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OF KEW
GARDENS

MARY QUEEN
OF SCOTS

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history of the royal

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Editor's notes...



William Taylor, Editor

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

It's crazy to think that we have now put out six editions of the magazine.

I should imagine it was about this time

last year that I really began

to think about launching my own magazine.

I'd worked in publishing for several years beforehand, but always as part of a much larger organisation. I always wanted to do it myself.

So, I'd like to give a special Christmas-time thanks to all those that have supported me.

Thanks to the advertisers who have backed a new magazine in the area. All of their details are listed in the **VISION** listings at the back of this magazine, so if there's anything you need, give them a call.

Also, thanks to my significant other, Abigail, who has been a constant rock from day one. There were times she believed in me when I didn't even believe in myself.

And last, but by absolutely no means least, to **YOU**, our wonderful readers. You've been

Fantastic, and I want to thank you for giving a young local lad an opportunity to fulfil a dream.

In local news this month, the Thoroughfare is highly commended in the Great British High Street Awards, planning permission for 100 homes has been refused and Sea Scouts plan for their future.

Have a very happy Christmas.

Will

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As *Mary, Queen of Scots* prepares to ride into cinemas on December 7, we look into the real history of the enigmatic Scottish royal (played on screen by Saoirse Ronan) and her powerful cousin Queen Elizabeth I (Margot Robbie).

We consider ourselves to be living in progressive times with women taking on more and more leadership roles in the UK, but there was a period during the 16th century when both England and Scotland were ruled by queens. Both strong-willed and admirably independent, Mary Queen of Scots and Elizabeth I were anomalies in a system still very much run by the patriarchy. And yet it wasn't all 'girl power' and sisterhood for the two monarchs, with Mary's unquenchable quest for supremacy ultimately leading to her death.

But then what else would you expect from a woman who was raised to rule? Born in 1542, Mary Stuart was the only surviving (legitimate) child of King James V, and was merely a six-day-old infant when she succeeded her father to become Queen of Scotland. Naturally, the role was taken over by regents until she came of age, and she actually spent much of her childhood in France, eventually marrying the Dauphin of France – who briefly became King Francis II – before his death in 1560.

By the time Mary returned to Scotland in 1561, her cousin Elizabeth I was ruling England. But all was not content in the kingdom, for many Catholics believed that Mary was the true heir to the English throne, as it was only because Henry VIII's last will and testament had excluded the Stuarts from claiming the crown that it fell instead onto the heads of his daughters (Mary I of England followed by Elizabeth I).

Not surprisingly, Mary was seen as an immediate threat to the English monarch, and her lack of finesse regarding the intricacies of religion and British politics only fanned the flames. Her first misstep was marrying a fellow Catholic – also her first cousin – Lord Darnley, with whom she had a son, James. When their union soured, his murder was blamed on nobleman Lord Bothwell, whom Mary would take as her third husband, a decision that would lead to her being forced to abdicate to her one-year-old son.

Imprisoned in Loch Leven Castle, Mary would eventually make a bold escape attempt, raising an army of 6,000 men, before accepting defeat and heading for England where she would ask Queen Elizabeth I for help in regaining her throne. But self-preservation won the day, with Elizabeth I ordering that Mary remain locked up until her eventual execution in 1587.

As time has gone on, it is Elizabeth I who is often revered as being an admirable and courageous queen, and yet, Mary's intelligence, passion and steely determination cannot be overlooked.

Like *Braveheart* before it, the film *Mary, Queen of Scots* could very well see the courageous Celt become a modern icon... or, it could simply confirm what history has come to show – that when it comes to matters of the crown, blood is no thicker than water.

Mary

QUEEN
OF SCOTS



HISTORY



Photo credit: Michael F. Hill/Shutterstock.com

A CENTURY of common sense

It's 100 years since women were given the vote in parliamentary elections, with the nation embracing this incredible landmark in what is being dubbed The Year of the Woman.

The #MeToo movement may have kicked off an incredible drive for equality in the Western World, but perhaps it should have referenced more strongly the incredible battles faced at the start of the 20th century, both here and abroad, by a women's rights movement that was every bit as battle-hardened as today's campaign.

Talk about women being given the vote and most people will reference Emily Davison, the British suffragette who stumbled in front of King George V's horse at the Epsom Derby in 1913. Her subsequent death made her a central icon for the fight for equality, though in truth Emily made just one small part of a significant movement across the country. She was involved in a UK-wide hunger strike with other women arrested while demonstrating in the

months and years leading up to that fateful race, with the Emmeline Pankhurst Women's Social and Political Union proving a driving force for change, and one that, eventually, had to be listened to.

Sure enough, within five years women were granted the right to vote, and now a century on, a series of political, cultural, social and artistic events will reference and recognise the incredible sacrifices made by so many.

You only have to look at the empowerment of women in UK politics – a female Prime Minister, a female leader of Scotland's biggest party, not to mention the German Chancellor, Angela Merkel, ranked the most powerful woman in world politics – to see just how far we've come. In short, do your own ironing.

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LOCAL NEWS

from your neighbourhood



Planning for 100 homes refused

Planning permission has been refused for the redevelopment of the former Suffolk Coastal District Council offices in Melton Hill, Woodbridge.

The proposal included 100 homes, community and café spaces, pedestrian route through to the river and underground parking.

The decision was made at a planning committee meeting on November 26.

The application was first considered by the planning committee in April 2017 and following a site visit was endorsed by planning officers, the committee and an independent RIBA Design Review Panel.

However, the developers decided to withdraw the application before a final decision had been made and instead submitted an amended one over the summer.

All of the plans remained the same except for the application of Vacant Building Credit (VBC) to reduce the number of affordable housing to just 16.

Within the report, it said: "The application is recommended for refusal solely on the grounds that the council believes that VBC does not apply in this instance and therefore as submitted the proposal

fails to deliver the policy compliant level of affordable housing, namely 32 units.

"Acknowledging the benefits that arise through the development, given the district wide and local need for affordable housing, in this instance these benefits do not outweigh the harm that would occur."

Woodbridge residents have different views on what they would like the site of the old offices to be used for.

Sue Banyard said: "Convert existing buildings to workshops for arts and crafts. Use the car park as a free car park for people who work in Woodbridge to save them parking in the surrounding roads and taking up spaces in the town's car parks."

Charmain Berry added: "Social housing so youngsters can start to buy otherwise our town will be filled with oldies like myself. Use a bit for out-of-town parking for the more able bodied who can walk into the town."

Charlie Zakss explained: "A nature reserve with eco pod homes that are zero net carbon, perfectly flexible for use as affordable housing, social housing and community use."



