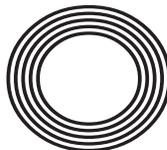


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ASHLEY BANJO
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- 6 HISTORY
- 8 ASHLEY BANJO
- 11 LOCAL NEWS
- 29 HOME & DIY
- 34 ED SHEERAN
- 39 GARDENING
- 43 FOOD & DRINK
- 44 HEALTH & FITNESS
- 49 FASHION
- 50 KIDS
- 52 SPORTS
- 55 BUSINESS & FINANCE
- 57 MOTORING
- 58 PETS
- 61 WHAT'S ON
- 62 THE **VISION** LISTINGS
- 66 PUZZLES

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Editor's notes...



William Taylor, Editor

Hello and welcome to this month's edition of **VISION** Woodbridge. This month we bring you a very familiar face on our front cover - the one and only Ed Sheeran.

As most of you will know, Ed only lives a very short drive from here and it's great to see one of our own doing so well for himself. Some of you may even be lucky enough to have tickets to his homecoming shows this summer in Chantry Park. I've only met Ed on one very brief occasion before, when pulling pints in a local pub to help fund the launch of this magazine, about a year or so ago.

I remember the excitement from all the staff as it was revealed he'd booked a table and was bringing his entourage. I seem to recall he'd only just flown in from performing back-to-back nights to a sell-out crowd in Dublin, now all of a sudden here he was, stood opposite me in a small pub in Framlingham.

What struck me was just how humble he was - just a normal lad popping into his local pub to drink a pint of bitter with friends.

We chatted briefly about this and that, and I told him about my plans to launch this very magazine. He wished me well and said he'd look out for it. Whether or not he's had a chance to yet, I don't know, but I'd like to think he's an avid reader. Have a great month.

Will

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Save up now for a truly titanic trip into the deep..

For over a hundred years, the sinking of the Titanic has fascinated, terrified and, dare we say it, even entertained the world.

.....
A ship made famous by its demise, as it carried 1,517 poor souls to their watery deaths, has become a tearjerker, a milestone for flawed engineering and even a beacon for hope. And that's because, this April, as 'The Unsinkable' boat prepares to mark the 107th anniversary of its plummet to the floor of the ocean, everyday folk are being invited to dive down to the forlorn wreck and sample for themselves the rusted, barnacled vessel.

There are, of course, a few conditions. Firstly, only registered scientists can apply to make the trip to

the depths of the Atlantic Ocean, so best get out those study books. Secondly, you'll need to pay OceanGate or Bluefish, two companies who have developed a state-of-the-art submersible capable of the 90-minute descent, up to \$100,000 for the trip. And thirdly, you'll need the courage and confidence to believe you're not adding to the great ship's list of RIPs in what is surely an uncomfortable adventure into the deep.

The two craft that takes people down to the wreckage descend the full 13,000ft, with OceanGate's submersible (handily named Titan) having been extensively tested off the coast of the Bahamas. The company's CEO and founder Stockton Rush believes the venture marks a pivotal moment in our exploration of the seas.

He said: "This is a really important thing to come to fruition and it shows what we are capable of now. I can't express what achieving this means to me, and what it means to imagine the great things we're going to explore and find in the oceans in years to come."

And while the development of this level of diving technology creates incredible opportunities for ocean tourism, it can also help sub aqua conservation projects, helping us to look after and protect our oceans and all that live in them.

That we now have the opportunity to see the Titanic with our own eyes is also thanks to a man named Robert Ballard. When the oceanographer found the wreckage on a US Navy mission in 1985, it was the first time anyone had caught glimpse of the great ship since 2.20am on April 15, 1912, and

its discovery allowed a new generation to fall for her all over again.

The reality though, is venturing deep into the abyss in a submersible is the only way we will ever view the Titanic first-hand. Raising the wreckage has long been fantasised, but the crumbling mass would never make it back up to the surface. What's more, bacteria on the sea bed eat around 400lb of the ship every day – in fact there are so many bacteria down there that the rusted mass is surrounded by more life now than at any other point in her history.

The speed at which she is being eaten, however, means that within 50 years the wreck will be almost unrecognisable, so those keen to sample this iconic piece of maritime history should probably start saving up now.

LETTING HIS FOOT

do the talking

Diversity by name, diverse by nature

It's 10 years since dance troupe Diversity leapt, spun and pirouetted into our collective consciousness in clinching the 2009 *Britain's Got Talent* title.

While the collective initially embarked on a global trail of sell-out performances and media adulation, the last dance usually comes around rather quickly, with these talented street dancers frequently tipped to be ready to go back to rather more normal existences.

And yet, nobody has told Diversity, it seems. Across multiple tours, holiday park residences, one-off shows, TV specials and special appearances, the strength of the group's talent has kept them in demand.

Perhaps it's the style, energy and passion with which they undertake their craft, perhaps it's the Simon Cowell effect; or perhaps the credit should go to Ashley Banjo, Diversity's lead-out man whose charisma, charm and personality has enabled him to forge his own career whilst sustaining the group's.

The 30-year-old has just enjoyed another memorable stint on hit ITV show *Dancing on Ice*, as a judge working alongside Jason Gardiner, Jayne Torvill and Christopher Dean. That follows his commitment to Sky1's talent show *Got To Dance*, plus appearances on everything from *Flirty Dancing* to *The Apprentice*, *The Cube*, *The Real Hustle* and *Catchphrase*.

While panel and game shows show Banjo is as comfortable with light entertainment as he is reality TV, the performer, who is an official ambassador for the United Dance Organisation, knows where his heart is.

He said: "Everything I do is there for me to bring my passion and enthusiasm for dance to the fore, and to get others to really appreciate the value of it.

"We're in an era where creative freedom can come in any form, so combining that sort of expression with exercise and energy remains, in my mind, the best possible way to blow away the cobwebs of everyday life. It's a performance that never ends."



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Photo credit: Sanctuary Supported Living

Youngsters display photography at exhibition

Budding photographers have been showcasing their new-found skills at a high street gallery in Woodbridge.

Twelve residents from Sanctuary Supported Living in Anglesea Road and Berners Street proudly exhibited their work at Artspace following a six-week photography course.

The young people, who are supported housing residents who have faced homelessness or were at risk of being homeless, chose to study portraiture, storytelling and street photography.

The students were taught new techniques and then curated the exhibition themselves, inviting the public

to view their work.

Course leader, photographer and deputy local service manager, David Perkins, said: "This course has given residents an opportunity to try something new and we are so proud of their achievements.

"Exhibiting the artwork and hearing the positive feedback from the public has really boosted their confidence."

Artwork was on sale to the public during the exhibition, with profits shared among residents.

Resident Lamisha Blanchard said: "It was really cool. I learnt so much and it pushed me out of my comfort zone and made me talk to new people."



Photo credit: Doug Parker

Mayor takes on blindfold walk around town

The Mayor of Woodbridge David Mortimer did a blindfold walk around the town recently to experience the difficulties that visually impaired people encounter on a daily basis.

The Suffolk Guide Dog forum organised the walk, and on March 7 a large group of Guide Dog owners and supporters met at Market Hall in Woodbridge.

The mayor was blindfolded and initially guided down New Street by Helen Sismore, community engagement officer for Guide Dogs.

Hazards, such as steps, bollards, lampposts, kerbs and pavement-parked vehicles were pointed out by Helen.

When they reached The Thoroughfare, the mayor went solo using only a long white cane to tap his way

along the street.

