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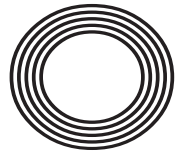
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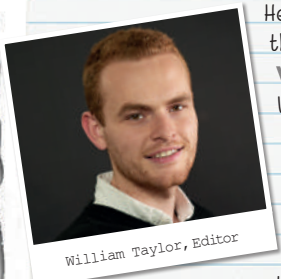
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# Editor's notes...



William Taylor, Editor

Hello and welcome to this month's edition of **VISION** Woodbridge. What a busy month it's been. In late May I was honoured to be asked by former BBC Suffolk and Heart presenter, Nick Pandolfi to come and do a speech for local businesses at Seckford Hall.

I initially felt apprehensive - I've only been running this business for a year, so what could a bunch of seasoned businesspeople possibly learn from me? Well... two things.

The first was about the current state of the print media, something I believe is thriving, thanks to people like you who enjoy receiving your free **VISION** every month.

The second was about the journey of my first year in business. There have been ups and downs, but I'm proud of how far we've come and hope you enjoy reading the magazine.

If you're active on social media, please head to our Facebook page "Woodbridge Vision Magazine" and give us a like or a review. On top of the printed magazine, we bring you loads more local content, including videos and community events.

Finally, I'd like to mention our new, improved **VISION** Listings. We've gone **YELLOW**. They are your definitive A-Z of local businesses, but if you have a business yourself you can complete the form at the back and return it to appear in the next edition. Have a great month.

*Will*



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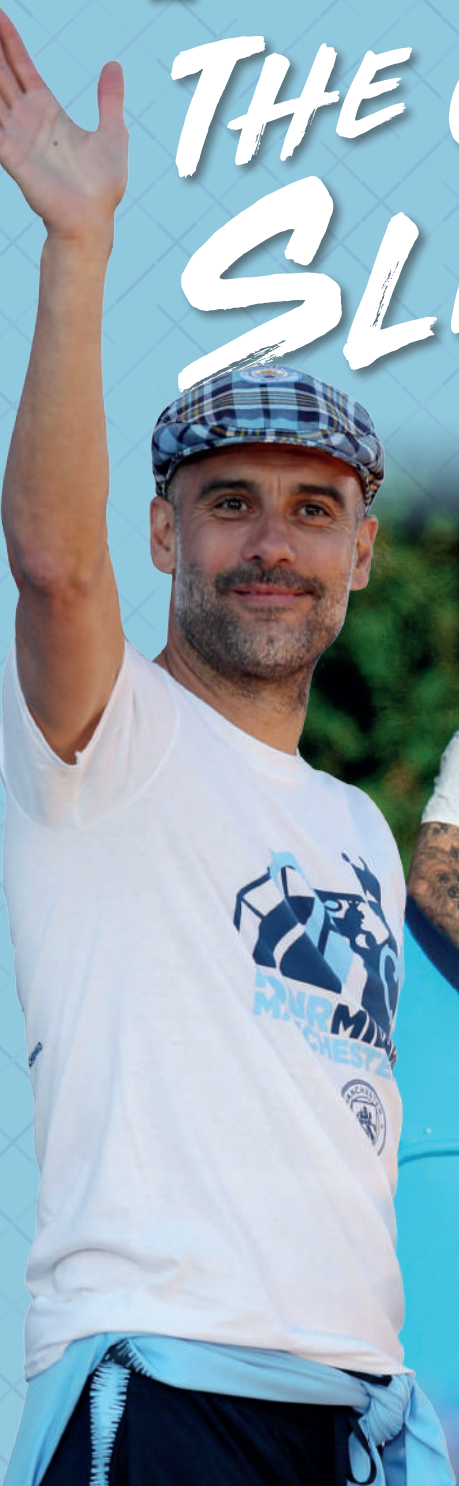
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# THE CITY SLICKERS



FOURMIDABLES 13/19



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Those who felt Manchester City's relentless dominance couldn't surpass the 100 points they achieved at the end of the previous campaign have just been made to reclassify things again... not just the best Premier League team ever, but the world's best too?

In a sense, winning is something Pep Guardiola takes as 'the norm'. In his time as player and manager at Barcelona, at Bayern Munich, at City, and perhaps elsewhere in future if rumours of Juventus coming calling are to be believed, the 48-year-old expects and delivers.

Even when being asked to exceed those dramatic heights of the 2017/18 season, the mercurial boss had an answer – how about a clean sweep of domestic trophies?

The task was never going to be easy, particularly when main rivals, Liverpool, were a revitalised side looking to get back to the top table of British football for the first time in 30 years.

Pep Guardiola's men lost four times across the 38 games, but crucially, drew only two of the other 32, and while only a solitary defeat blemished Liverpool's season record (to Manchester City in January), it was the Blues' ability to turn draws into wins that saw them home.

Even when 10 points adrift of Liverpool, ice-cool Pep continued to let his side's ability do the talking. "Football matches can be won in the changing room, in the tunnel, on the pitch," he said at Christmas. "The good sides make sure it is on the pitch, and I think we will prove that."

Sure enough, in 2019, the Cityzens failed to win only three of 31 matches in 90 minutes, in all competitions. The exceptions were the 0-0 draw in the League Cup final – which mattered not as they beat Chelsea 4-3 on penalties anyway – an under-par 2-1 defeat at Newcastle United, and that 1-0 loss in the first leg of their Champions League quarter-final match against Spurs (in which they missed an early penalty).

In almost every other game they breezed past opponents with an air of fiery football finesse. It is a method of match mindfulness that only Liverpool under Jurgen Klopp can rival, and winning their final 14 league matches saw them take the Premier League crown by a solitary point.

And when the pressure was off, the prowess of Sterling, Aguero, Kompany and the Silvas (David and Bernardo) shone greater than ever – no better witnessed in that destructive 6-0 Wembley win against Watford, the match which sealed the 'treble' with the addition of the FA Cup to the season's silverware.

While some will point to City's failure to make their mark in the Champions League, did they actually do any worse than the supposed 'big two', Real Madrid and Barcelona? Both achieved catastrophic capitulations when it mattered, whereas Guardiola's men bowed out in a titanic battle against Tottenham, and were a VAR decision away from qualifying.

If the last two seasons are anything to go by, Manchester City will again be the team to beat next year. Rivals will be encouraged to see inspirational captain Vincent Kompany return to his native Belgium, but the club's pitch riches run embarrassingly deep, and in Phil Foden, Oleksandr Zinchenko and Lukas Nmecha, a new breed of youngster is emerging to make the challenge for others even greater.



# Royal baby BOOM



As Archie Harrison Mountbatten-Windsor enters his second month, the world's fascination for the newest royal appears to have lessened very little.

Despite what must seem a full-on flourish of night feeds, nappy changes and calls from Nan (otherwise known as HM Queen Elizabeth II), it's only actually a few weeks since, on Wednesday May 8, the Duke and Duchess of Sussex revealed the name of their baby, that coming two days after his birth at the Portland Hospital in Westminster.

Archie is the Queen and Duke of Edinburgh's eighth great-grandchild, with Harry and Meghan breaking somewhat with convention – some would say predictably – in opting against a traditional royal name for their son.

Archie – short for 'Archibald' – was actually the 18th most popular boys name in the UK in 2018. Meaning 'genuine', 'bold' or 'brave', it has been gaining popularity in its shortened form and will no doubt creep ever closer to the likes of Oliver, Harry, Noah and George, now it references a royal owner.

Seventh in line to the throne may not be something currently on the mind of the newest member of the royal family – he will have to see off the Queen, Prince Charles, William, Harry, Princes George and Louis and Princess Charlotte first. He may instead enquire why it took his dad 11 days to register his birth.