Photo credit: The Seckford Foundation

Town's businesses named as dementia-friendly

Woodbridge businesses came together recently at an event to celebrate their engagement with the Woodbridge Dementia Project which aims to make the town dementia-friendly.

Certificates were presented by the Mayor of Woodbridge councillor David Mortimer, recognising the engagement each business has made with the Alzheimer's Society's Dementia Friends initiative having held information sessions to gain a better understanding of dementia.

Each business was also given a sticker to display in their storefronts.

Woodbridge Dementia Project was launched in April 2018 by the Seckford Foundation in partnership with a coalition of organisations in and around Woodbridge.

They included Gotlee Solicitors, Home Instead, Suffolk Coastal District Council and the East of England Co-op.

Representatives of the steering group were present to recognise the contribution of Woodbridge Library, Woodbridge Job Centre, Woodbridge Rotary Club, John Ives Footwear, Rendlesham Parish Council, Boardwalk Café, Barretts, G & K Estates Ltd and

Riverside Theatre. Lorna Savoy, who works at G & K Estates Ltd, said: "Eight thousand people in the Suffolk Coastal region are living with dementia and the numbers continue to rise. G&K Estates Ltd are delighted to be named as dementia-friendly and support people and their families that live with it.

"By raising awareness, making small adaptations to businesses and undertaking training we ensure people with dementia continue to feel part of the community and feel safe visiting the town.

"I would encourage all local businesses to take the simple steps to become dementia-friendly and make Woodbridge welcoming to our more vulnerable residents."

Sarah Kopferschmitt, head of care at Seckford Care, said: "We were proud to see the local business community in Woodbridge engage so enthusiastically with the project.

"We sincerely hope many more businesses will sign up to become Dementia Friends in order to spread the great work of the Woodbridge Dementia Project in making Woodbridge a dementia-friendly community."

Woman with guide dog verbally abused

A partially sighted woman was verbally abused at Woodbridge station recently.

The incident happened on November 7 at around 10pm when the woman, who was travelling with her guide dog, was verbally abused.

British Transport Police (BTP) appealed for information and a man in his twenties contacted police and is helping officers with their enquiries.

A spokesperson from BTP thanked the media and the public for sharing the appeal.

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Rotary Club raises hundreds

Woodbridge Rotary Club held its first charity walk around Woodbridge in conjunction with five school parent teacher associations. Approximately £450 was raised.

Charlotte, who took part in the walk, said: "I loved the walk. It was great fun.

"I didn't know there were so many steps in Woodbridge.

"Nana cycled miles to keep meeting us."

Flora added: "I loved the walk too. My favourite part was through the woods."

The Rotary Club also held The Rough Stuff, a charity bike ride, recently.

One hundred and eighty-eight riders took part in the

off-road event which was attended by young children to over 70 years old.

Ian, an entrant, said: "There was excellent signage all the way round. The GPS was spot on.

"Organisation was quick and efficient and the after event food was excellent."

Luke, who also took part, added: "It was brilliant. The trail was awesome.

"My legs ached a bit afterwards though. Daddy fell into a ditch."

In other news, the Rotary Club jazz concert with Phoenix Jazz held at Woodbridge Community Hall was a huge success, raising money for the Jetty Lane project.

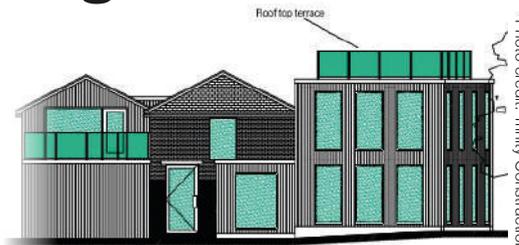
Sea Scouts planning for the future

The 5th Woodbridge Sea Scouts are progressing with plans for their future building and are hoping to take them for planning permission next year.

The building will give the group improved changing facilities with showers, a larger drill hall, better storage, overnight accommodation for the Scouts and leaders, a larger boat store and generally improve the appearance of the ageing building.

Barrie Hayter, group Scout leader, said: "Having recently joined the group I am very excited to be involved in this project that will ensure the group carries on for decades to come."

They have set up a separate building committee to run the project and are looking for volunteers from both within the group and outside to work on this exciting project.



If you have experience in fundraising, grant applications, project management or can just help with the organising, then 5th Woodbridge Sea Scouts would love to hear from you.

Please contact them via their Facebook page for more information.

Photo credit: Trinity Construction



Thoroughfare highly commended



Photo credit: John Nguyen/PA Wire

Woodbridge was highly commended in the Great British High Street awards.

The Thoroughfare was nominated as one of the best high streets in the UK. It won second place for Champion High Street in England.

Town Mayor, councillor David Mortimer, said: "This is a fantastic accolade for the town and bears out what we all know; Woodbridge is a wonderful place to live, work and visit.

"There is a real sense of community, which the judges noted when they came.

"I would like to pass on thanks and congratulations to the team at Choose Woodbridge who did so much to make this happen."

Extra parking to be implemented in the town

An £850,000 project has been scheduled to create much-needed extra car parking in Woodbridge.

The creation of 63 extra spaces at The Avenue and Station Road car parks is due to take six months and is expected to be completed during summer 2019.

There will be an electric charger for two cars, better lighting, new cycle racks and bat and bird boxes.

Following consultation with residents, speed humps will also be added to slow down traffic in the car parks.

Due to the work, there will be some loss of green land, however larger trees are being kept and there

will be a new planting scheme for new trees and vegetation to replace what's being removed.

Councillor Carol Poulter, Suffolk Coastal's cabinet member with responsibility for the green environment, said: "Woodbridge is becoming increasingly popular with visitors and the town centre is thriving, so we had repeated calls to provide extra parking for shoppers and visitors alike.

"We apologise for any inconvenience caused by the work, but we need to provide improved parking facilities if the town is to continue to prosper. We have arranged for the work to be carried out at a time to avoid the main tourist season, but realise that Woodbridge is popular all year round, so there will be some people who are put out by the work."

Deben Players present Dick Whittington in Space

Dick Whittington is a poor boy that works his passage as a space janitor to travel to space station London-9 to seek his fortune.

He has been told: "The corridors are lined with gold."

He arrives penniless, with his Moggie friend Mewslie. We learn they have been brought together by the mysterious Bo-Bella, a benevolent space being aka Fairy.

Can Dick and Mewslie save the Galaxy from the might of the Emperor Uromys and the evil Raticons?

Will the famous Space Captain, Aliss Starwarden, ever notice that Dick has a huge crush on her?