A spokesperson from the Suffolk Guide Dog Forum said: "The Suffolk Guide Dog Forum felt that the blindfold walk at Woodbridge by the mayor was a huge success.

"It gave him first-hand experience of the problems and issues that man-made obstacles placed in our streets give blind and partially sighted people.

"It was only by putting on the blindfold that David really became fully aware of the hazards we encounter on a daily basis.

"We hope that this experience will ensure that in future blind and partially sighted people will be able to walk around our town safely assisting them to lead independent lives."

Rotary Club supports natural disaster victims

Last month, Woodbridge Rotary Club purchased a ShelterBox to send to Mozambique for flood relief.

The boxes currently cost £600 each, and over the last few years, the Rotary Club has sent 21 boxes.

ShelterBox, a registered charity, provides emergency shelter, tools and equipment for families around the world who have been robbed of their lives by natural disaster or conflict.

Each ShelterBox typically contains a tent specially designed to withstand extreme weather conditions, a water purification kit, blankets, tools and the necessities to help a family survive after a disaster.

The box itself can be used for water storage, general storage or as a table or worktop.

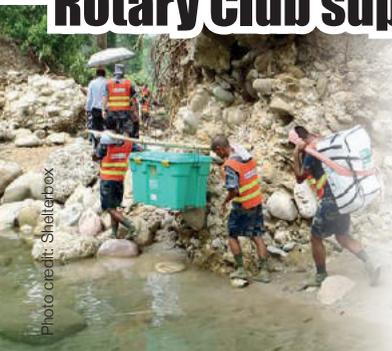


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Antiques Road Trip revisits town during filming for series

BC One's long-running show *Antiques Road Trip* was filmed in Woodbridge recently.

Veteran road tripper James Braxton and new recruit Lizzie Balmer started their road trip in the town before zig-zagging through Cambridgeshire, Northamptonshire and Norfolk. A fifth and final auction was held in Lincoln to sell their antique finds.

During the filming of the 19th series, James and Lizzie began the day filming outside the Tide Mill and other sights around the town before James visited Woodbridge Antiques Centre in Quay Street.

In 2014, James visited Woodbridge Antiques Centre and the programme has returned several times over the years. The experts never fail to find something

interesting.

Natalie Smith, owner of Woodbridge Antiques Centre, commented: "It was fantastic to have another visit from *Antiques Road Trip*. It's a great programme which focuses on the beauty of the local areas and interesting activities as well as the pieces they find along the way. It's always a pleasure to be involved."

John Redshaw, series producer at STV Productions, said: "As always, the new series of *Antiques Road Trip* is full of laughs, friendly rivalries and great characters as our experts go back on the road to search for weird and wonderful antiques, and hear about local history along the way."

The show will be broadcast this autumn.

Beowulf Festival coming to town in May

Last year, the first Beowulf Festival was such a huge success that the people of Woodbridge clamoured for a repeat performance.

However, Beowulf's journey will take longer than expected. The main Beowulf Festival will return in 2020, but The Spirit of Beowulf will be alive and well over the upcoming early Spring Bank Holiday weekend with fundraising events in the town and on the banks of the beautiful River Deben in Woodbridge.

On the Saturday there will be something for everyone at Whisstocks and the Tide Mill Quay with an array of bespoke food and drink and Beowulf-themed events.

There will be music from Merlyn's Open Mic and the Journeys Song and Poetry Competition on the Marie Boat Stage moored by the Tide Mill, courtesy of Sea Folk Arts.

New arrivals, Wooden Roots, are providing drum

workshops and performances in their tent.

Artist Susie Hammond will have some of her new dragon art to display along with other members of the WDB Creative Arts.

The popular talk What would Beowulf eat? will be back with Dr Debby Banham and her Cambridge University students, who last year enthralled with Anglo Saxon tales spoken in Old English.

Sae Wylfing and the Anglo-Saxon enactors will be outside the Boatshed plus craft demonstrations, market stalls, park and ride the Beowulf bike and The Tide Mill Living Museum is offering free entrance.

Other fundraising events include a Friday night talk by Dr Sam Newton at the Shire Hall, and Sutton Hoo have arranged a special breakfast walk on the Monday.

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



LOCAL NEWS

Photo credit: Chris Bell



Photo credit: Simon Ballard

Business raises £20k to celebrate its 20th anniversary

One local business has raised £20,000 throughout its 20th year by organising events and initiatives.

The Hearing Care Centre is an award-winning family-run hearing care company, with a centre in Woodbridge.

Staff at the company decided to raise more money for charity than ever before for their chosen charity Hearing Dogs for Deaf People.

The charity has created over 900 partnerships between deaf people and hearing dogs in the UK.

Karen Finch, managing director of The Hearing Care Centre, commented: "We are ecstatic to be able to present Hearing Dogs for Deaf People with

this money, which will go such a long way towards the brilliant work that they do.

"Thank you to everybody in the local community who has supported us during this feat, we hope you will continue to support us in our future fundraising."

Rachel Clarke, Hearing Dogs' community fundraising manager in East Anglia said: "We feel incredibly privileged to have had The Hearing Care Centre's support for almost 20 years and the fact that they have chosen to support the charity again during this milestone year - achieving such a massive target in a short space of time - shows their enthusiasm and dedication to helping deaf people with the gift of a hearing dog."

Woodpeckers set for record finish

Woodbridge Town FC scooped two away wins at the end of March, keeping them on track for their highest ever league finish.

At the time of writing, the Woodpeckers were in second position in Thurlow Nunn League, Premier Division.

Against Whitton United, the players fought back from 2-0 down to win 2-3.

The following week saw a 1-4 win against Thetford Town.

Remaining fixtures are:

- > April 20 vs Newmarket Town
- > April 22 vs Whitton United
- > April 27 vs Ely City

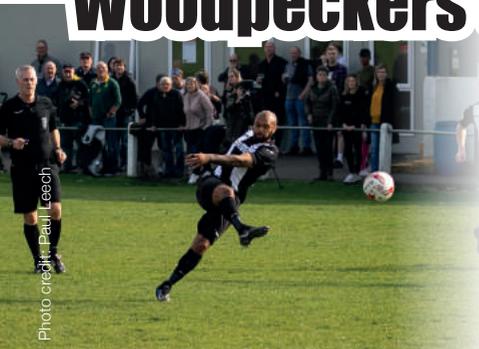


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News from
Councillor Caroline Page
The County Councillor for Woodbridge



I am so proud of the camellia outside my front door. It is utterly beautiful – covered with huge, brash, vibrant, perfect, golden-centred vermilion blooms.

And it's something of a miracle. Last year I left it to go on holiday during what turned out to be the most ferocious summer of the last 20 years, but my wonderful neighbour took it upon himself to keep an eye on it and watered it – he now tells me – daily. (Lucky it. Lucky me. Thank you so much, Peter). I came back, expecting the worst, to find it green and bushy and full of cheer.

So there my camellia was, prospering over our mild winter and putting out hearty hopeful buds when suddenly the frosts of February descended, and then March storms hit it like several tons of bricks. I shivered and shook - and feared for its future. But was it daunted? No. On the day when Storm Gareth hit

us hardest, my camellia stood there staunchly facing off the wind and with three perfect red blossoms unfurled and intact. And now the winds are over, it's completely covered with flower.

It seems to me that my camellia is very like our community here in Woodbridge. Sometimes there are austere difficult times that we cannot guard against – we need someone to give us a hand, as I had over the dry summer (thank you again, Peter). But, with that help, we can put out new shoots and grow into our glorious potential.

