

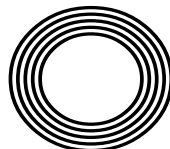
OLIVIA
COLMAN
**TAKES TO
THE THRONE**

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Top tips for a restful sleep

THE HOLIDAYS ARE COMING
How Coca-Cola stole Christmas

JOE WICKS

The Body Coach changing the health industry



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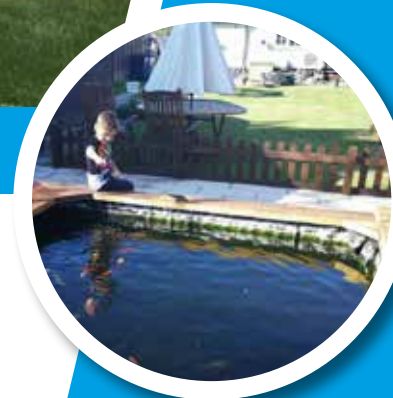
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December 2019

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Editor's notes...



William Taylor, Editor

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

Where on Earth has this year gone?

It's been another incredibly busy year packed full of highs, lows and all the in-

betweens, but thankfully the Christmas break will soon be upon us when we can relax and enjoy some quality family time.

This will be my first Christmas with my son, Bobby, who was born back in July - our second child - and frighteningly the third for my daughter Alice. Now that really is time that has gone quick. I'm really looking forward to seeing their happy faces on Christmas Day.

Christmas is also a time to say thank you, so with that in mind, I'd like to thank everyone that has helped us to grow **VISION**Woodbridge this year.

Firstly, to you, the readers. Thank you for believing in my magazine and for letting me know you look forward to receiving it. It can be a lonely old world, running a business by yourself, but there's nothing more heartening than the feedback I read from so many of you.

Secondly, I'd like to give a huge thank you to our wonderful clients who have advertised with us. We hope that **VISION** has helped you to grow your business and create more awareness in the local area.

And finally, thank you to all my friends and family.

Merry Christmas everyone, and here's to a fabulous 2020.

Will


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Suited AND BOOTED



If you thought it was just modern-day society that's taken in by the strength of marketing, think again. Here's the story of how Christmas was stolen not by the Grinch, but by the soft drinks brand.

He's arguably the most iconic and most easily recognised person on the planet, but even Santa is a Coca-Cola marketing team's plaything, and the evidence is staring us right in the face. That's right – that trademark red-and-white suit that we have come to know, love and welcome into our homes on Christmas Eve is a brand team's creation that's straight out of the marketing textbook.

Before Coca-Cola sidled up to the most travelled man on the planet, Saint Nicholas could be seen in all manner of colours, clothes and designs. Pictures exist of him dressed in a tan-coloured suit; others show him wearing shades of light and dark blue; while in some pictures he comes across as a somewhat sinister elf-like character dressed in green as he dots from house to house.

It was only natural then that, as the power of the media grew in the lead-up to World War II, so too should a universal image of the great man emerge. And siding with the world's biggest-selling soda – and its red-and-white livery – well, it was a match made in heaven... or, at least, Lapland.

And that, boys and girls, is the story of how Santa's red-and-white suit was created by the guys at Coca-Cola.

Or is it...?

While the tale of Santa taking on the colours of the world's leading drinks brand is a water-cooler classic that has done the rounds for years, it is only actually half-true.

That famous fluffy livery was actually to be found on pictures of the great man going back into the nineteenth century. It was cartoonist Thomas Nast who truly popularised the use of red and white with his hugely successful sketch series in the 1870s. And some believe Coca-Cola wasn't even the first drinks brand to popularise the figure, with carbonated water producers White Rock using him in adverts from the early 1920s.

However, where Coca-Cola can take credit is in capitalising on the big guy's popularity. Consider White Rock had 90 per cent of the fizzy water market back in 1920s America, and with imitation being the greatest form of flattery and all that, logic follows that the brand Coca-Cola adopted its own version of Santa (holding a bottle).