Come and join The Deben Players for a fun-filled pantomime for all the family at Seckford Theatre, Woodbridge this Christmas.

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Photo credit: Charlie Jackson
and Simon Ballard



Women's rugby club looking for new team members

A women's rugby club in Woodbridge which has a growing amount of supporters is looking for new players.

Woodbridge Amazons are on the search for women who are interested in joining the club. Players of all experience and fitness levels are welcome.

The team trains every Wednesday at 7pm at Woodbridge Rugby Club on Orford Road.

Captain Claire Brickley said: "Woodbridge Amazons are a family of women of all shapes, sizes, ages and fitness levels who have all come together

through rugby.

"It's a great outlet for women to express themselves and their inner strength through sport, whether that begins through a passion for rugby, their desire to get fit or simply wanting to pursue another interest.

"Rugby develops mental toughness which helps build resilience and self-confidence. It is great for mental wellness and fitness alike."

For more information, email amazons@woodbridgerugby.net or contact the club on social media.

Teenager releases album to raise money for charity

A singer has released an album to raise money for charity. Roma Nicholson has already raised £6,500 for three charities this year and is hoping to reach her target of £7,000 by the end of the year.

She will be performing at Dobbies Garden Centre in Woodbridge on December 23 from noon to 3pm.

The Ipswich-born star recently released her debut album *Teen Spirit* which focuses on how teenagers feel.

The money made from the album will go towards three charities; East Anglia's Children's Hospices (EACH), Ipswich winter night shelter for the homeless and Suffolk Young People's Health Project 4YP.

Roma has received great support from the public.

She said: "The general public are amazing and so kind and really are behind me and that really means a lot to me.

"As we move into 2019 I'm looking forward to promoting my new album, raising more money for local charities, performing at new events and uniting people through music.

"If I can inspire other youngsters to give back to the community through fundraising using their talents whether that's sport, dance, baking then I feel I will have done something good.

"I'm at my happiest when I hear the drop of a coin in the donation pot as it means a charity will benefit. Next year is going to be as amazing as this year."



Photo credit: Chris Silvester



News from
Councillor Geoff Holdcroft
District & Town Councillor for Woodbridge

Sadly, The Thoroughfare wasn't judged to be the Best High Street in the UK. It did come second and Highly Commended in England. It was a terrific achievement and justly recognises what we all know — that Woodbridge is a great place to live, work and enjoy ourselves.

Of course, we mustn't forget the other areas in town especially, Church Street, Market Hill and New Street that all contribute to the great shopping, eating and entertainment experience.

By the time you read this Christmas will have certainly come to town with many shop windows decorated in time for the annual dressed window competition which I am looking forward to help judge again this year.

I spent an enjoyable morning at the end of November helping to distribute and put up the trees that will be outside most shops again this year.

As Christmas gets under way my thoughts are turning to EDF Energy's Stage Three Consultation on the proposed Sizewell C Power Station that is due to run for 12 weeks from January 4, 2019. Their



exhibition will be coming to Woodbridge Community Hall on Tuesday, January 15 so be sure to attend to see how it might affect you.

Hopefully there will be lots of jobs created both by the construction and operational phases of the scheme, but this must be carefully balanced against the harm it might do to the area. Of particular concern to Woodbridge residents will be the extra lorries and trains around town that will be needed to build the power station. Please go along to the exhibition and have your say.

Woodpeckers make good progress

Woodbridge Town FC have been slowly climbing the table after a good set of results.

In November, the Woodpeckers secured a 5-1 home win against Hadleigh United, an away win against Great Yarmouth (2-1) and another home victory against Great Yarmouth Town (5-2).

However, they suffered a closely fought 3-2 loss

against Wroxham on November 21.

The team is hoping for local support at its upcoming home fixtures which include:

- > January 5 – Thetford Town
- > January 12 – Kirkley & Pakefield
- > January 26 – Histon

Visit the club's website for the latest information.



Photo credit: Paul Leach



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News from
Dr Andy Sievewright
 Headteacher of Farlingaye High School

Last month's column reflected our excited anticipation of the centenary of the end of the First World War events, and I am delighted to be able to confirm that they didn't disappoint.

The centenary tea party that brought those who had lived through wartime together with our students was a great occasion.

Students were also involved with the very moving centenary service at Woodbridge Cemetery, and gained a great insight into the sacrifices made for freedom by previous generations.

Our brass band was invited to play at the Suffolk New College Remembrance Parade. Having this sort of accompaniment was a first for the parade and a great opportunity for our musicians to make a really significant contribution to this wonderful event.

In other news, at a time when there is much anxiety within our society about children's lack of exercise and the effect of this on their health and wellbeing, we are delighted to see continuing high levels of participation in sport at Farlingaye.

As well as their PE lessons, students are invited to take part in a huge range of clubs and activities, ranging from trampolining to tennis. They can also join a team if they wish to take a more competitive path.



That is why we were so delighted to hear, in amongst the rush of news about great performances by our teams in cross country, football and rugby, that Ryan Gray and Albie Willett, Year 11 students, had retained the national school's pairs croquet title, and that Albie had been runner-up in the individual event.

We were equally pleased and proud to be told that George Fricker from Year 12 had retained the Suffolk school's golf championship title.

We know that all sporting activity can build both a sense of community spirit and a pride in individual effort and performance that will help our young people to thrive and to be good members of our local communities for life.

Instagram sensation celebrates third book launch

Eileen Lam, an Ipswich-based photographic author and stylist, has launched her third book, *The Little Mischiefs and The Gang*.

Based on the same Blythe doll characters who star in her globally popular Dolly Treasures Instagram page, this charming photographed story book with witty poems continues the tales of the girls as they travel around Suffolk, England, Europe and the Far East.

Since 2013 when Eileen loaded her first photos on her Instagram page purely as a hobby, she quickly attracted a fandom.

Now she has more than 90,000 social media followers worldwide and is considered a VIP at BlytheCon conventions around the world, where fans queue to meet and be photographed with the girls.

Eileen has lived in Ipswich for 15 years and was born in England.

As a mother of two now grown-up children, she is particularly keen to offer support to Suffolk-based charities and not-for-profits that work directly in the care and education of children.

She is inviting them to get in touch (via Affinity PR) if they wish to apply for Dolly Treasures books.

The Little Mischiefs and The Gang is available to purchase online.