Like my camellia, our community is tough as well as beautiful. It can hold strong despite economic blasts, because of its vigorous root stock. As long as we treat it right, none of those leaves or blossoms will fall and it will develop beautifully – for the good of everyone.

BikeActive receives £500 donation

Woodbridge Rotary Club members visited Alton Water Visitor Centre recently to present a £500 cheque to BikeActive.

The donation came following an off-road cycle ride around Rendelsham Forest in November last year, where more than 300 cyclists took part.

Jeff Dunn and several other Rotary Club members visited the visitor centre last month to present the cheque and have the chance to find out about BikeActive and how the money will be used.

A spokesperson from BikeActive said: "BikeActive is

an organisation, run by volunteers, that gives people with disabilities and special needs a cycle along roads on specially adapted bikes.

"Our clients come from all over Suffolk to Alton Water on a Friday to experience what we have to offer. "With this generous donation we will be able to put the money towards the purchase of another much-needed speciality bike, which can cost in the region of £4,500."

For more information about BikeActive, visit bikeactive.org.uk





News from
Councillor Geoff Holdcroft
District & Town Councillor for Woodbridge

One of the delights of coming to Suffolk nearly 35 years ago was the discovery of a different world than I had been used to from the Midlands; that of the sea and the rivers that influence much of our lives hereabouts.

Instead of walking the hills and valleys of Staffordshire and Derbyshire I was drawn to life by and on the River Deben.

I learned to sail, first in a borrowed Gull before buying my own Mirror dinghy and finally a small yacht called Snowdrop. It wasn't too long before someone suggested that I helped with Woodbridge's annual regatta and the rest is history as I have been chairing the Woodbridge Regatta Association for the past 12 years.

Last year marked the 180th anniversary of the first ever Regatta in Woodbridge in 1838; the event that saw the founding of the Deben Yacht Club of which I am a member.

The Regatta has of course changed in the period of all those years but in essence it remains the same; a day on which all the family can enjoy the delights of being by and on the River Deben.

This year Regatta Day is on Sunday, June 23 and forms part of the Suffolk Day weekend of celebrations across the whole county.

There will be the usual events both on and off the water together with a slightly bigger Riverside Fair. However, this year will see the re-introduction of a children's swimming competition after a break of few years; alas it won't be in the river as in times long past

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but in the new Deben Leisure Centre on Saturday, June 22.

We are very fortunate in having sponsorship from Gotelee Solicitors for Regatta Day and from Places Leisure for the Swimming Competition.

More details next month, but in the meantime why not visit www.facebook.com/WoodbridgeRegatta

Church receives a ringing endorsement

St Mary's Church in Woodbridge received a £40,000 cheque to refurbish the church bells recently.

The Friends of St Mary's handed the donation to Rector Kevan McCormack who said he was delighted with the latest donation by the Friends.

The works on the bells are expected to be carried out in the autumn.

Since its launch in 2012 the Friends has raised over £100,000 for church repairs, including exterior stonework to the North Porch and elsewhere and repairs to a number of the stained glass windows.

Funds have been raised through an ongoing programme of concerts and other events as well as donations and subscriptions from over 120 friends of the church.

Upcoming Friends of St Mary's events include a Bach to Bernstein flute recital featuring flutist Romy Hills on May 19, A Programme of Evocative Words and Music on May 24 and Showstopper Musical Favourites on July 20.

For more information on how you can support the Friends, contact nick@nickcottam.com

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News from

Dr Andy Sievewright

Headteacher of Farlingaye High School



Photo credit: Rob Picton

our students achieve. One excellent example was our recent Year 9 Enterprise Day, held annually at BT in Martlesham with the support of some wonderful BT staff. Each year we have added to the challenges students undertake, both on the day and in the run-up to it. Their response this year has been especially impressive, with students raising several thousand pounds for charity while rapidly developing their understanding of enterprise and the skills that will help them to be successful in this field in the future.

One area of school life that has been very prominent recently is competitive sport. There have been several fantastic victories, including the Year 7 boys football team who have just reached the County Cup final.

The staff who work with these teams have consistently praised their resilience, teamwork and sportsmanship.

We know these qualities are as strongly developed in defeat as they are in victory, and we encourage all the students involved in our teams to value all their sporting experiences. We are very proud of their attitude and their fortitude.

Finally, our wonderful senior production of *Fiddler on the Roof* finished its run at the Seckford Theatre to resounding and well-deserved acclaim. It was a fantastic effort by all concerned, featuring a poignant story enlivened by humour, brilliant choreography and movement, and fantastic singing and dancing. We have said a very loud "mazel tov" to all the cast, crew and staff involved.

All of Farlingaye families have today [April 5] received a letter that confirms the approval by the Headteachers Board of the proposal for Farlingaye to form a multi-academy trust (East Anglian Schools Trust) with Kesgrave High School and Bungay High School.

This is an exciting prospect for the school, but it is also a time to assess what is special about Farlingaye and what must be preserved as we become part of a larger structure, so that we can ensure that the Farlingaye of the future retains all the best aspects of the past and present.

One of those special things is the sheer range of opportunities offered to our students. Another is the enthusiasm and drive that students demonstrate as they seize these opportunities. Yet another is the willingness of staff to go the extra mile in order to create them. I am consistently struck by how much

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Learn to swim before summer

Deben Leisure Centre is encouraging Woodbridge residents to learn to swim in time for the summer.

If you're heading away this summer and you're thinking about a holiday confined to the deck chair while your little ones splash around in the pool, now is the perfect time to start your journey.

A spokesperson from Places for People Leisure said: "We offer swimming lessons for all ages from adult and baby lessons all the way through our junior

swim programme to our adult beginner lessons."

Places for People Leisure are also looking for casual lifeguards.

The spokesperson continued: "If you know someone who's trained as a lifeguard, ask them to get in touch. We're looking for people who can work on a casual basis."

For more information, call 01394 388991 or visit www.placesleisure.org/centres/deben-leisure-centre



Photo credit: East Suffolk Council (Facebook)

Transition Woodbridge help to clean up the town

Transition Woodbridge will receive £20 for its chosen charity and be entered into a £200 prize draw after volunteers carried out a litter pick around the town.

They registered the litter pick with the Love East Suffolk scheme set up by Suffolk Coastal and Waveney District Councils.

The annual Love East Suffolk scheme encourages east Suffolk residents to organise group litter picks in their local area.

All groups participating before May 31 will receive £20 for their nominated community fund or charity and will be entered into a £200 grand prize draw.

A spokesperson for the councils said: "Organising a litter pick in your town or village is a simple but effective way to dramatically improve your local area. It also makes a real difference to wildlife and the environment.

"We are hugely grateful to anyone who voluntarily picks up litter, whether this is through an organised litter pick or a quick beach clean – this, combined with the work of street cleansing teams from Suffolk Coastal and Waveney Norse, really helps east Suffolk remain such a beautiful place in which to live, work and visit."

To register your litter pick, please visit www.eastsuffolk.gov.uk/love-east-suffolk

Something for everyone this Easter

Anglia Indoor Karting, Ipswich will be running family Arrive & Drive sessions throughout the Easter holidays.

Arrive & Drive is suitable for all – no experience necessary and it's a great activity for the family to enjoy together.

Following a comprehensive safety briefing all drivers will don their race suits to complete their timed session, competing against the other drivers on the circuit for the best lap time of the session.

Drivers will receive a print out of their lap times after each session to compare, ready to challenge each other again in the next session.

There is a minimum age of eight and a minimum height of 1.27metres.