With the help of illustrator Haddon Sundblom, it evolved the big man into an even stronger caricature of himself. This served to vanquish the various other images of Father Christmas who back then could still be found dressed in such variant colours, all the while subconsciously linking the drink to a figure representing kindness, generosity and happiness in the minds of youngsters (and a few adults).

Put it this way: try finding a festive Coca-Cola image that doesn't feature its brand ambassador, and you'll appreciate that while the American drinks giant may not have chosen the colours for Santa, it has certainly ensured he's staying dressed in his perfect red-and-white suit, and we'll all drink to that.



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THE CROWN

NEW SERIES, NEW DECADE, NEW CAST – THE RETURN OF *THE CROWN*

As new series of prime-time drama go, *The Crown* has been a long time in coming. It's been two years since Claire Foy stepped aside as Queen Elizabeth, and in the intervening passage of time we've had a real royal wedding (Harry and Meghan), royal births, the Windsors taking a national newspaper to court and all manner of rumours regarding the seedy and nefarious actions of some in lofty positions. If all this were to be wrapped into a 10-part Netflix drama we'd probably suggest it was too far-fetched.

As it is, we're about to be treated to something rather more palatable, surely, as Olivia Colman CBE steps into the role of HRH for the first time.

The 45-year-old's long-awaited debut reflects the true evolution of an actress. Beginning at the much-renowned Footlights Dramatic Club at Cambridge University, she shared the stage with the likes of David Mitchell, Richard Ayoade and Peter Serafinowicz, before excelling in *Rev*, *Broadchurch*, *The Night Manager* and *The Favourite*.

Her landing in such a major Netflix product feels perfectly timed, having just been awarded a CBE in the Queen's Birthday Honours for her services to drama.

The new series also welcomes Helena Bonham Carter (Princess Margaret), Ben Daniels (Lord Snowdon) and an entirely new cast, with a storyline that builds from the 1970s, broaching the Queen and Prince Philip's tumultuous relationship.

As for Colman CBE, her pursuit of creative endeavour is as premium fuelled now as at any time in the past.

"Working makes me happy and I do struggle to say no," she admits. "I've an inherent fear of being pigeon-holed, and I think as a result of that I reach out in as many different ways as I can."

The good news for fans of *The Crown* is that given the series are shot back to back, season four will be along very shortly. Set in the 1980s, it will deliver Margaret Thatcher (Gillian Anderson) and Emma Corrin (Princess Diana)... and no doubt a yuppie or two.

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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Company presented award for military support

A company in Woodbridge which supports military veterans has been presented with a prestigious award.

Rob Simpson is director of Drain Doctor Anglia, one of 19 East Anglian businesses to be presented with the Armed Forces Covenant Silver Award, and attended an exclusive ceremony with his wife Sam last month.

The Silver Award is presented to those companies who have signed the pledge to support the Armed Forces and who have subsequently demonstrated support to tackle service personnel issues and to communicate their status as an Armed Forces friendly organisation.

Rob said he was thrilled to receive the Silver Award.

He commented: "We have the utmost respect for our Armed Forces and are pleased to offer any support we can to those who have or continue to serve. The recognition for our support is an added bonus. We

have always looked favourably at recruiting ex-service personnel and they have been a great addition to our business."

Ex-military veteran, Steve Jones, is an example of someone who made the transition into civilian life and is now a drainage engineer at Drain Doctor Anglia.

After leaving the army, he responded to an advertisement for a groundworker and was offered full time employment with Drain Doctor Anglia.

Steve added: "I spent the first six months training with senior engineers, where we carried out remedial drain repairs, and then I was promoted to drainage engineer. I am hugely grateful to Rob for giving me this opportunity and to be able to provide for my family."

A year ago, Drain Doctor Anglia signed the Armed Forces Covenant to acknowledge its continued support of the armed forces community, as well as demonstrate how it understands the value of service they can bring to civilian life.

It's game on for Dave as he reaches national final

A chef at a pub in Woodbridge is in the running for a national award after he made it through to the final of a national competition.

