 3.30pm



The popular, annual Open Day & Dog Show is back and will provide a fun packed day for your family!

Come along to enjoy great food, crafts stalls, and don't forget to bring along your dog too for a chance at winning in the dog show.

Only £1 per adult and 50p for children under the age of 14. Free entry for dogs, of course!

Parking available at Martlesham Community Centre, and disabled parking available at RSPCA re-homing centre.

Words and music of The Beatles
Bull Inn, Market Hill, Woodbridge,
IP12 4LR

September 28, from 8.45pm

A fantastic 60s duo. Come and relax, listen, sing and dance. A full menu and bar snacks will be available.

Doctor and the Epics rock the Shepherd & Dog

Shepherd & Dog Hollesley, The Street,
Hollesley, Woodbridge, IP12 3QU
September 29, 9pm – 11.30pm



Sensational local five-piece party covers band Doctor and the Epics are heading over to Hollesley with their own take on popular pop and rock hits and dancefloor fillers from the last few decades!

Get your dancing gear on and join us for a great night of fantastic live music at this fabulous local boozier.

Suffolk Farmers' Market

**Trinity Park, Felixstowe Road, Ipswich,
IP3 8UH**

October 13, 10am – 4pm

The Suffolk Agricultural Association, Suffolk Market Events and the East of England Co-op are welcoming visitors to a free farmers' market at Trinity Park on Saturday, October 13.

The market aims to support local farmers and businesses by highlighting the importance of buying local produce.

Over 60 different stalls will be present including everything from well-known Suffolk brands, luxury homewares, artisan pastries and charcuterie. Discover the whole range of producers and find out more at www.suffolkfarmersmarket.co.uk

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PUZZLES & TRIVIA

PUZZLES

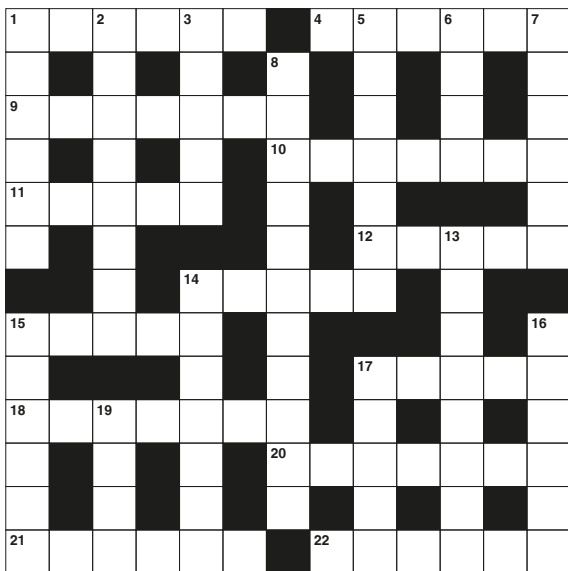
Answers can be found on the Contents Page 4

ACROSS

1. Decide with authority (6)
4. Exclusive stories (6)
9. ___ Bloom: English actor (7)
10. Modern; up to date (7)
11. From that time (5)
12. Approaches (5)
14. Sticky (5)
15. Employer (5)
17. Long-legged bird (5)
18. Temporary camp (7)
20. Not carrying weapons (7)
21. Averts something bad (6)
22. Large property with land (6)

DOWN

1. Lethargic; sleepy (6)
2. Eg Gregorian or Julian (8)
3. ___ Els: golfer (5)
5. Slander (7)
6. Man-eating giant (4)
7. Sounds off at length (6)
8. US state (11)
13. The scholastic world (8)
14. Beat easily (7)



15. Garments worn by nuns (6)
16. Remove silt from a river (6)
17. Erodes (5)
19. Document allowing entry to a country (4)

DID YOU KNOW

- ▶ The first animated film to be nominated for an Oscar for best picture was Disney's *Beauty and the Beast* in 1991.
- ▶ Hollywood produces around half the number of movies a year compared to Bollywood.
- ▶ All of the clocks in *Pulp Fiction* are set at 4:20.
- ▶ Victoria Beckham, Johnny Depp and Will Ferrell all voiced characters in *Spongebob Squarepants*.
- ▶ Charlie Chaplin received a 12-minute standing ovation at the 44th Annual Academy Awards – the longest in Oscars history.
- ▶ Daniel Radcliffe's stunt double for the first six *Harry Potter* movies was paralysed from an accident on set in the seventh movie.

SUDOKU

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

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