

OUR
HEART-
SHAPED
HISTORY

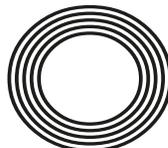
DULUX
Colour of the Year 2019
REVEALED

TORVILL AND DEAN

The story behind the skating sensations

Olivia
COLLMAN

A look at the actress' glittering success



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Editor's notes...



William Taylor, Editor

Hello and welcome to this month's edition of **VISION**Woodbridge. Love is all around us at this time of year, with Valentine's Day coming around once again. Being an old romantic, I consider myself very fortunate not only

to have a fiancé I adore, but also a beautiful daughter and a wider family I care greatly for. By the time you read this, Valentine's will have come and gone for another year, but I expect the feeling of love to go on.

Talking of love, I absolutely love the support I continue to get for **VISION**Woodbridge. Every month I take great joy in going out and hand delivering copies to all the lovely local businesses in the town, of which many are featured in these coming pages.

With the weather still cold, it's all too tempting to shop online and forget about the businesses that are doing such a fantastic job on our own doorstep.

Remember, by supporting a local business you're helping a young lad get his favourite team's shirt, or a little girl get her first ballet lessons. Wherever possible support our local businesses.

In local news this month, a singer appears on *The Voice UK*, a canoeist is set to take on a 125-mile non-stop race and hundreds of pounds are raised in memory of a theatre group president.

Will



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FOUNDER | Nik Allen | CREATIVE DIRECTOR | Misha Mistry

CO-ORDINATORS | Rebecka Fryer, Amy Pollard, Kim Plater

CONTRIBUTORS | TFS Photo Woodbridge, Tabatha Fabray



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Breaking THE Ice



To the children of the 1980s, spectacular ice skating duo 1984 Sarajevo Olympics. But are still inspiring today's youth... On Ice. It is a love affair with the

Jayne Torvill and Christopher Dean will always be the who glided and pirouetted their way to gold glory at the 35 years on from their incredible win, the inseparable skaters every Sunday night in fact, as head judges on ITV's *Dancing on Ice* the duo just can't break.

The 11th series of *Dancing on Ice* may have attracted illustrious stars such as Westlife's Bryan McFadden and *Neighbours* icon Mark Little, but few among them can match the achievements of the show's head judges, Jayne Torvill and Christopher Dean, who wowed the world with their stunning Bolero back in 1984.

In an age where it is not uncommon for sports stars to break out from their chosen field and embark on a televised adventure into the ballroom, ice rink or jungle, it may be hard to comprehend just how innovative Torvill and Dean have always been. Indeed, their announcement following the Sarajevo Olympics that they would be turning professional – to remain eligible for the Olympics they were not allowed to earn money from the skating – was seen as a shocking move, and even professional suicide. But as Torvill reveals, the pair had always planned to take their partnership in a more creative direction.

"We always had the idea that we wanted to produce our own shows and tour," says Torvill. "That's what we did initially – we took a year after the Olympics to get that all going together with a really good, strong group of skaters and formed our own company."

Few could have predicted how popular their shows would prove to be – the duo toured the globe tirelessly with their spectacular ice extravaganzas. They even made a return to the amateur arena for the 1994 Olympics in Lillehammer, Norway (following a change in eligibility rules), an exercise that would prove controversial when one of their lifts was deemed to be against the rules, eventually landing the skating heroes in third place.

That Scandinavian adventure would prove to be their final competitive outing, and in 1998 they would hang up their skates professionally, only to be lured back as coaches for the first series of *Dancing on Ice*, in 2006. "Initially we signed up just to coach the celebrities and choreograph," says Torvill, "but then we were asked if we'd like to demonstrate the moves and we said yes, and then they said 'well, can you demonstrate to music?' To that we said 'ah, so that means we're performing.'

"Although we were nervous we actually really enjoyed it. We realised performing is what we enjoy most, so the performances got longer and more intense as the show progressed."

After all this time, it is clear Torvill feels honoured to be so respected by the British public, and this was backed up by a tremendously well-received biopic screened on Christmas Day. And as icons go, the duo have excelled – successful in their day and inspirational to a whole new generation now. "It's never not been a pleasure doing this, and we are as grateful today as any time before," she adds.





HISTORY

HAPPY Valentines DAY

A HEART-SHAPED HISTORY

February 14 is traditionally the day that flowers and chocolates will be winging their way to loved ones. But how did this annual expression of affection come to occupying a permanent spot on our calendars, and just who was this Valentine in whose name we send cards and presents?

It's a day on the calendar that elicits high emotion. Although not a global phenomenon, in the UK, Valentine's Day is an annual event celebrated via the exchanging of gifts and cards between loved ones.

There are multiple stories about the origins of the mysterious saint to whom the 14th February owes its name. The Catholic Church currently recognises three different saints by the name of Valentine, or Valentinus – all of whom were martyred.

