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HISTORY
MONTH**

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October 2018

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Editor's notes...



William Taylor, Editor

Hello and welcome to this month's edition of **VISION**Woodbridge. I'd like to thank one of **VISION**Woodbridge's biggest supporters, my very own grandmother, who sadly passed away last month.

Much like many of you, I'm sure, she really enjoyed catching up with her local news, filling in the crossword at the back of the magazine and reading about well-known people from the world of entertainment.

Family was everything to her and she was the last member of that generation in my family, but like all my grandparents, I count myself lucky for the time I did get to spend with them.

At the time of writing, I don't yet know the outcome of The Great British High Street Awards, however September saw the judges descend on our Thoroughfare.

Woodbridge made it to the final 20 in the whole of the UK and all of our local businesses were out in force to really show the town at its best on judgement day.

On reflection, I think we're really lucky to have our Thoroughfare. There are lots of fabulous little independent shops, cafes and restaurants, and not a boarded-up window in sight.

In local news this month, a schoolboy is the winner of a Golden Ticket, a skatepark is set to expand and get the latest from our columnists.

Have a great month,

Will



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GONE BUT
...not broke

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“You’re better off dead” is a phrase never more appropriate than for a number of recording artists who have been richer since strolling through the Pearly Gates.

At the end of August, *NME* reported that Michael Jackson was earning more in death than he was when alive.

In the financial year ending 2017, the Michael Jackson estate took in over £60million through a variety of income streams, with merchandising and royalties making up the biggest proportion.

The fact an artist can prosper in death is, of course, not unusual. Firstly, when a notable name dies, in most cases so do a lot of the liabilities that have accompanied them – in Jackson’s case it was debts of up to £400million and several lingering lawsuits regarding his music. The removal of these frees up more time for monetisation of the brand.

And of course, never is an artist more revered than in death, with waves of sympathy and sentimentality often translating into big bucks for those lucky enough to be a part of the deceased’s estate. Take Jacko as an example - since the singer’s death in June 2009, 27 albums and videos have been released in his name; add in singles and the total exceeds 60.

And in 2016, he accumulated revenues of almost £1billion, much of which was from the sale of his half of the Sony/ATV catalogue. That total ranks as the most ever in a year for any entertainer, dead or alive.

The Jackson estate isn’t alone in profiting from a singer’s sad and untimely demise. Elvis Presley earned £30million in 2017 alone, Bob Marley over £20million – both comfortably more, in one year, than in a whole lifetime of performing; while Tom Petty brought in a similar amount.

In the coming years, we can expect Prince, David Bowie, George Michael, Whitney Houston and Aretha Franklin to begin to climb to similar levels, as those in charge of their estates monetise what, even in death, are iconic and much-loved artists.

Celebrities outside of the music industry are also raking it in. You would be forgiven for picturing Elizabeth Taylor bottling masses of her iconic White Diamonds fragrance – the range brings in over £8million a year, yet she passed away in 2011. And even Albert Einstein is earning years after his passing – his beneficiaries allowed his name to be used in 2017 by Israeli tech company Fourier Systems in exchange for a £9million bounty.

Yet in this cynical world, not all of those left behind are willing for their loved one’s brand to be monetised. The estate of legendary country singer Johnny Cash were not willing to be ‘bought’ when haemorrhoid ointment producers Preparation H applied to use his *Ring of Fire* song in an advertising campaign. His family boomed back: “We would never allow the song to be demeaned like that. It is about the transformative power of love - that is what it will always mean to us.”



BLACK

celebration

Black History Month returns in October, and its value in modern Britain appears greater than ever in a period of real cultural conflict.

They say social conflict goes in waves, and whether the fallout from Grenfell, Brexit, Corbyn's anti-Semitism row or the MeToo furore that emanated across the other side of the Atlantic, we are enduring some of the tougher, more challenging times at present.

And yet, despite all of Britain's problems, our embracing of multiculturalism is worthy of true global acclaim. It is perhaps a very British thing to look in on ourselves and criticise, yet all around the UK in every single moment, we are forging new paths and embracing community initiatives.

That makes October's Black History Month all the more important, not just because it acts as a vibrant, colourful, artistic and, yes, at times, sombre reflection on the cultures who have enriched this nation, but also because in its very essence it invites people of every race and skin colour to share in and celebrate the achievements of black culture – from the first footings on these shores with the Windrush generation, to everything since and so much more before.

The idea was first put forward in the UK by Ghanaian activist Akyaaba Addai-Sebo, who had served as a special projects coordinator for the GLC (Greater London Council) in 1987. His efforts to mark specifically the historical trials and achievements of black people was a new thing in this country, but its popularity quickly spread well beyond the capital.

Wind forward 31 years and while we, North America and, strangely, the Netherlands, celebrate Black History Month each year, globally, the take-up remains slow.

What better way then to let others sample a month of talks, initiatives, concerts, workshops and, of course, some quiet reflection, by showing them how the world's most diverse and multicultural society can express its gratitude and respect for our black heroes of days gone by.

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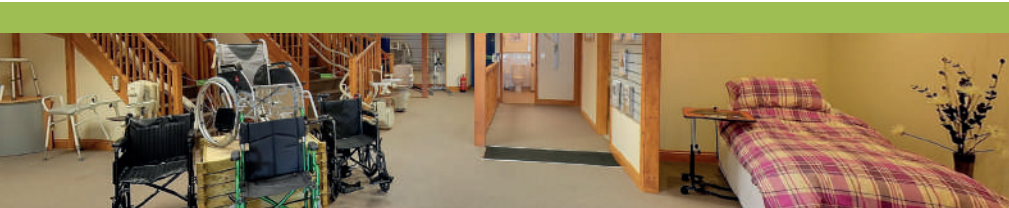
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High street shortlisted as one of the best in Britain

Woodbridge high street has been shortlisted in this year's Great British High Street Awards putting it in the running to win a £15,000 prize.

The Thoroughfare is in the Champion category, which showcases the best high streets across the UK.

