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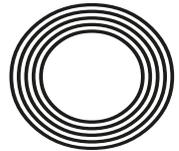
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MARGARET THATCHER

40 years since entering N° 10



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- 6 HISTORY
- 8 NOTRE-DAME
- 11 LOCAL NEWS
- 24 HOME & DIY
- 32 PRINCE CHARLES
- 37 GARDENING
- 39 FOOD & DRINK
- 40 HEALTH & FITNESS
- 46 FASHION
- 48 KIDS
- 51 BUSINESS & FINANCE
- 53 MOTORING
- 55 WHAT'S ON
- 56 SPORTS
- 57 THE **VISION** LISTINGS
- 62 PUZZLES

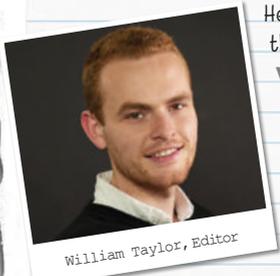
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Editor's notes...



William Taylor, Editor

Hello and welcome to this month's edition of **VISION** Woodbridge. As I sit here writing this editors letter, I find myself almost swamped with pink balloons, wrapping paper and children's toys.

I've just taken a breath after the madness of the morning that has just preceded, as my now two-year-old daughter catches a few winks in her midday nap.

May is a very special month for me, because it is the month of my beautiful daughter Alice's birthday. I remember May 3, 2017, as if it were yesterday. My partner Abbie, unsurprisingly, remembers very little of it.

Alice was born weighing a healthy 7lbs 14oz and really did bring a definition to the phrase love at first sight.

The royal baby is also here, Archie Harrison Mountbatten-Windsor.

And talking of royals, you will no doubt have already noticed our rather regal cover star this month - Prince Charles.

We look back on the heir to the throne's 50 years as Prince of Wales and the ups and downs of our future King's public perception.

Love them or hate them, there's always been a big fascination with the Royal Family in this country. Have a read of our centre pages to find out more.

Enjoy the rest of May and we'll see you again in June.

Will



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THATCHER'S BIG ENTRANCE

40 years on



MAY 4 MARKS 40 YEARS SINCE MARGARET THATCHER BECAME THE UK'S FIRST FEMALE PRIME MINISTER.

.....
While the current disillusionment over the role of politics in our lives requires little debate, at least we are united in what has become a mutual collective sigh of discontent.

In the past, we didn't even have that, notably when the incoming Conservative government of 1979 left a nation severely divided.

The context of Margaret Thatcher's promotion to Prime Minister is vital in the sense of understanding her actions and bullish approach thereafter.

It's fair to say the UK had been in economic and social turmoil for quite some time leading up to the infamous Winter of Discontent strikes across late 1978 and early 1979. In the years before, the country's economy had been so weak that Labour's Foreign Secretary James Callaghan warned his fellow Cabinet members of a complete breakdown in democracy, brazenly stating "If I were a young man, I would emigrate".

Despite the green shoots of recovery forming, the Conservatives won a 44-seat majority at the 1979 General Election, and in the process Margaret Thatcher became the country's first female Prime Minister.

When arriving at Downing Street for the first time as Prime Minister on May 4, 1979, Thatcher paraphrased the misattributed Prayer of Saint Francis, in saying: "Where there is discord, may we bring harmony; Where there is error, may we bring truth; Where there is doubt, may we bring faith; And where there is despair, may we bring hope."

Whether she and Thatcherism succeeded in those goals really depends what side of the political divide you sit, but what can certainly be said without any conjecture is British politics, and British life, would never be the same again.

While the Iron Lady's devastating tourniquet-like grip on the economics of government was designed to ease high levels of unemployment, one of her greater legacies turned out to be deregulation. She saw private ownership making labour markets more flexible, whilst at the same time diminishing the power of the trade unions.

And while recession in the early 80s saw her popularity wane, victory in the Falklands Conflict lifted the mood, and subsequent election victories in 1983 and 1987 saw the country begin to emerge as one of the world's service and financial sector giants.

But there was always a cost, and few forgave Thatcher for the way she cut a swathe through the manufacturing and mining industries, destroying not just job prospects but entire communities.

And it was one controversial economic policy too far – the Poll Tax – that eventually saw the Grantham girl hoisted by her own petard. After being ousted as leader in 1990, she quit the House of Commons entirely in 1992, accepting a life peerage as Baroness Thatcher.

Thatcher died of a stroke in 2013, aged 87, and while she left behind mixed feelings amongst the electorate, it remains important to mark the 40th anniversary of her entering Downing Street.

At the time a landmark event for women in politics, Thatcher drove a stake through a male-driven institution that reflected its staid values on an entire nation; and it's fair to say the promotion of strong women thereafter came through in all sectors, all avenues, and all corners of everyday life.

Photo credit: David Fowler/Shutterstock.com

Fuelling the fires *of restoration*

Photo credit: Thierry MALLET/SPA/Shutterstock

Why the fire at Notre-Dame means this iconic building will return even more significant than before.

When fire ripped through Notre-Dame Cathedral on the night of Monday, April 15, it not only threatened to destroy a structure that had stood for 850 years, but tried to take with it into the Paris sky some of the most treasured artefacts and relics from an iconic city's incredible past.

That fire crews were able to limit damage at the 13th century building to just the central cathedral and spire is a miracle in itself, and as folk all around the world woke to the news that the rebuilding process was already several hundred million euros in – thanks to pledges from those of all backgrounds – people could begin to come to terms with what was yet another devastating night for a city that has endured so much in recent times.

The trouble with Notre-Dame is it represents so many different things to so many different people. For the fiercely religious it is a spiritual place of

worship, for others a symbol of historical excellence, while those passionate about architecture or just French culture will all lay claim to it.

Yet as one reporter said, events such as these are what make cathedrals, castles, buildings, boats and more, living, evolving objects. They are constantly on the move, constantly living in the present, not in history, and have enveloped and endured life around them since the day they were made.

From a similar fire at Windsor Castle in 1992 – which led to a £40million, five-year repair process – to seeing the Cutty Sark reduced to a mass of smouldering cinders in 2007, we are in an era where sympathetic restoration can actually not just repair, but breathe new life into these behemoths of culture.

As the French President Emmanuel Macron said, “She will return more beautiful than ever” – and with yet another story to tell.

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LOCAL NEWS

from your neighbourhood



Woman swims 38 miles to raise money for cancer centre

A Woodbridge woman has raised thousands of pounds towards funding a new breast cancer centre at Ipswich Hospital.

Kirstie Boxall swam 38 miles in 35 consecutive days at Ufford Park Swimming Pool – the equivalent of swimming to France and back again.

The challenge wasn't without cause. Two years ago, Kirstie was diagnosed with triple negative breast cancer (TNBC), an uncommon form of breast cancer which is typically more difficult to treat.