Could Valentine's Day be named after the man who defied the Roman Emperor Claudius' decree that marriage be outlawed for young men and continued to perform marriages in secret? Or could it be the Valentine who allegedly helped capture Christians escape from the Romans, and may have sent handwritten notes signed 'From Your Valentine' to his love interest while he himself was imprisoned? Whatever the truth of the matter, all sources agree that Valentine was a sympathetic and romantic hero.

It was in the Middle Ages, however, when the figure of Valentine became one of the most popular patron saints. The oldest concrete appearance of the relationship between Valentine's Day and romantic love was in Geoffrey Chaucer's 1382 poem Parlement of Foules.

Modern Valentine's Day is less about Chaucer and more about cards, with the Greetings Card Association estimating that one billion cards are sent each year, making Valentine's Day the second-largest holiday of the year.

Despite such a patterned history of romantic reverence, just remember, the real question isn't whether you dare send something on Valentine's Day... it's whether you dare not!



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LOCAL NEWS

from your neighbourhood



Photo credit: ITV/PC

Singing sensation appears on The Voice UK

A singer from Woodbridge has got through to the second round of a popular talent show.

Connie Lamb, who has been singing since she was seven years old, impressed coaches Will.i.am, Jennifer Hudson, Sir Tom Jones and Olly Murs when she appeared on *The Voice UK* recently.

Singing *Skyscraper* by Demi Lovato, she managed to get Olly and Sir Tom to turn their chairs, securing herself a place on the show.

Speaking to **VISION**Woodbridge, she said: "I have always wanted to audition for *The Voice* because it's such a great show.

"I thought that nothing bad can come out of it so I thought I might as well do it.

"I was so nervous."

After receiving two turns, the 18-year-old eventually chose to join Team Olly.

She explained: "Before I went on I was hoping for Jennifer Hudson because I'm a theatre student and she was in *Dreamgirls*.

"I think I chose Olly because he's younger and more relatable.

"He was on *The X Factor* so he's been through a competition like this. He knows how hard it is. He's also more current in the music industry today."

Viewers will next see Connie during the Battle Rounds, where she will go up against another member of Team Olly and sing to stay in the competition.

Connie said: "I'm really excited for it. I'm in rehearsals with the person I'm battling.

"Olly is really helpful and he has really good advice.

"Before I auditioned I couldn't really see myself with Olly, but now I've done it, I feel part of his team. He's really great."

Connie is hoping to progress through the competition as far as she can.

She explained: "I think I'm taking it a step at a time. "However far you get is a massive achievement because there's so many people. It's all exposure."

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Duo to take on longest non-stop canoe race in the world



A pair of canoeists will be taking part in a 125-mile non-stop canoe race to raise money for charity.

Neil Boast, from Woodbridge, and Jeff Cribb, from Sproughton, will be kayaking from Devizes in Wiltshire to Westminster Bridge in London on Easter Saturday.

Neil and Jeff are aiming to complete the race in under 24 hours – a goal that both have missed out on previously.

Neil said: "It's a real kudos among marathon canoeists to complete it in under 24 hours. It's become an obsession with both of us now."

The pair are training hard to be able to complete the challenge in their goal time.

Neil explained: "We are training in the gym and on the water."

"We did sink in the River Deben recently as it was

choppy and our kayak filled with water."

The pair will have two support teams who will provide them with food and drink, as they will burn around 1,000 calories per hour.

Neil continued: "The race is a brutal test both physically and mentally."

"After 50 miles it just becomes a battle with yourself. Your body wants to quit as you are in pain, but you mentally have to force yourself to keep going."

"The emotion and elation at the end of the race is incredible."

The canoeists will be raising money for OUCH UK, an organisation for the understanding of cluster headaches, and hope to raise £3,500.

If you would like to donate, visit uk.virginmoneygiving.com/NeilBoast2

Theatre group raises hundreds for charity



president Don Spall.

The money was raised by holding an audience bucket collection during their Christmas production of *A Christmas Tale* in December 2018.

The gathering was also joined by Don's wife, Lyn, who has raised well over £6,500 for the charity since Don's sad passing.

Oliver Fosker, director and writer of the Christmas production, who presented the cheque, said: "I am overwhelmed by the very kind response by our audiences and thank them enormously for their very wonderful donation to such a well worthy cause."

In May half term, the theatre group will be performing *Half a Sixpence* at Seckford Theatre.

You can register for auditions, which are being held in March, by visiting cof4.co.uk/half-a-sixpence

Performances will be held from Wednesday, May 29 to Saturday, June 1.

The Company of Four musical theatre group from Woodbridge was pleased to welcome the chairman of the Ipswich and East Suffolk branch of Parkinson's UK, Marion Brown, to a rehearsal for its *Beauty and the Beast* pantomime recently.

They presented her a cheque for £633.75 which was raised in honour and memory of the Cof4 life



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Rotary Club helps fund building project



Woodbridge Rotary Club has donated thousands of pounds to a project overseas. President Sally Hamilton, together with Simon Holloway and Ashley Meyer of the Rotary Club, presented the cheque to Sue and Peter Baker of the Banyan Tree Project.