When that task was finally completed, down-to-earth Harry didn't request any special treatment. Always keen to steer away from unnecessary pomp, the birth certificate was signed by only the duty registrar, Dexsha Mevada. That said, as has been the case with past royal babies, it is thought Harry was able to wait for a knock at the door – the civil servant on duty travelled to the couple's Frogmore Cottage home to complete the papers... proving that breaking with convention only goes so far.

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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



## £15million project sale could face judicial review

Plans to sell part of a £15million boatyard redevelopment in Woodbridge could face a judicial review after the proposal caused local concern.

Last month, Woodbridge Town Council held a special meeting to discuss challenging the revisions to the Whisstocks development, which would see the restaurant split into smaller units and holiday accommodation.

The £15million project was completed in December 2017 and saw the transformation of a derelict boatyard by the famous Tide Mill into a new heritage hub, including a mixture of homes, businesses and community buildings.

Developers, FW Properties claimed the scheme would bring economic vitality to the area, describing it as the "jewel" of Woodbridge.

The 2013 planning application specifically highlighted the community benefits to Woodbridge with more job opportunities.

However, a major part of the development, a two-

storey restaurant called The Chandlery that was said to offer dining views over the River Deben, has remained vacant.

FW Properties claim the building was too big for a single restaurant and in December 2018, applied to change its use by allowing the ground floor to be split into two retail units with holiday accommodation on the first floor.

In April 2019, East Suffolk Council approved the application which has caused local people to take action, particularly as they claim the decision being taken by officers and not planning committee members as it should have been.

A spokesperson for East Suffolk Council said: "We are confident that this matter was handled properly, under the legislation relating to planning, and we will vigorously defend our position at any review."

During the Woodbridge Town Council meeting, the council voted 7-2 in favour of supporting a judicial review against the Whisstocks planning decision.

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# Sun sets on charity 10K for another year

There was another successful turnout for the 38th annual Woodbridge 'round the town' charity races, held this year on Sunday, May 19.

Once again the streets of Woodbridge were lined with hundreds of spectators and well-wishers for the races that help to raise money for local charities.

The six charities being supported by the 2019 races were East Anglian Air Ambulance, Fresh Start New Beginnings, Just42, Lapwing Education, MIND and Suffolk Accident Rescue Service.

With the generosity of the 26 sponsors, and the runners' entry fees, £12,000 was raised, which is split equally between six charities, bringing the total charitable donations over the 38 years to more than £103,500.

The race is organised by the Woodbridge Shufflers Running Club (WSRC). From arranging the road closures to entries to marshalling and filling goody

bags, the club spends many months putting the race on the road, supported by its army of volunteers.

With over 100 runners, this year Woodbridge saw Benjamin Carpendale win the race but not without an exciting head-to-head with runner-up, Matthew Spencer.

However, it was Helen Davies who caught the eyes of onlookers as she broke the female course record and finished in third place overall.

Roger Ackerley, president of the WSRC, said: "Helen's record was a truly historic moment in the history of the race.

"It took me back to the 1980s when Glynis Penny dominated our women's race. Like Helen, she represented GB and finished third in the 1983 London Marathon."

To find out more about Woodbridge Shufflers and the 10K, visit [woodbridgeshufflers.org.uk](http://woodbridgeshufflers.org.uk)

## Town left without water after pump failure

A large area of Woodbridge was left without water after a pump failure.

The issue occurred at around lunchtime on May 29 and homes and businesses were affected with very low water pressure or in some areas, no water at all.

Engineers from Anglian Water tried fixing the problem and anticipated the water being turned back on around 6pm.

An Anglian Water spokesperson said: "Our teams successfully repaired a pump in the Woodbridge area which left a small number of properties experiencing some low water pressure.

"The pump was repaired and water supply was returned to normal as quickly as possible. We're sorry for any inconvenience that may have been caused and we'd like to thank residents for their patience while our teams made these vital repairs."

Photo credit: Paul Wiggins



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## Jetty Lane project update

The Jetty Lane project in Woodbridge has submitted its application to be converted from Community Interest Company to Charitable Incorporated Organisation to the Charity Commission.

Thanks to a local production and kind-hearted individuals, the project has received a generous financial boost.

In the last two months Jetty Lane received £6,050 in donations from two kind individuals as well as receiving £1,203 from Company of Hour, who took the time out of rehearsing *Half a Sixpence* to give Jetty

Lane the big cheque, as pictured above.

Jetty Lane project manager, Cordelia Richman, said: "We've also set up two working groups recently. One of these groups is working on refining the design for the interior of the building while the other is updating our business plan and associated appendices.

"Both of these groups are made up of a mix of talented and experienced people from our community working together with Jetty Lane Directors. We're looking forward to showcasing our work on the design later this summer."

## New Mayor is "delighted" with position

Woodbridge Town Council has elected a new Mayor of Woodbridge for the Civic Year 2019-20, Councillor Eamonn O'Nolan.

Speaking on the Woodbridge Town Council website, he said: "I am delighted to become the new Mayor of Woodbridge. I moved here because I fell in love with the town and the wonderful countryside which surrounds it.

"As a passionate campaigner for the environment, I intend to spend my time as Mayor introducing measures which will hopefully enable the town to begin the task of preserving the habitat in which we live.

"In Woodbridge, a neighbourhood plan will enable us all to define the kind of town we wish to live in. We can specify the type of housing the town needs, where we wish to build it, and the kind of shops, offices and other developments we want. We can even influence what the new buildings will look like. We can also protect the green spaces in the town, which are becoming more vital to our survival."

To contact Eamonn, email [councilloronolan@woodbridge-suffolk.gov.uk](mailto:councilloronolan@woodbridge-suffolk.gov.uk)





# Notcutts begin work to expand garden centre restaurant

Notcutts Woodbridge Garden Centre is beginning work on expanding its restaurant as part of an ongoing redevelopment programme.

The project that is due to be completed by the end of 2019 aims to create "modern, light and spacious dining" for up to 250 people, with a new outdoor terrace for eating alfresco.

Whilst the work is carried out, a marquee restaurant will be in operation serving a reduced menu of lunchtime and afternoon food including sandwiches, salads, soup and jacket potatoes. Hot drinks will also

be available along with an array of cakes.

Darren Brooks, general manager at Notcutts Woodbridge Garden Centre, said: "This is an exciting time for Notcutts Woodbridge and we're very much looking forward to unveiling our new restaurant to all of our customers later this year.

"The garden centre and restaurant will continue to remain open as usual throughout the transformation."

The Woodbridge garden centre is the first Notcutts Garden Centres and has been in the Notcutt family for over 120 years.

## Residents encouraged to start swim lessons

Deben Leisure Centre in Woodbridge is encouraging people to start swimming lessons.

The Royal Life Saving Society's Drowning Prevention Week runs from June 14 to June 24, with the campaign aiming to reduce the number of drowning and non-fatal drowning incidents that occur in the UK every year, by showing people how to be safe and have fun near water.

It encourages water safety education through events, lessons, games and activities, in a bid to make people more aware of the dangers of water.

A spokesperson from the leisure centre said: "If you're heading away this summer and you're thinking about another holiday confined to the deck chair while the little ones are splashing around in the pool, now is the perfect time to start your journey.

"Places Leisure offer swimming lessons for all ages from adult and baby lessons all the way through our junior swim programme to our adult beginner lessons."

For more information, call 01394 388991 or visit [Deben.PlacesLeisure.org](http://Deben.PlacesLeisure.org)

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*News from*

## Councillor Caroline Page

*The County Councillor for Woodbridge*

I've just been abroad visiting my mother's older sister, my aunt Anne. My mother was born in 1924, so any older sister of hers must be really quite old indeed. Anne is 96 next month.