In January 2018, she was given the all clear and found coming to terms with everything that had happened very difficult.

Kirstie said: "I have been swimming to overcome the fallout from the after-effects of my treatment from triple negative breast cancer.

"By doing this I hope to encourage other people in a similar position and to raise money for the Colchester and Ipswich Hospitals Charity's Blossom Appeal.

"The Blossom Appeal aims to raise £2.5million to build a new breast care centre at Ipswich Hospital.

"Taking on the challenge was my way of saying thank you to everyone who looked after me and it was

wonderful to have a sense of purpose again whilst proving to myself that I could do it."

Originally, Kirstie planned to swim 19 miles over a month as she was still recovering.

However, with a provisional date looming for her third operation, she had to increase her daily distance and reduce her time frame.

Kirstie explained: "I had to squeeze it in to only 17 days and increase my daily distance to at least 138 lengths of the pool each day and even 172 lengths on one day.

"Whilst swimming along I had the crazy thought that as I had reached France in my mind, the only reasonable thing was to swim back to England. So that's what I did and in doing so earned myself the nickname of The Forrest Gump of Swimming."

At the time of going to print, Kirstie had raised £3,090.

She continued: "Huge thanks also goes to all the departments at both Ipswich and Colchester hospitals that treated me. I feel very privileged to have received the care and expertise that I have and continue to do so. The NHS is truly an amazing service."

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Photo credit: David Stallard Photography



Racing driver hoping to become Suffolk Senna

A teenager from Woodbridge, who works at Anglia Indoor Karting as a part-time marshal, knows only too well what it means to be a boy amongst men.

Thomas Horton, 16, is the youngest-ever competitor in the Classic and Sports Car Club (CSCC).

He began racing go-karts at the tender age of 10, then progressed into the Cadet Championship at that same track. He went on to take his first championship win that year, winning more than half of the races overall. Next came his first official karting license, followed by a couple of years' racing in the Honda Cadet class.

After a year of preparations — from buying a road-going Ford Fiesta ST, to upgrading it to the full race specification with the help of a team of

aspiring mechanics and family — Thomas then went on to compete in four rounds of the Fiesta Junior Championship.

Now, Thomas competes against other drivers, who can be up to more than three times his age.

Supported by his young team of volunteer mechanics from local college Suffolk One, Thomas hopes one day to join the ranks of Lewis Hamilton on the greatest Formula One circuits in the world.

To achieve this goal, Thomas must move up through the ranks of the motorsport world, which is as costly as it is risky.

To support Thomas in his bid to become the Suffolk Senna, visit his Facebook or Instagram pages @ thomashortonracing or call him on 07516 484066.

Sausage festival back by popular demand

Tickets are now on sale for the Framlingham Sausage Festival, following huge demand for it to return despite a planned sabbatical.

This year's festival, which is being supported by the Framlingham Business Association, will take place on Sunday, October 13, with sausage tasting taking place throughout the town between 10am and 4pm.

The awards ceremony takes place at 5pm.

Chair of the Festival, Michael Kehoe, said: "Everyone can look forward to a fantastic day. We have some new sausage ideas, including a vegetarian selection. "We'll also have great music from local talent, places to buy the products that have been tasted, an extended market and a VIP section.

"The experience has had a total makeover; we

want everyone to talk about this for years to come."

Victoria Perkins, chair of the Framlingham Business Association, believes the Sausage Festival really helps to draw attention to the area.

She said: "For a while now, the Sausage Festival has been a big attraction, and has really put us on the culinary map."

Tickets are available from just £3. Family tickets can be purchased for £20.

The VIP ticket includes access to the VIP lounge with lunch provided, queue jumps, drinks, one-to-ones with the producers, VIP parking and a goody-bag to take away. It is available for just £150.

To purchase your tickets, head to www.framlinghamsausagefestival.com



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Army veteran among participants of Great East Swim

An army veteran from Woodbridge who lost his leg in an accident 10 years ago joined other inspiring swimmers to kick off the countdown to the 2019 John West Great East Swim.

Stuart Ellis attended the launch of the event, which thousands of people of all ages and abilities are expected to take part in at Alton Water on June 22.

As part of the Great Swim's Unexpectedly Great campaign, Stuart is one of the swimmers whose story is being highlighted to celebrate the diverse range of participants taking part in the event.

Having served 10 years in the British Army and 23 years in the prison service, Stuart has spent most of his life being extremely fit. However, in 2009 he lost his leg in an accident and has struggled to exercise and maintain his fitness ever since.

Speaking at the launch event, he said: "I was in Berlin with some friends and my wife, and I got up to this train - I was the first one in the group to get there - I pressed the button, the door opened, the lights were on, everything seemed normal. We have since found

out that the train was out of service.

"As I stepped on, it suddenly pulled away with the door open. I reached around to try and get my wife on board, but she couldn't keep up with the train. The door then tried to close, hit me in the shoulder, I flew out, hit a concrete post - that knocked me out and tore my ear out, which they kindly sewed back on.

"I then rolled off that, punctured my side on something, and then rolled off the end of the platform underneath the train, and that took my leg clean off.

"Sport and being fit really does help mentally. You have these internal batteries, and every now and then I need to go off and have them charged through doing things like this. And then that sets me up for the next few months."

The John West Great East Swim has distances suitable for swimmers of all abilities, from the entry level Swim250 for anyone aged eight and over to the gruelling 10K open water marathon distance.

The nominated charity for 2019 is the East Anglian Air Ambulance.

Town receives much-needed parking boost

A project to increase parking in Woodbridge has been completed, creating 50 extra parking spaces, speed humps and a new bike rack. The car park, on Station Road, opened for business on April 9.

Kerry Blair, head of operations at East Suffolk Council, said: "Woodbridge is becoming more popular and we had repeated calls from local businesses and the town council to provide more parking for visitors and shoppers.

"We hope that the changes will provide easier

parking for everyone in the town."

The first phase of the project started in November 2018 with the closure of The Avenue car park.

An extra 13 parking spaces were created, as well as new bike racks, and the car park reopened to the public in January.

There will be no exit from the car park for cars via Jetty Lane at the request of residents. All traffic will exit from Station Road. This is to manage the traffic flow in the area.



LOCAL NEWS



Photo credit: Gordon Storage

Woodpeckers have highest ever finish following successful season

Woodbridge Town FC's wonderful season concluded with a winning run, with four home wins against Ely City (4-1), Framlingham Town (4-0), Whitton United (1-0) and Newmarket Town (1-0), plus a final match 2-0 away win at Ely City.

This run of results meant the Woodpeckers achieved their highest ever finish as runners up in the Thurlow

Nunn Premier Division. With over 100 goals scored and a fantastic season for spectators, players and staff are encouraging residents to get down to Notcutts Park next season and support the team.