The Rotary Club has been supporting the project for 13 years and marvels at the work done. The project is based in Kerala, South Western India.

The money donated this time is for the Centre for Dalit Studies and Action (CDSA) based in Indinjar.

A spokesperson from the Rotary Club said: "Dalit is a term used for the castes of India that have been subjected to untouchability and are the lowest social group."

"The local director of the project is Chandra Babu whose idea it was, and we have helped them to move to a purpose built building in 2013.

"The building consists of a medical centre with dispensary, tuition classes for 75 scholars, a vacation programme for 115 students and a tailoring unit to provide employment and to raise revenue to run the building."

To raise more funds for running costs the centre now provides a place for weddings and other village functions.

The spokesperson continued: "To kick start the project we donated £800. Our international chairman Simon Holloway then made a presentation to the District Grant Fair and we were awarded £1,200. During the summer we continued fundraising and recently were able to give a further £2,400 which you see being presented in the photo."

Parking boost as new spaces open

The first phase of work to create much-needed extra car parking spaces in Woodbridge has been completed.

Work at The Avenue car park started in November 2018 to create an extra 13 spaces and a new bike rack. The area has also been tarmacked, relined and swept to improve the appearance.

In the second phase of the project, improvements will be made to Station Road car park in Woodbridge to create an extra 50 parking spaces and add speed humps, electrical car chargers for two cars and new bike racks.

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.

"I'd like to thank the public for their cooperation during the works. We hope that the changes will help make parking in the town easier for everyone."

Woodpeckers beat pre-season favourites

The Woodpeckers' fine form this season continues with the club sitting in fourth spot in the Thurlow Nunn Premier League at the time of writing.

Most recently, they beat pre-season favourites Histon 2-1 at Notcutts Park.

Upcoming home fixtures include:

- > March 2 – FC Clacton
- > March 16 – Gorleston
- > April 6 – Ely City

Please see the leaflet inside **VISION** Woodbridge for our 2-for-1 ticket offer for these matches.



Photo credit: Paul Leech



News from

Councillor Geoff Holdcroft

District & Town Councillor for Woodbridge

The preparations for the creation of the new East Suffolk Council on April 1 are now nearing the final stages with the shadow council holding its budget setting meeting on February 21.

All the other processes needed are now firmly in place to ensure a smooth handover from both Suffolk Coastal and Waveney District Councils to the new authority.

Suffolk Coastal will cease to exist on March 31 and we are looking to mark its 45-year history of providing services to local people by appealing to the public, its current and past staff and councillors to give us any tales and pictures of good memories involving the council, particularly from the early days of the 1970s and 1980s.

Selected memories will be collated as part of the Suffolk Coastal history, to be published online and locally, and will form part of a celebration event to be held at Snape in mid-March.

Here in Woodbridge, local people are being invited to choose their favourite design for the expansion of Woodbridge's skatepark following the refurbishment of the neighbouring Deben Leisure Centre.

On February 16 between 2pm and 4pm at Woodbridge Community Hall two skate construction companies presented their proposed design at a special event and local people and users of the



skatepark were invited to come along to vote for their favourite design.

There were light refreshments as well as a graffiti wall, photo booth and ballnado grabbing machine.

The Woodbridge Skatepark was built in 2008, in a partnership between the local community, Woodbridge Town Council, Just 42 Youth Club and Suffolk Coastal District Council.

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Swim and raise money for a good cause

Places Leisure is inviting members of the public to take part in a Swimathon.

This year, it will be held at Deben Leisure Centre in Woodbridge on March 29 from 2.30pm to 5.30pm and March 30 from 4.30pm to 8.30pm.

All funds raised will go to Cancer Research UK and Marie Curie.

A spokesperson from Places Leisure said: "Now is the perfect time to set yourself a challenge and it's a brilliant excuse to raise money for a fantastic cause."

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News from

Councillor Caroline Page

The County Councillor for Woodbridge

February brings another New Year – Chinese New Year started February 5. This year is the Year of the Pig. Reassuringly we are told it's going to be a lot better than last year.

The Chinese celebrate New Year's in style. Houses are cleaned thoroughly, sweeping out bad luck from last year to make way for good luck. There are presents, decorations, food, new clothes and narrow strips of red paper with spring poems put up on the door. Although in cities these may be removed at the end of New Year, in remote or rural areas, people still won't remove the old scrolls until next New Year.

Celebrations start on New Year's Eve when the family gathers for a huge homemade meal including steamed fish. Children are excited; they know they will get 'hong bao' (red envelopes of money). There follows a whole fortnight of feasting, and fun, finishing with the Lantern Festival. All over China, and even

from overseas, family members make their way back home to join in. These days, this means there are traffic jams and crowded trains such as the West would not believe.

The Spring Festival Travel Rush, the largest annual migration on earth, begins 15 days ahead of the New Year. Last year 98.8 million people travelled across China by train just at the start of the festival. And this doesn't count the many millions preferring to travel by car.