I hadn't seen her for years (family carers will know that one of the huge constraints is our inability to leave home). Anne's deafness makes phoning difficult, and she doesn't 'do' social media, so we've written letters – usually about my mother, chair-bound for several years. I was expecting a replica of her, in slightly better health.

So I was totally startled by the woman who answered the door – young, sprightly, alert. A woman who held herself tall and walked easily. She looked many years younger than her sister, my mother. And her brain was as active as her body. It was a delight and a privilege to meet and talk to her, of things past and present.

But afterwards I wondered, why it was that Anne – two years older than my mother – should enjoy so much better health. After all, they'd had the same parents, upbringing, ate the same food, took the same exercise. They had the same genes. What was the difference?

Was it that, while my mother rather did as she pleased, Anne had needed to work hard throughout



her life? And like everyone who works, she'd often had to do things that were difficult, or uncomfortable. Is this good for you? Anne had been a nurse, a midwife, later ran a clinic, whilst looking after her own mother, a brood of grandchildren, and her much-loved husband with Alzheimer's. She swam daily in the sea till recently. Even today she walks two miles to the shops as often as possible.

It would be nice to think that hard unacknowledged work is good for your health.

## High flying for unruly pig chef

Chef Dave Wall from the Unruly Pig in Bromeswell, Woodbridge was honoured with being named the best chef in the country on June 6.

Leading up to the awards, Dave was selected as one of Barcelona-based beer Estrella Damm's 14 UK gastropub chef ambassadors and was invited to Ibiza from June 4 to 6 to attend a gastronomic presentation and dinner by Estrella Damm and renowned Spanish chef Ferran Adrià.

Dave Wall said: "It was a great opportunity to meet the other ambassadors and legend Ferran Adrià, I have great admiration for his style and creativity."

On his immediate return to the UK, Dave attended the Craft Guild of Chef Awards in London where Dave was awarded the Pub Restaurant Chef Award of the year.

Brendan Padfield, owner of The Unruly Pig said: "We felt privileged to even be shortlisted. Dave's an outstanding chef and we're so very proud of his creative talent and achievements."



LOCAL NEWS





*News from*  
**Councillor Geoff Holdcroft**  
*Town Councillor for Woodbridge Riverside*

At the beginning of May I was not elected to represent Woodbridge on the new East Suffolk Council. It was a great disappointment to me having served on Suffolk Coast District Council for the past ten years but I do wish your new representatives all the best as they take up their responsibilities. Woodbridge is a delightful place to live but we do face a number of challenges including the proposed

Sizewell C development, further Offshore Wind Energy proposals and consultations on an Ipswich Northern Bypass that could have significant effects on all our lives.

Despite not being elected to East Suffolk Council I was elected to represent Woodbridge Riverside Ward on Woodbridge Town Council for a further four years; thank you. The new Town Council is made up of a mixture of experienced and newly-elected councillors and we need to quickly get a firm understanding of all the things that the council has control over. Unlike many other towns in East Suffolk the council owns a wide range of assets throughout the town including the Shire Hall, the Tide Mill, the Woodbridge Community Hall as well as the open spaces Elmhurst Park, Kingston Field, Fen Meadow, Broomheath and a number of others. In the past year the Town Council took on the ownership of The Longshed and Museum Building at Whisstocks Place as well as the



open space itself with the associated responsibility for the Opening Flood Wall. All in all these are big responsibilities for the Council that require much care and attention.

Before closing this month, I do want to pay tribute to the four Town Mayors that served on the last Council, in chronological order Josh Sayles, Stephen Attwell, Clare Perkins and David Mortimer. Two of them didn't stand for re-election whilst the other two weren't re-elected but they all served the town magnificently in their different ways both within the town and as our ambassadors across Suffolk.

## Building society celebrates volunteering

A building society branch in Woodbridge is celebrating giving 100,000 hours of volunteering to the community.

The Yorkshire Building Society was keen to help other community groups and good causes as Volunteers Week got underway on June 1 to 7.

Since the Society launched its award-winning volunteering scheme in 2007, colleagues have donated more than 100,000 hours of their time to charities and good causes around the UK.

Yorkshire Building Society's volunteering scheme allows every colleague up to 31 hours' paid leave a

year to help out at a charity or good cause of their choice.

Louise Neill, volunteering manager at Yorkshire Building Society, said: "Volunteers' Week is a great reminder of the contribution voluntary work can make across the UK and we know first-hand about the impact it has brought our communities.

"For over a decade we have seen that time can be just as valuable a gift as money to charities and community groups. That's why the Society's programme gives us the opportunity to support projects and charities in our local communities.

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HOME & DIY

## HOW TO MAKE YOUR HOME MORE ECO-FRIENDLY WITH THESE EASY SWAPS...

In every corner of every room, and in every way, our homes are gradually becoming environmentally-conscious places. Where energy saving lightbulbs and rechargeable batteries set the trend in previous decades, the new range of products and initiatives flooding the market will take your breath away (and save you money in the process):

### Low flow showerhead

Attachable showerheads can come in at under a tenner, but reduce water usage by up to 75 per cent, whilst still enabling a relaxing, reviving experience. Saving you up to £200 a year, you'll have earned your money back in the first month!

### Steel straws

Forget dated plastic or horribly flimsy paper versions offered up in a certain fast food restaurant, only a steel straw will do when it comes to proper drinks and dedicated environmentalism. Providing you remember to clean it out with a wire brush, this drink delight will last for years.

### Recycled pens

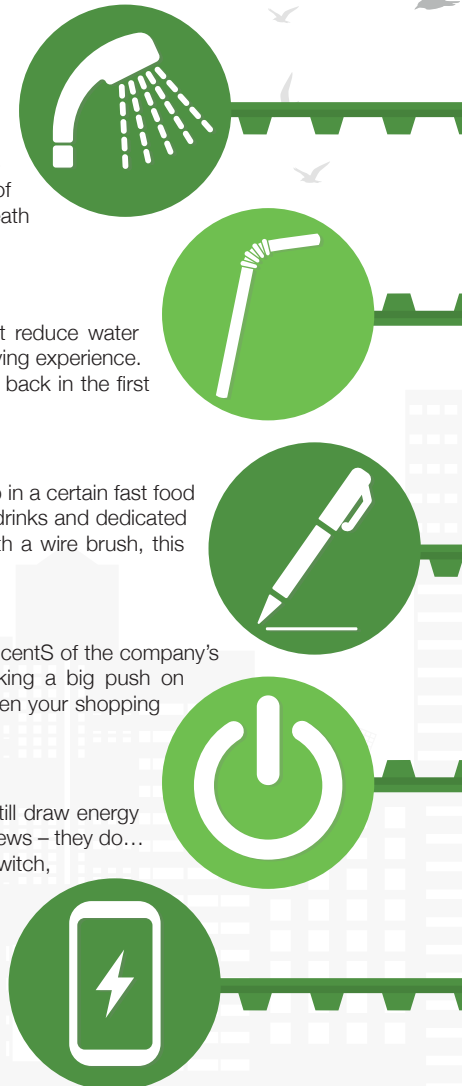
Pilot's B2P pens are made from old water bottles, with 80 per centS of the company's range comprised of recycled plastic parts. They're also making a big push on replacing ink cartridges rather than the entire pen, meaning even your shopping list itself can be environmentally friendly.

### Energy-saving power switches

You mean you didn't know turned-off appliances commonly still draw energy from the plug even when they're switched to 'off'? Here's the news – they do... unless you're smart enough to install an energy-saving power switch, which eliminates the pull.

### Solar-powered phone charges

Charging our phones creates one of the most concerted demands on the grid, but if you let that ball of fire in the sky do the work for you, particularly with summer just around the corner, your ray of sunshine doesn't just begin and end with a message from a loved one.





