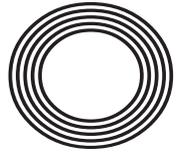


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WEEKEND
BREAKS**

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THE END OF WWI**
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Editor's notes...



William Taylor, Editor

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

By the time you read this, we'll be able to say that the end of the First World War was roughly 100 years and one week ago.

Every year I always take time to reflect on those who gave the ultimate sacrifice to protect us, many of whom were barely more than children themselves.

Technically, soldiers had to be 19 to go and fight for our country, but in reality, no one was stopping boys as young as 14 from signing up. All in all, over a quarter of a million teenagers signed up. My heart breaks for every life that has been lost to war, but particularly those who never even got to know what it was to live.

On a slightly brighter note, Christmas isn't far away. I saw a quote on Facebook which I shared on our page the other day. "Remember, the big stores don't do a little jig every time they make a sale. Help someone do a little jig this year - buy local this Christmas."

I couldn't have put it better myself. Remember to support Woodbridge's local businesses this Christmas.

In local news, Deben Leisure Centre has officially opened, a couple recreate their wedding photos to mark their silver anniversary and Woodbridge Rotary Club donates Dictionaries For Life.

Have a great month,

Will



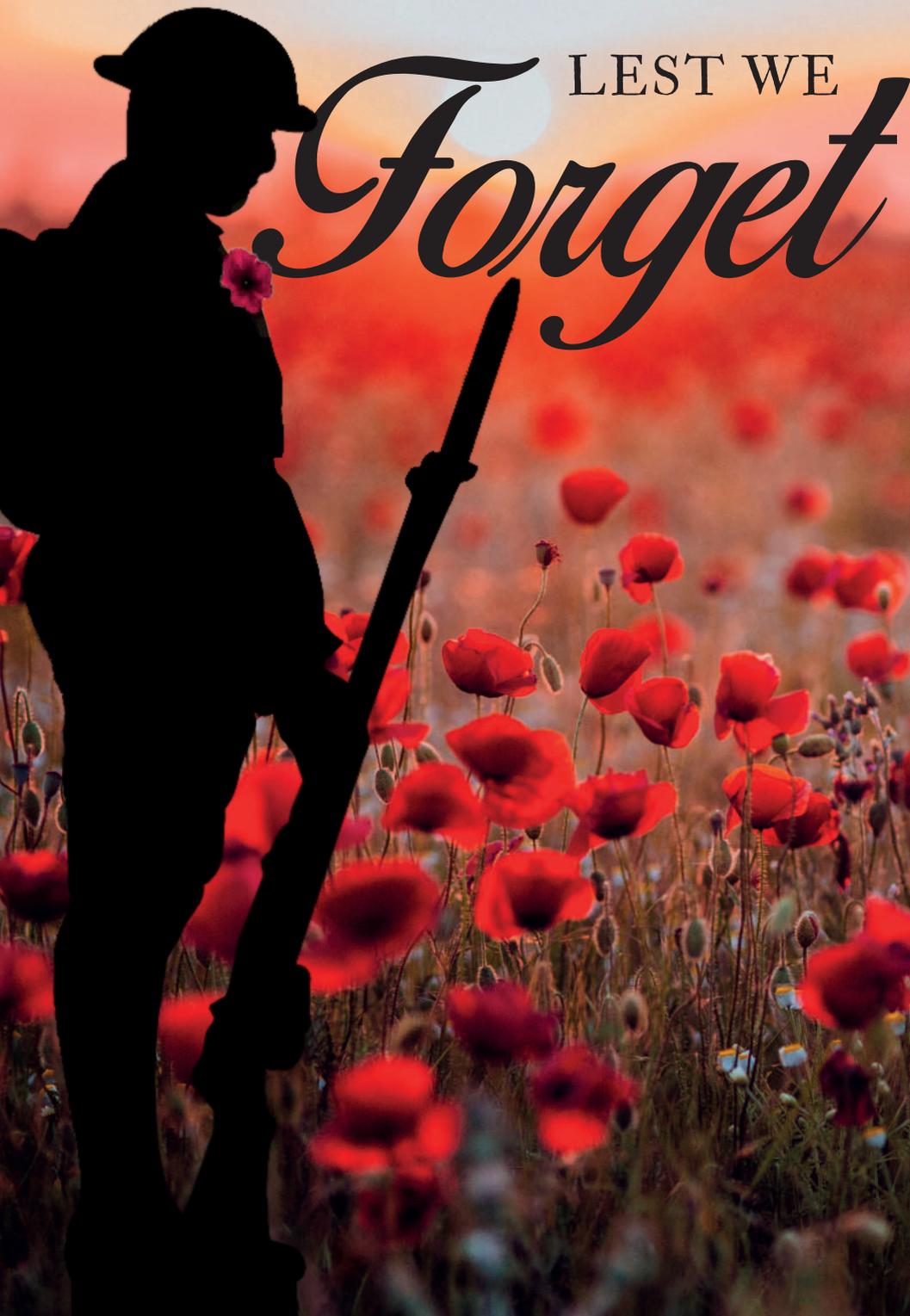
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LEST WE *Forget*

It was 100 years ago when the First World War drove a stake through the heart of global relations and set in motion events that would escalate even further just over two decades later (with the Second World War) in producing the bloodiest modern-day battle the planet has ever seen.

While the last living person to have fought in the First World War is now no longer with us, the efforts of Claude Choules – who passed away in May 2011 at the age of 110 – and millions of others who put up their lives to preserve our sovereignty and dignity will never be forgotten.

So as November 11 approaches – and with it, at 11am, the 100-year anniversary of the signing of the Armistice, in the French town of Redonthe, which brought an end to the war – it's important to remember the key events that contributed to the third bloodiest battle of all time. From that, we might hope, however naïve our optimism, that at some point, we all might learn from the mistakes of the past.

KEY EVENTS (PRE-WAR)

- While it's true to say the assassination of Franz Ferdinand and his wife by Bosnian revolutionary Gavrilo Princip was the catalyst for the start of the First World War, it wasn't its cause.
- Before then, Britain, Germany, France, Serbia, Russia and Austria-Hungary had been at each other's throats for a good period of time, and after war was narrowly avoided on several occasions, finally tensions spilled over.
- One of the main contributing factors was the huge move towards imperialism - Britain and France had stolen a march on Germany who were desperate to catch up.
- Meanwhile, nationalistic tendencies were high and military power at an all-time peak.
- Plus, a whole host of alliances were made between countries looking to protect, though in simple terms Germany, Austria-Hungary, Bulgaria and the Ottoman Empire (the Central Powers) fought against Great Britain, France, Russia, Italy, Romania, Japan and the United States (the Allied Powers).