Since climate change is predicted to cause sea levels to raise above industrial China's landmass, it's lucky China is improving rail networks and turning to electric cars fuelled by renewably sourced power.

In Suffolk Coastal, so much smaller, we have similar problems of overcrowded trains, and roads and problems with encroaching sea. Should we not be looking at doing the same?

Become a Friend of Longshed

Having taken possession of the new Longshed on the old Whisstocks boatyard site in Woodbridge in April 2018, the charity, Woodbridge Riverside Trust, that is run by volunteers has secured funding for the fitting out of offices, stores, toilets and galley.

In the workshop, volunteers are working on a St Ayles Skiff while youngsters from Just 42 are building a Cajun Pirogue canoe under the guidance of one of our associates. To provide this involves monthly running costs in the order of £1,200 and so we are seeking people and businesses who are happy to become Friends of the Longshed by donating a small amount monthly or annually and/or organising fundraising events that can help us to meet these overheads for these community events.

Soon, activities will start that are associated with the building of the replica Sutton Hoo Burial Ship. Drawings that were produced at the time of the excavation have been copied and adjusted.

Due to the historical and archaeological importance of this construction and the allied refurbishment of the Sutton Hoo site, it is envisaged that increasing numbers of enthusiastic visitors will be coming to



visit the Longshed. Not only will there be a great deal of interest in the ship, but visitors may want to buy gifts, souvenirs and other goods from the excellent shops that we have here.

This construction is probably the most notable and important event that has occurred in the town for a very long time. Once complete, the ship will be launched onto the River Deben to undergo trials.

Why not join us in becoming a Friend? To learn more, visit www.woodbridgeriversidetrust.org or call 07551 726150 directly.



LOCAL NEWS



LOCAL NEWS

Indoor karting company announces access karting sessions



An indoor karting company has announced the addition of a weekly access karting session.

Anglia Indoor Karting Ipswich believes all individuals should have the opportunity to experience the thrill of karting for themselves.

Those with limited mobility, learning difficulties, and other special requirements can enjoy a superb and safe experience whether that is through driving themselves, or riding with an instructor in our new state-of-the-art 270cc two-seater kart.

A spokesperson from the company said: "Participants who wish to drive 'solo' must be physically capable of firmly pushing their feet on the pedals and using their arms for steering, which can initially feel quite heavy.

"All drivers will go through a comprehensive safety briefing and the instructor will demonstrate and give

simple verbal instructions to teach the kart controls which will need to be understood by the drivers.

"The speed of the karts can be reduced whilst the participants get to grips with the controls.

"Drivers who are not able or keen to drive themselves have the opportunity to experience hot laps as a passenger in our instructor-driven two-seater kart.

"Participants who wish to experience a hot lap ride in our two seater kart as a passenger must be able to sit upright in the seat."

Access Karting sessions will be running on a Wednesday morning from 10am to noon, from February 27.

Drivers must be a minimum of eight years old and a minimum height of 127cm.

For more information, visit www.angliakarting.com

Basepoint Ipswich celebrates 10th anniversary



Basepoint Business Centre is celebrating the 10th anniversary of its opening on Ransomes Europark, Ipswich.

The centre was built in 2009 after recognising a need for small to medium offices suitable for start-ups, entrepreneurs and medium-sized established businesses. Raising occupancy steadily over the first five years the centre has remained at over 96 per cent full for the past five years.

In 2016 a major refurbishment of the reception and break-out area added a more colourful layout, making it the perfect place for the licensees to hold an informal meeting with clients or visitors.

Centre manager Alison Morrissey commented: "Basepoint really feels like a community and has a friendly vibe running through it, this is very evident when we hold our regular charity events that are extremely well supported.

"Over the 10 years we have raised in excess of £100,000 for local causes including AGE UK Suffolk, Cancer Campaign in Suffolk and Solving Kids Cancer. This year we have registered with St Elizabeth Hospice to raise £3000 in 12 months."

Basepoint is looking forward to a bright future for the next 10 years and beyond. If you would like more information or to visit the centre please call 01473 722700 or email ipswich@Basepoint.co.uk

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The Dulux Colour of the Year 2019 has been revealed as Spiced Honey. This gorgeously rich and warm tone has been chosen to reflect a mood of positivity and optimism for the year ahead.

WHY WE LOVE THIS SHADE

Spiced Honey is a warm amber tone that has been created to express the beauty and richness of natural honey. It is an incredibly versatile colour that can be used to create different ambiances depending on the other colours that you team it with. It is the perfect colour to banish any lingering negativity and start afresh.

WHAT SHADES DOES THIS COLOUR COMPLEMENT?

Pair with soft pastels such as pale pink or muted grey to create feelings of calm and tranquillity; perfect for the bedroom or conservatory. Alternatively, team with bold colours such as rich reds and oranges for a luxurious and vibrant vibe.

HOW TO USE THIS COLOUR IN YOUR HOME DÉCOR

A statement wall feature is a quick and affordable way to add this colour into any room, or if you prefer patterned designs, pick up some Spiced Honey wallpaper. Don't shy away from bold designs as this flexible colour can cope with them.