# HOME & DIY

# ECLECTIC

# wonderland

COMBINE A MULTITUDE OF TEXTURES, STYLES AND PERIODS TO CREATE A SPACE THAT POSSESSES BOTH OLD COUNTRY CHARM AND MODERN FLUIDITY.

At first glance, the eclectic style looks easy to pull off — an assortment of mismatched furniture pieces, books and various other knick-knacks effortlessly strewn around a lounge or bedroom, to create a lived-in and homely atmosphere.

But what at first appears to be effortless style must actually be well planned out in order to avoid a home that feels at best cluttered, and at worst, like a live-in jumble sale.

The key to achieving the style is therefore planning and consistency. You need to build the look around key features that already exist in your home. An antique fireplace, for example, will become even more stunning when set against a freshly-painted olive wall and accessorised with carefully chosen gilt frames and glass candlesticks.

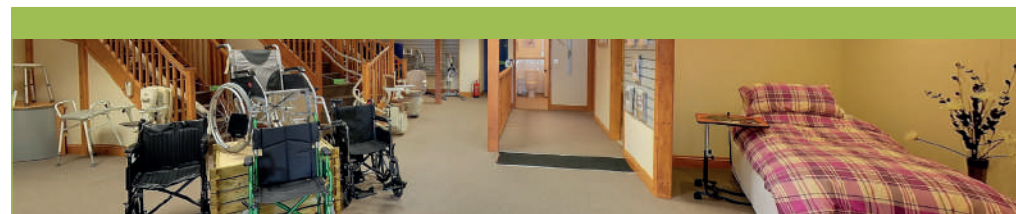
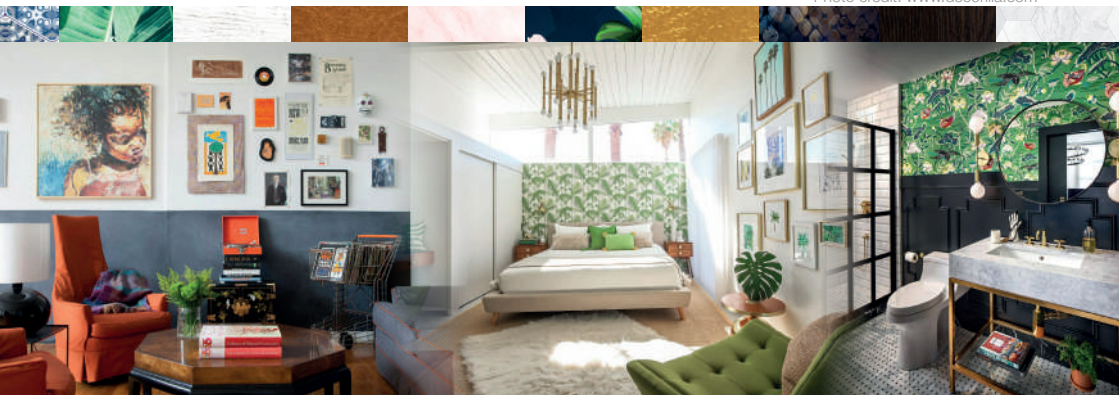
Similarly, the eclectic style should not be restrained

to one room. The muted colours, art pieces, lamps and mirrors must be free to spill down corridors and all around the home. An antique hatstand in the hallway, a wall of framed photographs in the bathroom and Art Deco side-tables from 1920s Paris paired with a rustic country-style bed in the master bedroom.

An important part of eclectic styling is to ensure key pieces are juxtaposed with each other. Never buy sets, never choose a blanket in a single colour and be brave enough to pair items from very different eras, styles or genres — for instance a metallic frame above a wooden sideboard, or perhaps a zigzag cushion on a velvet chair.

And if you can mix textures while still maintaining comfort and a homely feel, your ability to create this individual look will mean you are always surrounded by stylish decor.

Photo credit: www.decorilla.com



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# Mr. Kate

## BECAUSE WHY NOT?

THE DESIGN, STYLE AND BEAUTY BLOGGER WHOSE INFECTIOUS ENERGY HAS DRAWN A GLOBAL FANBASE

In the world of interior design, style, craft and beauty, standing out is what counts, and when you realise that Mr. Kate isn't actually a mister at all, but Kate Albrecht, you're halfway to realising why this high-energy, punchy, slightly rebellious American designer is making waves.

From a simple blog started back in 2011 that explored her passion for design and DIY, the 35-year-old, who is partnered in media projects by husband Joey, is now a conveyor belt of YouTube videos and TV appearances, as well as providing bespoke design services for some of Hollywood's biggest names.

Here are some of Kate's top tips for interior excellence:

**IDENTIFY:** Look at a room, a space or just an object and identify what needs to change. Is it a corner that's too dark, is the sofa outdated or is an entire room the wrong colour? Make a list and keep referring back to it to ensure you don't get side-tracked as the project develops.

**GET INSPIRED:** Use Instagram, blogs or magazines to pull together visual ideas and suggestions.

**WICKED WALLS:** Focus heavily on wall space as these are the areas we see the most. Always aim to fill space with colour or decoration rather than leaving large areas untouched.

**THE ILLUSION OF EXPENSE:** Add expensive looking items where possible in a room. These subtle cues can lift an entire space, particularly helping along older objects that, while you can't do without them, perhaps bring the tone down.

**FUNCTIONAL AND FUN:** A room should be a combination of practical and decorative. Combine the two for maximum impact and sensible living space.

**SHAPESHIFTING:** Use a combination of round and angular objects to create balance and variation.

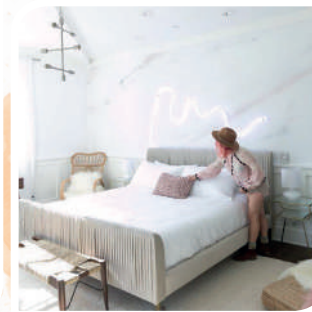
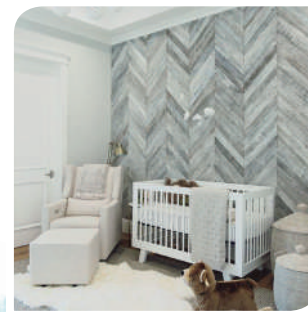


Photo credit: www.instagram.com/mrkate



HOME & DIY



# THE £100 holiday



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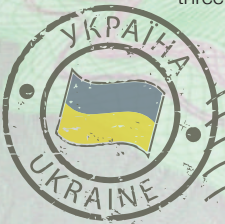
It's a reflection of the travel industry in this country that, in 2019, £100 won't even get you from London to Manchester on a peak-hour morning train. It's little wonder then that while few of us are able to escape the costs of commuting, when it comes to holiday travel, we're desperate to maximise our money by heading abroad.

Sites such as Skyscanner can hook you up with the best fares for those flexible on dates from any of the major London airports. We put it to the test – when inputting a date range for the last week in June, we hooked up flights to Milan, Madrid, Warsaw, Copenhagen, Stockholm, Brussels, Bucharest and more for under £35, but in terms of pure distance, and factoring in accommodation as well, where is the furthest you can go?

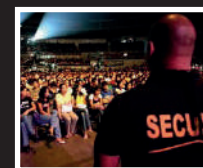
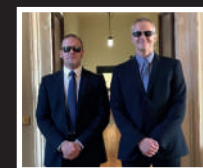
The answer – Kharkiv, in the Ukraine. This impressive city is the country's second largest, and is situated in the north-east of the country near the border with Russia. A beautiful, cultural base that will offer sunshine and snow in equal measure, it boasts botanical gardens, a zoo, the Avec Fine Arts Gallery and the Feldman Ecopark, not to mention a host of bars, cafes and stellar restaurants. It all adds up to a 93 per cent satisfaction rating on TripAdvisor.