Dave Wall, head chef of The Unruly Pig, competed in the semi-final cook off of Game Chef of the Year 2020, at Leith's School of Food and Wine in London.

Chefs were required to prepare, cook and present two game-based dishes, a starter and a main course, to the judges.

Dave served roasted partridge leg and wild mushroom bun to start. For his main course, Dave cooked grouse served with grouse faggot, 'loaded' Jerusalem artichoke skin, cep and damson.

He commented: "It was an honour and privilege to cook for such prestigious judges and get their

feedback. It was a long day and I am both exhausted and excited to have the opportunity to compete in the final. The partridge breasts were roasted pink on the crown in foaming butter, garlic and thyme, before being filleted and basted back in their resting juices.

"I hope it doesn't sound too immodest if I say that I was pleased with the dish."

Dave now goes forward to the national final cook off which will take place in Birmingham on January 27.

Brendan Padfield, pub owner, said Dave has done extremely well.

He said: "It's a huge achievement to make it to the final and the whole team here at The Unruly Pig are so proud of his continued success and all the awards he wins."

Maritime Film Festival next month

To celebrate this maritime heritage of Suffolk and the East Coast, the Woolverstone Project and the Woodbridge Riverside Trust have organised a unique event – a Maritime Film Festival.

The film festival takes place between January 17 and 19 and is a celebration of the best of yachting and maritime films from all eras – from Hollywood blockbusters like *Adrift*, through to classics like *Riddle of the Sands*. The festival will take place in the Longshed in Woodbridge, next door to Woodbridge Tide Mill.

Full details and tickets are available from www.maritimefilmfestival.co.uk or you can ring the booking line on 01394 610983 and leave a message.

The event will also be associated with a film competition. This is open to all – amateur and professional and will have a wide range of categories. The entries will be judged by a panel of local experts and the winning films will be announced and shown in the final session of the festival.

As well as the films, there will be talks, entertainment and refreshments. Any surplus from the event will help the two organising charities – the Woolverstone Project and the Woodbridge Riverside Trust.

Full details and tickets are available from www.maritimefilmfestival.co.uk or you can ring the booking line on 01394 610983 and leave a message.



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News from
Councillor Geoff Holdcroft
Town Councillor for Woodbridge Riverside

By the time you read this the General Election will be behind us and hopefully we can all look forward to celebrating the new year in style.

I think it's fair to say that the campaigning in dark wet days of November and December have been challenging for all concerned and I do hope that everyone who has been involved from whichever section of the political spectrum get the chance to unwind in the company of friends and family.

Here in Woodbridge there is so much going on to make the short days and long nights of December so much brighter.

This year Choose Woodbridge has arranged for over a hundred trees to be erected around the centre of the town on both shops and private houses and of course we, at the time of writing, have the Annual Open-Air Carol Service to look forward to on Wednesday,

December 18, at 6.30pm on Market Hill. For me this event, now in its 68th year, really is the start of the Christmas celebrations at which The Rotary Club of Woodbridge hand over the Town Christmas Tree to Woodbridge Town Council.

Not to be outdone, Woodbridge & District Lions club will also be out about on December 18 and 19 with their Sleigh Run and on December 21 with a Street Collection all to collect money for worthy causes in and around Woodbridge.

Once Christmas is over my thoughts will turn to preparing for next year's Woodbridge Regatta and Riverside Fair, a date has not yet been set but if you are interested in joining the committee please drop me an email, woodbridge.regatta@btinternet.com
Happy new year.

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Photo credit: Geoff Springett

Cyclists take part in charity ride

More than 300 cyclists, including men, women and children of all ages, took part in a charity cycle ride organised by Woodbridge Rotary Club last month.

The Ruff Stuff charity cross country cycle ride started and finished at Butley Village Hall and covered 25 miles through Tunstall Forest, cross country and around Rendlesham Forest.

Participants ended up covered in mud, even though the weather conditions were 'just right, dry and cool', for the event which raised money for Bike Active and

Rotary charities.