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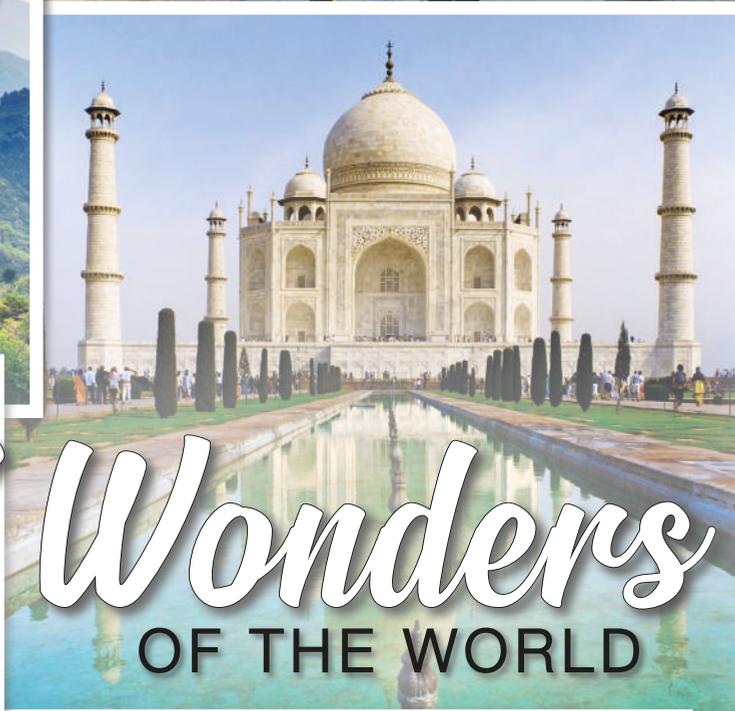
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The Seven Wonders of the Ancient World have all but succumbed to old age or natural disaster – with the Great Pyramid at Giza the only lasting reminder of a list that includes the Temple of Artemis at Ephesus, the Hanging Gardens of Babylon, the Lighthouse of Alexandria, the Statue of Zeus at Olympia, the Mausoleum at Halicarnassus and the Colossus of Rhodes.

Though these breathtaking testaments to ancient design are now just mainly dust and memories, there's a new breed of mighty man-made monument around, and all well within the grasp of any traveller willing to seek them out.

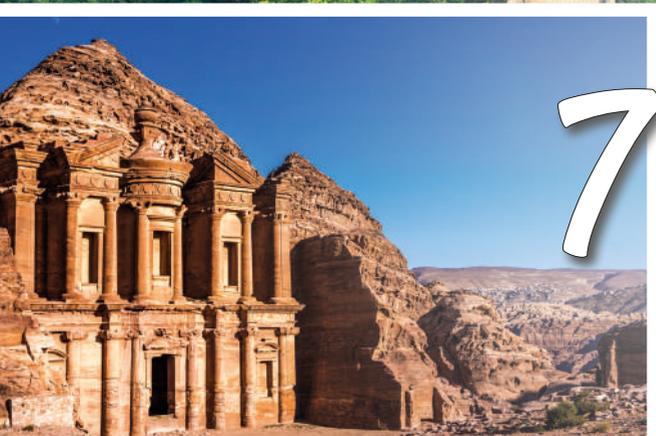


CHICHÉN ITZA: The ancient city of Chichén Itza is located on Mexico's Yucatan Peninsula. This well-known Mayan city served as a religious, political and economic centre for several hundred years. The Pyramid of Kukulcan is probably the most recognised ruin of Chichén Itza, standing at 80ft high and incorporating a total of 365 huge stone steps.

CHRIST THE REDEEMER: This statue of Jesus is one of Rio de Janeiro's most widely recognised monuments. It stands 98.5ft tall atop the summit of Mount Corcovado, which itself rises more than 2,300ft. With an outstretched arm-span of 92ft, and a weight of approximately 700 tonnes, the concrete and soapstone leviathan is the destination of many a pilgrim.

THE COLOSSEUM: Gladiator contests, group combat, battle re-enactments and other productions were staged at the Colosseum to an audience of almost 50,000. Today, even after some renovations in the 1990s, the wear and tear from poor weather, natural disaster and vandalism show, but they can't take away from this iconic Italian sight. And while you're there, why not soak up Rome's unique culture at the same time?

7 Wonders OF THE WORLD



THE TAJ MAHAL: This 42-acre marble mausoleum complex located in Agra is a stunning Indian landmark. Construction started in 1631, spanning more than two decades, requiring more than 20,000 labourers and costing several million rupees.

GREAT WALL OF CHINA: The Great Wall of China is without doubt a modern marvel and rightfully belongs amid the other seven Wonders. Contrary to popular belief, the wall isn't one continuous structure – it's actually made up of several separate structures that cover approximately 4,500 miles. Pack your walking boots.



PETRA: Located in south-west Jordan are the ruins of the ancient city of Petra. Massive temples, tombs and monuments have been cut into the surrounding sandstone cliffs and were immortalised in 1989's *Indiana Jones and the Last Crusade*. Perhaps the most impressive Petra structure is the Sik al-Khazneh, an elaborately carved and embellished tomb.

MACHU PICCHU: Built in the 15th century, this ancient Incan city is nestled between two peaks – Machu Picchu (Old Peak) and Huayna Picchu (New Peak) at an amazing elevation of 7,710ft. It is often called the lost city of the Incas, because it was hidden amid the lush forest and clouds of Peru for more than three centuries. Now rediscovered, it is a sight to be admired, and one that retains every ounce of mystical promise.

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Kew Gardens THE HISTORY

Photo credit: Kornelia Cakran/Shutterstock.com

It is the beautiful botanical garden that houses the largest and most diverse botanical and mycological collections in the world, but despite its scientific leanings, Kew Gardens actually has a rich royal heritage.