Upcoming fixtures will be listed in future editions of VISIONWoodbridge.

Young volunteers take on six month project

A Woodbridge-based youth charity chose five young volunteers to take part in a project which saw boats launch from the former Whisstocks site for the first time in almost 30 years.

The two volunteer-built boats, a canoe and a St Ayles Skiff, were launched from the Longshed in Woodbridge on Saturday, May 4.

Last year, Woodbridge Riverside Trust asked Just42, a charity that works to build relationships with children and young people, if they wanted to get involved in some community projects they had coming up in their newly-leased empty workspace.

Just42 youth work coordinator, Jacqui Godwin, said: "We held an open evening where we asked if there were any volunteers who would want to get involved in October last year and we had five volunteers get back to us.

"A week later we started the project and finished a week before the launch. The youngsters really enjoyed themselves and they all worked really hard.

"They all listened to the advice and instructions given to them but a lot, if not most, of the decisions were their decisions and they all worked well as a team.



Photo credit: TIM CURTIS/LIFEONTHEBEN

"They all put in the graft that was required from them to pull the project off and most importantly they all enjoyed being there."

The volunteers met once a week on Tuesdays evenings and did longer days during the school holidays.

Jacqui added: "They all showed such great commitment.

"The event that took place on Saturday, May 4, was greatly supported by the local community, it was so nice to see.

"Two of our volunteers helped bring the canoe to the water to set sail onto its maiden voyage."

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News from
Dr Andy Sievewright
Headteacher of Farlingaye High School



We are always keen to expose our students to tests of character which will build their self-confidence and their ability to see solutions within challenges. Therefore, our Duke of Edinburgh programme is something we promote heavily within the school.

I am extremely pleased that this has become even more popular with our students in recent years.

During the Easter holidays, our hardworking staff enabled students to go out on two Duke of Edinburgh expeditions. The 14 students on the Gold Award

spent the five-day practice expedition in the Yorkshire Dales. The 25 students undertaking the Silver Award spent four days in the Peak District fulfilling their qualifying expedition. They are now preparing their presentations based on their experiences on the expedition in order to complete this section. This year we also have eighty students participating in the Bronze Award, all of whom commit to learning new skills, physical activities, meeting outdoor challenges and doing voluntary work.

We are very proud of all our Duke of Edinburgh students.

In another event designed to develop our students' sense of themselves as young citizens, two teams of students recently went to Ipswich Magistrates Court for the Mock Trial Competition. The Year 9 students had been selected to take on roles as lawyers, witnesses, legal advisors, magistrates, ushers, reporters and artists. They had been presented with a case and had put in a lot of hard work to prepare for the day. At the heat, both Farlingaye teams performed very well, and developed a much greater understanding of the workings of the legal system and of how the rule of law is implemented on a local level.

The wonderful world of weird

A quirky artist residing in Woodbridge is holding an exhibit of her work as part of Suffolk Open Studios this June.

Susie Mendelsson is a rare kind of artist whose unapologetically unique creations will be open to the public for viewing on the weekends of June 8 to 9 and June 29 to 30 from 11am to 5pm.

Susie began taking her artistic work seriously in the late 90s and in 2010 she moved away from painting to allow herself to play around in her art exclusively in three dimensions.

She said: "I didn't want to report to convention anymore. I decided I wanted to create work that I would like to see. I am my audience, sometimes it's dark and sometimes it's funny."

Susie uses anything from objects she finds on the

street to avocado skins to incorporate into her work.

She continued: "You don't have to make huge investments. I like to use throwaway material."

Susie's positive message of not having to fit the perfect ideology of what's popular and conventional shines through her incredibly striking work.

She added: "The best thing is to always believe in yourself, I don't think anyone is born an artist. I think one has a need or an inquisitiveness. You don't need to attend any art classes to be an artist.

"Unfortunately the childish creativeness we all once possessed can sometimes be knocked out of us at school and we lose our playfulness, well I want to bring that back."

To check out more of Susie's work, visit www.susiemendelsson.co.uk





News from
Councillor Geoff Holdcroft
Town Councillor for Woodbridge Riverside

As we approach the longest day of the year it can only mean one thing; Woodbridge Regatta Day sponsored by Gotelee Solicitors is here again; which this year is on Sunday, June 23 with the re-introduced Swimming Gala on June 22.



The Regatta throws open its doors at noon with Songs of Praise led by Churches Together on the Tea Hut stage followed by the formal opening at 12.30pm by the town mayor. The traditional conclusion of the Regatta is a Duck Dive at 5.15pm in the Model Yacht Pond organised by Woodbridge & District Lions Club.

There is something for everyone to enjoy beside the River Deben, including watching yacht and dinghy races, the Raft Race with eight teams vying for the prize of an inscribed paddle and bragging rights over other youth groups.

New this year will be the St Ayles Skiff built in the Longshed and now on the river as well as the Woodbridge Memory Bike offering rickshaw rides. If you want to venture out on the water 5th Woodbridge Sea Scouts will be offering free boat trips up and down the river throughout the day. As well as lots of places to eat and drink, families can head to the Bandstand for crafts, games and other activities with a circus

theme this year as well as registration for the crabbing competition held later in the afternoon.

In the run-up to the Regatta, there will be a Spot the Duck Competition in 32 shops in and around The Thoroughfare, this year with a circus theme to match the activities on Regatta Day. Details and entry forms will be available from Woodbridge Library from the Spring Bank Holiday.

For more information about the day, search Woodbridge Regatta & Riverside Fair on Facebook, or visit www.woodbridgeregatta.com

Woodbridgians take a trip down memory lane

Eighty former Woodbridge School pupils stepped back in time for a special school reunion after leaving more than 50 years ago.

The alumni pupils, known as Old Woodbridgians, travelled from far and wide to return to their secondary school for the memorable event, including Major Nigel Lewis OBE who arrived in style in a helicopter.

Many were returning to Woodbridge School for the first time since leaving between the 1930s and 1970s.

Jack Seagers, aged 101, was the oldest pupil at the reunion, having left the school in 1934.

The group were taken on a tour of the school's new and original buildings, including the modern facilities. They also visited the boarding house where many of the former pupils lived over the years.

The Old Woodbridgians enjoyed lunch at the school

and a talk on the history of the school's Combined Cadet Force, given by local cultural historian and former Woodbridge School English teacher, Mark Mitchels.

The school's chamber orchestra also played a special rendition of the original school song which the former pupils enjoyed singing along to.

Melanie Chew, development director at the Seckford Foundation, organised the reunion event for the Old Woodbridgians.

She said: "We were thrilled to have such a terrific response to this special event, and we loved hearing the fond school memories of our alumni."

"The history of the school is so important to us, so it was fantastic to capture these memories and hear stories of our school from years gone by."