It was chosen by an independent judging panel as one of the 26 streets to be shortlisted for the award.

The high streets will battle it out in the public vote which accounts for 30 per cent of the final scoring and will then have the chance to impress an expert judging panel.

The bid by Choose Woodbridge followed research commissioned by Visa, sponsor of this year's awards, which revealed promising signs of renewed confidence in the country's high streets despite a challenging retail environment.

High Streets Minister Jake Berry MP said: "Congratulations to The Thoroughfare in Woodbridge on being shortlisted as one of the UK's best high streets in this year's Great British High Street Awards.

"Over the next six weeks The Thoroughfare has the chance to impress an expert judging panel as they also battle it out in a public vote for the title of Britain's Best High Street.

"This is a great opportunity to show your support for the hard work going on in The Thoroughfare, so get voting."

Sundeep Kaur, head of UK and Ireland merchant services at Visa, added: "The Thoroughfare is a fantastic example of a high street which has made huge strides in transforming itself to offer a range of different experiences for locals and visitors alike.

"In particular, its entry highlighted how the busy events programme, which this year included a week-long celebration of the poem *Beowulf*, succeeds in harnessing a sense of pride within the community."

Winners will be announced on November 15. For more information about the Great British High Street Awards 2018 terms and conditions and details on how to vote, visit www.thegreatbritishhighstreet.co.uk



Photo credit: Dan Jones

Golden Ticket win for one lucky school pupil

Pupils at a school in Woodbridge were all hoping to be the recipients of a Golden Ticket during an assembly recently.

Kyson Primary School pupils were all given numbered tickets and a winning number was randomly selected with the student winning a family ticket to see a screening of *Willy Wonka and The Chocolate Factory* courtesy of Film Feast Suffolk and main sponsors, the East of England Co-op.

On Friday, September 21, seven-year-old Reide Laws was announced as the Golden Ticket winner by headteacher Libby Brown during school assembly.

Libby said: "It was absolutely magical to witness the children enthralled by the excitement of potentially

holding the prized Golden Ticket, and I am sure Reide and his family will enjoy this wonderful film which has such enduring appeal."

Film Feast Suffolk also held a Golden Ticket Treasure Hunt in Woodbridge following the screening of *Willy Wonka and The Chocolate Factory* on October 6.

Children congregated outside The Riverside Theatre where they were given a sheet of five clues to the locations of Golden Tickets hidden in the town. The winner received a pass to The Riverside Theatre Kids' Club running until June 2019.

More information about Film Feast Suffolk and how to book tickets can be found at www.filmfeast.co.uk

Choral society marks the end of WWI

Marking the centenary of the end of the First World War, the Woodbridge Choral Society will be holding a special performance next month.

The choir will be performing Benjamin Britten's *War Requiem* in the Snape Maltings Concert Hall on Saturday, November 10 at 7.30pm.

The Kingfisher Sinfonia, led by Beth Spendlove, will be accompanying the performance.

Also taking part in this concert will be the Gainsborough Ensemble and the Woodbridge School Cantabile Choir.

Claire Weston will be the soprano soloist, Edward Leach the tenor soloist and Morgan Pearse will be

the baritone soloist.

Tricia Turner, the choral society's chairman, said: "This will be a remarkable event. This year has been a year of recalling the dreadful consequences of the war that was expected to end all future war-making. We are privileged to be able to bring this wonderful work of remembrance and hope to the people of Suffolk."

For tickets, call Richard Lyon on 01473 620 775 or email treasurer@woodbridgechoralsociety.org

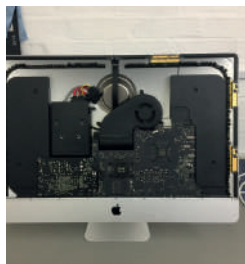
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Garden centre's total grows to £10k for Macmillan

Customers and colleagues at a garden centre have raised over £10,000 for Macmillan Cancer Support.

Notcutts Garden Centres have accumulated the total over the past two years with various fundraising initiatives at the 18 garden centres nationwide, including Woodbridge.

Notcutts CEO, Nick Burrows, presented a cheque to Sema Hussein, Norfolk and Suffolk fundraising manager for Macmillan, at Notcutts' offices in Woodbridge.

Over half of the donations were raised through the pennies scheme, where customers have the option of rounding up their purchase with the difference going to charity. The remainder was raised through carrier bag

sales and staff initiatives at Notcutts' garden centres.

Nick said: "We're very proud to donate such a fantastic sum to an important charity, thanks to the support of our customers and garden centre teams."

"We hope the donation will go a long way towards Macmillan's incredible work for people affected by cancer locally and nationally."

Sema added: "I am thrilled to be working with Notcutts and to learn of all the ways they continue to fundraise for Macmillan. This sizeable donation will positively impact so many people living with cancer and for that I thank everyone at the garden centres as well as customers for their generosity."

"It has been a pleasure working with Notcutts and I look forward to growing this successful partnership."

Tradesmen support the less fortunate

A group of tradesmen have come together to support the more vulnerable in and around Woodbridge.

The idea of the scheme is that those living on lower income can access help with repairs and maintenance around their home that they wouldn't otherwise be able to afford.

Luke Payne, a local painter and decorator, is leading the campaign.

He said: "I try not to dwell on the hard times I went through a few years ago, but I pretty much lost everything. People really rallied behind me at the time and I was almost taken aback by how much people did want to help when you opened up to them."

"I really just wanted to give something back."

So far Mr Payne has the support of a small number of local trades.

He continued: "It's the little jobs here and there that people need help with, for example, changing a tap, sealing a bathtub or fitting a washing machine."

"These are essential items for any household, yet our most vulnerable get taken advantage of, being quoted £100 or more for something that may only be five or £10 worth of materials."

If you feel you could assist, or even need help with something yourself, contact Luke on 07940 154520 or email payneluke27@yahoo.co.uk



News from
Councillor Caroline Page
The County Councillor for Woodbridge

Autumn is the season of mists and mellow fruitfulness, according to Keats. And truly, if you are lucky enough to live in Suffolk you can't fail to notice mellow fruitfulness in barrowfuls all around us.