Basic accommodation starts from £14 per night (three-star hotel), with the cheapest flights getting you to the former Eastern Bloc and back for just £46. Based on a three-night stay, your remaining £12 will leave you enough for 24 pints of local Ukrainian lager... or perhaps some food would be a better option (the average price for a meal in a restaurant is just £3!).

Either way, a four-day break, 1,800 miles, food and accommodation for less than the price of an hour on a Virgin train... Branson take note.



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**PROTECT YOUR PET**  
*this summer*

**PETS**

**Y**ou may not realise it, but the summer months can be an extremely dangerous time for your pets, and not just because of the increasing temperature. There are in fact a whole host of hidden hazards that you may be unwittingly exposing your precious pets to.

#### 1. PROTECT YOUR PET FROM SUNBURN

All animals can suffer from too much sun exposure, especially dogs with a short or light-coloured coat and white cats, so it is important that you keep them out of direct sunlight at the hottest part of the day. Also, ask your vet about sun cream specifically designed for pets.

#### 2. KEEP YOUR PET SAFE FROM PARASITES

Fleas, ticks and mosquitos are rife in the summer, so it is vital that your pet is given the appropriate treatment to prevent them catching a whole host of diseases including Lyme disease and Rocky Mountain Spotted Fever.

#### 3. BE AWARE OF THE RISK OF DROWNING

If you have a paddling pool or swimming pool in your garden, make sure that you cover it overnight and are vigilant during the daytime.

#### 4. ALWAYS PROVIDE YOUR PET WITH SHADE AND FRESH WATER

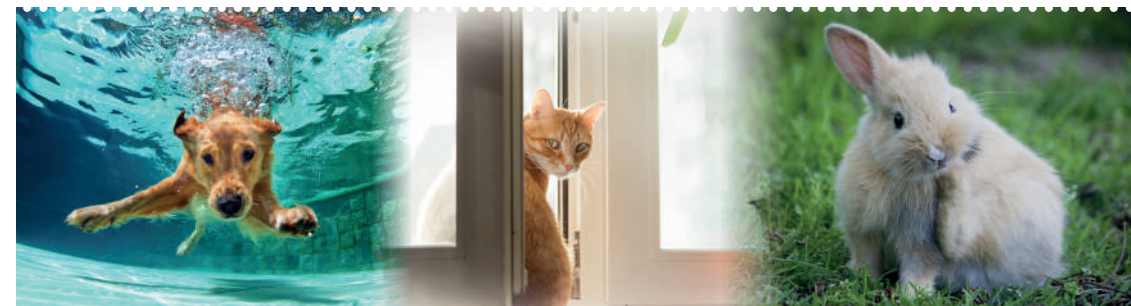
This may seem like an obvious one, but not all animals will have the sense to move themselves out of the sun and into the shade so you may need to give them a helping hand.

#### 5. BE VIGILANT AROUND OPEN WINDOWS

This one is specifically for cats, as there is a risk of them falling out and injuring themselves.


#### 6. CHECK FOR SIGNS OF FLY STRIKE

Rabbits and guinea pigs are susceptible to flies laying eggs in their fur if they are dirty which will lead to maggots attacking them. Ensure their fur is clean and free from eggs.





# THE GAME IS UP



The end of *Game of Thrones* has provided some of the year's major talking points, yet for a brilliant actress so long a cornerstone in a mystical world of medieval conflict, could Emilia Clarke's move towards more conventional projects be her biggest challenge yet?

.....

The eighth and final TV adaptation of George R. R. Martin's *A Song of Fire and Ice* was nothing short of spectacular. With plot lines that swayed between unpredictable and unfathomable, the supercharged exit of HBO's greatest success story has made stars out of even its minor actors, and taken lead names Emilia Clarke, Kit Harington and Sophie Turner to unfathomable heights.

What those actors do next is the stuff of rich speculation, and particularly for 32-year-old Clarke, who wants to sway between subjects as willingly as Jon Snow's Longclaw, but hasn't yet had the opportunity.

As an actress, the Brit appears so interwoven into the deepest *Game of Thrones* fabric, yet an ability to embody and imbue characters such as Sarah Connor (*Terminator Genisys*) and Qi'ra (*Solo: A Star Wars Story*) only serves to epitomise her genuine talent for owning a role, whatever the genre.

Summing up *Thrones*, she admits the conclusion of the legacy was a lot to come to terms with. "On the first glance of the script for season eight, I stepped out of my house for a walk to try to get my head around everything that I had just read. I didn't ring anyone - I was still unable to make sense of it all.

"The scripts took me away from everything - it was like I was having an out of body experience."

While the *Thrones* machine has ground to a halt, immediate rumours of a spin-off series have surfaced, and you sense Clarke would find it difficult not to be lured back; after all, so much of her adult life has been centred around the story - she was just 23 when filming for the first scenes began.

What's refreshing is the fact the actress doesn't look at the world entirely through a film set. She spreads her influence wide and recently became an ambassador for the SMA Trust, an organisation that helps those with spinal muscular atrophy. She is also a representative for the Royal College of Nursing in the UK, a link that echoes back to her own health issues - the actress revealed this year that she had suffered two brain aneurysms. The first caused a stroke, aged just 24, and upon filming the final series she frequently felt faint and suffered from headaches.

Now "on top" of her health and seemingly aware of the need to slow her pursuit of greatness, she has two films in pre-production to see out the year. *Above Suspicion* is a true story that combines FBI espionage and romance, while *Last Christmas*, a light-hearted, seasonal romance set in London, sees her star alongside Henry Golding and Emma Thompson.

"I can't look too far ahead," says Clarke, who credits her late father for giving her the confidence and relentless ambition to succeed in the industry. "In fact, I've never really had the option to."

In the immediate short-term then, Clarke's ambitions are clear.

"I need to do more dancing" she laughs. "Dancing like a maniac. Crazy dancing. It is the best thing."





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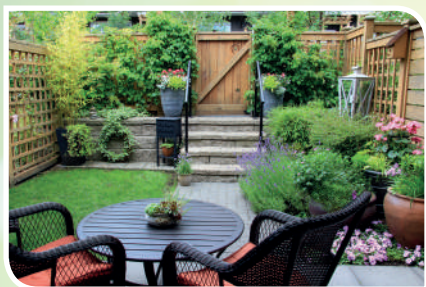


**GARDENING**

## TIPS AND TECHNIQUES TO MAKE YOUR GARDEN SEEM BIGGER



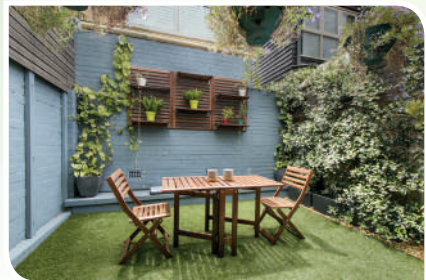
**U**ntil those lottery numbers come in, many of us are happy to accept the fact that what we can do with our front and – in particular – back gardens has limitations. Perhaps our property backs onto our neighbours', perhaps we're living in a built-up area where even the smallest patch of grass is to be cherished. Whatever the case, there are a few choice techniques that can make your humble plot seem like the perfect place to stretch out, unwind and soak up nature.



**PLANT ALONG EDGES**  
Our perception of size is largely guided by the way our eyes see lines. If you can disguise the line where a patio meets a wall, for example, you are playing with the perception of your garden's end point and it will appear to increase in size.