WHY YOU SHOULD EMBRACE UPHOLSTERY

If you like to keep the colour of your walls neutral, there are more subtle ways to introduce this colour into your home. Why not invest in a Spiced Honey sofa which can act as the focal point of your living room? Crisp white walls work perfectly with this and create an almost Scandinavian feel. Ideal for those wanting a chilled-out vibe. Alternatively, try smaller home accessories such as a Spiced Honey lampshade or rug.



Photo credit: www.dulux.co.uk



Clean Bandits

We all crave a clean home, but employing a cleaner brings about the uncertainty of inviting in strangers. Here are a few tips to ensuring your home remains clean, not cleaned out.

Word of mouth

Like so many aspects of life, the best recommendations often come from those who have actually sampled products or, in this case, services. When sourcing a cleaner it makes sense to want to use the same ones as friends or family who can vouch for a job well done, but even online groups and communities – where you may not know the homeowners – are better than going in cold.

Your own online research

You can't just rely on the word of others – you need to do your own checks. Review sites can offer useful feedback, but when checking these, consider their date, and judge the tone of each to ensure the reviews left are genuine. If you're happy, ask for references.

Don't favour businesses over individuals

The process of sourcing a good cleaner occupies a category where, for many, there seems to be no preferred option between using a business – which has a number of individual cleaners under its watch – or a sole proprietor who simply works for themselves. Some clients like the reliability of a bigger business and the ability to report a problem to a manager rather than the individual themselves, while others prefer a more personal touch.

Lay a trap

In a move that some regard as controversial, some homeowners might leave a small amount of money on the floor (say, a £5 note). If the note has been picked up and left behind post-clean, you have someone you can trust.

Be clear and inspect work

For many, a satisfactory job will come about when instructions are clear and a post-clean check is done. And being upfront on feedback will mean your relationship flourishes just as much as your home.

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Queen Colman

Playing the monarch would be a daunting task for most, but surely not BAFTA-winning actress Olivia Colman? As she prepares to succeed Claire Foy in *The Crown*, the talented star reveals how she copes with the pressure of being the nation's latest dynamic doyenne.

Helen Mirren, Julie Walters, Dame Judi Dench... British female actresses who have elevated themselves well beyond the pages of a film or TV script. Their impact in purely dramatic terms is there for all to see, and yet they are so much more than that... warm, funny, down-to-earth and, very often, self-deprecating. Perhaps that's why we have taken them into our hearts... we feel they are 'one of us'.

"I've never taken myself seriously," begins Colman, who is about to return to our screens in series three of *The Crown*. Netflix have kept the release date a closely guarded secret, but while fans will have waited well over a year since the last instalment, season four is expected to follow on closely behind.

Colman, as Queen Elizabeth II is, in many ways, the perfect choice. With her very British face, cool but entirely likeable demeanour and measured clipped accent, there is certainly something very regal about the Cambridge-educated star. "They gave me a great voice coach who made sure I spoke like the Queen," she reveals. "It was just a case of learning the lines and trying to copy exactly what they did. And Claire Foy let me know I could call if I needed to."

Assuming the role of a living icon is never going to be easy, particularly when you are also taking over from an actress who won a Golden Globe for her interpretation of the character. "It's a challenge but that is what this game is about. It's a case of putting you up there with the prospect that you might fail... but I've been taking chances ever since I became an actress, and I'm fine with that. Nervous, but fine," she laughs.

Of course, *The Crown* barely scratches the surface of the Norwich-born actress's achievements. Her prime-time TV mastery includes award-winning shows *Broadchurch* and *The Night Manager*, while current period drama *The Favourite* landed Colman the Golden Globe award for Best Actress in a Motion Picture Comedy or Musical, for her portrayal of Queen Anne.

"I am certainly ticking off as many members of the Royal Family as possible," she jokes. "It's lovely to get the accolades and to hear an appreciation of your work, but really it is the acting first and foremost that gives me the thrill. Everything beyond that is wonderful, but I always want to focus on the product itself."

Colman admits to also spending time focusing on keeping her emotions in check. "I have a sneaking suspicion that audiences have seen me crying a little bit too often in the past couple of years," she admits.

"If something touches me, I cry. That's it. I'm a bit raw, a bit rubbish really," she explains. "Often a director will say to me, 'I don't think this is a scene where your character cries'. And all I can say is, good luck with that."



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GARDENING



Gifting a bunch of flowers is a gesture in itself. But next time you send a bouquet, tell them how you really feel using this comprehensive guide to their traditional meanings.

Lavender: Not just for tucking into your knicker drawer, the fragrant lavender actually represents devotion.

Anthurium: The ideal flower someone who has been a wonderful host, these brilliant red, exotic beauties symbolise hospitality, happiness and abundance.

Lilac: Think you might be falling for someone? Lilacs symbolise the first emotions of love.

Carnation: These cute and ruffled blooms actually represent pride and beauty, while their different colours have a host of other meanings: white – innocence and pure love; red – admiration, pink – motherly love; yellow – disdain.