Gardens are jampacked with autumn fruit, hedgerows with wild apples and plums and blackberries and sloes. An embarrassment of riches. My fence grape vine this year has a million bunches of sweet green grapes - more than I can think of what to do with. We eat them daily until we can't eat any more. I've made chutney. I don't fancy making wine (and sadly they come with a million pips). The one year I decided to make raisins, the pip to raisin ratio was so extreme that the family rebelled en masse. What can we do? Answers please

Even on the roads you will find fresh onions and corn - fallen from the tractor as they were taken from the fields ('vegan road-kill' as a friend calls it).

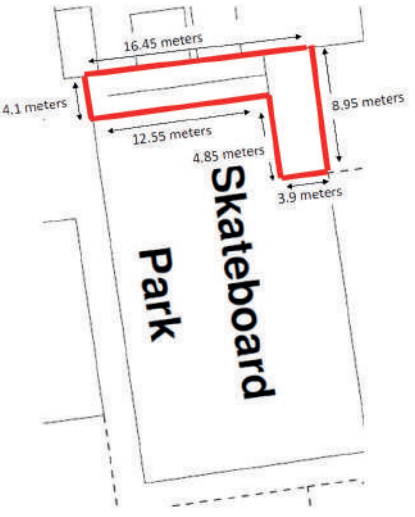
Yet local residents drive past this plenty of times to local supermarkets to buy shrink-wrapped fruit and veg imported from across the globe.

And at the same time, there are people in Suffolk having to rely on food banks.

At the start of October, I was part of a panel discussing the film *Wasted* at the Riverside's Suffolk Film Feast festival. It was very thought-provoking, articulating the strange parallel of food waste/food poverty in affluent countries like our own. Food waste, it made clear, is something that can be tackled by a patchwork of little initiatives. With many plants we eat only a fragment although all of it may be edible. We could eat most of the fish thrown away as 'by-catch'. Breweries can use stale bread to make beer. Composting puts inedible vegetable waste back into the soil.

What can we do in Woodbridge to use food more effectively, ethically and economically?

Skatepark in line for expansion



Plans are being developed to expand a popular skatepark in Woodbridge.

Following the refurbishment of Deben Leisure Centre, the area immediately behind it became vacant.

The area has now been earmarked to expand the space available at Woodbridge Skatepark.

Councillor TJ Haworth-Culf, Suffolk Coastal cabinet member with responsibility for customers, communities and leisure, said: "Woodbridge Skatepark has now been open for a decade and it has proven very popular with young people of all ages and abilities.

"We have been given this fantastic opportunity to expand the area, and we want the views of the people who use it. So, if you have an idea, it doesn't matter how big or small, we want to hear it."

All ideas received will be shared with several skate companies who will come up with their proposed design based on these.

On February 16, 2019, an event will be held where the skate companies present their design ideas to the users, who will vote for their preferred one.

Once the winning design has been chosen, the users will have the opportunity to sit down with the skate company to go through the design and work with them to make sure they get what they want.

To have your say, please email your ideas to leisure@eastssuffolk.gov.uk by November 16, 2018.

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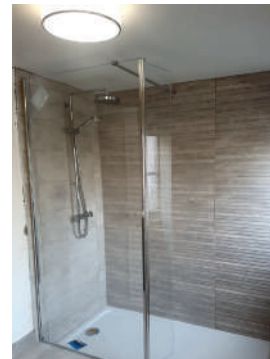
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Concert being held to mark the end of WWI



Photo credit: Snape Maltings

A local choir will be performing a concert in November to commemorate the Armistice centenary.

Aldeburgh Music Club Choir performs *The Armed Man* by Karl Jenkins at Snape Maltings on Saturday, November 24.

The Armed Man: A Mass for Peace was commissioned by the Royal Armouries for its millennium celebrations and dedicated to victims of the Kosovo crisis.

Another dimension will be added by the inclusion of *The Armed Man* film as part of the performance.

Aldeburgh Music Club is delighted to be arranging the concert in association with the Suffolk branch of SSAFA (The Armed Forces Charity) for whom there will be a retiring collection at the end of the concert.

Tickets priced at £18, £22 and £25 (students half price) are available now from Snape Maltings box office on 01728 687110 or via the club's website www.aldeburghmusic.club

Mother takes a leap into the unknown

Working the nine to five and getting very little in return has become a thing of the past for one local mother.

Semira Vince took inspiration from her own home renovation project to become a self-employed sales rep for home improvements company Anglian.

However, it was never a career path she expected to take.

She explained: "I certainly didn't set out to sell windows. Like most people I don't really like sales people and the four that turned up to quote for my own home confirmed my apprehension."

With a two-year-old son, Mrs Vince was due to return to work back in March but took on the brave decision to work for herself instead after a visit to the

Anglian Home Improvements showroom in Ipswich.

She added: "It was only by chance that by approaching Anglian for some work to be done on my own house that I found out I could work with them whilst choosing my own hours and still having that work-life balance."

Having worked in retail for much of her career before that, Mrs Vince admitted it represented a big change for her, especially given what a male-dominated industry it was she was entering.

She said: "I think I break the mould of a stereotypical salesman. They took a chance on a part-time mum with no experience in the industry, but I more than hold my own."

"They couldn't be more supportive – they even let me take my son to meetings – and I'm pretty sure they are pleased with how I'm doing. And do you know what? I love it."

Harbour houseboats on the rise



Photo credit: Robin Garrod - Woodbridge Camera Club

The face of Woodbridge's harbour has changed substantially in recent years. For centuries the marina has been associated with boat building, but today it's becoming more residential.

Giles Todd, who runs Gi-Mac, an Apple-Mac repair company in Felixstowe, moved into one of the boats just last month with his wife, Louise.

He said: "It's not just a boat to people here, it's a lifestyle. A lot of people almost feel a sense of freedom by doing it."

With house prices on the rise, the option to live on a boat is proving to be an appealing alternative.