KEY EVENTS (DURING THE WAR)

- On July 28, Austria-Hungary declared war on Serbia and the tenuous peace between Europe's powers crumbled.
- In August 1914, Germany advanced through Belgium into France.
- In September 1914, Britain and France confronted German forces at the First Battle of the Marne, meanwhile Eastern Front battles saw Russia attempt to gain territory in Germany. Their inability led to revolt in Russia and the start of the Russian Revolution.
- With several battles in between ending in stalemate, and often with considerable losses, the Central Powers gradually faded, and in 1917, after German U-boats continued to sink US passenger liners in British waters, the Americans entered battle on the side of the allies. This heralded the start of the end.

FIRST WORLD WAR IN NUMBERS

- With new military technologies and the longevity of battle – over four years – unprecedented levels of carnage and destruction were caused and over **16 MILLION** lives were lost, **NINE MILLION** of them soldiers. The war also, inadvertently, led to the spread of Spanish flu which killed an estimated **30 MILLION** people.
- Liberal Prime Minister David Lloyd George took us out of war in **1918**.
- At the Battle of the Somme, **OVER A MILLION** lives were lost for a gain of just **25 MILES**. German officer Friedrich Steinbrecher said: "Somme: the whole history of the world cannot contain a ghastlier word."

MOVEMBER

It's time to ditch the razor

It has caused some hairy moments and has led to some serious lip service from the ladies.

But Movember is back again, which gives the guys the perfect excuse to ditch those razors and raise a huge amount of cash for good causes.

The charity campaign asks blokes to grow a moustache for November and rope friends and family into sponsoring them. The funds raised by the Mo Bros – as they are known – go directly to men's health, including mental health, aiming to increase early cancer detection, diagnosis and treatment for prostate and testicular cancer.

But it is no hair-brained scheme. Last year the Mo Bros and Mo Sistas raised a staggering £8million in the United Kingdom alone and 69.7 per cent of funds raised were allocated to men's health projects.

Not bad for an idea which grew over a meeting in an Australian bar in Melbourne, by two mates Travis Garone and Luke Slattery. The moustache had all but disappeared

from fashion trends. Could they bring it back? They found 30 guys willing to take up the challenge.

Through the years the charity, like the moustaches, has just grown and grown. By 2009, the UK and US joined in.

Of course, no charity campaign would do much without celebrity backers but Movember brings out a Triple A list of celebs.

In the past Johnny Depp, Brad Pitt, Orlando Bloom, Zac Efron, Idris Elba, David Beckham, Theo Walcott, 007 Daniel Craig, John Travolta, Justin Bieber and Stephen Fry have all taken part.

But ladies can join in too and wear false moustaches. Lady Gaga, Carol Vorderman, Kate Upton and Laura Whitmore have also joined in as part of the Mo Sistas.

This year, the cash is expected to roll in again as fast as those 'taches grow. Organisers are hoping that last year's total will certainly be beaten by a lot more than a whisker.



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Photo credit: Paul Nixon

Deben Leisure Centre officially opened

The chairman of Suffolk Coastal has officially reopened Deben Leisure Centre following the £3.5million redevelopment.

Councillor Nicky Yeo carried out the all-important opening duties alongside Cllr TJ Haworth-Culf, Suffolk Coastal's cabinet member with responsibility for customers, communities and leisure, on October 6.

Cllr Yeo said: "This £3.5million redevelopment is the first significant investment in the facility since a roof was added to the pool in 1984, and I think we have

provided a fantastic facility that will serve the needs of the community for the foreseeable future.

"I would like to thank the council's leisure development partners, Pulse Design and Build, our operators, Places Leisure and Sport England for the £500,000 grant to help fund the facility.

"Last, but certainly not least, I would also like to thank the users of Deben Leisure Centre, particularly the very loyal members who have given us a great deal of feedback on the redevelopment."

Coffee morning raises hundreds for Macmillan

Basepoint staff and licensees enjoyed another cake-fuelled event and raised lots of dosh for Macmillan Cancer Support.

The coffee morning, which was held recently at Basepoint Ipswich, raised £864.89 for the charity.

Thanks to a joint effort between Basepoint licensees Angels By Classic and centre staff, the break out area was overflowing with homemade cakes (and maybe a couple of shop bought ones) donated by a variety of

visitors and businesses.

Not only did licensees have a wide selection of cakes to choose from, they also had a selection of coffee provided for free by Eddie of JDE Pro, who owns Kenco & Douwe Egberts.

On top of all the food and frivolity, Angels By Classic arranged a raffle, which included prizes such as a country break, Louboutin phone case, champagne and much more.



Photo credit: Ufford Park



Couple recreate wedding day 25 years after the event

A couple who married at a Woodbridge hotel have returned 25 years later to mark the anniversary.

Alan and Sara Lankester were one of the first couples to tie the knot at Ufford Park Hotel, Golf and Spa after it opened in 1993.

To mark their silver wedding anniversary, the pair from Ipswich were invited back to the venue.

Mr Lankester planned the romantic surprise for his wife after speaking to the hotel.

He said: "Some people don't believe in love at first sight but with Sara and I that was what it was. In fact, I knew she was the girl I was going to marry after only a few months of dating."

"I look back at the last 25 years of marriage and know that asking her to marry me was the best decision I have ever made. I share my life with an amazing woman that still loves me and we have three

handsome sons that we are incredibly proud of.

"To mark our anniversary with a trip down memory lane was magical – it was one of the happiest days of our lives."

Ufford Park Hotel, Golf and Spa offered the couple a complimentary overnight stay in the room they stayed in on their wedding night 25 years ago – The Bawdsey Room.

Debbie Ratcliffe, marketing manager, said: "It's a special celebration for us too because this was one of the first weddings we catered for and there are still some staff who remember it."

"They slept in the honeymoon suite, they held the reception in the Park Restaurant and they even had a photograph taken in our gym."

Alan and Sara were invited to replicate all the photographs from their big day during their stay.

Woodpeckers progress to Second Round of FA Vase



Photo credit: Paul Leach

There has been a good run of results for the Woodpeckers in both the league and FA Vase recently.

Good wins in the league away at Wroxham, Long Melford and Brantham have seen the side climb the table as well as a home win and draw against Godmanchester and Haverhill.

A 2-0 away win in the FA Vase on October 13 saw the Woodpeckers face Histon in an away fixture on November 2.

They were defeated in a thrilling 5-4 encounter. Upcoming home fixtures include:

November 17 – Great Yarmouth; November 24 – Hadleigh; December 8 – Long Melford; December 22 – Brantham; January 5 – Thetford

Revive & Restore

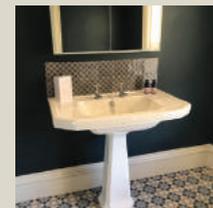
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Puppy's family looking to raise money



A family from Woodbridge have opened a JustGiving page to help fund veterinary treatment for their puppy Pickles.

Pickles is a six-month-old Jack-A-Poo puppy who has been diagnosed with a rare condition called Paroxysmal dyskinesia. This is an involuntary movement disorder which causes his body to go into spasm whilst he is still awake.

The episodes last around 30 minutes and he is sadly having one every day.