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LOCAL NEWS



Photo credit: Julian Evans, Atain Solutions Ltd

Critically endangered animal born at local farm

A Suffolk Punch colt foal has been born at Easton Farm Park near Woodbridge.

The farm park was delighted to announce the arrival of General Easton who arrived in the early hours of April 27.

Born to Easton Mary, one of Easton Farm Parks' four mares, the foal's father is Shotleyfield Dazzling.

A spokesperson from the farm park said: "His arrival has delighted the team at the farm park who saw another foal born about the same time last year called Harry, who is now working in Windsor.

"The name of the new Suffolk Punch was selected

as a tribute to a celebrated local character John Newson, who sadly passed away earlier this year. John was often referred to as Mr Easton, and commonly known as the General amongst his friends, family and village locals. The foal has been named in honour of General Newson for his devotion to village life.

"Suffolk Punch horses are now critically endangered with fewer than 500 registered across the whole world. The breeds' demise came with the introduction of modern-day machinery taking over their roles out in the fields on farms."

Chef shortlisted for national award

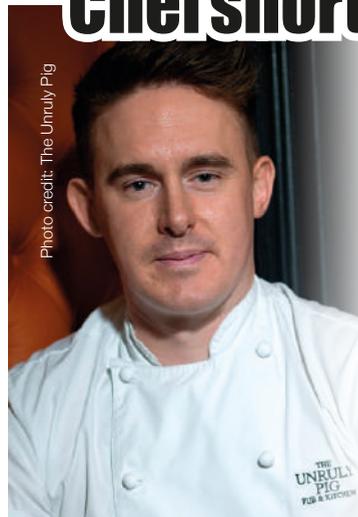


Photo credit: The Unruly Pig

A head chef from a pub near Woodbridge has been shortlisted for a national award for the second year running.

Dave Wall, head chef at The Unruly Pig in Bromeswell, has been named as one of three finalists in the Pub of the Year category in the Craft Guild of Chef Awards 2019.

This prestigious award is highly regarded and nationally renowned.

Dave, who became head chef at the pub in March 2015, commented: "I'm thrilled and honoured to be shortlisted for the second year. It's a great feeling to be so highly appreciated."

He has been shortlisted alongside prestigious gastropub chefs Leigh Evans from Methuen Arms and Robert Taylor from Compasses Inn.

The winners will be announced on June 6 at a glittering awards ceremony at the London Hilton on Park Lane.

Brendan Padfield, owner of The Unruly Pig, said: "Dave is truly outstanding. We're so very proud of his achievement and to be shortlisted twice is testament to his talent and craft.

"We are absolutely delighted he's one of the national finalists."

The Unruly Pig serves modern British food with an Italian influence.



DIFFERENT WAYS *to use a ladder* IN THE HOME

Think that a ladder is just for accessing hard to reach places? Think again. This essential DIY tool can be used in so many inventive ways; from storage to decoration to a kid's climbing wall. The possibilities are endless.

HANGING BLANKET STORAGE

You can never have enough blankets, but they certainly take up a lot of space underneath the bed. The solution? Use a leaning ladder as a vertical blanket storage unit. Simply strip and varnish your ladder or paint in your desired colour and attach to the wall.

Trendy outdoor bar display

It can be tricky to find space to put out all the drinks when you have a few friends over for a BBQ, but this handy ladder drinks display unit is the ideal solution. All you need is a ladder and a few wooden boards placed across the rungs and hey presto.

QUIRKY BOOK SHELF

If you are an avid reader but have minimal space, then a ladder book shelf is the ideal invention for you. All you need to do is mount your ladder horizontally on a spare wall, high enough to avoid appearing cluttered but not so high that you cannot reach your treasured books and job done.

Child's climbing wall

We don't know many children who would object to having a climbing wall in their bedrooms so why not make their day and save yourself a few pennies by creating one with just a basic ladder. And if you have another spare, why not create some indoor monkey bars too?

UPLIFTING LIGHT FIXTURE

For a rustic ceiling light fixture that would work perfectly in a country-style kitchen, hang a ladder from the ceiling and attach as many bulb string lights as you wish.



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She's got over two million followers, has just released a book which became the second fastest-selling title ever on the Bookseller's non-fiction chart, and even made a guest appearance on *This Morning*, so what is it that makes Mrs Hinch so popular? Quite simply, she makes cleaning a cinch.

Anyone who has ever stared hopelessly down a filthy toilet bowl or spent hours trying to successfully restore limescale-encrusted taps back to their former shine, can appreciate that any hack is gratefully received when it comes to the thankless task of cleaning.

That's why even the most begrudging scrubber can enjoy the daily tips, tales and musings of Instagram's hottest 'cleanfluencer' Mrs Hinch – AKA former hairdresser and Essex housewife Sophie Hinchliffe.

The 28-year-old social media star openly admits that cleaning provides a positive outlet for her various anxiety issues, revealing that a thorough scrubbing session can even ward off an impending panic attack.

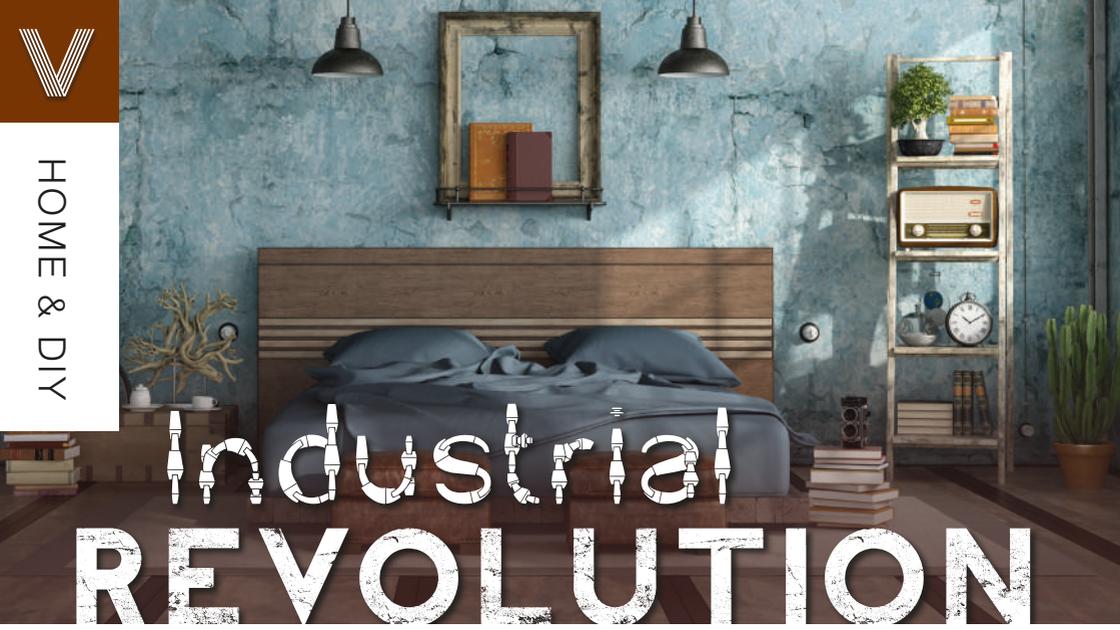
This notion that a clean house can help create a clean mind is not a new one, but her fuss-free and fun approach – Mrs Hinch even names her favourite cleaning tools: Pinkeh the sponge, Dave the fluffy duster – makes the experience enjoyable. And anyone feeling overwhelmed by housework might find her debut book, *Mrs Hinch – Hinch Yourself Happy*, just the ticket for creating calm in a chaotic home.