Mr Todd added: "We were looking for something new and challenging – something we could really put our own stamp on."

"Louise and I both come from a boating background. Her father had boat after boat, while I was in the Sea Scouts, did canoeing and have always been a big fan of boating."

"We've found a lot of people here have sold houses and chosen to move onto a boat – you're not just buying a home, you're investing in a way of life."

"I expect it is going to have its own challenges, like a house would, but we'll take everything as it comes and we're looking forward to it."

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News from Councillor Geoff Holdcroft

District & Town Councillor for Woodbridge



As both Suffolk Coastal's cabinet member for economic development and a director of Choose Woodbridge, I feel doubly proud that The Thoroughfare is one of only 12 high streets to reach the finals of this year's Great British High Street Awards. It's certainly reached that position due to the hard work of many people and the support of the public in continuing to shop there. Please help us to win the accolade of being the best in the UK by posting #GBHSWoodbridge #MyHighStreet on Facebook, Twitter and Instagram by the end of this month. Don't be shy, you can vote each and every day.

Over the course of the winter, Suffolk Coastal will be investing further in Woodbridge as over 80 additional car parking spaces will be created so locals and visitors can enjoy coming into the town without the frustration of hunting for a space. This work is being funded from monies returned to the council by government from business rates so comes at no cost to council tax payers. This comes on the back

of the investment the council has made in the Deben Leisure Centre which had its official reopening at the beginning of the month.

I am really pleased that Suffolk Coastal cabinet voted earlier this month to support the much-needed Jetty Lane Project with a grant of £188,800. This money has been gathered from contributions made by housing developments across the district.

Finally, can I remind everyone that every district councillor has an enabling community budget to spend on projects within their ward. I still have monies that are not already earmarked so please contact me if you have a proposal for a project that will enhance our Woodbridge community.

Woman gives up job to pursue dream



A former Woodbridge resident took a huge leap of faith last year when she gave up the security of a full-time job to fulfil her passion for creative writing to become a freelance writer, editor and proofreader.

Newly unemployed and with no business background, Megan Whiting, who lives in Saxmundham, turned to the Prince's Trust with her initial ideas, which she admits were "all over the place".

The trust helped Megan develop an extensive business plan through its Exploring Enterprise programme and she was given an experienced mentor with a wealth of knowledge.

Finally, after studying with the Society for Editors and Proofreaders, blogging and proofreading for free to gain experience, joining a local writers' workshop to boost her confidence, publishing poems and short stories online and working closely with her mentor, Megan was able to launch her business in July of 2017.

Today, Megan offers a range of services, from editing full-length novels, novellas or short stories, to writing commercial web content for businesses, through to creating personalised poetry for wedding ceremonies.

Megan said: "Starting my own business was a huge challenge, but incredibly rewarding. I was very lucky to have full support from those closest to me, as well as the Prince's Trust.

"I would urge others to follow their hearts and take the plunge, as long as they're not afraid of hard work."

More information can be found at www.meganwhiting.co.uk



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yellow

HOME & DIY

ALL THAT GLITTERS ISN'T GOLD... ADD IN A BIT OF YELLOW TOO

For a long time, gold's reputation as an interior décor colour was anything but opulent - a generation of faux variants had left the world's most precious metal flagging rather. Yet its return, along with a resurgence of yellow, has opened up some fantastic new interior ideas.

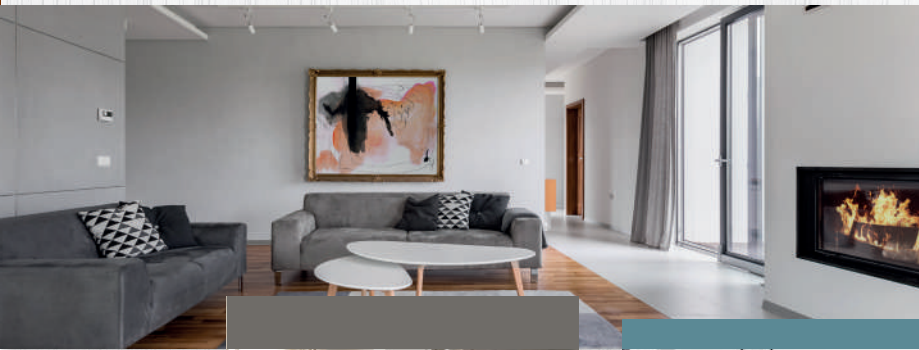
But why are these particular colours making a comeback? Well, psychologists believe recent tough economic times meant we favour shades with positive psychological qualities. Yellow screams happiness, optimism and confidence for the future; gold is the colour of ambition, and more prosperous times ahead. What's not to like?

IT'S ALL IN THE ACCENT
Rather than layering colours over an existing space, a recent trend has been to offer various hints of colours that add warmth and light, with gold and yellow right at the front of the queue. So forget statement walls and instead replace pictures with gold frames; paint a desk chair, add a throw on a sofa, redo cushions and perhaps even replace a curtain pole with golden tones. Very quickly you'll be adding some class to a previously drab room.

COMBINE WITH DARK TONES
Gold, in particular, radiates against very dark tones, and the contrast between the shimmer of gold and sheer darkness offers a classy touch. Yellow, similarly, can really fire against an offset colour - in this case, we'd recommend grey.

MAKE A STATEMENT
Of course, nothing screams confidence like a statement wall or piece, and yellow is truly the colour of 2018 for this. A radiant wall, a sofa, even a contemporary picture that's big and bold on this summer shade, can draw the eye to a room and light it up instantly. Remember to offset with lampshades, seat covers or perhaps something as simple as a pot to reinforce your intentions.





ART HAUS

If you're keen to enrich your home with some artistic excellence, start by following these simple rules:

1. ART IN FOCUS

Have a focal point in mind, so before you splash out on that Degas or Monet, know which wall it will hang on.

If you're using art to entertain, your statement pieces will usually be in high-traffic areas. Similarly, if you're looking for art as inspiration – perhaps for late night work or quiet Sunday contemplation, your chosen spot may be somewhere more private. Whatever the case, consider the area you have to play with – what size is it, how much sunlight does it have, what's already around it?