The family vet referred Pickles to a specialist veterinary centre in Hertfordshire where they have extensive experience of researching, treating and managing this condition.

Alison Pearson, Pickles' owner, said: "We bought Pickles as a normal healthy puppy, in good faith, however the house we went to was a known puppy farm address to the RSPCA and he is now part of a huge RSPCA case.

"We were shown the mother, told she was a family pet, that this was her second litter and were told that he had been wormed, neither of which was true.

"The condition started soon after Pickles came to us so sadly, due to the time frame, the insurance we took out when we got him won't cover this."

At the time of going to print, Pickles was due to have his first of many appointments with the specialist vet.

To donate towards Pickles' cause visit www.justgiving.com/crowdfunding/alison-pearson-1

Rotary Club donates Dictionaries for Life

Woodbridge Rotary Club has once again presented Year 4 children at local primary schools Dictionaries for Life.

The dictionaries promote British English and encourage children to widen their vocabularies.

The books can be taken home and used as

reference books by all the family.

A spokesperson from the Rotary Club said: "The Dictionaries for Life project is to help literacy and develop children's facility with the English language.

"All local primary schools were approached. The children we have been involved with seem to love the books and can take them home so the whole family can use them.

"Our club has only been involved for about five years although the project has been going longer. In the years 2007 to 2010, Rotary Clubs donated 200,000 dictionaries."

Drivers get to grips with latest electric cars

Melton-based EV Driver Ltd, which operates a local charging network, organised an Electric Vehicle Experience Day, where visitors were able to test drive some of the latest electric cars and motorcycles on the runway at Bentwaters.

The aim of the day was to help educate people about the realities of owning and driving an electric vehicle, to answer questions about charging and reassure potential users about concerns such as range anxiety (the fear of running out of power en-route to your destination), vehicle performance, and the location and availability of charge points.

EV Driver's CEO Linda Grave said: "Offering visitors access to vehicles is the very best way to help them take a step into a more sustainable form of transport."

Visitors to the Experience Day were able to see and try out a range of cars from local dealers such as BMW, Nissan, Jaguar, Mini, Range Rover, and representatives from Renault Zoe and Tesla Owners Clubs kindly offered rides in their own cars. The Zero and Soco motorcycles were a popular attraction, as were the electric scooters.

One visitor commented: "I am hooked. And the next time I change my car it will be an all-electric."

If you have any questions about electric vehicles or charging, please contact EV Driver Ltd on 01394 799799 or visit www.evdriver.co.uk



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News from Councillor Geoff Holdcroft

District & Town Councillor for Woodbridge

Hopefully as you're reading this we will know which town has come first in this year's Great British High Street Awards. Whatever the result it has been great to witness shopkeepers and shoppers all working hard together to try and win this accolade for Woodbridge. Thanks to everyone who was able to vote.

Continuing the same theme, the first ever East Suffolk Business Festival was held in district over the beginning of November. There were events held all over the district with quite a few in and around Woodbridge. One of the most important was the Suffolk Coast Annual Conference held at Ufford Park which saw many of the businesses involved in the tourism industry gather together to see how they could build on the already successful visitor economy which helps to sustain our vibrant market towns, especially Woodbridge. As well as that event there was a business breakfast in Woodbridge, a seminar at

Seckford Hall and a Chamber of Commerce Dinner at Kesgrave Hall.

At the end of October, the Local Government Boundary Commission for England published its final report on new electoral arrangements. In some areas they were significantly different from the one they proposed back in July but in Woodbridge no changes were recommended. From May 2019 there will be two councillors representing the town.

Finally, I expect to see a really good turn out on Remembrance Sunday this year. The crowds have been steadily growing these past four years and hopefully the weather will be kind to us. Whatever the weather we do need to remember all those who made the ultimate sacrifice so that we can enjoy the freedoms and opportunities we all treasure today.

Platinum support for older people from businesses

Ufford Park Woodbridge has signed up to become Platinum Friends to celebrate Age UK Suffolk turning 70 this year.

The charity works for and with older people across the county.

To mark this birthday, Age UK Suffolk is seeking 70 business supporters from across Suffolk to pledge their support – or become Platinum Friends.

So far, almost 50 businesses have signed up, including the likes of Coes, Gressingham Foods, Spider Web Recruitment, Clarke and Simpson and Ufford Park Woodbridge.

Michelle Pollard, managing director of Spider Fixed Fee Web Recruitment, explained: "We are delighted to be working alongside Age UK Suffolk as their Platinum Friend for 2018. Helping to raise awareness of the charity's great work and support the services they provide to elderly people across the county, is part of our mission to give back to a community that has been so supportive to us in our business growth."

Not just a donation, – Platinum Friends offers benefits to businesses. In return for a donation of £200, Platinum Friends of Age UK Suffolk will gain



from networking events.

There will be a larger business networking and information conference on January 31 at Wherstead Park. This will be a full-day event focusing on the outcomes of supporting a local charity and business issues surrounding an ageing population. The aim of this event is to inform, educate and advise partners as well as offering an excellent opportunity for businesses to work together for the benefit of the Suffolk community.

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News from Councillor Caroline Page

The County Councillor for Woodbridge

I've just spent a few days in hospital, guest of our wonderful NHS, having my knee replaced. It's quite a big operation and needs plenty of immediate support. Coincidentally, my 93-year-old mother was an emergency admission on the ward directly below. She was suffering from generalised ill-health, also needing a lot of care. In some ways a convenient coincidence – I was able to visit my mother by wheelchair.

or ability to pay. Our concerns (and the concerns of our relatives) were listened to, we were given all the help and support we needed, and unsurprisingly our health improved. My mother was able to go back to her home the day after I went back to mine.

The same day as I came home, in pain and slightly low, a friend of mine came back from Chad, where she'd been attending a conference on women's health. She was also low, having said goodbye to new friends who were returning to Yemen. "They said the world has forgotten them and told me gentle stories of no food, no water, no electricity, no currency, and worst of all, no hope," she said. "The children have forgotten how to play as they are on the brink of survival."

It is so easy to forget how lucky we are, and to fail to notice our blessings – let alone count them.

Now, whether elective surgery or emergency – and despite austerity – my mother and I were both treated with gold-standard professionalism, respect and care – but also with huge warm-heartedness. When my mother had an operation on her 93rd birthday, the porter asked everyone to sing Happy Birthday to her. She got an encore in theatre too.

Our treatment didn't depend on value to society

Children applaud 100 years of volunteering and service

A new Suffolk-wide initiative is under way this week, to celebrate the men, women and children who have contributed to the county through volunteering.

The month-long 100 Years of Volunteering campaign is being led by Community Action Suffolk and had its official launch at St Mary's C of E Primary School in Woodbridge.

Pupils at the primary school got stuck into a day of activities, including visits from servicemen, dressing-up opportunities and talks about the importance of volunteering, all as part of the kickstart to the centenary celebration.