And following her Christmas Day announcement that she and husband Jamie are expecting their first child, exhausted mums everywhere will be excitedly anticipating tips on how to 'Hinch' their way through motherhood.

Mrs Hinch's top tips:

- > Rid yourself of plughole smells by pouring in soda crystals, followed by white vinegar spray, neat disinfectant and a kettle of boiling water.
- > Make mattress stains disappear by sprinkling on bicarbonate of soda which can be hoovered off once dry.
- > Use tumble dryer sheets to remove dust from blinds - the anti-static sheet attracts dust.
- > De-scuff doors by dabbing fabric conditioner onto a scourer and then buffing.





Industrial REVOLUTION

Simple, stunning and easy to achieve, industrial-inspired interiors are a fantastic way to modernise a space in a unique and impressive way.

Old factories and warehouses are rarely associated with style and glamour, but as the industrial-style trend proves, decor inspired by these buildings can be both timeless and effortlessly modern. The combination of exposed brickwork, oversized metal light fittings and elements of natural wood create the kind of space that is open, but also warm and welcoming.

This is often thanks to the open plan design, a look that comes from the presence of trendy lofts and characterful workshops in cities that have been converted to homes. But you don't have to live in an old shoe factory to achieve this look, as adding just a few elements can really transform a space, large or small.

So how do you achieve industrial style in your home? Firstly consider your colour palette, which ought to be neutral. Not white, but more of an earthy,

natural colour scheme with plenty of browns, tans and greys. If you're lucky enough to have exposed brickwork, make this the centrepiece.

When selecting furniture, go for raw materials, the more rugged the better. A large dining table for example, made from reclaimed wood; armchairs upholstered in buttery tanned leather; stainless steel cabinets and antique hanging lighting features with Edison bulbs that bathe the space in a warm, golden glow.

Those who have money to burn can buy expensive reproductions of vintage pieces, but anyone wanting to create something that is truly unique must be prepared for the treasure hunt, because the industrial style by its very name requires pieces to have history and a certain amount of wear and tear.

So no, you don't need to actually live in an old factory to obtain this look, but were you to chance upon some chairs or light fittings recently expelled from one, they would be a valuable contribution to your aesthetic.



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If you find yourself at home on a Friday night staring at the four walls, there are one of two things happening. One - you're bored out of your mind; two - you've already embraced some of the brilliant design ideas below.

Whether you're decorating the smallest of spaces, or perhaps a room akin to *Downton Abbey*, getting your walls working with your surroundings is imperative for an inspirational home. Here are seven sumptuous design dalliances:

One: ART

Either hung from the wall or propped against it, art is a great method for matching wall colours to that of furniture. A single-piece painting or perhaps collection of record covers can immediately give a room personality and a theme, and at low cost.

Two: SIMPLE SHELVES

Practical and decorative, shelves can be thick, thin, bracketed or suspended, but they add interest and busyness to a space that needs livening up.

Three: YOU'VE BEEN FRAMED

A collection of different picture styles in a variety of

frames can speak so many moods and really create a mixed identity to a wall. Never dull, it offers small stories within one main visual.

Four: STRING IT UP

Hanging string or suspending plants across a wall can draw the eye from one side to the other, with the gentle sag of material taking away what can sometimes be stark, sharp angles, particularly in new-builds.

Five: EFFORTLESS ENTERTAINMENT

Go ultra-modern with your ultimate entertainment wall, housing widescreen telly, gadgets, computer console screens, LED signs and anything else that screams 'tech'.

Six: MIRROR MIRROR

If you're lacking surface area, a mirror is the best cheat going for reflecting, adding to and intimating space and light.

Seven: ASTOUNDING STORAGE

If you're really clever you can make a design feature out of storage – suspend a bike, create a hat montage or show off your shoes!



A Prince *for the people*

If ever there was someone on the inside perfectly placed to lead forward the Royal Family's often haphazard PR machine, it's surely Prince Charles.

As celebrations begin to mark 50 years since the Prince of Wales was given his investiture at Caernarfon Castle in 1969, we have to sit back and admire the strength, resilience and patience of a character who has spent a lifetime winning round public opinion.

Of course, much of that negative feeling stemmed from his apparent treatment of Princess Diana – a failed marriage and ensuing feud that ripped apart the Royals, with Camilla waiting in the wings. And upon Diana's tragic death in Paris in 1997, it was supposed Charles would never again win the hearts of the nation.

But his dedication to sons William and Harry, a passion for the environment and art, plus a head for business and entrepreneurial spirit have seen a positive perception restored. Certainly, where The Prince's Trust is concerned, Charles has sparked tremendous belief and potential in the next generation of commercial minds. An organisation he founded way back in 1976, its support for vulnerable and needy 11- to 30-year-olds makes it our greatest ever force for championing people, and is a project that remains very close to Charles' heart, all these years on.

While the Royals held their own 50th anniversary celebration for Charles at Buckingham Palace in a gathering on March 5, a separate bash is set to take place on July 19, to mark the exact date. Back then, Charles was Duke of Cornwall,

Duke of Rothesay, Earl of Carrick, Baron of Renfrew, Lord of the Isles and Prince and Great Steward of Scotland, and actually assumed the title he craved on July 26 1958, but it would be almost another year before his investiture.

He served in the Royal Air Force and Royal Navy and in his youth was linked to a number of women, at one point pursuing 16-year-old Amanda Knatchbull, who four years later he proposed to, only to have his offer rebuffed.

Marrying Lady Diana Spencer in 1981 was set to present the flagging royals with a fairytale marriage, but the couple's incompatibility and near 13-year age difference were perennial issues, and many thought Camilla Parker Bowles was more suited to Charles, and so it proved when the pair married in 2005.

Charles has certainly worked hard to repair the damage of some turbulent years, both in his philanthropic work and in an awareness that, for the royal family to survive, they would need to modernise. A hard worker, Charles – who has voluntarily paid tax since 1993 – carries out hundreds of official engagements every year as a light-hearted, jovial and humorous exemplar that many around him would do well to mirror.