2. LESS IS USUALLY MORE

Just as the artist knows when to put the brush down, so too do you need to know when you have enough art in one space. Drown a small space with clutter and your cherished living quarters may well end up resembling something more akin to an art gallery, or worse, an antiques shop.

3. SIZE MATTERS

A statement piece of small art can have high impact on a big wall; whereas a large piece of pottery, for instance, can be allowed to dominate a limited space. There are no hard and fast rules, but consider the dimensions of whatever it is you're adding to a room before buying it.

4. MATCH, DON'T MIX

Be careful not to clash styles – contemporary with Art Nouveau, anyone? Post-minimalism with Baroque? Explore your creative fantasies, but letting different styles collide in the same space is a recipe for design disaster.

5. DON'T BUY WHAT YOU DON'T WANT

Only bring into your home art you are passionate about. If you have any lingering doubts, leave it behind, otherwise each time you look at it, you may encounter mixed emotions.



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Would you buy a MICRO-HOME?

Micro-homes, defined as properties under 37 square metres, are becoming increasingly popular in the UK since the government introduced the new act in 2013 under the Permitted Development Rights.

So, are these homes the long-awaited solution to the UK's housing crisis?

CHEAPER TO BUY

A smaller house means a smaller mortgage; so less debt, less tax to be paid and even a cheaper home insurance policy.

Alternatively, you could rent a micro-home at much less expense than a larger property.

SMALLER UTILITY BILLS

A smaller space means smaller rooms to heat, a smaller surface area to light and less space for electrical items to be plugged in. You could even consider having solar panels installed or collect rain water for garden use to save further.

LESS CONSUMERISM

If you have less square footage, you are more likely to think carefully about any

purchases you make that will need to be stored in your home. Instead, you can find ways to reuse and recycle existing possessions.

ENCOURAGES CREATIVITY

In order to prevent your micro-home becoming cluttered, you will need to think creatively about how to utilise your space. Take some inspiration from *George Clarke's Amazing Spaces*.

LESS TIME SPENT RENOVATING

A smaller home takes less time to decorate, furnish and needs less upkeep. Also think of how many hours you will save cleaning. That's more time you can spend with your family doing things you enjoy.

REMEMBER YOU NEED A PLOT

If you are planning to build or purchase a micro-home, you will need a plot of land. You can register your interest with a land agent, look to an auction or search the web (Plotsearch and Rightmove are good places to start).

Alternatively, you could place your micro-home on a family or friend's land; but you will need planning permission.



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The star of SIMON COWELL

As the new series of *X Factor* kicks off, with Mr Marmite taking centre stage again, let's be frank, Simon Cowell regularly gets a bad rap. The black/grey/white clothes combos, the overexposed chest, the dodgy hairstyle... and that's just how he looks. Add in the fact *X Factor* and *Britain's Got Talent* are mercilessly ripped apart for being exploitative, fake, unimaginative and cliched, and it makes you wonder why the record label mogul bothers... it's certainly not because he needs the money.

Yet look at it the other way around. What sort of world would we be living in without Simon Cowell? Forget all the music careers he's launched, the tens of millions of records sold, the multiple sell-out tours for everyone from One Direction to Olly Murs, Westlife to Little Mix, not to mention the positive impact he's had on countless others as a result of exposure on his primetime shows – just consider this... there's no one else in the entertainment world we love to hate more.

It's been another modestly good year for Cowell, who celebrates his 58th birthday in October. Batting off the Ant & Dec furore with typical ease, he has lauded over one of the most successful series of *BGT*, won by disability comedian Lost Voice Guy. The show's final pulled in 11.2million viewers, the most watched in three years and a return to form for a format that had been struggling.

Cowell also made it onto the Hollywood Walk of Fame

in tribute to his contribution to the US entertainment business. Over the years, our exports across the Atlantic have struggled, yet in Cowell, James Corden and a few recent others, we have never been stronger Stateside. He joined fellow Brits Steve Jones (of Sex Pistols) and Sir Richard Branson in being honoured at the June ceremony, and chirped: "If anyone says fame is a bad thing, I don't know what you're talking about. It's the best thing in the world."

Yet there was also a lot of humility on show from the industry's most famous A&R man, who praised his late parents and offered hope that his son Eric, four, might follow in his footsteps.

"I have a feeling my mum and dad are looking down on me, and now I can look over to my son Eric and say: 'Maybe one day you'll get one of these as well.'"

But Cowell can't rest on the successes of 2018 - he's a new series of *X Factor* to kick into shape. Freshly back on our screens, Simon is ably assisted on the judging panel by Louis Tomlinson, Ayda Field, Robbie Williams and, for the live shows, Sharon Osbourne.

"Again it's the greatest showcase of the talent that we have out there," he says. "It never ceases to amaze me just how brilliant these people are, not just in their voices and their ability to entertain, but in how brave they must be to go stand up in front of a live audience and sing their hearts out.

"Without these artists I would be nowhere, and the fact we can still, after all these years, transform the dreams of a lucky few into reality, is a marvellous thing."





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The British weather can be unpredictable; who'd have thought that we would have such a hot summer, so goodness knows what winter has in store for us.

Wood's worst enemy is water. With mould and mildew not far behind. Save yourself a lot of bother come next spring and give your exterior wood some much-needed TLC ahead of the long wintry months.

PREPARATION IS KEY

Ensure that you wash all exterior wood prior to treating. Soap and water is perfectly adequate for cleaning your wood, just be sure to rinse thoroughly and let all surfaces completely dry before applying any wood treatment. Do not use anything too abrasive for cleaning as this can damage the wood.



CHECK FOR MILDEW

Mildew can be identified by little black specks on the surface of wood. If you are unsure whether or not your wood has mildew, apply a dab of bleach to one of the black spots. If it lightens in colour, then it is definitely mildew.