Lily: Often thought of as a funeral flower, the fragrant, majestic and ethereal lily actually represents purity of heart, and when displayed at a funeral means that the departed's soul has been restored to innocence.

Chrysanthemum: A bouquet staple, these impressive flowers have a simple meaning – honesty.

Lily-of-the-valley: These buoyant little bells are an ideal token for a recent birth as they symbolise sweetness.

Daffodil: Want to tell someone you love them but don't know how? Daffodils are the flower of unrequited love.

Peony: The ultimate passive-aggressive statement, charming and oft included in a bouquet, Peony actually represents anger.

Forget-Me-Nots: As the name of these delicate blue buds would suggest, forget-me-nots represent true love, longing and memory.

Roses: Red: love, Light Pink: grace, Coral: desire, Dark pink: gratitude, Peach: modesty, Cream: charm and thoughtfulness, White: a heart touched by love, Burgundy: beauty, Purple: enchantment, Yellow: infidelity.

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PANCAKES WITH

Panache



FOOD & DRINK

Bored with traditional pancakes served simply with sugar and lemon? Fancy stretching out your culinary muscles and impressing your family with something a bit different this year?

Beer & Bacon Pancakes

YOU WILL NEED:

- > 1 cup all-purpose flour
- > 2 teaspoons baking powder
- > 2 tablespoons sugar
- > 1 egg
- > 2 tablespoons melted butter
- > 3 rashers cooked bacon
- > ½ beer or ale

HOW TO MAKE:

- > Whisk sugar, salt, flour & baking powder together
- > Separately, beat egg with beer and butter
- > Add a small amount of batter to a buttered griddle pan
- > Add a few pieces of bacon
- > Flip after 2-3 minutes and repeat on other side
- > Serve with maple syrup

Vegan Pancakes

YOU WILL NEED:

- > 150g plain flour
- > 2 tablespoons caster sugar
- > ½ teaspoon salt
- > 2 teaspoons baking powder
- > 300ml water
- > 1 tablespoon oil
- > Handful of raisins
- > ¼ teaspoon cinnamon & mixed spice

HOW TO MAKE:

- > Combine flour, sugar, baking powder, salt and spices
- > Whisk water and oil together
- > Make a well in the dry mixture and pour in liquid
- > Mix together
- > Add dried fruit
- > Add a small amount of the mixture to an oiled pan
- > Flip after 2-3 minutes
- > Repeat on the other side

Peanut Butter Pancakes

YOU WILL NEED:

- > 60g flour
- > ½ teaspoon salt
- > 1 egg
- > 175ml milk
- > 2 tablespoons peanut butter
- > 1 teaspoon caster sugar
- > Chocolate or nut toppings

HOW TO MAKE:

- > Mix flour and salt in a bowl
- > Separately beat egg and add milk
- > Gradually add the liquid to the dry mixture and whisk
- > Add a small amount of mixture to a greased griddle pan
- > Cook for 2-3 minutes on each side
- > Combine peanut butter with a drizzle of oil and the sugar
- > Blend into a smooth paste and spread liberally on the pancake
- > Finish with chocolate or nut toppings





Do you suffer from PORTION DISTORTION?

A study by the Diet Plate, a portion-controlled weight management system, has shown that a portion-controlled diet can make you six times more likely to lose weight than a standard weight loss diet.

As a nation we are eating portions far bigger than the recommended amount, so it is no wonder that we are suffering from an obesity and diabetes crisis.

So, do you know how much you should be eating?

Breakfast

One serving of cereal should be 30g, which is about half a cup. The average adult eats nearly 50 per cent more than that, serving themselves 44g per bowl.



Lunch

A cheese sandwich is a quick and easy lunch but with a healthy portion size of bread being one slice and the recommended serving of cheese being around 30g which is the size of a matchbox, most shop-bought



varieties contain far too much saturated fat and too many calories.

Dinner

One piece of pizza contains on average 300-400 calories, so a maximum of two pieces should be consumed in one setting.

Fill the rest of your plate up with salad and you can enjoy this treat without piling on the pounds.



Snacks

Unsalted nuts are a healthy and nutritious snack, and a great alternative to crisps, but they are high in fat and calories so only one tablespoon is recommended per portion.

The average chocolate bar is 45g, yet the serving recommendation is only 25g.



Drinks

A healthy portion of wine is 125ml, but most pubs and restaurants now only serve 175ml or 250ml as standard measures. A 125ml is actually less than one fifth of a bottle.



For more information on the Diet Plate visit www.thedietplate.com



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Why Exercise?

It's important to ensure we include exercise in our weekly routine, even if just a moderate amount, writes fitness coach **Julie Foster**

Exercising can reduce your risk of major illnesses, such as heart disease, stroke, type two diabetes and cancer by up to 50% and lower your risk of early death by up to 30%.

To stay healthy, adults aged 19 to 64 should try to be active daily and should do at least 150 minutes of moderate aerobic activity such as cycling or brisk walking every week.