Mostly though, Charles may well be regarded as the prince who has now waited half a century to assume the greatest title of them all – King of England. Some wonder if he will ever get his chance, and when he does, how long will he be sat on the throne?

What is certain is when he does make that final step, it will be as a result of a lifetime of admirable service to his country.

50 years for Charles - the patience of a saint or the poise of a Prince?



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Want to turn your garden into a bona fide wildlife wonderland? Here are some tips and tricks on attracting a wide variety of animals and insects to your green space...

Although it may seem an odd concept, the best way to attract animals to your garden is to leave it a little untamed. When you leave part of your garden untouched, with good access to other gardens or wild spaces, you are creating a safe area for wildlife away from human influences.

By inviting the littlest of critters into your garden, you then create an entire mini-ecosystem. For example, an undisturbed pile of logs makes an excellent hideaway for an incredible number of insects which, in turn, can attract birds and mammals.

But if you are more of an orderly gardener than an untouched space curator, here are some things to keep in mind if you want to end up with a green space positively brimming with animal and insect life:

✦ Trees not only give birds somewhere to nest but can provide fruit for foxes, badgers and even deer

✦ Hedgerows, such as holly, provide essential cover and corridors that join up green spaces for small mammals

✦ A range of shrubs that flower at different times will improve the diversity of visitors to your garden

✦ Longer grass is essential for egg-laying insects such as butterflies, so leave a bit of lawn untrimmed to give these birthing bugs shelter

✦ Taller flowers will attract flying friends from bees to dragonflies

✦ Night-scented plants such as buddleia and evening primrose are great for moths which in turn are a feast for bats

✦ Wall-climbers can provide links between gardens for pollinators

✦ Don't forget your water feature – ponds are essential for amphibians and offer a bath and beverage for birds

✦ Choose your own compost over peat – compost heaps are a warm home to reptiles as well as a great source of nutrients for your garden.



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Did you know that May is National Walking Month? So, what better time to put your best foot forward and reap the benefits, both physical and mental, of a daily brisk walk.

1. Helps maintain a healthy heart

If you work in a sedentary job or have a fairly sedentary lifestyle in general, a daily walk can work wonders on reducing your risk of both heart and cardiovascular disease.

2. Aids weight loss

Wanting to shift a few pounds without pounding away on the treadmill? Simply start getting off the bus a few stops early or walking to the local shops rather than driving. Even small changes can make a noticeable difference.

3. It can actually make you smarter

Really? Yes, the simple act of going for a daily walk can actually make you more intelligent. This is because walking helps to supply more oxygen and glucose to the brain which in turn, helps it to perform better.

4. Reduces your stress levels

Walking helps to improve your circulation which means your cells are provided with more nutrients and oxygen. It also decreases the amount of cortisol, the stress hormone, that is produced.

5. Improves your mood and your memory

Physical activity, especially in the open air, is known to help prevent depression, plus you will get a much-needed injection of vitamin D. And specifically, for older people, a daily walk can help improve their memory and even help prevent dementia.

6. Helps to maintain a healthy digestive system

Although you may not feel like it, a quick walk after a meal is actually a really good idea. Not only can it help keep your weight down, but it also helps support your digestive system, meaning you are less likely to suffer from bloating, constipation or diarrhoea.



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.

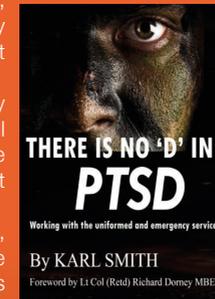
His work takes him all around the world and he includes Hollywood A-Listers amongst his clientele.

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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Struggling to get to sleep? It could be a range of symptoms, but a exercise regime can help, writes fitness instructor, *Julie Foster*.

We have all experienced it. That frustrating feeling of lying awake at night, tossing and turning, trying desperately to get to sleep but to no avail.

Insomnia is something that can strike at any time, both short-term and long-term, leaving us deprived of sleep and feeling lethargic in the day.

There can be any manner of causes for this, such as stress and anxiety, medicines we might be taking or even just our genetics. The ways of beating insomnia are just as varied.

In my profession as a GP Exercise Referral Professional, I often get asked if exercise is beneficial for people with insomnia.

In many cases it is.

Exercise is an effective outlet for the “fight or flight” hormones which can build up during the day and keep us awake at night.

Another reason why exercise may help with insomnia, is because of the body-heating effects of exercising – especially when performed in the

afternoon or later. Exercise triggers an increase in body temperature, and the post-exercise drop in temperature often promotes falling asleep.

Exercise is also known to reduce symptoms of anxiety and depression – among the biggest insomnia causes.

Through exercise, our body releases endorphins – hormones that happen to make us “feel good” and “happier”. Furthermore, exercise quite simply tires us out physically which is known to help our brain “switch off” and relax in preparation for sleep.

Exercise though fitness classes and team sports can also be a social activity that enables us to mix with other people and talk about what is on our mind.

Of course, with all medical conditions, it is wise to speak to a qualified GP first, but please do get in contact with me if you have any questions. I run dance-based fitness classes in Martlesham throughout the week, so why not come along and see if I can help?



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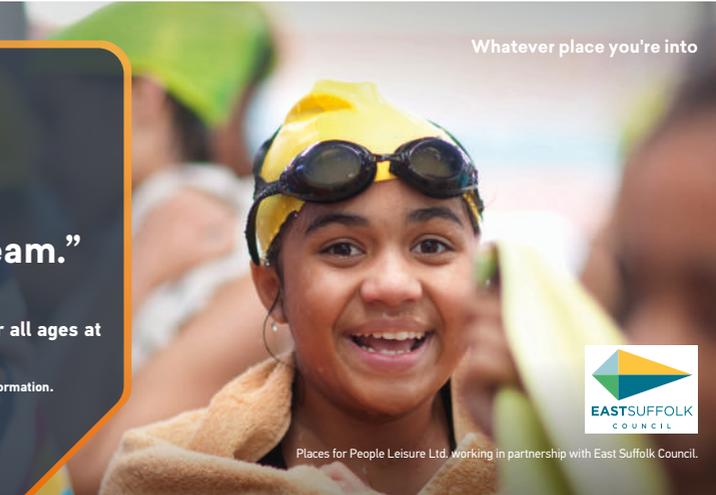
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Summer Styles Arrive

Summer is just around the corner, and two women's clothing boutiques in Woodbridge are ahead of this year's trends.

Holly Blue Boutique and *Ninni Noo*, located next door to one another on Thoroughfare, have revealed their summer stock lines.

"We have some wonderful summer collections ready for the hot weather to come," said Sue Risby, owner of *Holly Blue*. "The look for this summer season is lots of colour and prints."

Woodbridge has become something of a 'fashion destination' in recent years, with a wide variety of independent stores, stocking high quality brands that you wouldn't tend to find on the high street.