CHOOSE A PRODUCT THAT IS WATERPROOF

It is essential that you choose a wood treatment that is waterproof as this helps prevent fungus and mould from developing. Good quality wood treatments will also allow your wood to breathe whilst providing strong protection against the elements.



CLEAR THE AREA OF DEBRIS

Although you may not want to carry out garden maintenance once the cold weather sets in, it is important to regularly clear any exterior wood areas of any build-up of leaves. If left, piles of leaves can result in mould and damp. Be sure to check in between gaps in wood such as on the decking.



NB: Wood treatments can break down in harsh weather, so check sporadically, sand down and reapply if needed.

Timeless Elegance

VISIONWoodbridge went to see the high-end fashion designer making waves in the local wedding scene

There are a few key things that can make or break a wedding day. The venue, the flowers, the food – even the guests.

But one thing that you simply cannot afford to get wrong is the dress.

That moment when you walk down the aisle; the only one in white – your big day, and everyone turns around to look at you – it has to be stunning.

“Your wedding dress is probably the single most important piece of clothing you’ll ever wear,” explained local wedding dress designer, Martin Dobson.

“It’s important that when you look back over the next 10, 20, 60 years that you have no regrets about what you wore on your big day.”

Martin has been making a real impression on the local bridalwear scene of late, with his brand *Martin Dobson Couture* - he set up his studio in Hollesley back in 2017.

Having worked for many years in London, alongside some of the biggest fashion brands around, he moved to Suffolk, taking inspiration from the natural surroundings, and can count on a growing client base around Woodbridge.

“The inspiration for my dresses is taken from nature, such as flowers and leaves in the Suffolk countryside,” he said. “We’re lucky to be surrounded by so much natural beauty here.”



Despite having his inspirations, no two dresses of Martin’s are alike. The service he offers is truly bespoke.

“Everything is hand made,” he said. “I offer my brides a collaborative service, whereby everything is completely tailored to them and they can have the sort of input they’d never get with a high street retailer.”

“I’ll meet them, create mood boards, choose fabrics and discuss their own ideas, guiding them through the whole process leading up to the creation of their dream dress.”

Where Martin’s dresses really stand out is in their embroidery. His delicate designs are lovingly designed by Martin himself, giving brides the opportunity to have something truly unique and classy on their special day.

“I love getting to know my brides, speaking to them about their dreams and their ideas, and I’m truly passionate about helping bring their dream dress to life,” he added.

For more information, head to:
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Love her or loathe her, Victoria Beckham's climb from pouting pop wannabe to revered name in the fashion world has been nothing short of remarkable.

Once upon a time, when Britpop and Britney ruled the airwaves, when sport logo sweatshirts were an acceptable form of daywear, and when everyone thought Tony Blair was the bee's knees, there was a slender pouty pop princess who went by the name of Posh Spice. Revered and admired throughout the land for her ability to warble her way through some of the chart's finest offerings, the solemn singer had a life many dream of, but few attain.

However, despite her wealth and football star hubby David Beckham, Posh Spice was not fulfilled, for in her heart she wanted not to traverse the globe playing to enormous arenas of millions of shrieking fans alongside her fellow Spice Girls, but to be a fashion designer, a dream she dared not to speak of for fear of being laughed out of the Top of the Pops studio.

Fast forward 20 years and not only is the artist formerly known as Posh an established designer, but her eponymous fashion brand is both commercially successful and creatively celebrated among the fashion elite, as it marks its 10th anniversary with a London Fashion Week debut.

Much like her persona, those ready-to-wear collections have a serious and grown-up feel with the odd thrill.

Normally, she unveils her collections at New York Fashion Week but chose to do something different to mark the special occasion.

Naturally, her critics have been silenced, though we ought to wonder why the notion of VB becoming a fashion sensation was so ridiculous to start with. After all, it was she in the Spice Girl heyday who was arguably the trendsetter within the gang – Union Jack minis aside – with her pixie crop hair, asymmetric dresses and lashings of leather. Then, when she began dating Becks, she became the epitome of the glamorous WAG helping her other half become a style icon along the way.

So, if you think Victoria Beckham looks a tad smug as she gazes out from the latest cover of *Vogue* surrounded by her four equally gorgeous children (the illustrious 'September issue' no less), bear in mind that while fame and money can buy many things, they cannot garner respect in an industry as cutthroat as fashion. Like all burgeoning designers, she has had to put in the hard graft, and has done so with grace and admirable flair, doggedly building her empire season by season.

Today the label is valued at a whopping £100million, with over 100 staff worldwide, and two luxury boutiques (one in Hong Kong and one in London's Mayfair). Much like her persona, those ready-to-wear collections have a serious and grown-up feel with the odd thrill. Immaculately tailored wool coats, elegant silk shirts, polo necks and structured dresses in unforgiving cuts are firm staples in her arsenal, none of which come cheap (dresses start around the £1,000 mark, while a coat is double that); while budget fashionistas can indulge with the nominally less eye-watering Victoria, Victoria Beckham line.

And so it is that the glum popette became the toast of the fashion world against all expectations. And though there will always be those who mock her musicality and insist the Beckhams' 19-year marriage is in jeopardy, when it comes to fashion, Victoria is the undisputed queen of her kingdom.

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Even if you are not planning to dress up this Hallowe'en, it's the perfect time to have some fun and experiment with your make-up.

Why not try out our *Hallowe'en inspired* make-up ideas and look freaking fabulous come October 31.

Go fiendishly feline with *cat eyes*

- > Using the tail end of your brow as a guide, draw a slim diagonal line upwards from the outer corner of your eye using a liquid black eyeliner.
- > Draw a second line from the point you started to the centre of your eyelash line. Then colour in the area between these two lines. Apply multiple layers of mascara to finish.

Embrace your inner Cruella with statement *Stiletto nails*

- > Prepare your nails for applying fake nails; cut down and remove polish. Apply a base coat to protect your nails.
- > Glue on a set of long, fake nails.
- > Using a nail clipper, trim and file your nails to a pointed shape.
- > Add a fierce red or black polish to finish.