They include the Bike Active Special Needs Cycling group which meets on Fridays at Alton Water sailing club. They use specially designed and built cycles so the clients can enjoy themselves and see superb countryside, trees, flower, birds and other wildlife.

The day was organised and run by about 20 Rotarians and refreshments, filled rolls and cake were all made, supplied and served by members of Rotary's sister organisation, Inner Wheel.



NEWS FROM THE LONGSHED



There are thousands of projects across the UK that rely on the time, knowledge and expertise of volunteers – and we are one of them.

In fact, the vast majority of the people who will help us build the 90ft reconstruction of the Sutton Hoo ship will be just that.

This is why we recently launched an appeal to find individuals with a variety of skills – not just in building and carpentry but in administration, recording data, in management and in fundraising.

So far, we have been astounded with the response – people are captivated by our vision and really want to get on board.

We have also been thrilled to meet people whose understanding of history and desire to replicate traditional methods tie in with our own.

Among them is Alec Newland, a 21-year-old student who quit 21st century living some time ago to live like a Saxon from 625 AD.

He wears clothes he has made himself, forages for food and sleeps in a tent made of hand-woven, unwashed wool pitched steeply from the branch of a tree.

Throughout the summer he took a break from his study at Exeter University to work on our project using traditional tools and methods.

He said: "I'm learning blacksmithing, metal work and woodwork and I have the privilege of working on



Photo credit: Prominent

the biggest and first large-scale naval experimental archaeology project in England.

"It's been very rewarding, and I would urge anyone considering volunteering on this to get in touch." For more information visit www.makeshiphappen.co.uk

Injuries affect Woodpeckers form



Photo credit: Paul Leech

A succession of injuries for Woodbridge Town AFC led to a mixed set of results recently.

The team drew 2-2 against Walsham le Willows and 4-4 against Gorleston and lost to Long Melford and Stanway.

Upcoming fixtures include:
 > January 11 vs Clacton
 > January 11 vs Clacton
 > January 18 vs Norwich United
 Fixtures are subject to change. Keep an eye on the club website and social media pages for more information.

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School appoints Shona Norman as head



Photo credit: Woodbridge School

Woodbridge School has a new headteacher. Shona Norman's appointment comes at the end of a process that saw nearly 30 candidates from across the country apply for the role. Ms Norman has been acting head at the school for the last six months and will officially assume the head position on January 1. She said she was honoured. Ms Norman commented: "At Woodbridge School, we have one of the best learning cultures of any education establishment, an expert and committed teaching staff, and over 750 vibrant and engaging pupils. I'm very grateful to the board and governors of the Seckford Foundation for the trust they have put in me to lead our school, and realise the many opportunities that lie ahead."

Man denies child sex offences

A man charged with a number of child sex offences which are alleged to have taken place in Woodbridge has appeared in court. Geoffrey Lewis, 51, from Wymondham in Norfolk, was charged by police with four counts of sexually touching a girl under the age of 13 and one count of engaging in non-penetrative sexual activity with a girl aged between 13 and 15. He is also accused of downloading thousands of indecent images of children between 2002 and 2017.

Lewis appeared at Suffolk Magistrates Court in Ipswich last month and was released on unconditional bail. As **VISION** Woodbridge went to print he was due to appear at Ipswich Crown Court. He pleaded not guilty to all the offences.

Pottery expert to appear on Japanese TV

An artist from Woodbridge who is an expert on ceramic designer Susie Cooper is set to appear on Japanese TV. Andrew Casey is an expert on Cooper and has written two books about her work. He said: "Susie Cooper was one of the most influential and important women in the British pottery industry in the twentieth century. She worked in the potteries for 64 years - as designer, innovator and factory owner. "Her most collectable wares are from the art deco period, which I collect. I did a degree in design studies so the functional design of her work fits straight into that line of study." Andrew, who regularly lectures on Susie Cooper, said he believes the reason for her popularity in the Far East is simple. He explained: "Her designs are functional, aesthetic, simple and not brash. Her work blends elegance with utility and good design is a part of that offering. Her work is highly collectable in Britain and interestingly extremely sought after in Japan. There are more books on her work in Japan than the UK. Japanese collectors love the quintessentially English style especially her floral patterns." Andrew explained his appearance on TV came about after another author put in a good word for him. A film crew went to Andrew's home to film him and his collections which have built up for over 30 years.