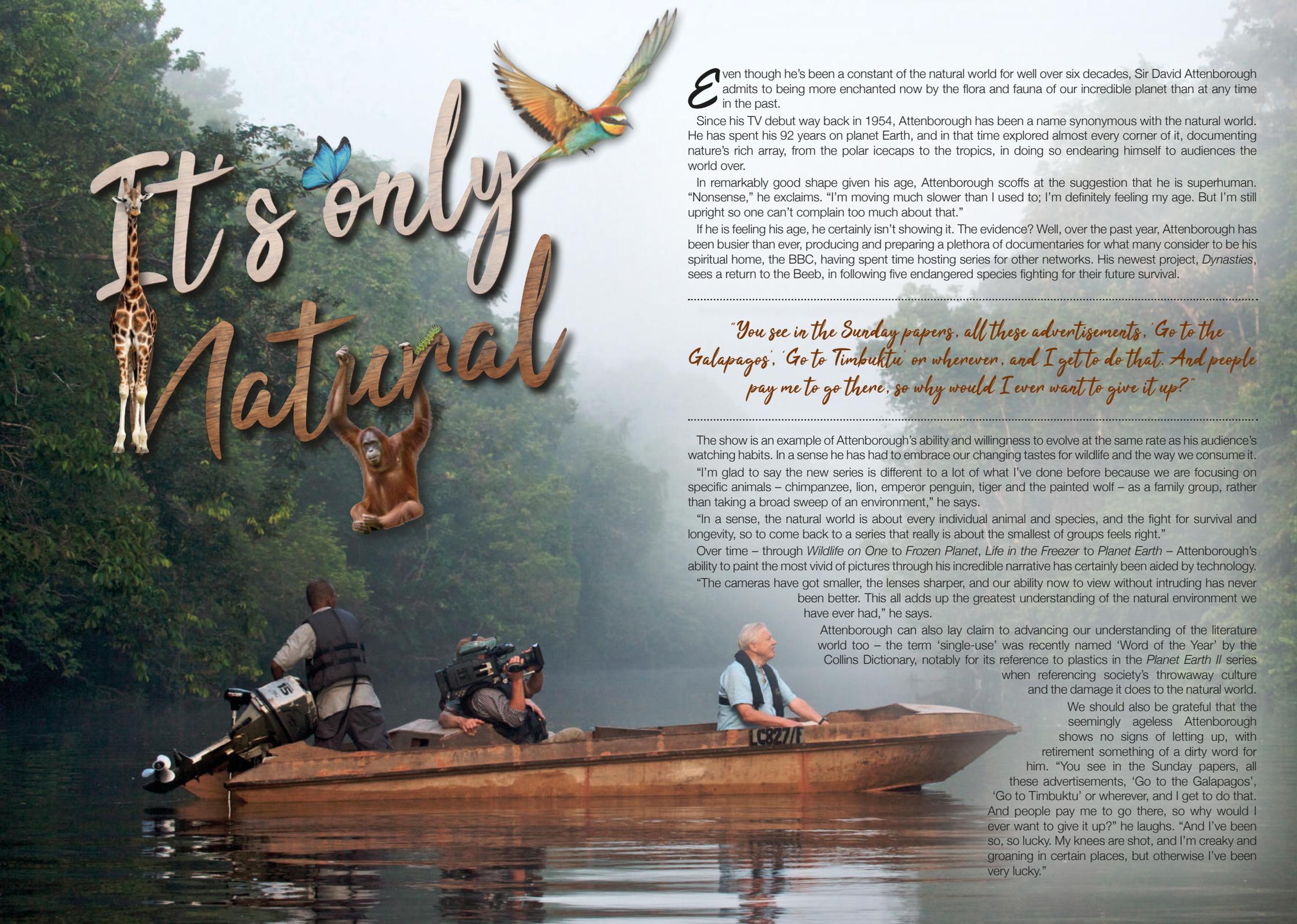
It all began in the early 18th century when aristocrats keen to escape the bustling city escaped to Kew, a burgeoning enclave for the wealthy, and home to Kew Palace, the summer residence of the Royal Family. Keen to make the most of the vast greenery, in 1759 Prince Frederick and Princess Augusta enlisted Scottish botanist William Aiton to tend to their small 'Physick garden', which would eventually attract talented gardeners and scientists, all keen to experiment in the blossoming landscape.

By 1769 the garden contained more than 3,400 plant species, but it was under the direction of the great botanist Sir William Jackson Hooker that Kew became the bastion of botany that it is today.

During his tenure from 1841 through to his death in 1865 – when he was succeeded by his son Joseph Dalton – Hooker expanded the gardens from 10 to 75 acres, with an arboretum of 270 acres. He also created a number of specialist museums, which still exist today, albeit in different forms (The Orangery is a restaurant and Cambridge Cottage is now used as a gallery).

Kew's modern presentation showcases 8.5 million items from all across the planet, with leading scientific research drilling right down to plant DNA, plus extensive herb, seed, fungus and spirit collections (including over 76,000 jars of preserved plant specimens).

It all combines to make the site one of London's best and most cherished tourist attractions, enabling over 2,000 years of knowledge to be condensed; and green minds, young and old, to immerse themselves in the flora and fauna of this incredible world.



It's only Natural

Even though he's been a constant of the natural world for well over six decades, Sir David Attenborough admits to being more enchanted now by the flora and fauna of our incredible planet than at any time in the past.

Since his TV debut way back in 1954, Attenborough has been a name synonymous with the natural world. He has spent his 92 years on planet Earth, and in that time explored almost every corner of it, documenting nature's rich array, from the polar icecaps to the tropics, in doing so endearing himself to audiences the world over.

In remarkably good shape given his age, Attenborough scoffs at the suggestion that he is superhuman. "Nonsense," he exclaims. "I'm moving much slower than I used to; I'm definitely feeling my age. But I'm still upright so one can't complain too much about that."

If he is feeling his age, he certainly isn't showing it. The evidence? Well, over the past year, Attenborough has been busier than ever, producing and preparing a plethora of documentaries for what many consider to be his spiritual home, the BBC, having spent time hosting series for other networks. His newest project, *Dynasties*, sees a return to the Beeb, in following five endangered species fighting for their future survival.

"You see in the Sunday papers, all these advertisements, 'Go to the Galapagos', 'Go to Timbuktu' or wherever, and I get to do that. And people pay me to go there, so why would I even want to give it up?"

The show is an example of Attenborough's ability and willingness to evolve at the same rate as his audience's watching habits. In a sense he has had to embrace our changing tastes for wildlife and the way we consume it.

"I'm glad to say the new series is different to a lot of what I've done before because we are focusing on specific animals – chimpanzee, lion, emperor penguin, tiger and the painted wolf – as a family group, rather than taking a broad sweep of an environment," he says.

"In a sense, the natural world is about every individual animal and species, and the fight for survival and longevity, so to come back to a series that really is about the smallest of groups feels right."

Over time – through *Wildlife on One* to *Frozen Planet*, *Life in the Freezer* to *Planet Earth* – Attenborough's ability to paint the most vivid of pictures through his incredible narrative has certainly been aided by technology.

"The cameras have got smaller, the lenses sharper, and our ability now to view without intruding has never been better. This all adds up the greatest understanding of the natural environment we have ever had," he says.

Attenborough can also lay claim to advancing our understanding of the literature world too – the term 'single-use' was recently named 'Word of the Year' by the Collins Dictionary, notably for its reference to plastics in the *Planet Earth II* series when referencing society's throwaway culture and the damage it does to the natural world.