Kids Activity Day also run during the holidays. An action packed, fun filled day for children aged

eight to 15, the day will be split into safety briefing, track tour, practice sessions, driver tuition, team competitions, individual racing and much more.

Kids Activity Days are suitable for complete beginners through to experienced drivers wanting to develop their skills further.

Children's Happy Hour is a popular Arrive & Drive slot that runs between 10am and 11am during school holidays. Children aged eight to 15 receive 12 laps free when purchasing a 12-lap session during this time.

For younger children keen to get involved the Kubs racing track is an ideal starting point for children aged five to seven to experience their first taste of driving. Kubz Arrive & Drive runs throughout the week.

Always call to check availability. Arrive & Drive sessions can be pre-booked up to 48 hours in advance.



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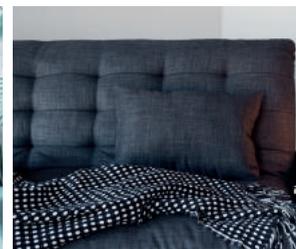


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Where reputation matters

Look up the term 'polka' and you'll be greeted with something along the lines of: 'a number of round dots repeated to form a design or regular pattern, usually on fabric'. Gosh - never did a dictionary definition fail to capture the spirit, energy, versatility and style of a design go-to that has circumnavigated generations so badly. But how can you make your home feel chic, over circus freak?

MATCHING (OR NOT)

You'll need to brave the unknown by using dots with stripes, dots with flowers, dots around or as additions to single-colour walls. The less you notice them, and the more you embed them with what's there, the better the overall effect.

MODERATION

While the polka dot is one of the style trends for 2019, don't overdo it. Your vision will take a battering if you're cementing circles all over the place, so use them for standout walls, subtle furnishings and little splashes of fun, rather than a platform for a redesign.

VARIETY

Don't get stuck doing the same thing. Mix a black polka dot lampshade with another showcasing green; use small dots on a bedsheet with big dots on a rug. Your ability to mix it up will lessen the threat of too many similar dots sending you... well, dotty.

DIVERSION

Perhaps you have a front room with a garish fireplace, or bedroom whose carpet is something out of the 1970s. Use polka dots in unusual places to distract attention - the ceiling could be a great place to start. By taking the eyeline away from offending articles, the polka dot can really be a game/room changer.

A DOT, IT'S NOT

And finally, don't get stuck on the idea that it's a circle and nothing else. These days, the polka dot represents more a repetition or splash of a solid shape; so elongate, stretch and pebble-dash to your dotty heart's content.

A DESIGN FOR

(ROYAL) LIFE



The inside track behind the interior designer who has been chosen to transform Harry and Meghan's new Cotswolds home.

There are very few people able to rifle through the personal belongings of the rich and famous – legally, at least – but interior designer Vicky James has been afforded that honour as she plots a ‘floor to ceiling’ makeover of Harry and Meghan's new Cotswolds cottage.

Vicky is known to the couple through some very salubrious showbiz connections – think the Beckhams', the Clooneys' and others – and has become renowned for her design expertise as one half of the (appropriately named) Charles & Co. Famously, she insists on needing two years to get to know a couple before laying down firm design ideas... so it seems an afternoon in B&Q simply won't cut it.

She was Global Head of Design at the Soho House clubs in London, and her eye for everything from minimalist chic to rustic homely furnishings has had her work celebrated and replicated all over the world.

It's that sort of diversity of

design that will be invaluable where the Sussexes are concerned. Meghan comes from a rather sleek and slick American life, where shine and shimmer in the reflection of the flashbulbs is the order of the day. For Harry, his heritage is more tweed than Twitter, so a sensitive and subtle combination of two very different style sensibilities will test the interior designer to her limits in what is a characterful million-pound farmhouse, untouched since the 1960s.

The rewards are simple – for the Cotswolds (The Great Tew Estate, in Chipping Norton, to be precise), another truly A-list import, and this time with a bit of regal acclaim; for Vicky, a blank cheque book on style and arguably the best entry to date on an already overcrowded curriculum vitae.

Photo credit: charlesandco.com



Vicky James

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Kintsugi

THE JAPANESE ART OF MENDING

Do you always throw a possession away the moment it becomes worn out or broken? Our throwaway culture could learn a lot from the Japanese, who choose instead to repair and restore their belongings.

What does Kintsugi mean?

Kintsugi literally translates as 'golden scar', which brings about images of both beauty and flaws. And this is pretty much the perfect description of what this Japanese tradition is really about. Kintsugi is a revered art form in which broken ceramics are repaired using a lacquer resin mixed with powdered gold, silver or platinum. The appearance of the scar acts as a reminder of experience which actually makes the item more valuable in their culture.

Why is it so important in Japanese culture?

Another Japanese philosophy is 'mottainai' which is their strong belief that things should not go to waste. This is in stark contrast to our consumerist society, where new is nearly always better. Instead, Japanese believe that objects should be celebrated for their history and restored so that they can continue to be revered and enjoyed.

Can anyone practice Kintsugi?

Traditionally, Kintsugi masters use urushi lacquer and rice flour to bind the ceramics together, but you can use a standard ceramic adhesive and liquid gold leaf to create the same effect.

But there are other ways to incorporate Kintsugi into your life.

Upcycling an item that you no longer want, or need is a great way to embrace this Japanese tradition.

- > Instead of throwing away unwanted plates, why not turn them into a decorative photo frame or a wall clock?
- > Too many tea cups? Use them to grow herbs or other plants on your kitchen windowsill.
- > A simple wooden bowl or even a colander can be made into an innovative lampshade.

Photo credit: www.freeadclicks.com

HOME & DIY



There's a simple innocence about Ed Sheeran that, right from the word go, made him instantly likeable. At a time when the male singer/songwriter concept was in danger of eating itself whole, along came a ginger, slightly chubby, badly dressed and lazily tattooed bloke with a guitar; ready to change the way we viewed this somewhat overplayed commodity.

Indeed, to list all the things he wasn't – such as polished, punctuated, preened and painfully predictable, like so many of his peers – is to miss the point, since it's the absence of all those things that made (and continues to make) Sheeran interesting.

His early songs spoke of the usual romantic rollercoaster material, but around all those warbling odes of emotional angst are references to drinking, sex and nights out. While guitar-strum chords flicker through tracks, they often give way to hiphop-esque drops, booming, shouty interludes and the overall impression that Sheeran is genuinely an artist doing this for himself, not for the plaudits or the considerable financial bounty.

Speaking of earnings, though, we shouldn't ignore the fact that the 28-year-old, who attended the National Youth Theatre before nailing his colours to making music, is said to be worth a cool £85million. But while there are enough modern musicians made rich by the machine, Sheeran's explosive talent has always been the driver, and this was no better referenced than in his attempts to break America – something even the very best have failed to do.

Julie Greenwald, CEO of Atlantic Records, said upon hearing Sheeran for the first time: "There was this slightly awkward guy, with a guitar, sat on a stage he'd placed in the centre of a music venue here in LA, surrounded by rap artists and hip-hop producers. I was ready for him to die on stage, yet within two songs he had everyone up. It was a frenzy and I've never seen anything before or since."

Greenwald signed him the next day.

His popularity Stateside is now on a par with here, but it has only come about as a result of hard work, tenacity, personality and almost non-stop touring.

When the Suffolk-raised star – who in February picked up the Global Success Brit Award for the second year in a row – allows himself a return to home comforts, the press are largely respectful of his privacy, even if in recent weeks he has found himself defending the addition of a new duckpond to his sprawling property. The suggestion has been that he is planning a succession of late-night watersports parties.