One item that is really making a comeback this year is the jumpsuit – with plenty to choose from in both *Ninni Noo* and *Holly Blue*.

Sue added: "Jumpsuits have made a huge come back. There are slinky styles to wear with heels or relaxed linen or cotton styles for sandals or pumps.

"For the capsule wardrobe, a must this year is a shirtwaist dress to wear on its own or relaxed over skinny crop trousers."

Some of the other trendy items available in both stores this year will be wide legged trousers – long or cropped, which will be sure to keep you cool.

These can be paired with a simple cotton tee or bright print top. There is a style to suit everyone.

Carbon Male Menswear, part of the same group of shops, but located at the other end of town on Quay Street is also prepared for summer.

Well-stocked with fashionable staple items such as shorts and t-shirts, the fashion-conscious gentleman can be well prepared for their holidays.

One thing that makes *Carbon Male* unique is their barber's chair that means customers can come out with a smart new outfit and a fresh haircut.

Owner, Carl Bowen said: "We've now opened up the barbers chair from Tuesday right through to Saturday due to massive demand."

Holly Blue Boutique



New Spring collections have arrived

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FASHION

MONOCHROME

mayhem

Where do we even start with the beauty of the monochromatic trend? It's versatile, chic and is probably the easiest way to appear both taller and thinner. And who doesn't want that?

WHAT IS MONOCHROMATIC DRESSING?

Monochromatic dressing means wearing separate items but all in the same colour. It often refers to black and white ensembles but can also refer to other neutrals and even bold colours such as blue, red or yellow.

WHAT ARE THE BENEFITS OF THIS TREND?

Well to start it makes outfit planning so much easier. No worries about clashing colours or prints; just choose one colour that you love and that suits your colouring and you're away. Picking the right colours ahead of the summer season is so much less complicated than choosing the latest styles which may or may not compliment your shape.

HOW TO WEAR THIS TREND

It is very simple. All you have to do is pick your colour

and then make sure that your key wardrobe pieces are in the exact same shade. Accessories must be in the same colour but can be a different shade to your actual outfit. To stop your look from appearing boring, try embracing different textures.

KEY COLOURS FOR THIS SUMMER

Head-to-toe monochromatic neutrals are set to be massive this season; look out for smart tailored trousers, a loose-fitting shirt and a matching trench coat for a cool office vibe that can easily be worn late into the night.

Navy is also a great colour for summer as it looks great against tanned skin. For a sporty look, why not team a sleeveless cropped shirt with matching wide legged trousers.

And of course, you can't go wrong with the classic and super chic black and white combo.



Photo credit: ASOS

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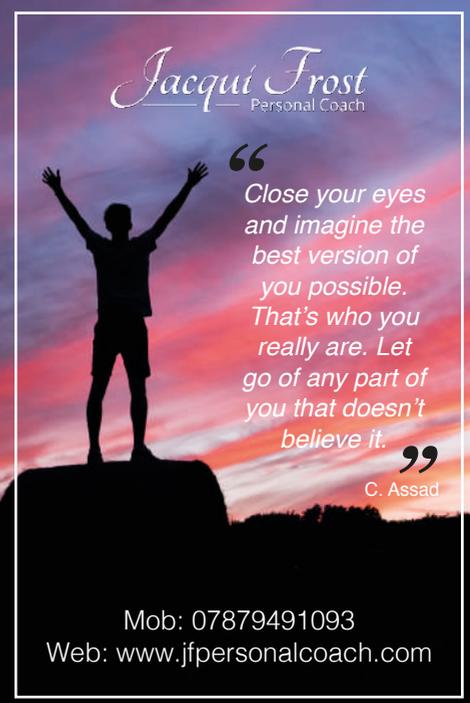
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Top tips to ace your exams

preparation is the key

Exam season is almost here and while some already have their heads in their revision books, others find it difficult to find the motivation to revise. Dr Lisette Johnston, head of school at ScreenSpace, gives her top tips for effective revision.

1. Make fact or note cards

Check out Quizlet.com, you have to register but it's an amazing free resource, that's really easy to use

2. Draw mind maps

Do this after each chunk of intense study, write down what you can remember then revisit your notes, see what you missed and write those bits down in a different colour.

3. Highlight notes

Highlighting one key point or fact for each topic area can effectively breakdown the volume of information you need to remember. Sometimes colour can help text 'stick'.

4. Make lists

Find the exam board's specification (this lists what you need to know), break down those topics into smaller topics, order them into priority of what you need to learn and revise from there. Breaking it down into these smaller sections makes the task seem more manageable and less overwhelming.

5. Write essay plans

Look at the question, break it down into chunks and then plan each section to include point, evidence, explanation (PEE) and make sure to include a conclusion and be evaluative throughout.

6. Answer past questions

Try to self-mark and get a someone else to mark your work too - this helps you learn as you go, and also ensures that you are being realistic with your marking - you need to know that you're not being too harsh or too generous.

It's important to not work hours without a break, or memory and recall become less and less effective. Plan your sessions of up to one hour and take a short break in between. Keep yourself interested by changing topics and make the time spent revising really count.



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It is estimated that around 100 billion emails are sent by people in the world, every single day. Have a proper look at your inbox, particularly the spam and junk folders, and the chances are you'll find one there from your bank, from a 'friend' sending you some holiday snaps, perhaps some discount offers from retail companies; or in a recent case that made it into UK newspapers, from none other than Cliff Richard. All are fake; all want to steal from you. These days, our email systems are pretty adept at detecting spam mail, but what if something slips through? The best ways to protect yourself is to ask the following questions:

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- ✗ Does a link in the email go through to a different 'phished' website, or one with a name that doesn't match the typical web address format of your bank's?

- ✗ Do you even have a bank account/store account with the sending company?
- ✗ Is the person a stranger looking to strike up a business partnership or casual conversation?
- ✗ Are there typos in the email body?

If you can answer 'yes' to any of these, the chances are you're looking at an email being sent to intentionally glean data and log-in information, and from that, defraud you.

We are at least in an era now where companies invest billions in keeping their customers safe, but the threat – to ourselves and loved ones, particularly the elderly – remains severe, so be smart, be vigilant and approach any unsolicited email with the caution it deserves.

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MOTORING



Photo credit: www.jaguar.co.uk



The SUV setting *THE PACE*

EXPLORING & ADMIRING JAGUAR'S UPDATED SUV, THE F-PACE

It is a brand that has enjoyed its fair share of ups and downs, but Jaguar's spectacular re-emergence as a genuine player in the luxury car market is a British success story we should all take time to celebrate.

The manufacturer's latest powerplay is its 2019 F-Pace, a beefed up Sport Utility Vehicle (SUV) that works as the punchier option to the top-selling sportier E-Pace.