We should also be grateful that the seemingly ageless Attenborough shows no signs of letting up, with retirement something of a dirty word for him. "You see in the Sunday papers, all these advertisements, 'Go to the Galapagos', 'Go to Timbuktu' or wherever, and I get to do that. And people pay me to go there, so why would I ever want to give it up?" he laughs. "And I've been so, so lucky. My knees are shot, and I'm creaky and groaning in certain places, but otherwise I've been very lucky."



DIY Christmas Cracker



Christmas dinner without Christmas crackers is like Santa without his reindeer, greatly anticipated, thoroughly enjoyable but with something definitely missing.

However, the cost of Christmas quickly adds up and cheap crackers are often disappointing and filled with plastic junk that nobody wants.

So why not make your own instead? It's easier than it looks, budget-friendly and you can add whatever gifts you fancy inside.

YOU WILL NEED:

- * 6 toilet roll tubes
- * Decorative paper – Christmassy or try a theme such as Disney princesses or superheroes
- * Cracker snaps (available on Amazon or at Hobbycraft)
- * Coloured thin card (20cm long) to complement the design of your A4 paper
- * Coloured sting or ribbon
- * Optional sequins, glitter and tinsel
- * Your chosen tokens

HOW TO MAKE:

- * Place the tube on the long edge of the paper, in the centre and stick down with tape
- * Thread one cracker snap through the tube

and stick down – this is what makes the bang

- * Roll the tube across the paper and stick in place
- * Cut two 20x5cm strips of the thin card, curl into a circle and stick with tape
- * Place one inside each cracker end leaving 2cm sticking out and secure with tape
- * Twist one end and tie with ribbon
- * Add your personalised gifts
- * Twist other end and seal
- * Add any additional decoration

IDEAS FOR GIFTS/NOVELTIES

- * Paper hats (homemade of course)
- * Chocolate sprouts (available at Asda)
- * Handwritten jokes
- * Personalised keyrings
- * Miniature liqueurs for adults
- * Personalised tree decorations for the kids

Alternatively, if you are short on time but still want to offer a personalised and homemade selection of crackers this Christmas, several retailers offer 'Fill Your Own' crackers where all you need to do is pick and add your individual gifts.



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HOME & DIY

Rug IT UP



As 'the Dude' once observed, "a rug can really tie a room together". And yet, you don't need to be a fan of hit 1990s bowling comedy *The Big Lebowski* to understand the transformative power of a bit of old carpet.

A mismatched collection of furniture can suddenly feel immaculately curated, a cold and cavernous lounge becomes a snug bolt hole, and that horrendous red wine stain on your white carpet fades to nothing but a distant memory... and it's all thanks to the power of the humble rug.

So now that you've decided you need a bit of floor decoration in your life, here are the styles, shapes and designs to bear in mind:

Texturised

Considering the fact our feet contain hundreds of nerve endings, it makes sense to choose a rug that not only looks good, but feels good too. From plush velvety fabric to bobbles of natural wool, the texturised trend is really about utilising all of your senses.

Graphic design

Geometric patterns have long been a popular carpet trend, but the modern styles are even more lust-worthy, as simple designs meet a fresh colour palate to create a minimalist but classic look. Think chevrons in mint green or breezy yellow, or diamond shaped in eggshell blue and a blush pink. These designs are bang up-to-date with just a little art deco chic.

Less hassle, more tassel

Tassels are a big design trend in both fashion and the home right now, and what's not to love about them? Simultaneously fun and stylish, tassels are great for adding a little pizzazz in an uninspiring room.

Bohemian chic

Rugs bring a certain careless decadence to a room, which is why the bohemian trend makes perfect sense. Think casual, flowing fabrics in a faded mass of colours, or in music terms, Stevie Nicks strewn seductively across your floor.

Photo credit: next.com, overstock.com, missamara.com.au

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**Improve Your Posture
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Improved posture has a range of health-related benefits, explains **Julie Foster** in her monthly Q&A

I am worried about developing a stoop like elderly relatives. Is there anything I can do?

The tendency to develop a stoop may in some cases be inevitable but in most cases is lifestyle related. Other issues of concern for middle aged and older adults are “suspension bridge bra straps”. This is actually caused by loss of the pectoral (chest muscles) which can easily be rectified. Focus on posture and try to include regular cardio and resistance exercise where you can.

I'm 40lbs overweight and feel it in my knees. What should I do?

Combine low impact cardio and strength training with healthy eating. Reduce the calorie density of what you eat rather than following a restrictive diet. Focus on posture too. Hold your shoulder blades together when going up and down stairs to keep your weight over your hips - a stronger joint than your knees. Work on stretching and lengthening your hamstrings as they become short with a sedentary life style. Striding out so you can roll forward from your heel maintains weight on the hips and spine, which are more able to cope. Strengthen the hips as they can do much of the lifting work to take the stress off your knees.

Why do I have a hard time losing belly fat?

This is hormonal and stress related and we cannot target where we lose weight from. The biggest improvement can be seen from reducing excess weight and improving core strength and tone across the shoulders and back so that you stand tall with the ribs lifted. Just by standing tall and strong you can easily lose two inches from the waist.

Is it true that it's good to have a “cheat day” where you can eat whatever you want?

Fuel (calories in) and expenditure (calories used) over a period of time is the only thing that matters. Some people find having high calorie days and low-calorie days works – others don't.

I'm in my 60s and losing weight by dieting. My daughter thinks I need to exercise too. Why?

She is concerned about age-related sarcopenia. Physically inactive people can lose as much as 3-5% of their muscle mass each decade after age 30. By losing weight without exercising you will be speeding the loss of muscle rather than fat. Losing muscle leads to frailty, increased risk of falls, fatigue, lower metabolism (and you are likely to put the weight back on faster).

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KETO *like a Kardashian*

Every day a new diet seems to appear that promises to help you shift those unwanted extra pounds for good, each with their own unique selling point. But how do you know which diet is right for you? The ketogenic diet is a low-carb, high-fat diet that Halle Berry and Kourtney Kardashian swear by, but how exactly does it work?

THE SCIENCE

The keto diet works by drastically reducing your carbohydrate which sends your body into a metabolic state called ketosis. Ketosis makes your body extremely efficient at burning fat for energy which is why the diet recommends high levels of fat consumption. This state also helps your body turn fats into ketones within the liver which in turn supplies energy to the brain. This diet lowers your blood sugar and insulin levels by shifting your body's metabolism away from unhealthy carbohydrates that are high in sugar to healthy fats.

DOES IT WORK?

Studies have shown that people on the keto diet lose over two times more weight than those on a standard calorie-restricted diet. They also lower their blood sugar and insulin levels.