St Mary's was previously judged as the winner of the School's Garden of Remembrance contest, staged at the Suffolk Show. Its pupils have been learning in detail about the changes in society's role over the last 100 years, which marks the ending of the First World War.

Community Action Suffolk was invited to the school to help launch their countywide campaign, called 100 years of volunteering – Then and Now.

Also supporting the centenary activity is George Vestey, High Sheriff of Suffolk for 2018.

Paul White, volunteer manager at CAS, said: "We were delighted to have the opportunity to launch



our campaign at the primary school, and to help youngsters in the county learn more about the extraordinary extent of volunteering which went on throughout the Great War.

"The intention of the campaign is to inspire more people of all ages to give their time to their community and to visit our volunteering opportunity website Volunteer Suffolk (www.volunteersuffolk.org.uk) to find the diverse range of volunteering opportunities available today."

To find out more about the volunteering celebrations and activities, contact Joanna Belfield, volunteer coordinator at CAS on 07990 576893 or email jo.belfield@communityactionsuffolk.org.uk

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News from
Dr Andy Sievewright
Headteacher of Farlingaye High School

In October, we celebrated World Mental Health Day with assemblies about how to cope with life's challenges. The day was a part of a wider drive to support student wellbeing. Great work is being done by staff to develop our strategy on promoting good mental health.



Our Year 11 students all recently had the opportunity to have a week's work experience. They found out about the working environment, themselves and their interests and what paths into careers they might wish to follow. It was also an excellent opportunity for them to engage with the community constructively, and we have been very pleased with the feedback we have received from employers about their interactions.

to talk to local businesses and colleges and find out about careers available in local firms. It will provide them with the possibility of finding what inspires and excites them about the future and where they could build careers. We really appreciate the businesses and colleges taking the time to see our students.

All Year 9 students were given first aid resuscitation training by Ken Hawley of Suffolk Medical Services. This opportunity was funded by the Farlingaye High School Foundation who do valuable work by raising money to be spent on enriching the students' experience at school. We appreciate all their efforts.

Careers education development is a big focus this year, as we look to prepare our students for success in the rapidly-changing 21st century careers landscape. We aim to engage students from Year 7 onwards with the world of work and to help them develop the qualities and skills needed to pursue their dreams.

We are holding our annual Careers Convention at the beginning of November for students from Years 10 to 13. This will be a wonderful chance for the students

Chef helps to bring Christmas home this year



Born in the West Midlands, Richard Johnson moved to Suffolk when he was only 15, having decided to embrace a career as a chef.

Trained in high-end establishments, he got familiar with gastronomic cuisine, cooking for celebrities and catering for major corporate events. He then took on a new challenge by moving to France, where he worked for eight years, another experience which allowed him to broaden his culinary culture and sharpen his techniques.

Having moved back to Suffolk a couple of years ago, Richard now wants to share his knowledge and passion, taking private dining to the next level.

Offering a tailor-made experience, each menu is designed just for the client, based on their likes and dislikes or any dietary requirements.

No matter how extravagant you wish your dinner party to be, he will go that extra mile to make sure you and your guests have a memorable evening, from the appetiser to the coffee, which he hand-roasts himself.

With the festive season fast approaching, Richard is working on some unique dishes that would light up any Christmas party.

Check out his latest dishes on Instagram or email private_chef_richard@hotmail.com



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A MODERN WORLD

THE ROOTS OF MODERNISM AND HOW THIS BRAVE MOVEMENT HAS LASTED SO WELL

The advent of modernism in home furnishings – and beyond – was something that really took off towards the end of the 19th century. In essence, it was a rebellious response to the years of floral, ornate, elaborate, elegant and largely curved, flowery styles that had patterned so much of people's lives.

For countless decades before, the idea of Victorian, Gothic and Renaissance designs – and with them, interiors that screamed detail, eloquence and opulence – had dominated homes and was the norm. After all, we'd all like to recline on a chaise longue while admiring arches and arcs, patterns and textures, right?

Wrong. In modernism the 'mo' became straight lines, clean shapes and hard edges. Within this, overuse of colour was discouraged, while the invitation was laid out to embrace textures and textiles not previously considered homely – consider steel, concrete, large expanses of glass and other materials once thought of as cold and unwelcoming.

Where colour did prevail, this was to be bold and statement-giving, so perhaps blocks and slabs of shades adjacent to blacks, greys and whites.

Where did this all come from? Well, the Industrial Revolution had a lot to do with a more measured and practical approach to living. Modernists liked the idea of exploring norms and modes that were suited to this new world industry was providing, and it was perhaps to be expected that the influences of work became the influences of home.

Sure enough, these modernist statements didn't start and end in our homes, there was literature, art, music and more – countless areas where people were expressing a desire to rebel.

Although no end date for modernism has ever been noted, it's perceived that post-modernism came into being in the late 1970s, and from there society has largely embraced a mass of contrasting and conflicting styles in elegant harmony. Yet without those early-century modernists, the world we see in 2018 would surely look very different.



STATEMENT

SHADES: THINK **BIG** & GO **BOLD**



A statement lampshade can help complete an otherwise unfinished looking room, it can act as a focal point for interior discussion, it can even bring together the whole design concept of your home.

This year's lampshades should not be lurking in the shadows, they are designed to be seen and revered.

Flowers and Foliage

Floral patterns have been hugely popular across all interior design this year, but lampshades have taken this trend one step further with floral geometric patterns. These quirky and eye-catching designs are ideal for those wanting a fresh and naturalist vibe to their home.

Bold Battan

This lightweight material which fits easily over existing light fittings is perfect for casting light patterns across a room. Choose an intricately woven design to create an impressive focal point that your

guests cannot fail to notice. A great shade for ceiling lights in a conservatory or office. Team with a vintage lightbulb for a retro effect. For an alternative revived material, try bamboo or shell shades.

Sumptuous Silk and Velvet

Add a touch of glamour to your home with a velvet or silk lampshade. This luxurious fabric suits both the bedroom and living room. Best used for a table or floor level lamp so that its luxuriousness can be appreciated up close and personal. We love a deep purple velvet shade for creating light in an intimate reading corner.

Cutting-edge Sculptural Shapes

Sculptural lampshades are bold, incredibly modern-looking and often appear more like works of art than mere lampshades. Ideal for homeowners who want a surrealistic or contemporary vibe within their home. These types of shades are incredibly versatile and work well for ceiling lights, wall and floor lamps.

Photo credit: John Lewis, Next, House of Fraser, Not on the High Street

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GARDENING

Spruce up CHRISTMAS

Why festive fun at Christmas should begin with your choice of tree

As a centrepiece for the most special of seasons, you can't really lodge a statement any stronger than a Christmas tree. A beacon of festive fanfare, the tree we choose acts as a meeting place for family, friends and loved ones, so why not, ahem, 'branch out' this year on something special:

Norway Spruce: Our most traditional and best recognised Christmas tree that, to the surprise of some, grows happily in the UK (despite its name). It offers flailing green arms and an aromatic scent that lends itself to awkward hugs with Auntie Beryl.