As for the technical specs, there's the option of rear-wheel or four-wheel-drive, plus petrol or diesel engines; while four-and six-cylinder set-ups can see power moving anywhere from a basic 161bhp right up to a punchy 375bhp in the AWD automatic petrol.

The great thing about the F-Pace is it's a crossover sports vehicle that genuinely succeeds as a family car, with room enough for three adults in the back. And while it's more expensive than its predecessor, the E-Pace, handling is exact and

weight similar, despite its larger size.

As for gadgets, how about spending £300 for a wristband that allows you to lock and unlock, thus resolving any lost key worries...

Not interested? Okay, perhaps the stripped-back interior will help, or the 650-litre boot space. And did we mention this beast is two metres wide?

With prices starting at around £35,000, this is an upgrade worth much more than simply the kudos of a 2019 plate. It's a model that has the potential of replicating the success of the original F-Pace, which in 2016 was the manufacturer's fastest-selling car ever.

Understandably, the F-Pace has provoked comparisons to models produced by Jaguar's sister company Land Rover, but this fast-paced feline has always taken pride in its own identity, and if it can translate even some of the shimmer from its elegant saloon brands, then we have a new beast fully primed for the SUV market.

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Art and craft session
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May 29, 10.30am – 12.30pm

Beading, painting, colouring and slime making. Pay per activity. No booking necessary.

Beer Festival
The Cherry Tree Inn, 73 Cumberland Street,
Woodbridge, IP12 4AG
May 31 – June 2, 10am – 11pm

There will be at least 20 real ales from all across Great

Britain, including Broughton of Lannarkshire, Hafod of Flintshire, Bays of Devon, Reunion of London, Issac Poad of York and of course, our local Adnams from Southwold.

The festival will run 10.30am to 11pm. Hot and cold food will be available from 12pm to 9pm on Friday and Saturday and 12pm to 8pm on Sunday.

For more information visit www.thecherrytreepub.co.uk, call 01394 384627 or email info@thecherrytreepub.co.uk

Suffolk Day Celebrations
Deben Willow Care Ltd, 14 Wilford Bridge
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June 21, 10am – 3pm

As part of the Suffolk Day celebrations, Deben Willow Care are offering free CPR training on June 21 between 10am to 3pm.

In addition, there will be cakes and refreshments available.

If you would like to make a monetary donation on the day, we will be raising funds for The Alzheimer's Society.

To book your space, call Bev on 01728 453677.



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Woodbridge Regatta BBQ and Prize Draw
5th Woodbridge Sea Scout Group, 5-7 Tide Mill
Way, Woodbridge, IP12 1BY
June 23, 11am – 5pm

5th Woodbridge Sea Scouts will again be having a BBQ during the Woodbridge Regatta and this year have added a raffle.

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MASTER WOODS



It's a sporting comeback right up there with the greatest of all time. A man beset, besieged and broken by personal demons, who had dropped to 1,199th in the world, roaring back to the peak of his sport and proving to the world that true greats are not just those who win, but those who recover from adversity.

Woods had undergone four back surgeries; it was 11 years since his last Major, and 14 since his last Masters title. He thought he'd never play again and at the very pit of sporting slumber was diagnosed with depression.

At this lowest point, he wasn't just someone who walked away from the game – he was still playing it back in 2015, averaged a tournament per month and still couldn't get into the world's best 250 golfers.

But just a year after being found passed out in his car, incoherent, unable even to blow into a breathalyser and ultimately charted with 'Driving under the Influence', Tiger clinched the TOUR Championship. That September 2018 victory was his first in five years, and it set him on his way back to the Masters.

Sure enough, six months later, and at Augusta of all places, Woods carded 70, 68, 67 and 70 to beat fellow American Dustin Johnson by a single shot.

Tiger Woods' victory was one romanticised about by sports fans across the globe. For most people, his indiscretions were forgotten and forgiven. Whether anyone actually believed the Californian could climb one of the greatest sporting mountains is another thing, but in conquering his own demons as well as one of the strongest Masters fields in recent memory, Woods has restored himself back to true icon status.

What's more, take a look at his year of birth – 1975. The reality is this... at the age of 43, there is still a lot more to come.

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PUZZLES

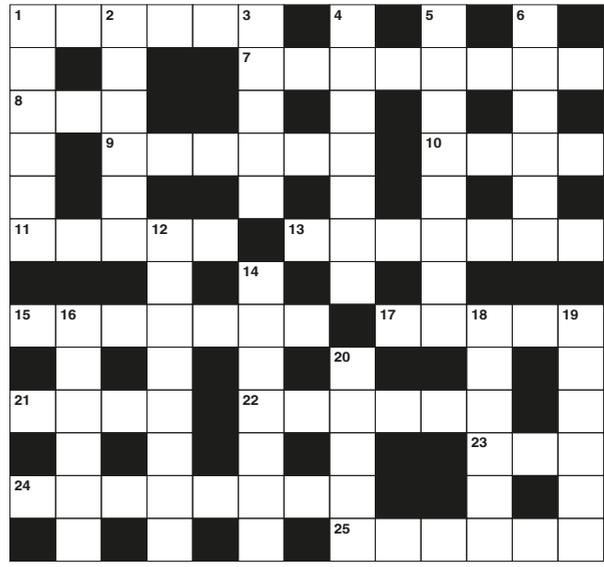
Answers can be found on the Contents Page 4

ACROSS

- 1. Red-breasted birds (6)
- 7. Dry biscuits (8)
- 8. Flat-topped cap with a tassel (3)
- 9. Domestic assistant (2,4)
- 10. Fleet of ships (4)
- 11. Ethical (5)
- 13. Tall tower (7)
- 15. In the middle (7)
- 17. Relating to vision (5)
- 21. Smile broadly (4)
- 22. Shrub with glossy leaves (6)
- 23. Particle that is electrically charged (3)
- 24. Relating to a topic (8)
- 25. Fences made of bushes (6)

DOWN

- 1. Make changes to improve something (6)
- 2. Type of market (6)
- 3. Discard (5)
- 4. Noisy colourful birds (7)
- 5. Superficial (4-4)
- 6. Small stones (6)



- 12. Right to self-government (8)
- 14. Hammers (7)
- 16. Hearts (anag) (6)
- 18. Covering a roof with thin slabs (6)
- 19. Solid pieces; blocks (6)
- 20. Cage for small pets (5)

DID YOU KNOW?

- ▶ Brazil is the largest country in South America
- ▶ The capital city of India is New Delhi, while Mumbai is the most populated city
- ▶ French is the second most studied language in the world after English
- ▶ Australia hosted the 1956 and 2000 Summer Olympics
- ▶ The three colours of Iceland's flag represent elements that make up the island; red represents the island's volcanic fires, white is for the snow and ice fields, and blue the ocean.
- ▶ The famous giant panda is found near the Yangtze River in China.

SUDOKU

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



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