ARE THERE ANY SIDE EFFECTS?

The 'keto flu' is common in the first few days with symptoms including low energy levels, trouble sleeping, nausea and increased hunger. This should pass.

FOODS YOU NEED TO AVOID OR REDUCE:

- Sugary foods such as cake, ice cream, biscuits and fruit juice
- All fruit except small amounts of berries
- Grains and starches
- Beans and legumes such as kidney beans, lentils and chickpeas
- Root vegetables
- Any low fat or diet products; these are highly processed and carb-heavy
- Alcohol
- Limit unhealthy fats
- Sauces and condiments due to high sugar content

FOODS YOU SHOULD EAT:

- Meat
- Fish including oily fish such as salmon and mackerel
- Eggs
- Butter
- Unsalted nuts
- Avocados
- Healthy oils like coconut oil
- An abundance of low-carb, non-starchy vegetables



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Bronze Age

Does your skin need a little warming up over these cold and gloomy months? Well, here's how to apply bronzer like a pro... (you're welcome).

Choosing your bronzer: To avoid looking like you've been tangoed, first apply a foundation which is one tone darker than your complexion, then choose bronzer just one shade above that – never more. This way you get a natural-looking glow where the tones meet in the middle, rather than a noticeably darker sculpted area.

Tools of the trade: Blusher brushes work well when applying bronzer, but if you're serious about becoming a golden goddess, invest in a bronzer brush. Thanks to their abundance of bristles, which are tightly packed together, you get more colour per stroke.

Three is the magic number: The equation for a perfectly-sculpted, glowing façade is three plus three equals gorgeous. Starting from your temple, swoop round to your cheekbone and then back down your jawline (a three shape) on both sides of your face.

Add shimmer: Assuming you're using a matte product, it's nice to add a few touches of shimmer in key places for maximum va-va-voom. Either crème or powder, apply sparingly under cheekbones, along the bridge of your nose and just above your cupid's bow.

Blend, blend and blend some more: Using a blusher brush or sponge, go over the edges of your bronzer and highlighter until they are seamlessly merged with your foundation. Remember to also blend the colour into your neck and apply a touch at the nape if your hair is very short or in a ponytail. What you should end up with is a sun-kissed glow which looks natural and highlights all your best features. Expect compliments.



FASHION

Layering UP

How not to be a yeti and wrap up in style

You wake up at 6am and it's cold, wet and dark outside. You reach for your trusty Ugg boots and hooded, padded parka, heading to work as if you're about to embark on a great mission towards the North Pole. Inevitably, by 10am the sun is out and you feel just a bit too casual and, well, meh.

So, is it possible to be stylish and warm? Yes, it's called layering. Firstly, invest in some thermals. Many high street shops sell really decent leggings and bodysuits which are thin but have technology that traps body heat. Layer these with good-quality knits that are lightweight but warm. That may mean ditching the polyester, but Merino and Cashmere wool blends look great, feel nice and are very affordable on the high street.

Also, you want to remember what your mother said about heat being lost through your head and feet. Cashmere socks look super-cute when teamed with ankle boots and a mini skirt, and knitted beanies are the saviours of bad hair days. Statement scarves and gloves also make great accessories, particularly if your winter wardrobe consists of a lot of black, and you just want to add some pops of colour to your look.

The crowning glory of a winter outfit, though, is your coat – so don't scrimp on this. You could wear a bin bag under a decent coat and still look amazing. Again, go for a slim silhouette like a wool trench or rain mac which can be cinched in at the waist – anything which makes you feel good and is cosy to slip into, even on a freezing early morning.



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ANOTHER FINE MESS



MOTORING

A motoring fine is intended to represent the offence. And yet, have a look at this list below of some of the more unusual two and four-wheeled misdemeanours.

MALCOLM IN THE MIDDLE

Hogging the middle lane on a motorway is one of the most common driving bugbears, and this inconsiderate act can cost a driver £100 and three points.

APPLE PAY? KEEP ON DRIVING

It's illegal to use your phone to pay for food at a drive-through under new laws passed in 2018. Keep searching for that loose change in the glove compartment.

SNOW HOPE

While there is no law stating it is illegal to drive with snow on your roof, if it falls off your car when driving or into the path of another car you can be penalised for several offences including driving without due consideration or using a motor vehicle in a dangerous condition.

SLEEP IT OFF?

If you've had a few and want to sleep it off in your car, think again. Even with the key tucked safely in your pocket, napping in a motor when over the legal limit can still see you get a whopping 10 points on your licence.

SAT NAV, NOT LAP NAV

A mobile phone must be fixed in place if being used as a sat nav. Fail to do so and you're risking a £100 fine and up to nine penalty points on your licence.

A PUDDLE MUDDLE

It may be fun to see the spray come up from a puddle, but if you (accidentally or, ahem, otherwise) end up soaking a pedestrian, you could find yourself on a 'due care or consideration' charge, and that's a fine and points.

ICE ICE BABY

Failure to properly clear your windows before you drive off could result in a £60 fine and three points on your licence. Simply removing a square from the driver's side is not enough. You must de-ice the entire windscreen.





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DRESS CODE 2.0

What counts as suitable office attire in 2018?



Perhaps the reason what we wear at work is up for so much discussion is because there are no hard and fast rules, with attitudes towards how employees look at work having been relaxed considerably over the last couple of decades.

In simple terms, as the popularity of men's ties started to wane, so too did the office stereotype begin to change, to the point where now only one in 10 men or women wears a suit to work, as revealed in a 2018 study by hotel chain Travelodge. Popular in 2018 are trousers and shirts for men; skirts and tops for women... any colour, any design.

In the past, many would agree there was always slightly more licence for women anyway when it came to being able to express themselves at work, and this probably fuelled the move to level the playing field in terms of versatile workwear for both sexes. But most of all, the change came about because of the growth of the service sector in this country – offices were no longer just the place for accountants and solicitors; instead they were being inhabited by a new, young breed of marketers, creatives and salespeople who had different fashion ideals to the previous generation.

Yet for employers, relaxing the rules over the way employees dress can lead to concerns that the company is telling staff to act more as they would at home, and that relaxing workwear means relaxing work ethos. And yet, there is no evidence to suggest staff link casual dress code to a casual attitude... just the opposite in fact, with a 2017 survey finding that 61 per cent of employees were more productive in 'comfortable' clothes.

Ultimately, few need to be told what is (and isn't) appropriate in the workplace and when client-facing, with credible, conscientious employees drawing attention to themselves not by the clothes they wear, but by their contribution to the business.