"It's just a pond... to feed ducks in," came the witty retort.

At least he has found time away from the spotlight to marry childhood sweetheart Cherry Seaborn. The pair wed before Christmas in a private ceremony at his Suffolk estate attended by only 40 people. There were no celebrities invited, no *Hello!* magazine photoshoots, and barely a smattering of confetti.

That Sheeran is finding time to pull himself back from the limelight is a good thing, and he does it so well. Towards the end of 2015 he began to withdraw totally from view, freezing his social media accounts and refusing interviews.

He returned in 2017 with the album *Divide*, his most successful yet. It sold 672,000 copies in its first week, making it the fastest-selling album by a male artist in the United Kingdom. It also topped the charts in 14 countries.

Divide won a Grammy Award for Best Pop Vocal Album, meaning that this most recent two-year lull, means (a) his return is inevitable, and (b) when it comes, it will be worthwhile.

Photo credit: RMV/REX/Shutterstock

THE BOY IN THE PHOTOGRAPH





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Basil

Basil loves the light so a warm, sunny spot, (preferably inside), is a must. Place either a seed or starter plant in well-drained, moist soil and give additional water when the surrounding soil is dry to touch. If you plant basil outside, make sure you shelter it from harsh winds.

Best for aiding stomach aches, loss of appetite and fluid retention.



Coriander

This fragrant herb, most known for use in curries, is extremely easy to grow and very difficult to kill. A winning combination for those new to the herb-growing business. Sow between August and September if possible, in either a small pot or directly into the ground.

Use to help combat nausea, diarrhoea, wind and other digestion problems.



Sage

You can grow this classic herb from a seed either in a small pot on the windowsill or in the garden in as sunny a spot as possible. A sage plant can go without water for quite some time without dying so it is a good option if you are prone to forgetfulness.

Sage has been used to help delay Alzheimer's disease, aid a restful night's sleep and help strengthen weak bones.



Mint

Mint is a great starter herb that will thrive in a container on your kitchen windowsill. Simply take a few tip cuttings of about five to six inches from an established plant. It doesn't need too much sunlight, but likes a lot of water and needs to be picked regularly.

Menthol has a cooling effect and is great for soothing a sore throat. It is also known for combatting indigestion or aiding an upset stomach.

Hidden Gem in the Heart of Suffolk

Eat. Drink. Walk. Stay. Golf

Kingfishers at Cretingham Country Park has officially opened its doors to the public. Situated 20 minutes outside Woodbridge in 120 acres of stunning countryside, the former Cretingham Golf Club has undergone an extensive renovation to create a truly stunning venue.

Claire and Matthew Thacker purchased the site in December 2017 having fallen in love with the peaceful setting.

There is something for everybody, with walks from 45 to 1hr 45 minutes, woodland trails, a secure children's area, outside activities, an 18-hole golf course and a wide range of events.

That's not to mention the stunning restaurant and dog-friendly bar that forms the centre-piece for the new venue.

The Kingfishers' team of experienced chefs provide scrumptious home cooked food throughout the day with locally sourced ingredients, including breakfast, brunch and afternoon tea and evening meals.

As well as that, there is a wonderful woodfired outdoor pizza oven and takeaway menu.



Take advantage of this fantastic spring "Lazy Lunch" offer: one course lunch with a glass of house wine for just £10.

Kingfishers is host to a varied and exciting events calendar throughout the year, including a delicious fish-themed tasting evening, quiz nights, Easter Egg hunt, summer solstice ball, summer barbecues, fireworks, Christmas and New Year's celebrations.

From May 1st they will have 'Mediterranean Thursdays' with a delicious menu of pizza and tapas from 4-9pm, which can be timed with a 9 or 18 hole round of golf.

The accommodation on offer is first class. For those wanting to enjoy the tranquility of Kingfishers, beautifully designed lodges are the perfect getaway.

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Nothing beats a HOMEMADE HOT CROSS BUN at Easter

Most of us love a hot cross bun or two over the Easter holidays, but how many of us actually go to the trouble of making our own? Probably not many. But why not? The recipe is fairly simple, all the family can get involved and the results are amazing.

So, let's get baking...

You will need:

- 500g strong white bread flour
- 1/2 tsp salt
- 50g caster sugar
- 50g butter
- 7g sachet yeast
- 200ml milk
- 2 eggs
- 200g dried fruit
- 2 tsp mixed spice
- 3 tbsp plain flour
- Honey for glazing

How to make:

- Mix together the flour, salt and mixed spice
- Using your fingers, rub in the butter
- Stir in the dried fruit
- Sprinkle over the yeast and stir
- Warm the milk and mix with two beaten eggs
- Pour the liquid into the dry mixture
- Mix together until you have a moist dough
- Leave for five minutes
- Remove from the bowl and cut into eight equal portions
- Flour your surface and shape your dough into buns
- Place on a baking sheet, cover with clingfilm and leave to rise in a warm place
- Leave your buns to double in size
- Heat your oven to 220 degrees
- Mix 3 tbsp plain flour with 2 tbsp water to make a paste
- Pour into a plastic food bag and cut a small hole in one corner
- Pipe a cross shape onto each individual bun
- Bake in the oven for 12-15 minutes until the buns have risen and are golden brown
- Once they have slightly cooled, brush with honey and allow to dry

Try something new...

Cut your bun in half, soak in a whisked egg and then fry on a low heat with butter. Once crisp, top with bacon and maple syrup.





The MEAL DEAL

If your busy schedule is constantly thwarting ‘healthy eating’ ambitions, it may be time to invest in a little meal prep.

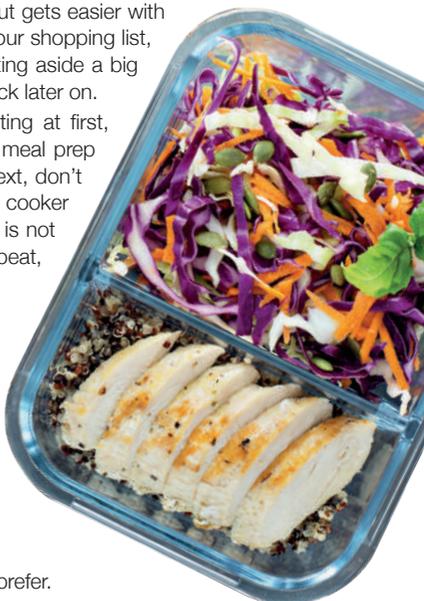
You can’t outrun a bad diet, so it’s vital to fuel your body with nutritious food. And yet despite our best intentions, modern life will often lead us down the wrong aisle in the supermarket. That’s why meal prepping – getting a week’s worth of dinner table activity done in one go using the same main food – is helpful not just for reaching your health goals, but also in terms of staying on budget and generally finding peace of mind in a chaotic world.

Like all good habits, meal prepping requires a little effort at first, but gets easier with practice. You will need to spend time making a meal plan, writing your shopping list, sticking to the items listed on it in the supermarket, as well as setting aside a big chunk of time to do all the prep – though obviously you’ll get this back later on.

The idea of cooking a week’s worth of meals may seem daunting at first, but there are ways to make it easy and simple. First, buy decent meal prep containers which will help keep your food fresh and wholesome. Next, don’t be afraid to take shortcuts: buy rotisserie chicken, utilise your slow cooker and choose canned beans over dried. And lastly, choose food that is not just healthy, but also full of flavour, because if you’re having it on repeat, it had better taste good.