Go Night of the Living Dead with zombie *killer cheekbones*

- > Suck in your cheeks and apply a darker powder to just below the bone.
- > Then apply a lighter powder to the area of skin immediately above it.
- > Add a layer of shadow to either side of your nose and a lighter powder down the bridge.

Give the kiss of death with *metallic lips*

- > Prep your lips by exfoliating any dry, dead skin with a soft toothbrush.
- > Choose your colour; we love violet and black shades.
- > Apply a liquid lipstick that matches your metallic shade.
- > Use a lipstick brush to apply your metallic lipstick.



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- It is a complete protein

Cons:

- It is highly processed
- It contains artificial sweeteners to mask the unfavourable taste
- It can result in wind, bloating and diarrhoea due to the high lactose content

Plant-Based Proteins include lentils, hemp and chia seeds, soy, brown rice and nuts. As well as being good sources of protein, these foods are high in fibre and low in cholesterol and sodium. Plant-based proteins are also available which claim to provide the same results as whey protein.

Pros:

- They are easier to digest
- They are healthier as they contain no artificial sweeteners
- They have a neutral or pleasant taste
- Many sources contain other much-needed vitamin and minerals such as essential fatty acids
- They are hypoallergenic

Cons:

- It will cost you more to obtain the same amount of protein as whey
- Individually plant-based proteins are not complete proteins as they are deficient in some amino acids

In our opinion, this is a case of trial and error; see how your body responds to each and which gives you the results that you want.



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Pumpkin SHAKE-UP

PUMPKIN PIE
Right around this time of year the shops are brimming with pumpkin spiced delights, from lattes to biscuits and even candles. This 'spice' is what makes pumpkin pie such a delectable seasonal treat - a combination of cinnamon, ginger, nutmeg, cloves and allspice, it is warming and comforting. And when mixed with puréed pumpkin flesh, sugar, eggs, butter and milk and baked in a pie crust (store bought if necessary) you basically end up with autumn on a plate.

ROASTED SEEDS
When carving your jack-o'-lantern this year, don't discard that mound of seeds that sits snugly inside, as they are packed with nutrients and can make a delicious snack. Simply scoop out your seeds and separate them from the stringy flesh before rinsing thoroughly in a sieve. Now they still won't look quite like the seeds you buy in a supermarket, but that's because they need to be roasted, so preheat your oven and toss them into a bowl with either a sweet mix (cinnamon and sugar) or savoury (chilli powder, soy sauce and garlic powder) melted butter and a little salt, before roasting in the oven. Just be sure to check them regularly (so they don't burn) and toss regularly.

CURRY
You don't have to be a vegetarian to enjoy a pumpkin and chickpea curry, the ideal dish to warm up 'trick or treaters' on a chilly Hallowe'en night. Start by frying yellow curry paste with onion and lemongrass, then add chunks of pumpkin flesh followed by vegetable stock and coconut milk. Simmer before adding a tin of drained chick peas, cook for 10 minutes more, then serve over rice. Spookily good grub.

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This fiery colour can be used to stimulate and excite. It creates feelings of passion, anger and determination. Red is popular for brands relating to cars, technology and food. Brands that use red: Coca-Cola and Audi.

ORANGE:

A mixture of red and yellow, this multitasking colour evokes feelings of boldness and wellbeing. Orange is used by technology firms and finance companies. Brands that use orange: GlaxoSmithKline and easyJet.

YELLOW:

This feel-good colour which we largely associate with the sun brings about feelings of happiness and hope. Bright yellow is ideal for attracting attention. Yellow is most popular with restaurants, clothing and car brands. Brands that use yellow: Renault, Ikea and McDonald's.

GREEN:

This fresh spring colour conveys serenity, health and optimism. Green is ideal for brands selling food, household goods, technology and finance. Brands that use green: Starbucks, Oxfam and Subway.

BLUE:

With strong connotations to the sea, the colour blue makes people feel safe and secure. Brands can use this colour to instil confidence and portray reliability. Blue is effective with the airline industry, energy companies and agriculture. Brands that use blue: Facebook, British Gas and United Airlines.

PURPLE:

This royal colour is associated with wealth and luxury. Darker shades convey mystery whereas a lighter purple can be used for romance. Purple is often used by finance and confectionary companies. Brands that use purple: Hallmark and Cadbury.

WHITE:

White symbolises purity as well as cleanliness and transparency. White is perfect for clothing ranges, health improvement companies or brands that want to attract children. Brands that use white: Chanel, Gap and VISION.



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SPORT



AJ IS A.O.K

Can anyone pack a punch like Anthony Joshua? We're going to find out, with AJ, seemingly, six months from boxing folklore.

For just a second, we were worried about our newest boxing hero. Two rounds into Anthony Joshua's latest multiple world title defence, Russian veteran Alexander Povetkin caught the Watford-born hardman with a succession of blows. Blood poured from the nose of the 28-year-old as he staggered to regain both his feet and his composure.

And yet, true champions are often constructed not just on their achievements, but their setbacks too, and after losing the first two rounds of a packed 85,000-sell-out Wembley Stadium contest, AJ eased effortlessly into a mindset of power, precision and no small amount of patience. Povetkin tired, and in the seventh round Joshua delivered a devastating succession of punches that saw his opponent floored, and subsequently defeated for only the second time in his life.

"I'm still learning, I'm getting there," said AJ. "I'm not making claims but I deserve some credit." He's quite correct in that – to already hold the WBA, IBF, WBO and IBO proves a sumptuous array of victorious sporting prowess. "I know I can go much further – just line up my opponents and I will prove it," he postured.

And yet, now the real posturing begins. It looks as though unbeaten American WBC champ Deontay Wilder will be next up, with April 13 the date on everyone's lips. Joshua wants to prove, beyond doubt, that he can take care of anyone, and the WBC belt remains the last to be won.

What we're left to ponder is this: is strapping, humble, 6ft 6" Joshua the finished product? No. Is he unbeatable? No. But is he the best boxer in the world? All the evidence suggests so, and in April – whether he's fighting Wilder, Tyson Fury, Dillian Whyte or anyone else – the sensible money says he'll prove it.