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HOME & DIY

urban hype

OWN A HOOVER AND A RUBBISH BAG?
You've already qualified as an urban minimalist

Talk of urban minimalist design brings about notions of wealthy Docklands apartments littered with little more than a table candle, a coffee cup and a laptop.

And yet the achieving of a clean, clear, space-driven home isn't out of reach, yuppie living or not. Ultimately, where urban minimalist design succeeds, it's in the understanding that you are defined not by your possessions, by your furniture.

Wind back a decade or so and minimalism would have sat much more on the side of brutalism, with polished concrete floors, conflicting wood and terracotta, and sleeping arrangements that appeared more akin to a night in the cells.

These days the rules are relaxed, and urban minimalism dives further into the human need for comfort, warmth, colour and texture, without the clutter, chaos and disharmony of possessions

ruining streamlined furniture, geometric design and perfectly judged angles.

In terms of colours, the warmth of wood is a key asset. Patterned against white walls, urban minimalism allows a return to the perfect white offset, while hard floors, matched rugs and boxed rooms allow styles to merge without them spilling out into corridors or hallways.

The secret to the look is to be regimented in your approach to everyday clutter. Storage space is not a secret or an embarrassment to those wanting to pull off this look, but clearly, practical solutions need to be sought in order to maintain what is a devoted approach towards cleanliness.

Nail the ability to hide away the knick-knacks of life, and urban minimalism enables homemakers to celebrate the ultimate pleasure derived from space and shape.



Photo credit: David Giles via idealhome.co.uk

THE suite-est THING

BATHE IN THE SUCCESS OF RESTORING YOUR FAVOURITE TUB

We live in an era where throwaway culture permeates almost everything we do, and yet where bathroom suites are concerned – and baths, in particular – there is shimmering style and majestic magnificence in being tempted into a traditional tub.

That's why more and more people are now choosing to restore their tubs rather than remove and replace. Not only may this see you preserving a bathroom mainstay that is, most likely, a level up from today's cheap, lightweight fibreglass versions, but you'll save the back-breaking work of lugging the things up and down stairs too.

HERE ARE EIGHT STEPS TO GET YOUR BATH BACK ON ITS FEET:

- Sand down bumps, rust or affected areas.
- Reglaze your bath. DIY kits spell out the process, and while the fumes can be potent, you will quickly see old caulk, grime and scratches vanish.

- Give your bath a new lick of paint – for an acrylic or porcelain tub, select an EP-acrylic paint with a glossy finish; for iron bath tubs, use a latex primer then at least two coats of latex paint.
- Use a paint sprayer on the bath itself to achieve a smooth, streak-free finish inside and out.
- Apply a new coat of porcelain using a professional tradesman.
- Opt for new colours – your bath doesn't have to be white (nor that horrible lime green), so be ambitious, outlandish and brave in your new creation.
- Replace taps... a new, elegant set of taps on a bath – much like replacing kitchen unit handles – can create instant uplift.
- And finally, don't stop at the bath... because if the tiling around your tub looks like something out of a horror movie, you still won't want to take a dip. So clean, scrub, regrout and caulk your tiles to offer the cleanest finish possible.



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Berry nice INDEED

GARDENING

Warming those winter garden vistas with some bursts of festive colour

We all know the colours and the coldness of winter when it comes to gardening. Many of us regard it as a season reserved only for planning the dawning of spring, when luscious life can return to our outside spaces.

And yet, winter can be about much more than greens, browns and greys where gardens are concerned. Certainly in the use of berries, your outside space can quickly adopt all the sprigs and spray of summer. With that in mind, then, here are some plants that will help keep things colourful:

SORBUS
In white, pink, yellow, red, blue and quite the most stunning copper tones, the berries from this deciduous tree will bring breathless colour to even the darkest corner.