Meal Prep Chicken Salad Bowl (four servings)

- > Marinade four chicken breasts in your favourite seasoning. Grill or bake and cut into bitesize pieces.
- > Meanwhile, cook one cup of quinoa.
- > Chop up your favourite salad.
- > Prepare any other additions, such as jalapeños, croutons, seeds or dressings.
- > Spoon your cooled food into containers.
- > Refrigerate immediately and reheat the chicken and quinoa if you prefer.



What exercise can I do to combat HIGH BLOOD PRESSURE?

Regular aerobic activity can make a huge difference to sufferers of high blood pressure. But you must be careful, writes *Julie Foster*.

I get a lot of clients referred to me by GPs in my line of work, all with varying symptoms that can be helped through introducing an exercise programme to their lifestyle.

But one of the more common referrals is for high blood pressure. So, can exercise really make a difference? The simple answer is yes.

I should at this point make it clear that if you are experiencing symptoms of high blood pressure (headaches, shortness of breath, chest pains, etc...) the first thing you must do is see your doctor.

Let them know that you’d like to introduce some exercise and usually they will be delighted that you are making a proactive contribution to your own health. But their advice is vital.

The science is simple. Regular physical activity makes your heart stronger. A stronger heart can pump more blood with less effort.

If your heart can work less hard to pump, then the force on your arteries decreases and your blood pressure lowers.

Aerobic activities are without doubt the most effective exercises for lowering blood pressure. These involve repetitive and rhythmic movements using the large muscle groups of your body, such as arms, legs and shoulders.

Brisk walking, dancing, jogging, swimming and cycling are all aerobic activities which can make a huge difference when it comes to your blood pressure.

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

The hypnotherapist who is CHANGING LIVES

An army veteran and former police officer has gone on to become one of the world's leading hypnotherapists following his own PTSD ordeal.

Karl Smith, from Wickham Market, founded the UK Hypnosis academy not long after a freak car accident that nearly claimed his life in August 2006.

"I was hit by a drink driver outside my home," he explained. "It was an awful time for me and took me a long time to recover – not just physically, but mentally too.

"I tried lots of different techniques, from counselling to CBT (cognitive behavioural therapy), but none of this worked.

"I was in the police at the time, and it wasn't until another officer showed me hypnotherapy that I was finally able to move forward with my life."

Practicing from his headquarters on the Base Business Park at Bentwaters, Karl is able to help people with a wide range of issues, including anxiety, childbirth and weight loss.

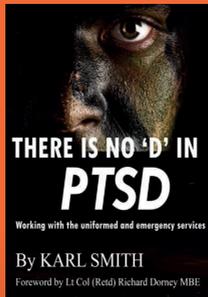
His work takes him all around the world and he includes Hollywood A-Listers amongst his clientele.

He added: "This isn't just a business for me – it's something I truly am passionate about. Without hypnotherapy I really don't know where I'd be today.

"I've been lucky enough to work with some extraordinary people and have truly helped them to turn their lives around.

"I really just want to help people."

Speaking from his own experience, Karl has published a book (pictured), "There Is No 'D' In PTSD", which is now available on Amazon.



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"A big thank you to Karl for another great mentoring session. His motivation and enthusiasm is infectious, always wanting you to grow and strive for more. I would recommend Karl to anyone who wants to get more motivation."

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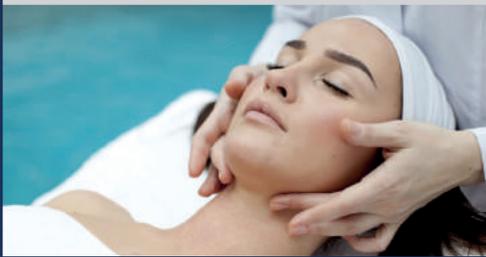
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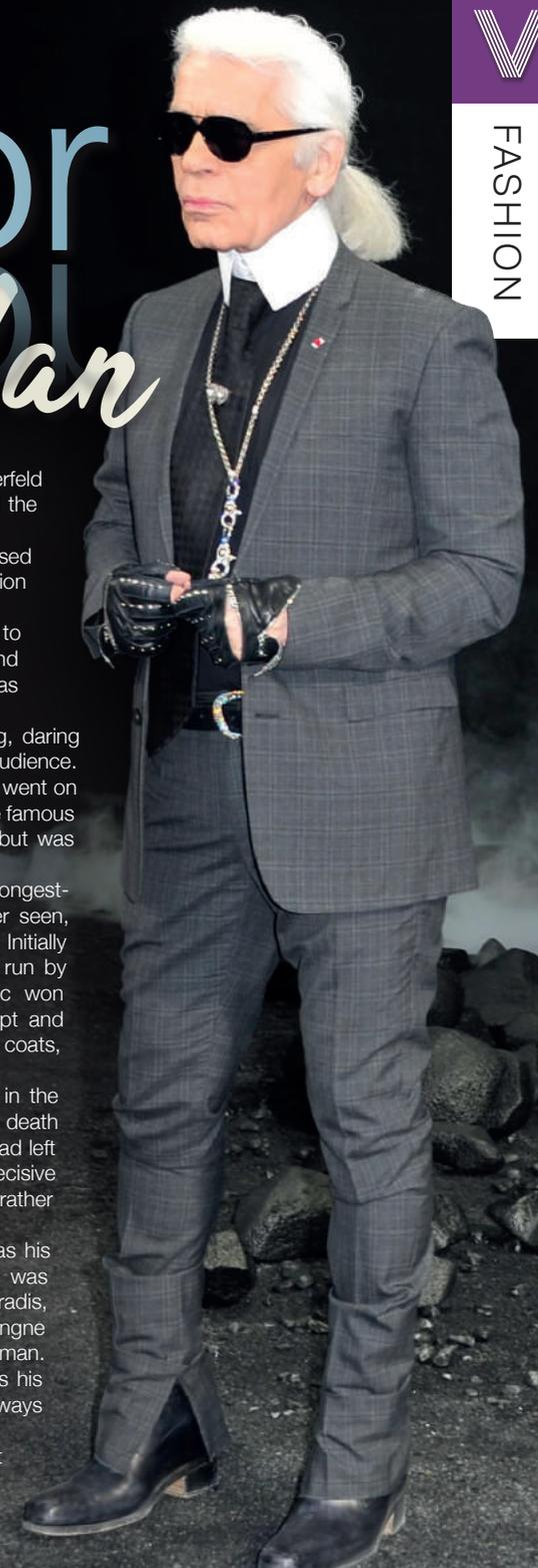
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FASHION

Mirror Man



The sad passing of visionary designer Karl Lagerfeld in February left both the fashion houses and the high street wondering where to go next.

Lagerfeld – born in Hamburg but a self-confessed Parisian from the age of 14 – solved the fashion equation better than anyone else.

“It is a language that creates itself in clothes to interpret reality,” he said, with typical mystique, “and to understand that is to understand how we work as people.”

From the 1960s onwards, Lagerfeld’s flourishing, daring and dynamic designs courted a truly global audience. Freelancing for fashion house Chloe, he eventually went on to oversee the label’s entire collection, including the famous ‘surprise skirt’, which gave the illusion of a skirt but was actually culottes.

And in 1965 came about the most iconic and longest-lasting collaboration the fashion industry has ever seen, and one that, even in his death, will continue on. Initially employed on just the fur line at Fendi – a label run by women for women – Lagerfeld’s rebellious chic won over the five sisters, reinventing both the concept and the collection, in expanding across clothes, bags, coats, interiors and more.