A cost-effective, attention-grabbing tree, but one that sheds its needles quickly, so get your Hoover at the ready.

Nordmann Fir: The increase in popularity of this tree is largely down to the fact it doesn't shed its needles like a number of others. A symmetrical shape, it's glossy, soft and a winner with the kids.

Slightly more expensive than the spruce, this tree is also fragrance-free.

Blue Spruce: This one does what it says on the tin – a prickly, cactus-like spruce that comes with a sumptuous blue/grey tinge.

Typically a medium-sized little number, it's not overly kid-friendly, but adorned with lights probably ranks as the best looking of the lot.

Serbian Spruce: With better needle retention than the Norway Spruce, this attractive tree looks as though it's been dipped in a pot of wood polish, such is the sheen that comes up from its branches. If you don't have a lot by way of decorations or lights, this tree will do the hard work for you.

In terms of maintenance, follow these quick rules to keep your tree looking tip-top:

- 🌲 Keep outside or in a cool place for as long as possible before use
- 🌲 If keeping it in water chop a couple of centimetres off the stump first
- 🌲 Water it every day



WHERE THERE'S A *Willoughby,* there's a way

She's gone from teen model to national treasure, but for Holly Willoughby the biggest challenge is yet to come as she gets ready to enter the jungle.

Willoughby's ascent to full-blown daytime doyenne has been nothing short of remarkable. The classic 'girl next door', she has enchanted viewers across the widest of demographics, although with a sense of comfort – be that when discussing women's lifestyle, parenting, health or the home.

Yet now she's setting out on a whole new path, and to the Australian Outback, no less, to join Declan Donnelly in filling in for the Geordie's beloved but troubled sidekick Ant McPartlin on the new series of *I'm a Celeb... Get Me Out of Here!*, which begins in November.

While the challenges of a frenetic work schedule down under are a world away from the well-trodden mechanics of the *This Morning* TV studio, at least the 37-year-old won't be forced to canoodle with cockroaches or munch on maggots (all part of what lays in store for the real 'celebs' as part of the show's legendary Bush Tucker Trials).

Yet the likeable Sussex-born presenter is approaching things with an open mind.

She said: "I couldn't be more excited to have been asked to stand alongside Dec for the next jungle adventure. I love Ant and want to send him my best wishes and support for a continued recovery, and these are big shoes, not to fill, but just to keep warm for a little bit; but I'm going to give it my best shot."

Willoughby is arguably better equipped than most – she knows her way around a TV studio like few others in light entertainment, even if this one is littered with critters, koala bears and acacia trees.

"Of course I've been out of my comfort zone so many times in the past and it's probably where I thrive best," she says. "Right back to the early days of modelling for *Pretty Polly*, it was all a new experience, and the best decisions in life often come about as the result of trying different things."

Producers hope Willoughby will hit it off with buddy Donnelly in the same way that she did with her self-proclaimed "best friend in the world" Phillip Schofield, who she has co-presented *This Morning* with since 2009, their natural charisma evident for all to see. "You couldn't do that many hours of TV together, with all the different subjects, without there being some sort of relationship that's utterly real," said Willoughby at a recent BAFTA event to celebrate 30 years of the popular breakfast show.

"Dec and I know each other very well too and I'm sure there will be a lot of banter and laughter firing between us – I can't wait to get started."

Willoughby is taking all the family to Australia for what promises to be a memorable busman's holiday, and yet there's no let-up upon her return, with the self-confessed fashionista having recently become an ambassador for Marks and Spencer. Holly's Edit is part of the brand's Autumn Must-Haves campaign, with a focus on affordability (prices range from £19.50 to £99). "Keeping busy whilst exploring new angles is everything to me as I never want to stop... not even for a jungle meal."



Photo credit: MEXUS/SHUTTERSTOCK

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GO BONKERS FOR

BOARD GAMES

Board games are having a massive revival with gaming aficionados and families alike wanting to re-live their childhoods with classic, simple games that bring hours of joy with no internet connection needed.

OPERATION

A testament to it's brilliance, this game has barely changed since it was first created in 1965. A game of physical skill that tests the players' fine motor skills and hand-to-eye coordination, we hope this game remains a firm favourite with families for many years to come.

CLUEDO

What's not to love? Mystery, murder and logic all in one suspenseful game. Originally named Agatha Christie – The Game, then changed to Murder before finally settling on Cluedo as a pun on Ludo. This game has been revamped over the years, but we still love the original cast of Colonel Mustard and Professor Plum.

BATTLESHIPS

Originally a pencil and paper game which dates to the First World War, it was made into a plastic board game by Milton Bradley in 1967. So popular was this game that it has been re-invented to electronic versions, video games and even a film. We still love the original HIT! MISS! version though.

SNAKES & LADDERS

This iconic game is a much-loved classic from most people's childhoods. A great introduction to the competitiveness of real life; a game where emotions run high... and low.

SCRABBLE

No board game wish list would be complete without the legendary Scrabble; one of the biggest selling board games of all time and loved by all ages. Created over 70 years ago, this simple word game is as educational as it is fun.

Did you know every hour at least 30,000 Scrabble games are started across the world?



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SEASONAL
Beauty Trends
REVEALED

Get gorgeous for autumn/winter with these beautifying trends, including even some for the man in your life.

Luscious hair

Show off your shiny, luxurious hair this autumn as blow-dries make a comeback. Think big, think voluminous, think like you just stepped out of a salon.

Boardroom beauty

Sophisticated, clean beauty is back in as matte skin, muted lips and perfectly groomed brows combine to create the perfect power look. Fellas, don't be afraid to run a comb through those unruly brows for your own take on boardroom beauty.

Statement lip

For the last few years lips have been decidedly understated, either delicately glossed or hushed in fleshy tones. But the statement lip is back, so grab your lip liner and scarlet lipstick and prepare to pout til spring.

Longest lashes

It's easy to look sallow and tired in winter, which is

REVEALED

why it's a great idea to open up those peepers with a little lash accentuation. Now we're not talking about stick-on lashes that weigh down your eyelids, but more a combination of perfectly-applied mascara and individual fake lashes applied just at the corners in order to create that gorgeous Sixties-inspired look.

Pore-free skin

Flaky winter flesh with dark shadows under eyes isn't a good look for guys or gals, which is why you need to prime. This requires decent exfoliation, plenty of moisturiser and, naturally, a decent primer. Add concealer for where it matters and flourish in pore-free perfection.

Grunge goddess

This autumn/winter isn't all about high-gloss glamour, as grungy makeup makes a triumphant return. So sharpen that kohl eyeliner and revel in the rebel look which requires minimal skill whilst offering maximum impact. Team with a muted lip, flawless skin and dishevelled hair, don your surliest of scowls and hit the town.