**DIAGONALS AND LAYERS**  
The use of diagonals, particularly where paths are concerned, is great to send the eye into the distance. In the same way, layer plants to create the idea of exploration and depth.



**GO UP, NOT OUT**  
If space left and right is at a premium, consider reaching up and planting tall, diverting the eyeline away from borders and into the sky.

**MIRROR MIRROR**  
Subtle use of mirrors (so that they don't directly reflect back onto people), is arguably the simplest way of expanding space and is a technique employed by many of the best designers.

**LET THERE BE LIGHT**  
As well as mirrors, using bright painted shades (on fences, walls and even the floor) can light your garden and give the impression of space. In contrast, dark tones offer shadows and a feeling of the walls coming in, so avoid at all costs.

**DECLUTTER**  
Finally, leave as best you can your garden as a paradise for plants, flowers and very little else in order to increase space. The kids' toys can be put elsewhere!



# SOILED



## THE 10 MOST COMMON MISTAKES WE MAKE WHEN GARDENING

- 1. TOO MUCH OF A GOOD THING**  
Less is more when it comes to good gardening. If you cram too much together it will look a mess, or worse still, die.
- 2. OVER- AND UNDER-WATERING**  
Be regimented over your watering routine and adjust it depending on rainfall to ensure your garden is nicely hydrated at all times.
- 3. WEEDING THEM OUT?**  
Ensure what you're pulling up are weeds and not slow-developing flowers. Remember, everything grows at a different rate and sometimes the most mundane of plants will become the most beautiful flowers... but only if they're left in the ground!
- 4. FAILING TO PREPARE (YOUR SOIL)**  
Give your plants a chance by ensuring the soil is in good condition. A simple testing kit will let you know if you need to re-compost, add fertiliser, or simply switch to a different soil type.
- 5. INVITING IN A BULLY**  
Ensure what you're planting doesn't have the ability to take over your entire plot.
- 6. ANIMAL LIFE**  
Plants and flowers may be pleasing on the eye, but for local wildlife they represent dinner, so ensure your investments are well-protected or they may end up an evening meal for a squirrel or rabbit.
- 7. HERE COMES THE SUN**  
Ensure plants are in the right areas to either soak up or be protected from the sun – it's a life-source and a killer in equal measure.
- 8. SOWING YOUR SEED**  
Follow seeding instructions carefully or, much like fast-growing trellis plants, your garden floor could become a maze for all sorts.
- 9. PESTICIDE PERIL**  
Consider that while pesticides will kill pests, they will also do real harm to your soil and grass if you use too much.
- 10. SPREAD THE WEALTH**  
For a pleasing finish, try to tend to all your garden space in equal measure rather than blowing all your budget on one flowerbed.



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# HEALTH & FITNESS

## sunscreen made simple ★★★★★

We all know how important sun cream is, but do we really know what type we should be using, how much we should be applying and whether spending a bit more really will save our skin in the long run?

**What is the difference between UVA and UVB rays?**  
UVB rays are responsible for the reddening of your skin and the unpleasant feeling of being sunburnt whereas UVA rays cause more long-term damage as they penetrate deeper into your skin and cause premature ageing. UVA stars are visible on all UK sun creams and indicate the percentage of UVA radiation absorbed in comparison to UVB. You should always pick a sunscreen that has between four and five UVA stars.

**What is SPF?**  
SPF stands for sun protection factor and is the measure of how much protection a sun cream gives against harmful UVB rays. SPF 15 filters out approximately 93 per cent of all UVB rays, SPF 30 keeps out 97 per cent and factor 50 manages to prevent a whopping 98 per cent.

**How much should I be applying?**  
Most people actually massively underapply when it comes to sun cream, but it is essential that you apply the correct amount which is 1oz per application. You should also apply at least 30 minutes before going out in the sun and should always reapply every two hours and immediately after swimming.

**How long does sunscreen last?**  
It can be tempting to use last year's bottle if you have some left over but most sun creams only last between 12 to 18 months and this can be even less if they have been exposed to high temperatures or direct sunlight.

**Are cheaper sunscreens as effective as more expensive ones?**  
Recent testing by *Which?* found that many supermarket-branded sun creams were equally, if not more effective than some of the best sellers.





# Arthritis & Exercise



If you have Arthritis, a work-out may be the last thing on your mind. But maybe it shouldn't be, writes fitness instructor, *Julie Foster*.

Exercise is crucial for people living with arthritis, which may seem contradictory. When your joints are already painful, the last thing you want to do is exercise, but exercise has been proven to reduce the pain of arthritis and improve function.

Arthritis is the inflammation of one, or more joints. If inflammation in the joints becomes extreme, it can cause pain, stiffness and swelling.

There are an estimated ten million people with some form of arthritis living in the UK. The most common misconception about arthritis, is that it is only found in older people. In fact, arthritis can affect people of all ages.

Exercise increases strength and reduces joint pain, which can help combat fatigue and low mood.

Endorphins are released when we exercise, these are our body's natural pain killers. By exercising, we see benefits of reduced pain, increased function and mobility, increased energy levels, weight loss, which will in turn take pressure off of joints, improved ligament strength and muscle tone.

If we start to avoid exercise, for fear of doing our joints more harm, then this will cause our muscles to weaken, and our joints to become stiffer.

You should always start slowly, and gradually increase the amount of exercise that you do, working at your own pace. I would always recommend that you speak to your GP before partaking in any exercise regime, to seek advice.

Exercise doesn't need to be vigorous. You don't need to run 10k to feel the benefits, you could start with some simple stretching at home, and work up to taking a short walk.

Keeping up momentum is an important part of exercising, so choose something fun, that you will enjoy doing, and you will be more likely to stick to it. Don't forget to rest when you need to, and drink plenty of fluid.

As a GP Exercise Referral Professional, I regularly speak with people suffering with Arthritis and joint pain, so please do feel free to get in contact if you'd like any advice.

Send your fitness questions to [julie.e.foster@outlook.co.uk](mailto:julie.e.foster@outlook.co.uk), and you could be featured in **VISION**



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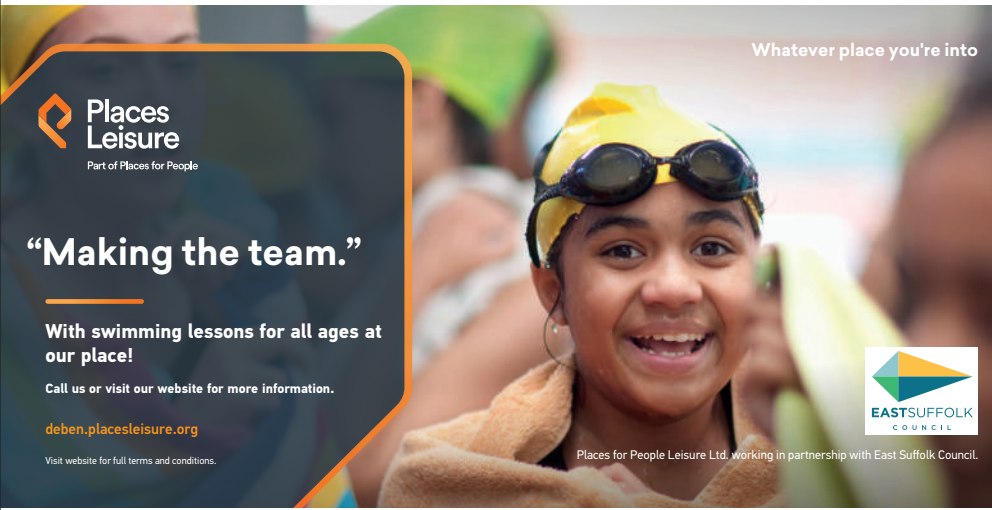


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# Brilliant Bakes

Three dough-based delights you can make at home

*English Muffins*

Simply mix 300g flour, 7g fast-action yeast, 6g salt, 15g caster sugar, 15g softened butter, 170ml milk and one egg to form a soft dough.  
Knead for 10 minutes, then leave to prove in a lightly oiled bowl for an hour.  
Dust your work surface with polenta and flour before rolling your dough to 2.5cm thick. Then cut out eight muffin shapes and prove for a further 30 minutes.  
Finally, griddle the muffins for five minutes on both sides.