And when a desperate Chanel came knocking in the 1980s, there was only one man for the job. The death of the iconic Coco Chanel over a decade before had left the house in a state of limbo, and Lagerfeld’s decisive approach was not to reinvigorate and revive, rather reinvent... to incredible success.

With a personal image that was just as iconic as his designs, Lagerfeld’s impact on modern culture was nothing short of miraculous, with stars Vanessa Paradis, Keira Knightley, Kate Moss and Cara Delevingne desperate to be associated with the brand and the man.

Never too brave to try out new things – such as his collaboration with H&M in 2004 – Lagerfeld always believed the clothes should speak for themselves.

He said: “Chic is a kind of mayonnaise, either it tastes or it doesn’t.”

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KIDS

Egg-cellent Easter Crafts

Struggling with ideas to keep the kids entertained? Then you'll be egg-cited to try these easy Easter activities.

Paint your own Easter egg

You will need:

- Hard boiled eggs
- Food colouring
- 1 tsp white vinegar
- Paints

How to make:

- Fill a plastic container with ½ cup of water, vinegar and 20 drops of food colouring
- Place the egg on a spoon and submerge in the water making sure all is covered
- Soak for five minutes
- Alternatively, for a two-tone egg, soak one half in one colour and the other in another.
- Leave to dry and then decorate further with paints.

For a stripey design, place rubber bands around your egg before dipping in dye, or use a white crayon to draw an image or message that will stay visible after dipping.

Design your own felt Easter egg

You will need:

- Coloured felt
- Embroidery floss
- Poly-fill
- Ribbon

How to make:

- Cut out two identical egg shapes in your chosen felt colour
- Stitch the two pieces together leaving one end open
- Fill with poly-fill and sew together
 - Using a different colour of felt, cut out some Easter-themed shapes such as flowers or bunnies
 - Sew on to your egg.




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SPORT



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WHY THE ROGER FEDERER MACHINE JUST KEEPS ON DELIVERING

In early March, Roger Federer's forehand smashed yet another milestone in a long and illustrious tennis career by picking up his milestone 100th ATP Tour title. The Dubai Tennis Championship gong made him only the second player in the open era to reach that golden century. His opponent was up and coming Greek starlet and reigning Next Gen ATP Finals champion Stefanos Tsitsipas, and it took just a break in either set to see the Swiss home 6-4, 6-4.

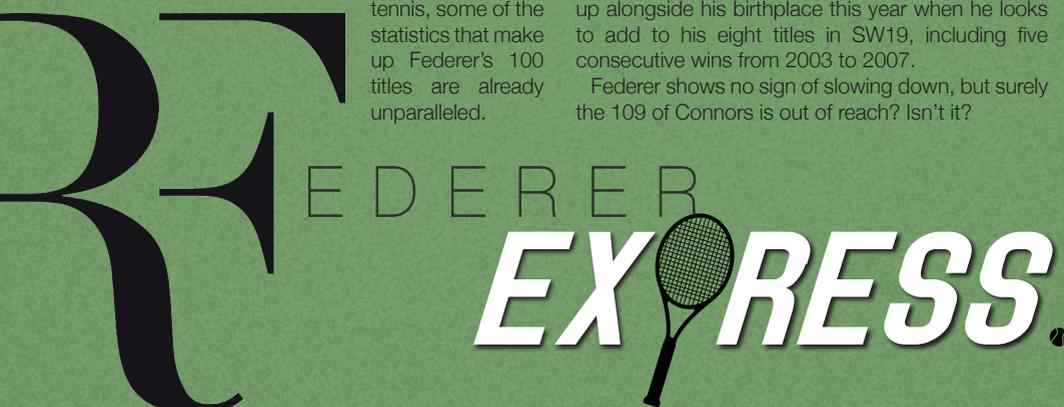
Federer now has only one player in front of him in the all-time winners list, American Jimmy Connors, who has 109 titles to his name. Without even factoring in the supreme talent he has had to overcome in this fiercely competitive generation of tennis, some of the statistics that make up Federer's 100 titles are already unparalleled.

For example, two-thirds of his final wins have been by straight-sets, and he has won 20 of those tournaments without dropping a set. In addition, the 37-year-old has won four competitions without being broken on his own serve, defended a title 35 times, and played 50 different opponents across finals.

Belying age has helped Federer stay competitive and that feat is demonstrated by the fact that 68 of his final wins have been against younger players, with Spanish left-hander Rafael Nadal the man he has overcome the most (with 10 victories).

Nine of his century of championships have, maybe aptly, been in Basel, yet he can move Wimbledon up alongside his birthplace this year when he looks to add to his eight titles in SW19, including five consecutive wins from 2003 to 2007.

Federer shows no sign of slowing down, but surely the 109 of Connors is out of reach? Isn't it?



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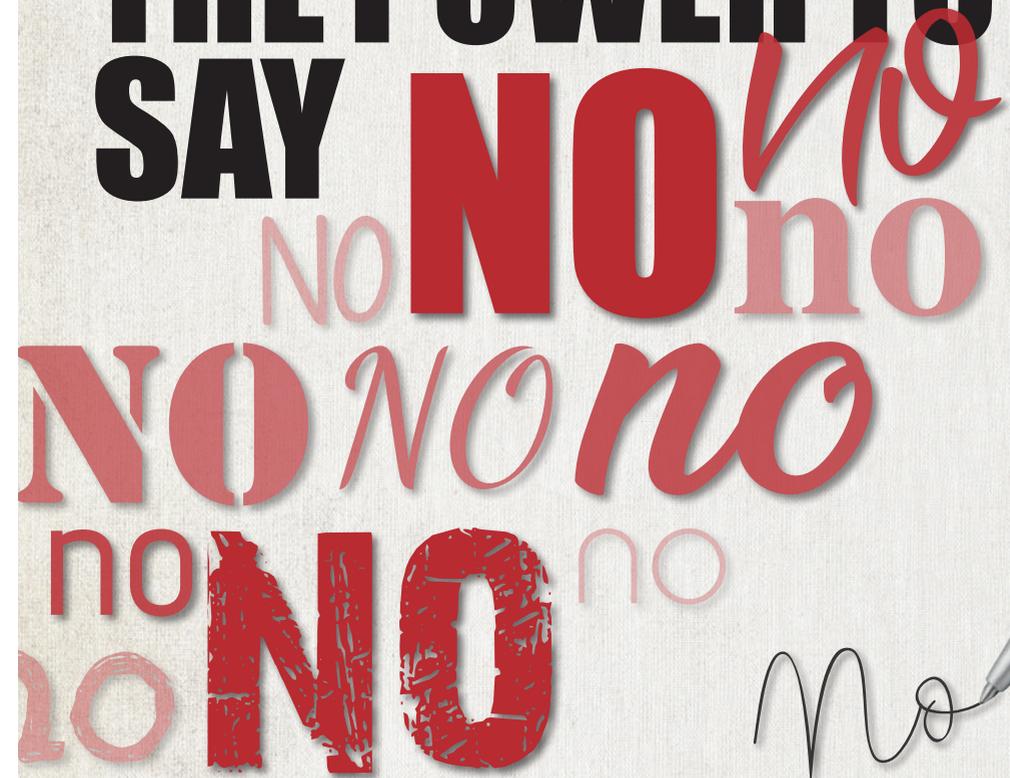


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BUSINESS & FINANCE

THE POWER TO SAY NO



Do you always say yes even if it is detrimental to your own wellbeing? Learning to say no when needed is a vital skill that all employees should master.

allocated tasks, rather than in how much you have helped a co-worker. And if you are overworked and stressed, both your work and your health will suffer.