It is also important to do strength exercises on two or more days a week that work all the major muscles. A good rule is that one minute of vigorous activity provides the same health benefits as two minutes of moderate activity.

Examples of activities that require moderate effort for most people include brisk walking, water aerobics, cycling on even ground or with few hills, pushing a lawn mower and much, much more.

There's good evidence that vigorous activity can bring health benefits over and above that of moderate activity. Examples of activities that require vigorous effort for most people include jogging and running, fast swimming, cycling fast or on hills, football and rugby.

Try the aerobic workout videos in the NHS Fitness Studio.



Julie Foster

Send your fitness questions to julie.e.foster@outlook.co.uk, and you could be featured in **VISION**



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BEAUTY

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The winter months can play havoc with the condition of your lips, leaving them dry and chapped.

Our DIY lip care treatments are all natural and guaranteed to get your parched pout ready to pucker up.

Passionfruit & Coconut lip Balm

Your significant other will go wild for this passionfruit-infused lip balm which tastes good enough to eat.

Grate 2 tablespoons of beeswax into a glass jug. Add in 2 tablespoons of coconut oil and olive oil. Heat a few centimetres of water in a large pot and place the jug inside to gently melt the wax. Remove and leave to cool and then add 2 tablespoons of passionfruit juice. Pour into pots and leave for 12 hours before applying.

Chocolate & Walnut lip Scrub

A lip scrub is a great way to remove any dry or dead skin from your lips, leaving them feeling soft and smooth. This DIY recipe includes shea butter for moisturising, brown sugar which acts as a natural abrasive and cocoa powder for an instant chocolate hit.

Mix 1 tablespoon of brown sugar with ½ tablespoon of shea butter and then add ½ tablespoon of walnut oil. Finally add 1 teaspoon of cocoa powder and apply to your lips.

Cinnamon & Cayenne Pepper lip Plumper

Spice up your love life this Valentine's Day with this DIY lip plumper that uses these two rich spices to produce a pout to rival Kylie Jenner's.

Simply mix 1 teaspoon of cinnamon oil and a small pinch of cayenne pepper with ½ teaspoon of Vaseline. Gently massage this mixture onto your lips, leave for a few minutes and wipe off.





Pet Sounds

Dogs and cats? It's all so 1990s. We're in a new era of cool home companions, so grab that cockroach and come along for the ride.

SUGAR GLIDER
Apparently, hamsters are so passé these days. Instead, people have switched their attentions to sugar gliders, for their incredible affection, curiosity and ability to win over everyone in the family, from adults and children to other pets. This marsupial even has a cool name, a reference to their preference for sweet tastes (such as sap and nectar) and their ability to glide through the air. What's not to like?!

HEDGEHOG
Having an outdoor pet such as a hedgehog is a great idea. You are keeping it in its natural habitat, and this marvellous, charming creature is friendly, inquisitive and often in need of protection, as his prickly exterior will tell you.

SCORPION
For the more adventurous, a pet scorpion can be fascinating to have around, but remember, watch and don't touch... ever. And for goodness sake, make sure that tank lid is firmly closed.

PYGMY GOAT
Got a spare bit of land and in need of a lawnmower? A pygmy goat is what you're after. Low maintenance, self-exercising and impossibly cute, they'll bound about to their hearts' content leaving you to sit back and make 'aaah' noises.

BEARDED DRAGON
This friendly reptile (real name Pogona) is a lizard whose marvellous livery will amaze and inspire younger mind; but be warned, he'll go missing for months on end without even a goodbye (and no noisy anti-hibernation protests will stop him).

CAPYBARA
A much bigger, slightly uglier guinea pig, who is friendly, harmless and full of life, but these animals require a lot of space to move around in... oh, and a swimming pool.

CHINCHILLA
Cute, clean, timid, small and completely odourless, the chinchilla takes a fair bit of maintenance, but is surely the most adorable of the rodent family.



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A TOP-NOTCH CV

A stand-out-from-the-crowd and well-written CV offers a great opportunity for an interviewee to open up, paint a picture of themselves and ensure they're invited through the door for an interview, but getting your curriculum vitae spot-on requires more than just documenting your life story. Here are a few things to consider:

KEY INFO – WHO ARE YOU AND WHAT CAN YOU DO
Wow your potential employer straight away by spelling out who you are and your personal details, skills and achievements. Use the first 50 words to sell yourself before going into a bit more detail later on.

THE DIFFERENCE BETWEEN EXPERIENCE AND LIFE HISTORY
Focus most on recent achievements, and outline briefly the key points. After all, an employer isn't interested in the C you got for GCSE home economics. Remember, your CV is an introduction to who you are, so keep it to two pages and no more than that. The real 'you' will get a chance to impress face-to-face.

PERSONALITY
The design and tone of your CV is important.

When you consider how many bland black and white applications an employer will get, if yours uses colour, perhaps with sprinkles of style, professionalism, humour and honesty, you could find yourself fast-tracked straight onto the shortlist.