Combine 650g flour, 7g fast-action yeast, 2tsp of salt, 50ml milk and 25ml olive oil in a bowl, before slowly adding 325ml of warm water.  
Knead on a floured surface for five minutes, before proving until doubled in size. Knock back the dough and knead till smooth then prove for a further hour.  
Divide into six balls which can be rolled into pizzas, add your favourite toppings, then cook in the oven for 12 minutes at 200 degrees celsius or gas mark 6. Voila!

*Pizza Dough*

*Chocolate Croissants*

Combine 500g flour, 50g sugar and 1½ tsp salt with 300ml of cold water and 14g fast-action yeast to form a dough which must be kneaded for five minutes then chilled.  
Now flatten 300g butter between two pieces of baking paper into a rectangle about 20x15cm and chill. Next, roll out your chilled dough and place your butter in the centre before folding over the four corners to envelop the butter. Repeat this chilling and folding process twice more before chilling overnight.  
On the morning you want to bake, cut your dough into six thin triangles which can be rolled up, left to prove for two hours and then baked for 15 to 18 minutes at 200 degrees celsius or gas mark 6.  
For chocolate croissant follow the same recipe as above but conceal pieces of dark chocolate within the rolls of your croissant.




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# Stunning Transformation for Historic Restaurant

Fine dining arrives at The Red Lion

There is a new big player on the Woodbridge food and drink scene. Located at the top end of Thoroughfare, the 17th Century Red Lion is by no means a new arrival, but this year is under new management.

The new bosses, Richard and Sarah, fell in love with the Grade II listed building and set about renovating in the early part of 2019. The combination of the public house's charm and central location made it an ideal venture for them.

Now fully open for business, The Red Lion is making a big name for itself as a place to dine out with a family-friendly layout, diverse menu and rotating specials board.

Classics such as steak and chips remain, but the more adventurous diner is taken on a culinary journey with a variety of East Asian influences such as the aromatic Cambodian Street Food Curry.

A real hit with diners, is the Lamb Shawarma Flatbread; another incredibly flavoursome dish which truly does melt in the mouth. It makes an ideal main meal for one or can be shared as a lighter snack between two people. You simply must try it.



Starters and desserts are just as exciting. Fresh local asparagus is teamed with Parma Ham and a poached egg to set the tone for a delicious meal.

Passionfruit Cheesecake and Tarte Tatin are among the favourites, while Sticky Toffee Pudding and Knickerbocker Glory never let you down.

Portion sizes are generous, but not excessive, meaning you come away feeling more than satisfied, but not uncomfortable.

In terms of drinks, you'll find a more diverse range than you might previously have been used to in The Red Lion's former life, with an extensive wine menu, local real ales and ciders, spirits and refreshing continental lagers.

The new interior is just as tasteful as the food, presenting a welcoming gastropub feel that brings it very much in line with some of the other foodie hotspots in the town. Gone are the days of The Red Lion merely being a drinkers pub.

More thought has also been given to the Al Fresco dining experience, with the courtyard to the rear of the pub allowing extra space for diners. Plans are in place to add music and beer festivals to the offering, meaning exciting times lay ahead.

There truly is something for everyone. Well worth a visit.



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# SUSTAINABLE fashion



FASHION

**F**ast fashion is no longer fashionable. Today's top designers are all about sustainability and ensuring that we can look good and save the environment at the same time.

### Stella McCartney

Probably the most well-known sustainable fashion brand, Stella McCartney has always been passionate about clothing that is eco-friendly and ethical but also bang on trend. Celebrity fans include Gwyneth Paltrow, Heather Graham and Meghan Markle.

### H&M

As well as selling environmentally-friendly pieces in their 'Conscious Exclusive' collection, this brand also launched an initiative which allowed customers to hand in any unwanted clothes, from any shop, in return for a £5 off voucher to spend in their stores.

### Zara

In 2016, in response to H&M's sustainable fashion range, Zara launched its own environmentally friendly range called 'Join Life'. They have also pledged not to send any leftover stock from their HQ, stores or factories to landfill by 2020.

### Iden

This denim brand with a conscience makes stunning clothes using organic and recycled fibres that have been produced with low environmental impact. The best thing about this brand (apart from their ethical standpoint) is that they truly understand what a woman wants, no needs, from a pair of jeans.

### Toms

Who doesn't love a pair of Toms? And of course, you feel better about buying yet another pair of shoes knowing that each time you buy a pair, this generous brand donates another pair to a developing country. They even sell vegan Toms.

### Veja

This fabulously forward-thinking brand has been making envy-inducing trainers with a difference since 2005. Each element that goes into making a pair of their trainers has a positive impact on the environment. For example, the cotton used comes from an organic farm in Brazil and the rubber for the soles is both natural and sustainable.







# Inspiring FUTURE FASHIONISTAS

Meet the former dressmaker to the Royals who is now passing on her wisdom to Woodbridge's designers of tomorrow

When you think of local dress designers, one of the first names to spring to mind will inevitably be Clare Perkins – owner of Silk Rose and former Mayor of Woodbridge.

With a wealth of talent and experience, Clare now finds herself turning to a new project, and one that might just mean more to her than anything she's done before.

"For me, the most important thing now is passing on my knowledge to the younger generations," she explained.

"We have some incredibly talented young designers living and learning in the Woodbridge area at the moment and I'm delighted to have the opportunity to pass on what I know to them."

Having graduated from the London College of Fashion and Clothing Technology in the early 1970s, Clare was head-hunted by Sir Norman Hartnell, the esteemed dressmaker to the Royals.

Clientele included Queen Elizabeth herself and The Queen Mother, where Clare helped to make dresses for special occasions.

After leaving Hartnell's, Clare emigrated to

Canada and married, but has long-since returned to Woodbridge, where her business has thrived.

"Making dresses has brought me so much joy throughout my career," Clare said. "It's a wonderful career for anyone with an eye for fashion to get involved in and I hope to be able to leave some sort of legacy behind when I retire."

Clare has begun to move away from dressmaking herself and now runs regular classes at Fiona's Fabrics and Stitchworks, both in Gobbits Yard.

With a growing list of students, she always keeps her classes small to ensure every individual gets the maximum from the experience.

She said: "The facilities they have available are second to none. It's an incredibly inspiring location to come and learn the art of dressmaking."

Clare now runs after school fashion clubs for 13 to 17-year-olds at Stitchworks on Wednesday and Friday evenings from 5:30 to 7:30pm, with prices from just £10 per hour.

She also runs sessions for all ages at Fiona's Fabrics, where you have a fantastic opportunity to produce your own garment to take away.


For more information, email [clare@silkrose.co.uk](mailto:clare@silkrose.co.uk) or send a text message to 07812 997467.

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# YouTube Reviews? *IT'S CHILD'S PLAY*

**WHY AN EIGHT-YEAR-OLD FROM CALIFORNIA IS BEING LABELLED THE PEWDIEPIE OF THE TOY WORLD**

If we told you that the highest-earner on YouTube raked in over £17million in the 12 months leading up to June 2018, you'd be forgiven for expecting some young, trendy, Generation Z type, with a smattering of tattoos and a trendy hairstyle.

Well... you'd be correct on the 'young' bit, at least.