Why do we struggle to say no?

In a nutshell, because saying yes is easier. Saying no can make us feel uncomfortable and many are worried about not appearing to be a team player. This is especially the case in today's competitive job market where many employees do not feel safe in their jobs and are constantly fearing that someone better or more committed will come along and replace them.

What are the benefits of saying no?

- It allows you to set healthy boundaries between yourself and your colleagues.
- It prevents you from being taken advantage of by any negative people.
- If you have more time to focus on your specific tasks, it shows commitment to your role within the company.

How to make the process of saying no easier

- Offer the person an alternative solution. Perhaps suggest a way that they can achieve the task quicker themselves.
- Always say no in person rather than by email. A computerised message can come across as blunt or dismissive, whereas a face-to-face conversation allows no room for the tone to be misconstrued.

How can we learn to say no without feeling guilty?

This can be a little bit tricky for those who are so used to always giving in to other's demands, but the key is in prioritising your own wellbeing and quality of work. It is important to remember that your employer will predominantly be concerned with how you fulfil your

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MOTORING



How to protect your alloys

We've all had that sinking feeling as the car crunches down the edge of the curb. You know your precious alloys have taken a battering, and the next stop is a potentially costly repair job.

And yet, driving with greater care, whilst maintaining a protection plan for your alloys, can see them as sparkling (and unscuffed) as the day the car left the forecourt.

MAINTENANCE

- ① Try to clean your wheels at least once a fortnight
- ② In the winter, remove wheels and clean inside and out using a brush with soft bristles
- ③ Avoid using steel wool and any acid-based cleaners. They will damage the chrome
- ④ Remove any loose dirt and chemicals with a hose before applying wheel cleaner
- ⑤ Soap and water are your friends. You don't always need to pay for top-of-the-range wheel cleaners
- ⑥ If dirt and brake dust are proving stubborn unwelcome guests, consider a clay bar with some lubricant

DRIVING

- ① Recent figures show that around two thirds of wheel damage is caused by parking
- ② Never mount curbs, allowing the car to slide down into the space
- ③ Always aim to be at least two inches from the curb to ensure a decent margin of error for parking
- ④ Some tyres – the Bridgestone S02-PP, for example – have a pronounced square shoulder to protect the rim from curbing
- ⑤ Consider adjusting the passenger door mirror when parking so you can see how close your left rear wheel is to the curb
- ⑥ Mostly, don't rush parking, even if other motorists are waiting to pass. Chances are you'll never see them again, unlike those abrasions on your expensive alloys.





PETS



PET POWER

April is National Pet Month so what better time to celebrate the benefits of having an animal companion?

Pets can help you stay active

Adult dog owners have on average lower body mass indexes than non-owners, they make less trips to the doctors and, somewhat unsurprisingly, they get more exercise. Even those who own more sedentary pets can still benefit physically from their animals; they still need feeding, cleaning up after, playing with; all of which require movement of some sort.

Pets help prevent social isolation

As people get older, often their social circle diminishes, and they can find themselves feeling isolated from the outside world. A dog is a great conversation starter and all you need to do is head to the local park to meet other dog owners.

Pets can help combat loneliness

Even from the comfort of your own home, a pet can help you feel less alone. They need a routine which can

give you a sense of purpose and most pets make great companions, even if all they can offer is a cuddle.

Pets can reduce your stress levels

If you suffer from high blood pressure or work in a stressful environment, a pet could really help you. Even just talking to your pet after a hard day can reduce your stress levels and help you recover from a particular period of stress quicker.

Pets can help a child overcome anxiety

Children who suffer with anxiety or have confidence issues can really benefit from having a pet. It can give them a sense of responsibility and help them move out of their comfort zone.

Pets offer unconditional love

And of course, a pet will never leave you for a young, better-looking owner.



April						
S	M	T	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



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Held every weekend and Bank Holiday from Good Friday until mid-September from 10am – 5pm.

The Hub Community Café
St John's Church, Woodbridge, IP12 4EA
Every Monday, 10am – 12pm

Join us for a hot drink, freshly baked cakes and a warm welcome.

To make those who may come on their own more comfortable, there are tables with newspapers, knitting or crosswords where you can join others.

We hope this becomes a hub for the community, where friends can meet and new friends can be made.

Spirit of Beowulf Festival Fundraising Weekend

Various locations in Woodbridge
May 3 – May 6

A community festival to include live music, poetry, storytelling, talks and many other activities to suit all ages celebrating the journeys across land and sea that the legendary Beowulf took during his lifetime.

For more information, see the article in the local news section.

John Connolly in conversation with Catherine Lerner
Woodbridge Library, New Street, Woodbridge, IP12 1DT
May 7, 1pm

The hugely entertaining Irish writer, the author of 20 novels and creator of the Charlie Parker mysteries, will be talking to Catherine Lerner in this special lunchtime event at the library.

While John was drawn to the American crime tradition to explore issues of compassion, morality, reparation and salvation through some 20 novels, his new mystery, *A Book of Bones*, brings Charlie Parker to the UK for the first time, and to East Anglia.

Tickets £18 to include a copy of *A Book of Bones* (RRP £20). One additional ticket can be purchased at £10 without the book. Tel 01394 388890 or visit Browsers Bookshop for tickets.

Incredibly Gifted, Dan Walsh Trio
Folk At The Froize, The Street, Chilleford, Woodbridge, IP12 3PU
May 19, doors 7pm

After two stripped back solo albums, Dan Walsh returns with a new album featuring award-winning fiddler Ciaran Algar and mandolin maestro Nic Zuppardi.

After a successful first tour for the trio last year, the new material is now captured on record ahead of an album launch tour in May and festival appearances in the UK and Europe over the summer.

The album features Dan's trademark wide range of influences centred principally around Scottish and Irish folk and bluegrass.

Tickets are £21, which includes tapas. For tickets, call the box office on 01394 450282.



Photo credit: Kate Gallow

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PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

ACROSS

- 1. Reach (6)
- 4. Goes round the edge of (6)
- 9. Language spoken in Rome (7)
- 10. People who rent property (7)
- 11. Domineering (5)
- 12. Humble (5)
- 14. Lewis (anag) (5)
- 15. Exceed (5)
- 17. Firearm (5)
- 18. Envisage (7)
- 20. Small rounded lumps (7)
- 21. Soaks in liquid (6)
- 22. Stick of coloured wax (6)

DOWN

- 1. With hands on the hips (6)
- 2. Conduct business (8)
- 3. Coldly (5)
- 5. Dog shelters (7)
- 6. ___ Giggs: former footballer (4)
- 7. Sloppy (6)
- 8. Clever (11)
- 13. Deplorably (8)
- 14. Pay homage to (7)

1		2		3		4	5	6	7
					8				
9									
					10				
11									
						12	13		
			14						
15									16
						17			
18	19								
					20				
21						22			

- 15. Makes available for sale (6)
- 16. Diminish (6)
- 17. Traveller on horseback (5)
- 19. Scarce (4)

DID YOU KNOW?

- ▶ A male ostrich can roar like a lion
- ▶ Bats are the only mammal that can fly
- ▶ If you leave a goldfish in the dark, it will become pale
- ▶ The sentence 'The quick brown fox jumps over a lazy dog' uses every letter of the alphabet
- ▶ On average, an alligator will live for 30 to 50 years
- ▶ Flamingos eat with their heads upside down
- ▶ A group of owls is called a parliament
- ▶ If you lift a kangaroo's tail off the ground it can't hop. They use them for balance

SUDOKU

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



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