INTERESTS
Giving someone a job is about the work they'll do but also their ability to fit in socially, so ensure you list interests, passions and any pursuits you like to undertake away from the office.

REFEREES AND A GOOD PROOFREAD
List appropriate names for references, but check with them first that they're happy to be listed. And always ensure your CV is proofread – a misspelt word or sloppy grammatical error alone may lose you the opportunity to impress face-to-face

Make it eye-catching. Different from the rest so employers can remember you...be creative.



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WHAT'S ON

in your area

Woodbridge Flea Market

Woodbridge Community Hall,
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February 24, 10am – 4pm

Action Medical Research's popular Flea Market returns to Woodbridge Community Hall on Sunday, February 24, from 10am until 4pm, and hopes to raise over £1,000 for sick babies and children.

The market, which costs just £1 for adults, and is free for children, showcases a range of antique and collectable items, sold by local individuals, and also includes a fully functioning kitchen where you collect that always desired bacon butty and cup of tea on a Sunday morning.

Action Medical Research is also actively seeking all kinds of volunteers in this area. For further information on how to get involved, please visit action.org.uk/volunteering

Marmalade Competition 2019

Woodbridge Kitchen Company,
7 Thoroughfare, Woodbridge, IP12 1AA
March 2, 9am – 5pm



stock image

Woodbridge Kitchen Company are searching for the Best Marmalade from in and around Woodbridge.

If just having the honour of winning the Best Marmalade in Town competition isn't enough to tempt you into entering, the winner will receive a certificate and a £50 cookware voucher to be spent in our fabulous shop.

Pop in and grab an entry form and get jarring. When you've made your marmalade, drop it in-store before the end of February.

For more information, visit www.facebook.com/events/663563087375242

The Amazing Mr Handel

Snape Maltings Concert Hall
March 16, 7.30pm

Aldeburgh Music Club Choir's spring concert will celebrate the glories of the ceremonial, sacred and orchestral music of The Amazing Mr Handel.

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

Growing Old Disgracefully with Virginia Ironside

Peter Pears Recital Room, Snape Maltings, Snape, IP17 1SP March 23, 7pm – 8.30pm

When an agony aunt reaches her sixties and seventies she can lie like a trooper, jump off a bridge – or take to the stage.

Growing Old Disgracefully, written and performed by Virginia Ironside, is a joyful evening of her personal musings and observations, directed by the *Young Ones* Nigel Planer.

She voices the unspoken thoughts that many people share about the dilemmas of aging gracefully, disgracefully, even outrageously.

The performance is in aid of the Lettering Arts Trust, of which Virginia Ironside is a patron.

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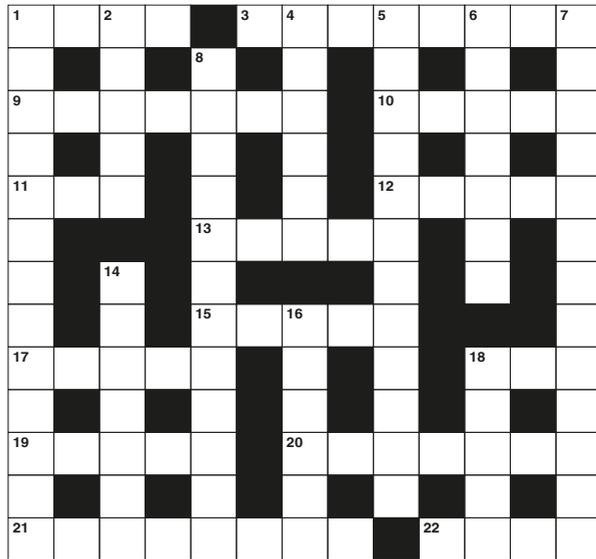
Answers can be found on the Contents Page 4

ACROSS

- Become dim (4)
- Creature that eats both meat and plants (8)
- Not tense (7)
- Outdo (5)
- First woman (3)
- Rule (5)
- Leases (5)
- Frenzied (5)
- Type of spear (5)
- Be in debt (3)
- Kick out (5)
- Set apart (7)
- Paying a debt (8)
- Young woman (4)

DOWN

- Absent-mindedness (13)
- Research deeply (5)
- Maiden (anag) (6)
- Junction (12)
- Type of optician (7)
- Ebullience (13)
- Based on untested ideas (12)



- Be made of (7)
- Concept (6)
- Barack ___ : 44th US President (5)

DID YOU KNOW?

- Without saliva, food tastes very different to what you would expect, or in some cases, you might not be able to taste it at all.
- A lemon contains more sugar than a strawberry. It's estimated a strawberry contains 40 per cent sugar, compared to 70 per cent in a lemon.
- You can tell if an egg is hard boiled or raw by spinning it. A hard-boiled egg will spin and stop quickly, but a raw one will not due to the liquid inside the egg.
- It is thought that the pea is the oldest vegetable, dating back to the Stone Age.
- A cucumber is approximately 95 per cent water.
- Rice paper isn't actually made using rice.

SUDOKU

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

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February 2019

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