FASHION



JACKET

TRENDS FOR MEN THIS WINTER

The jacket is one of the most versatile, reliable and classic items that you can have in your wardrobe. A good jacket will take a nondescript pair of jeans and white T-shirt combo and make it a statement look.

David Beckham, Marlon Brando and David Gandy to name but a few of the male celebrities who know how to work a jacket to their advantage.

BIKER JACKET

Synonymous with motorcyclists, this edgy style is often cropped, black and studded. Ideal for those wanting to appear youthful, sexy and a little bit mean.

Best worn with slim fitted or skinny jeans and a statement T-shirt.

BOMBER JACKET

A flashback to the 90s, the bomber jacket has seen a massive surge in popularity in recent years. We recommend looking for one made from soft leather to add a touch of elegance to this manly look favoured on screen by Wolverine.

AVIATOR JACKET

Originated in the air force, this *Top Gun*-inspired style of jacket has barely changed since it was first produced. A bulky jacket with a sheepskin collar, it is mostly found in shades of brown with a contrasting coloured lining. Definitely one for the winter months, keep cool underneath with a lightweight jumper or long-sleeved T-shirt.

WESTERN JACKET

A fairly new development in the world of men's leather jackets, the western is slowly becoming a popular piece due to its stylish and modern appearance. Perfect for those wanting to relive the nostalgic feel of the 70s. Also, readily available in suede and denim.

VARSITY JACKET

Similar in shape to the bomber jacket, the varsity was inspired by school and university sportsmen in the 50s. Most appropriate for a casual day date or Sunday afternoon at the local.

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IRON LADIES

Don't fear those dumbbells, ladies, lifting weights can be a huge benefit to your body as you age. The word 'weightlifting' may evoke visions of sweaty, ripped, slightly insecure men in dingy gyms, Arnold Schwarzenegger in spandex, and every bloke ever at the World's Strongest Man competition.

risk of fractures, particularly as you get older. You will also find that other activities like gardening and walking become far easier; it can also build confidence and help you lose weight as the increase in muscle mass boosts your metabolism.

But don't let these preconceptions stop you from partaking in an exercise which could transform your life. After all, it's a well-known fact that past the age of 35, women begin losing muscle mass, a process which accelerates drastically post-menopause.

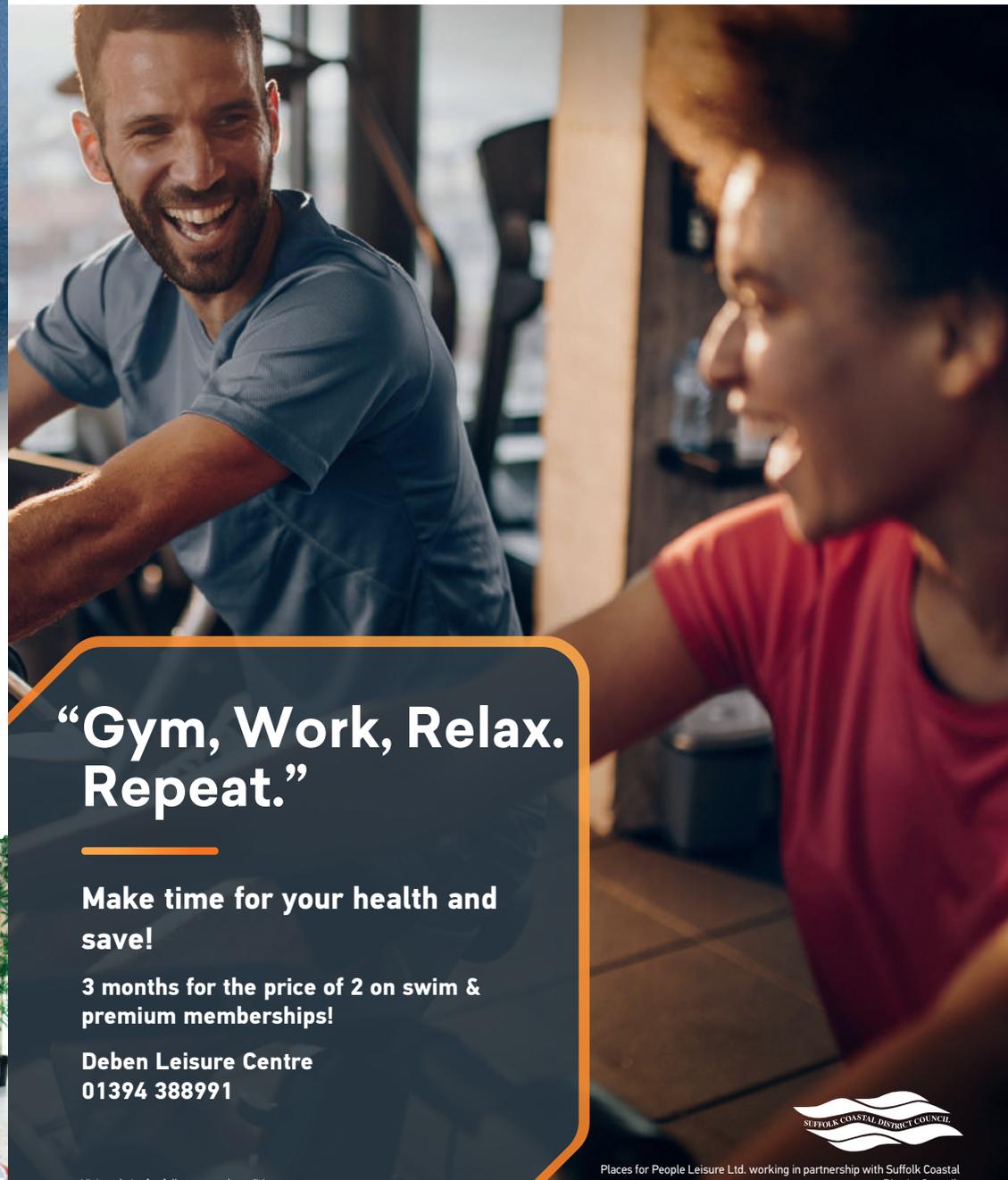
What is less known is how you can replace and maintain muscle. Surprisingly, cardio alone isn't ever going to restore what you've lost – it will simply keep you slim and tone muscle you already have. It is only by lifting weights – also known as strength and resistance training – that you build new mass.

If you're still not convinced, know that the benefits of weightlifting go beyond just altering your appearance. Pumping iron not only keeps your muscles strong, but increases bone density as well, reducing the

Naturally, you don't want to end up looking like you've been overdoing it on the steroids, so rest assured that women do not have the testosterone levels required to build massive muscles. Instead, look at weights as an investment into your future health... one that could offer freedom, vitality and bingo wing-free arms.

TOP TIPS TO GET STARTED:

- ↔ Always warm up first
- ↔ Spend time with a trainer to perfect your form
- ↔ Keep it fun with a group class
- ↔ Don't do too much too soon
- ↔ Train different areas on different days to keep your body balanced and allow for recuperation



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Beat Bingo Wings



It's not just cardio you'll need to beat the bingo wings, explains Julie Foster from Dance Fit East in her monthly Q&A.