HOLLY
A festive favourite, holly combines a burning red berry with that intensely detailed, beautifully curated leaf, with a combination of greens that offsets its radiant bedfellow with a flourish of frosty finesse.

VIBURNUM TINUS
In its prime between the months of December and April, just when you think the golden pink buds of this characterful plant can't offer anything more, the ends burst open, offering a spray of white flowers. One of the first risers for spring's sumptuous season of colour, the Viburnum Tinus will soar in prominence just as the temperatures begin to do likewise.

CALICARPA
This shrub has purple, jewel-like berries that look as if they've come straight from a safe deposit box in Hatton Garden. An intensely rich shade, the plant goes into overdrive in autumn and winter, offering colour to even the gloomiest garden.

And if the beauty of the winter rebels isn't a pleasure enough to see, the range of birds they will attract to your garden will only serve to delight you further.





FESTIVE FOOD

no-nos for your pets

Christmas is a time to overindulge as a family, and for animal lovers, that extends to their pets. Now you may think you are being kind in giving your pet their very own Christmas dinner, but there are certain festive foods that they should not be eating.

Snacks & Sweet Treats

✗ MINCE PIES

These pastry-encrusted traditional Christmas treats include raisins, currants and sultanas, all of which can be fatal to dogs.

✗ NUTS

Certain nuts can be toxic to animals, so it is best to avoid giving any varieties to your pets just in case they have a bad reaction.

✗ CHOCOLATE

Chocolate can be deadly to your pets so it should be kept out of reach at all times. Don't forget about tree chocolates.

The Main Event

✗ TURKEY SKIN & BONES

Although a few slices of turkey meat will not harm your pet, the skin of the bird is too

fatty for their digestive system and the bones can pose a choking hazard.

✗ PIGS IN BLANKETS

So delicious, and your dog would probably think so too, but these Christmas dinner accompaniments are simply too fatty and salty for your pet.

✗ STUFFING & GRAVY

Although not toxic to pets, both of these are high in salt and fat as well as containing several herbs and spices that may irritate your pet's stomach.

Puddings

✗ CHRISTMAS PUDDING AND CHRISTMAS CAKE

Just like mince pies, these both contain raisins, sultanas and currants that can be fatal to your pets.

✗ ICE CREAM AND CREAM

Cats and dogs both find it difficult to break down lactose which is found in both of the above tasty desserts; therefore, it is advised not to give them any. Even lactose-free ice cream can be problematic.



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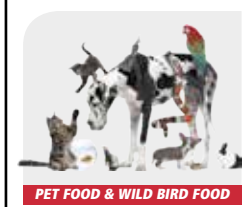


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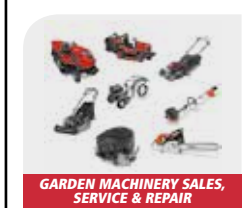
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JOE WICKS

THE MAN FROM THE STICKS

*The man who built fitness fanaticism
from rural Surrey*

Joe Wicks is the marvellously built man-mountain whose drive towards health and well-being has inspired a nation of fitness fans, all keen to supplement their daily sweat by investing in sensible, supplementing food solutions.

In an era where we're being bombarded with influencers, energisers and "body-makers", the 34-year-old has carved for himself an attractive niche that relies on plain talking, sensible planning, ambitious targets and a small amount of humility thrown in along the way. For evidence of that, take his approach to running.

"We all know how important proper cardio is and running is arguably the best way of really getting your whole body primed to increase strength and fitness... but it doesn't mean you have to enjoy it.

"I regard myself as fit – I eat well, exercise a lot and I'm strong – but when I did the London Marathon I quickly learned the difference between power and endurance, and while I was quick enough over the first half of the course, it was a really painful and slow experience by the end... and that's okay, because we're all growing and learning together."

Wicks, whose popularity comes out of being one of the original Instagram fitness kings, has recently been throwing that (muscle-bound) frame behind breaking his own world record for the number of people he could get attending a single 30-minute High Intensity Interval Training (HIIT) class.