In actual fact, the influencer in question is eight years old, reviews toys, and in the past couple of years has elevated his status to become one of the industry's most powerful marketing men (boys).

It all started when Ryan Kaji was four years old. He asked his parents why he couldn't do his own reviews of toys like so many others online. By March 2015 he was producing rather run-of-the-mill video material, starting with a Lego train set.

While his channel, Ryan ToysReview, had got off to a somewhat inauspicious start, in July that year, one video – where he opened a box containing over 100 items from the Pixar Cars collection – went viral, clocking up 935million views.

Not long afterwards, a video that combined, of all things, a water slide, giant eggs, Disney cars and *Paw Patrol* toys did even better. To date, it has achieved 1.8billion views.

These days, content focuses on toys new to the market, with food videos included too. The careful curation of the brand has led to 19million subscribers, product endorsements and launches, and guest appearances.

Naturally, the reaction of many is to turn a nose up at this latest breed of 'celebrity'. Except consider this – across hundreds of videos, thousands of hours and countless cheesy grins, there is zero violence, zero prejudice, and definitely no mention of Brexit.

If Ryan is a beacon of hope in the simple, innocent pursuit of joy through toys, perhaps we should all applaud him for that.



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## THE GERMAN GIANT

### BMW BRAND HISTORY

**B**ayerische Motoren Werke. It may not roll off the tongue, but it forms the acronym for one of the motoring industry's most recognisable brands. It began as three separate manufacturers – two in Bavaria, Rapp Motorenwerke and Bayerische Flugzeugwerke (BFW); and in Thuringia, Fahrzeugfabrik Eisenach.

The first of those companies, Rapp Motorenwerke was an aircraft engine manufacturer. It had launched in 1913 but had struggled and was then drafted in to help the Germans' war effort. Only an order of 600 engines in 1916 saved the company from closure although its fortunes then continued to improve, despite the country's catastrophic defeat in World War I. A merger with BFW (which later became Bayerische Motoren Werke), combined with Germany's agreement to cease plane production, saw a move to new premises and an extended product list that included cars and bikes.

The BMW name only became relevant to automobiles in 1929 when the company purchased

Fahrzeugfabrik Eisenach, who at the time were making Austin Sevens. BMW's engineers then took that idea a step further and began making luxury cars, starting with the BMW 328.

Car production ended at the time of World War II when aircraft engines again took priority, for obvious reasons. The company was responsible for the inner workings of the notorious Nazi fighter Focke-Wulf FW-190, but despite another military defeat, the quality of production and workmanship ensured there was still a demand for the German company's goods.

Several of BMW's 'signatures' from those early days still remain – the 'kidney grille' was first introduced on the 303 in 1933 and the famous logo incorporates the flag of Bavaria.

And in the years that have followed, the manufacturer has consistently reinforced its ability to create the very best cars and bikes, moving into a luxury market which, alongside other German brands Audi and Mercedes, it looks likely to forever be a part of.



MOTORING

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# WHAT'S ON in your area

**The Wonderful World of Weird**  
46 Old Barrack Road, Woodbridge, IP12 4ET  
June 29 – 30, 11am – 5pm



Susie Mendelsson has exhibited widely over the years, both in the UK and abroad. But now she's stepped off the treadmill and is focusing only on creating work. She will be opening her house and studio in Woodbridge as part of Suffolk Open Studios this June.

**Market on the hill**  
Market Hill, Woodbridge IP12 4LU  
July 4, 11, 18, 25, 8am – 3pm

Now relocated to it's traditional home on the Market Square, outside of the 16th century, the market is a perfect place to while away an hour when visiting Woodbridge.

**Presenting Peter Pan – A Musical Adventure**  
Circus Fantasia Big Top, Trinity Park, Ipswich, IP3 8UH  
July 5 – 14

Close your eyes and imagine, close them tight and pretend as you take off on a magical trip to Neverland where you never grow old. To book, call 01473 295900, or visit [www.wolseytheatre.co.uk/shows/peter-pan/](http://www.wolseytheatre.co.uk/shows/peter-pan/)

**Who Let The Dads Out?**  
St John's Church, St John's Hill, Woodbridge, IP12 1HS  
July 6, 11am – 12pm

St John's Church is hosting an event for dads, father figures, carers and their children to enjoy time together - all welcome. Join in the activities (play and crafts) together. At St John's church on Saturday March 2, then every 1st Saturday.

**The Importance of Being Earnest**  
Woodbridge School Lawn, Burkitt Rd, Woodbridge IP12 4JH  
July 7, 3pm

Stuff of Dreams Theatre Company in association with The Seagull presents *The Importance of Being Earnest* by Oscar Wilde. Witness the madcap escapades of Jack Worthing and Algernon Moncrief in this delightful tale of love, mistaken identity and muffins.

**Charity Golf Day**  
Woodbridge Golf Club, Heath Rd, Woodbridge IP12 2PF  
July 9, all day

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**Sailing for beginners**  
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July 11, 5.30pm – 8pm

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I said from the start that if **VISION** could show a good level of response, I would be happy to continue advertising within it. It's done just that and I am really looking forward to developing more awareness in the Woodbridge area in future.

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# PUZZLES & TRIVIA

PUZZLES

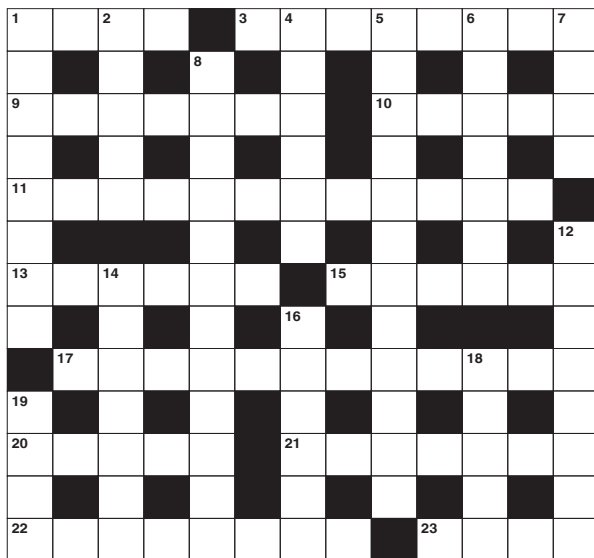
Answers can be found on the Contents Page 4

## ACROSS

1. Arrived (4)
3. A division between people (8)
9. Contaminate (7)
10. Polite and courteous (5)
11. Invigoratingly (12)
13. Loose part of a garment (6)
15. Sporting venues (6)
17. Emergency touchdown (5-7)
20. Decay (5)
21. Solicit votes from (7)
22. Re-evaluate (8)
23. Give up one's rights (4)

## DOWN

1. Secretively (8)
2. Distinctive design (5)
4. Type of nursery (6)
5. Without parallel (6,2,4)
6. Not legally recognised; void (7)
7. Longest river in the world (4)
8. Failure to act with prudence (12)
12. Gift of money (8)
14. Arched structure in a garden (7)
16. Prevents access to (6)



18. Visual representation (5)
19. Mammal with antlers (4)

## DID YOU KNOW?

- ▶ Portugal produces more than half of the world's cork
- ▶ Perth is considered to be the third windiest capital city in the world
- ▶ Australia is the only continent without an active volcano
- ▶ Australia hosted the 1956 and 2000 Summer Olympics
- ▶ There are over 100 major rivers in Jamaica
- ▶ The 13 stripes on the American flag represent the original 13 colonies
- ▶ Square watermelons are common in Japan and are often very expensive

## SUDOKU

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

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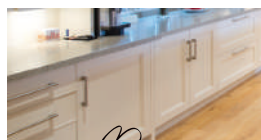
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