My doctor says I should do more cardio – what does he mean? Karen, Woodbridge

Cardiovascular fitness can simply be defined as your body's ability to get oxygen and blood to your muscles. You can improve your cardio fitness by regular training/ exercising. Each time you exercise it will increase your heart rate and make greater demands on your body to utilise fat for energy.

I have lost weight but my “bingo wings” are now worse? Deborah, Kesgrave

When you lose weight without exercising you lose muscle. You need to maintain and build more muscle in your upper arms through a programme of resistance training with bands or weights. This will help to strengthen and tone your muscles and decrease the “bingo wings”

I had a baby 3 months ago and am exhausted – how can I exercise? Phoebe, Foxhall

A lot will depend on how active you were during and before pregnancy. Be guided by how you feel, as pregnancy hormones and breast-feeding can affect your joints for several months after. Start with walking and gentle low impact exercises and then build up gradually, taking rest when you need.

My friend has reversed her type 2 diabetes with diet and exercise – how? Tracey, Ipswich

Exercise and healthy eating help the body to become more sensitive to its insulin. This hormone is responsible for transporting blood sugar into the body's cells for use or storage as energy. Type 2 Diabetes is characterised by the body's inability to use insulin effectively to control levels of blood glucose.

I'm 55 and can see a dowagers hump starting. Is it inevitable? Margaret, Martlesham

Dowagers hump (or Hyperkyphosis) describes an excessive curvature of the spine. It is not inevitable and can be prevented by doing regular exercise, specifically targeted to improve your posture and strengthen your bones.

My sister is exercising as a treatment for her anxiety, how does that work? Rachel, Kirton

Being physically active really elevates mood, reduces stress and boosts the release of chemicals in the brain called endorphins. These are the brains 'feel good' neurochemicals and they induce feelings of positivity and well being, which can really help with anxiety.



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WINTER Weekenders

GET IN THE CHRISTMAS SPIRIT WITH A SHORT BREAK IN ONE OF THESE FESTIVE CITIES.

Bath, Somerset, UK
Majestic and grand, the historical city of Bath makes a glorious pre-Christmas destination. Whether you want to shop, sightsee or simply relax, Bath has it covered, boasting a wealth of high-end boutiques and branded stores, incredible historical sights – in particular the perfectly preserved Roman Baths – and the considerably more modern Thermae Bath Spa – Britain's only natural thermal spa. Plus, from November 22 for three weeks, the city hosts its nationally renowned Christmas market, helping you maximise your festive fun.

well-known of which are in the Old Town Square and the appropriately named Wenceslas Square (December 1), visitors can amble among the many stalls drinking potent mulled wine and perusing an abundance of hand-crafted trinkets and gifts. So if you're after the quintessential Christmas experience, this is it.

Prague, Czech Republic
They call it 'the city of a hundred spires', and with its beautiful Baroque buildings and assortment of Gothic churches, Prague has a certain magic which becomes all the more potent when winter blows in (snow in December is not uncommon). Famed too for its Christmas markets, the oldest and most

Geneva, Switzerland
For those looking for a proper winter wonderland, look no further than Montreux, a resort town on Lake Geneva. Surrounded by the majesty of the snow-capped Alps, the shores of the lake come to life with scores of rustic chalets bedecked with twinkling lights as part of Genève Marché International de Noël, the annual Christmas market (from November 24). The Swiss take Christmas very seriously and remain true to their roots with wreath making, biscuit decoration and the singing of traditional festive hymns.





Photo credit: Tesco

Festive FOOD TRENDS

Top food trends for Christmas 2018

Would you like to really wow your family and friends this Christmas? Traditional seasonal fare will no longer cut the mustard (excuse the food pun). Supermarkets are embracing a whole host of funky food trends that will tantalise your taste buds.

MAKE WAY FOR PIGS IN DUVETS
Pigs in blankets have always been a firm favourite on the Christmas dinner table but this year they have been taken to a new level with the arrival of Tesco's pigs in duvets. These savoury delights are essentially the same recipe of sausages wrapped in crispy bacon but with the added pleasure of being encompassed in golden puff pastry.

Alternatively, why not try Asda's Extra Special Ultimate Pig in a Blanket which is a foot long and flavoured with ginger, nut and pimiento.

GO VEGAN WITH A VEGGIE-BASED WELLINGTON
With this lifestyle choice becoming increasingly popular in 2018, all the big supermarkets are creating a selection of mouth-watering vegan options that the whole family can enjoy.

Try Waitrose's Beet Wellington which contains marinated beetroot encased in vegan puff pastry or Tesco's Cauliflower variety that is spiced with turmeric.

COAL FOR DESSERT
The charcoal trend has dominated the beauty market this year and is now set to take on the food industry as well.

Heston from Waitrose has created Profiter Coals; these glowing black profiteroles filled with a flame-coloured mandarin orange crème patisserie and adjoined with popping candy will be a showstopper at any dining table.

ONE FOR THE KIDS
If you have children, grandchildren, nieces or nephews you may have noticed that unicorns are somewhat in demand with the youth of today.
Make their Christmas Day complete with Tesco's chocolate Unicorn Cake.



Photo credit: Waitrose



Photo credit: Waitrose





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BLACK FRIDAY SALE

FAIL TO PREPARE, PREPARE TO FAIL

Black Friday is set to be the biggest shopping day of 2018 with Cyber Monday leading the way for online shoppers. Big brands will have been gearing up to this bargain bonanza weekend for months but that doesn't mean that small businesses cannot benefit too. All that is needed is a little bit of careful planning and preparation.

FAIL TO PREPARE, AND PREPARE TO FAIL

Make sure you have sufficient stock to deal with the increase in demand. Not being able to provide what you have promised will result in frustrated and unhappy customers who will not do business with you again.

BE TECH READY

Your IT systems may be able to cope with the day to day demands of your business but are they up to the task of a massive traffic surge? Be sure to test your systems prior to the big day; no one wants their website to crash on Cyber Monday.

MAXIMISE SOCIAL MEDIA

Keep your customers informed of your Black Friday plans ahead of the day itself on your social media platforms. Run a competition or a giveaway to encourage users to share your posts and increase views.

REWARD YOUR LOYAL CUSTOMERS

Email marketing is key to raising awareness of an event or big sale. Since the arrival of GDPR earlier this year, sending out mass emails to everybody and anybody is a big no-no, instead focus on targeting your loyal customers with personalised emails that contain exclusive discounts, offers or rewards.

INVOLVE YOUR EMPLOYEES

Ensure that all your employees are informed about your plans for both events. Any specific offers, special delivery promises or extended opening hours. The last thing you need is overwhelmed and unknowledgeable staff.



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MOTORING



YOUR GAS

or your cash?

THE NOOSE TIGHTENS AROUND POLLUTING VEHICLES IN BRITAIN'S CITIES.