BUSINESS & FINANCE



There are several examples where society finds itself fighting back against the corporate monsters, but perhaps one of the strangest revivals in recent years has been the re-emergence of vinyl records...

At a time when the digital music revolution made listening to our favourite tunes cheaper, instantaneous and effortlessly mobile, we threw value and convenience out the window to reacquaint ourselves with bulky, immobile, dusty, scratch-happy records...

Researchers and scientists believe our connection with music actually hooks into our desire to have physical objects around us, and digital music only ever satisfies one of those emotions. Vinyl records – and the sleeves they come in – offer something to hold, to read, to savour; while collecting records and building our own ‘project’ through music is said to satisfy our human desire to anchor and look after. From a low-point in 2008 to last year giving the

industry its biggest annual vinyl sales since the early 1990s, vinyl records now account for over three per cent of all music sales (including streaming and downloads); or, put another way, over four million albums sold in the UK in 2017.

And it's not just new music sales that are flourishing, with the second-hand market also proving our desire for physical music continues on its upward shift (thanks in no small part to sites such as eBay and Discogs). Perhaps it's time to have a look in the attic at some of your forgotten classics, particularly if your collection includes any of the artists below:

The 10 most collectable vinyl artists:

- 1. Elvis Presley
- 2. Bob Dylan
- 3. The Beatles
- 4. Nirvana
- 5. Jimi Hendrix
- 6. Miles Davis
- 7. Led Zeppelin
- 8. Beach Boys
- 9. Metallica
- 10. Depeche Mode



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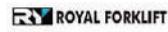


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WHAT'S ON

WHAT'S ON

in your area

67th Carol Concert
Market Hill, Woodbridge
December 19, 6.30pm



The Rotary Club of Woodbridge invites you to the 67th Annual Open-Air Carol Service.

As this is an open-air event, please come dressed and prepared for all weather conditions.

Father Christmas will be attending with sweets for all the children

Voluntary donations to Just 42, supporting young people in Woodbridge. If you are unable to attend, online donations can be made via our home page at woodbridgerotary.org.uk

Free dance taster session for 11-25-year-olds
Woodbridge Library, New Street, Woodbridge,
IP12 1DT

December 19, 4pm - 5.15pm

Led by Lynette King, an experienced dance artist from DanceEast.

Welcome from 3.45pm, 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.

Woodbridge Thursday Market

Market Square, Woodbridge

December 20, 8am - 3pm

Come and join us every Thursday at the picturesque Woodbridge Market.

Now re-located to its traditional home on the Market Square, outside of the 16th century, Grade I listed Shire Hall, the market is a perfect place to while away an hour when visiting Woodbridge.

Come and join us outside the Shire Hall for all your fruit and veg, fresh flowers, bread, cakes, cheeses, pies, nuts, cereals and vegan and gluten free food.

Visit from Father Christmas
East of England Co-op, 3 Hamblin Walk,
Woodbridge, IP12 1AA
December 22, 12.05pm - 1.30pm

On Saturday, December 22, Father Christmas will be paying a visit to the East of England Co-op Hamblin Walk store.

He will be at the store from 12.05pm-1.30pm.

Dick Whittington in Space
Seckford Theatre, Burkitt Road, Woodbridge,
IP12 4JH
December 22 - December 30



Join the Deben Players for a fun-filled pantomime for all the family.

Can Dick Whittington and his Moggie friend Mewsi save the galaxy from the might of the Emperor Uromys and the evil Raticons? Will the famous Space Captain, Aliss Starwarden, ever notice that Dick has a huge crush on her?

Tickets bookable online at www.debenplayers.net and from the box office on 0333 666 3366.

Car Trial at Seckford Hall Hotel
Seckford Hall Hotel, Great Bealings,
Woodbridge, IP13 6NU

January 1, 10am - 3pm

Eastern Counties Motor Club will be holding a Car Trial at Seckford Hall Hotel.

A variety of vintage/classic and contemporary cars will be competing to see who can best negotiate the slippery, sinuous test hills of Seckford Hall field.

This event will be a round of the Eastern Trials Challenge Series for 2018/19, administered by the Anglia Motor Sport Club.

Further details are available on the ECOMC website at www.ecmc.co.uk

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PUZZLES

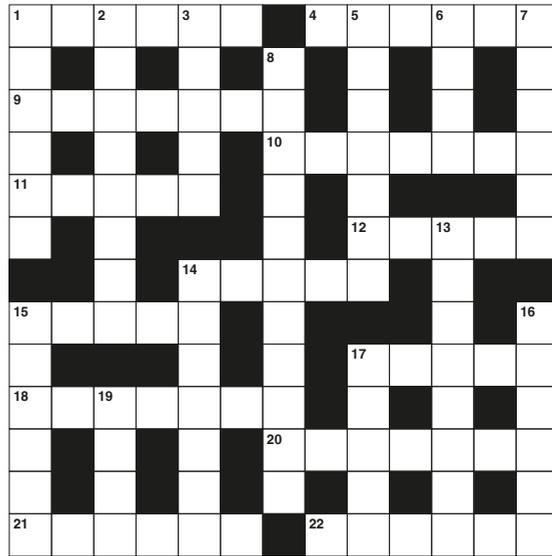
Answers can be found on the Contents Page 4

ACROSS

1. Measure of how strongly an object reflects light (6)
4. Narrow sea inlets (6)
9. Patio area (7)
10. Container releasing a fine spray (7)
11. Private room on a ship (5)
12. Stood up (5)
14. In the area (5)
15. Small antelope (5)
17. Assumed proposition (5)
18. Move; agitate (7)
20. Exertions (7)
21. Wanders off; drifts (6)
22. Dog-like mammals (6)

DOWN

1. Lofts (6)
2. Disease (8)
3. Draw off liquid from (5)
5. Periodical (7)
6. Raised edges (4)
7. Elegant and slender (6)
8. Seaside scavenger (11)
13. Conjoining contradictory terms (8)
14. Form of public worship (7)



15. Large quantity (6)
16. Overtakes (6)
17. Towering (5)
19. Raps (anag) (4)

DID YOU KNOW

► In total, there are 1665 steps from the esplanade up to the top of the Eiffel Tower, but the stairway from the 2nd floor to the top is not open to the public.

► Buckingham Palace has over 775 rooms, 19 of these are state rooms along with 52 official royal bedrooms and guest rooms.

► In 1886, the Statue of Liberty was given to the United States by France to celebrate the friendship they endured during the American Revolution.

► President George Washington selected the site for the White House in 1791. Every president since John Adams had occupied the building.

► The construction of the Leaning Tower of Pisa began in 1173 and was completed in 1399.

SUDOKU

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



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