Photo credit: SEAN DEMPSEYEPA-EFEX/Shutterstock



WHAT'S ON

in your area

Mindfulness and Meditation – The Power of Mindfulness

Woodbridge Library, New Street, Woodbridge, IP12 1DT

October 29, 11.15am – 12.45pm

Learn to relax and unwind, to combat stress, anxiety and worry through the practices of Mindfulness and Meditation.

Sessions are run on a drop-in basis. The cost is £12 per session. All very welcome.

For enquiries email debrawoodbridge@gmail.com, visit www.harnessinghappiness.co.uk or call 01394 450066.

Gala Evening

The Riverside Theatre, Quay Street, Woodbridge, IP12 1BH

November 4, 6pm



stock image

The Peninsula 2018 Poppy Project presents a gala evening to commemorate the centenary of the Armistice including the premiere of *Stanley's War – Suffolk's World War One remembered*.

It's a new film by Tim Curtis documenting the First World War through the lives of two very different Suffolk families.

This will be followed by a performance by The Riverside Musical Theatre Company.

Tickets are £30, to include a drinks reception, and are available from the Riverside box office, 01394 382174 or www.theriverside.co.uk

Woodbridge Choral Society performance

Snape Maltings Concert Hall, Snape, Suffolk, IP17 1SP

November 10, 7.30pm

The Woodbridge Choral Society, conducted by Andrew Leach, will be performing Benjamin Britten's *War Requiem*.

Tickets are available now from Snape Maltings box office or via www.snapemaltings.co.uk

For more information, see the Local News section.

Mini Beer Festival

The Cherry Tree, 73 Cumberland Street, Woodbridge, IP12 4AG

November 16 – November 18



We know we have a mini beer festival every day, but we thought we'd add some more for this weekend.

Chase away the winter blues with at least 15 real ales to try across the weekend.

For more information visit www.facebook.com/events/242948009699921

Transition Woodbridge Presents: Albatross

Woodbridge Community Hall, Station Road, Woodbridge, IP12 4AU

November 23, 7pm

Following a very busy year helping to raise awareness on the issues of single-use plastic and the pollution of our lovely rivers, seas and oceans, Transition Woodbridge is hosting a free film screening of *Albatross*.

We will have local stall holders selling plastic-free Christmas presents and you will be able to make plastic-free Christmas wrapping paper.

Find out more about the film at www.albatrossthefilm.com

The Armed Man

Snape Maltings Concert Hall, Snape, Suffolk, IP17 1SP

November 24, 7.30pm

Aldeburgh Music Club Choir performs *The Armed Man* by Karl Jenkins at Snape Maltings on Saturday, November 24 to commemorate the Armistice centenary.

Tickets priced at £18, £22 and £25 (students half price) are available now from Snape Maltings box office on 01728 687110 or via the club's website www.aldeburghmusic.club

For more information, see the Local News section.

ALDEBURGH MUSIC CLUB CHOIR

KARL JENKINS 'THE ARMED MAN - A MASS FOR PEACE'
 VAUGHAN WILLIAMS 'LORD, THOU HAST BEEN OUR REFUGE'
 FAURE (REQUIEM): 'PIE JESU' AND 'IN PARADISUM'
 BUTTERWORTH 'BANKS OF GREEN WILLOW'
 ELGAR 'NIMROD' FROM ENIGMA VARIATIONS

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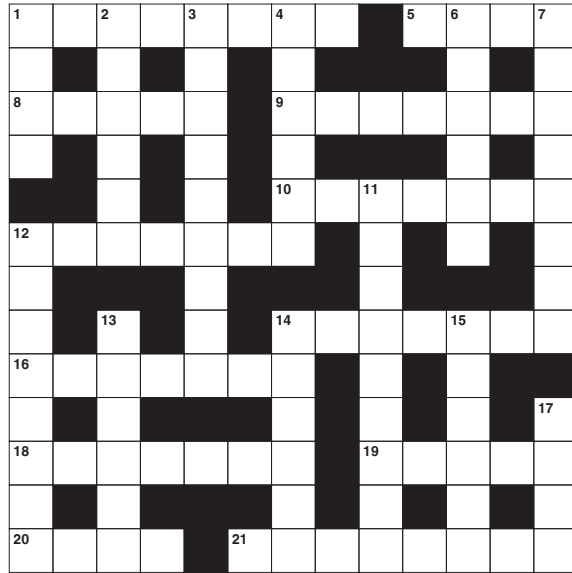
PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

ACROSS

- 1. Domains (8)
- 5. Inspired by reverence (4)
- 8. Kick out (5)
- 9. Figurative language (7)
- 10. Tallest species of penguin (7)
- 12. Moved round an axis (7)
- 14. Activity of travelling for pleasure (7)
- 16. Slow bowler in cricket (7)
- 18. Egg white (7)
- 19. Express gratitude (5)
- 20. Rose (anag) (4)
- 21. Laughed (8)



DOWN

- 1. Run away (4)
- 2. Person with detailed knowledge (6)
- 3. Breed of dog (9)
- 4. Posted (6)
- 6. Sailing barge (6)
- 7. Reverie (8)
- 11. Operated by air under pressure (9)
- 12. Eg residents of Moscow (8)
- 13. Warm up (6)
- 14. Deep ditch (6)
- 15. Country in the Middle East (6)
- 17. Slide (4)

DID YOU KNOW

- ▶ An ostrich's eye is bigger than its brain
- ▶ A bear has a total of 42 teeth
- ▶ Rabbits like liquorice, although it isn't advised that they eat it as they have trouble processing sugar
- ▶ Birds need gravity to swallow, so they would not be able to be taken into outer space
- ▶ A cat has 32 muscles in each ear, compared to humans who have just six
- ▶ All adult insects have three body parts: the head, the thorax and the abdomen
- ▶ Koalas sleep for up to 20 hours a day
- ▶ Dalmatians are born all-white

SUDOKU

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

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