Those of us who own gas guzzlers breathed another audible sigh of disappointment recently when the government introduced new legislation relating to car emissions on vehicles made before 2015.

The new rules apply to both petrol and diesel engines, with emissions surcharges, extra parking fees and tax increases meaning that, overnight, your pride and joy sat on the driveway suddenly felt less proud and not quite as joyful.

While the initial 50 per cent surcharge on parking applies at first only to diesel cars in central London, those driving petrol cars will feel the pinch too, albeit at a lesser level, and it's inevitable other local authorities will follow Westminster City Council's lead. Indeed, Camden and Islington councils look set to go one step beyond by applying extra charges for all vehicles of any age.

From next year, clean air zones in central London and Birmingham will impose a daily toll of £12.50 on most of Britain's 13 million diesel cars, with an estimated £50/week being added to running costs for the average driver. Other cities – Nottingham, Leeds, Derby and Southampton – are expected to follow suit.

The government's anti-diesel drive is all part of the April 2019 launch of the world's first Ultra-Low Emission Zone (ULEZ) in central London. To move through the area without charge, petrol cars and vans must meet the Euro 4 emissions standard, while for diesel cars it's Euro 6. And if you think those fines are harsh, be grateful you're not driving an HGV – it will cost you a cool £100 a day to transport it around London, and that's before you've even filled up at the pump.

Even electric vans don't escape scrutiny – the government has realised that these vehicles tend to be heavier than their diesel counterparts and that produces its own challenges. The solution – more taxes.

Anybody got a spare pushbike?



WHAT'S ON

WHAT'S ON *in your area*

An Exhibition of 'PaletteOgraphy' by Anthony J Mather
Woodbridge Library, New Street, Woodbridge, IP12 1DT
November 1 – November 30

Following on from my successful painting and photographic exhibition in Woodbridge Library last year, I have been exploiting the idea of creating imaginative images via the camera, using editing techniques on screen.

I have chosen black as my main scaffold colour to all images in order to maximise the contrast of the composition and toned the balance accordingly, therefore creating individuality to each separate image.

Some subjects are local and some further afield. Email anthony@amdc.uk.com

Mini Beer Festival
The Cherry Tree Inn, 73 Cumberland Street, Woodbridge, IP12 4AG

November 16 – November 18, 10.30am – 11pm
There will be 15 real ales from all across Great Britain.

Hot and cold food will be available from noon-9pm, Friday and Saturday, and noon-8pm on Sunday.

For more information please see the website www.thecherrytreepub.co.uk, telephone 01394 384627 or email info@thecherrytreepub.co.uk

Christmas Showcase
Lettering Arts Centre, Snape Maltings Concert Hall, Snape Bridge, Snape, IP17 1SP
November 23 – December 23

A stunning collection of handmade works designed by the UK's leading lettering artists. There is a wide selection of unique handmade pieces with inscriptions to amuse and uplift. It is an inspiring selection of Christmas gifts, with something for everyone.

Gallery and shop open Friday/Saturday/Sunday/Monday from 11am-5pm and by appointment.



Photo credit: Louise Tiplady

Coffee Drop-In Event
The Boardwalk Café, The Village Centre, Rendlesham, IP12 2GG
November 23, 9.15am – 11am
Come along and meet the Suffolk Parent Carer Network (SPCN) Ambassadors.

Tell them about your experiences of education, health and care services for children and young people aged 0-25 with additional needs/disabilities. You can also find out more about the work that SPCN does across Suffolk at www.spcn.org.uk

Free dance taster sessions for 11-25-year-olds
Woodbridge Library, New Street, Woodbridge, IP12 1DT
November 28, 3.30pm
Led by Lynette King, an experienced dance artist from DanceEast.

Dancers are welcome from 3.30pm. It is fun, creative and open to all.

This taster session is part of BLOC (Building Libraries on Creativity), Suffolk Libraries' youth arts programme. Across the county work is being done with young people and artists to develop fun and creative activities, happenings and events.

Santa's Grotto and Craft Fair
Wickham Market Village Hall, Woodbridge, IP13 0HE
December 16, noon – 4pm



stock image

Over the Rainbow Children's Charity is proud to announce its new Christmas event.

There will be a free gift for all children visiting Santa in his grotto.

Local singer Roma will also be singing around the Christmas tree between noon and 1pm.

There will be mulled wine, mince pies and other refreshments available. Donations are welcome.



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PUZZLES

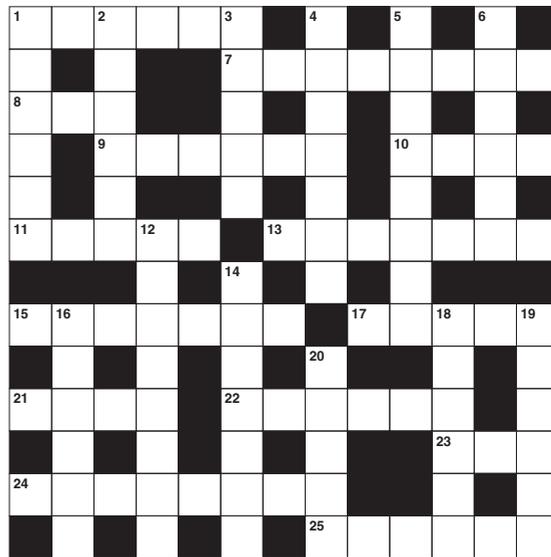
Answers can be found on the Contents Page 4

ACROSS

- Feeling of fondness (6)
- Containing less oxygen than usual (of air) (8)
- Title of a married woman (3)
- Sightseeing trip in Africa (6)
- Deceiver (4)
- Test or examine a metal or ore (5)
- Coatings (7)
- Get too big for something (7)
- Long-legged wading bird (5)
- Bowed stringed instrument (4)
- Chess piece (6)
- Increase the running speed of an engine (3)
- Large snake (8)
- Deep gorge (6)

DOWN

- Thin layer of sedimentary rock (6)
- Locks lips with (6)
- The ___ Gatsby: F. Scott Fitzgerald novel (5)
- Followed behind (7)
- Wealthy (8)
- Fix (6)
- Aromatic plant used in cooking (8)



- Up-and-down movement on water (7)
- Workers' groups (6)
- Fish hawk (6)
- SI unit of thermodynamic temperature (6)
- ___ Hayes: US soul and funk singer (5)

DID YOU KNOW

▶ A bolt of lightning lasts on average for about one 10,000th of a second but could light a 100-Watt light bulb for three months

▶ The monsoon climate results in high annual rainfall totals exceeding 1.5 metres (5ft) in many places

▶ Rainbows are caused when rays of light from the sun hit water which reflect some of the light back

▶ Lightning travels through the air at around 270,000mph

▶ Clouds will either be composed of ice or water droplets depending on the height of the cloud and the temperature of the atmosphere

▶ Lightning reaches temperatures of around 30,000C

SUDOKU

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



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