Having previously gathered 3,804 people in Hyde Park, Wicks ventured to Dubai to try to go one better, as well as embracing the health ambitions of the world's fastest-growing economies. During his time there, the fitness guru – who is a best-selling

author having made millions from his *Lean in 15* and *30 Minute Meals* books, among others – also conducted a workout session at a Dubai school, with 450 kids involved, and got his running shoes back on for a half-marathon challenge.

"For me it's always been about mixing up ideas and getting fitness going in different environments," he says. "When getting in shape falls into the same old routine, that's when it becomes dull, and that's what I want to steer people away from, because it's a killer for motivation."

Wicks, who recently created a series of YouTube videos offering "seven days of sweat" to encourage people to get fit and motivated before Christmas, got married over the summer to Rosie, and in the new year will welcome his second child into the world (baby Indie was born in September 2018).

And that world record attempt? Well, although huge numbers attended the Skydive Dubai field at Dubai Marina, the team fell agonisingly short of their target. Typically, Wicks sought out the positives from the experience.

"Failure is all part of building towards success in the future," he said. "I actually embrace those times when things don't go my way, because it makes me even more determined to find the right answer in future, and whether that's not managing to bench press as much as I'd like, or not hitting a treadmill PB or simply giving in to a treat occasionally, moving forward is always about failing in the past, so we get up the next day and go for it all over again."

Photo credit: Ken McKay/ITV/Shutterstock



Goodnight sweetheart

Getting adequate shut-eye is more important than any vitamin, mineral, food or workout, so why are we so blasé about sleep?

Eat sensibly, rehydrate, breathe in clean air – we take all these for granted as being good for our health. And yet the thing that, on average, will occupy one-third of our lives – sleep – is messed about with, interrupted and at times completely abandoned.

There is nothing more natural than sleep, and an interrupted pattern of rest can be linked to immune system weakness, body cell deterioration, depression and anxiety, not to mention an inability to concentrate.

Yet the answer isn't simply to go to bed earlier – you'll need to consider what's around you. Numerous studies have shown that smartphones and device usage is on the increase, and it's the "blue light" emissions from these that can delay the release of sleep-inducing melatonin, as well as resetting the body's internal clock (circadian rhythm).

Moving away from screens earlier, therefore, seems the best way to maximise the efficiency of sleep, but remember as well the need to moderate room temperature, dim lighting and remove excess noise within or around your bedroom.

Sure enough, most of us can reel off a good number of the benefits of sleep – sharpness, mood enhancement, lowering of blood pressure, better immunity, improved memory, stress reduction and even maintaining of body weight – so it's not as if we don't know it's good for us.

Doctors recommend a trial week of "regular as clockwork" bedtimes, with long rests and the adoption of healthy habits. They then invite people to see if they feel improved in all those physical and psychological aspects. If the answer is yes, it goes to show why getting your head down may be the best thing you can do, not just for your health and well-being, but for your sanity too.

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ARE WE THERE YET?



KIDS

HOW TO OCCUPY YOUR KIDS ON THOSE LONG CAR JOURNEYS OVER CHRISTMAS

What is the most dreaded phrase that children typically say on long car journeys? Yes, you guessed it, it's "Are we nearly there yet?"

This innocuous-sounding question is often uttered within minutes of leaving the house and turns even the most patient parent into a bad-tempered tyrant.

Check out our free car games and eliminate boredom for good.

with A. The second player repeats what the first player said and then adds something beginning with B, and so on.

3. 20 QUESTIONS

An oldie but a goodie, this guessing game can be enjoyed by children of all ages. Player one thinks of a person, place or object. Then the remaining players take turns to ask questions which must be answered with only yes or no. After each answer the questioner may have a guess.

1. TRAVEL BINGO

Think of 5 or 10 things to find that can be seen from your car window. Create a bingo card with these items listed and then simply let your kids find them and cross off throughout your journey.

4. WHO CAN STAY QUIETEST THE LONGEST?

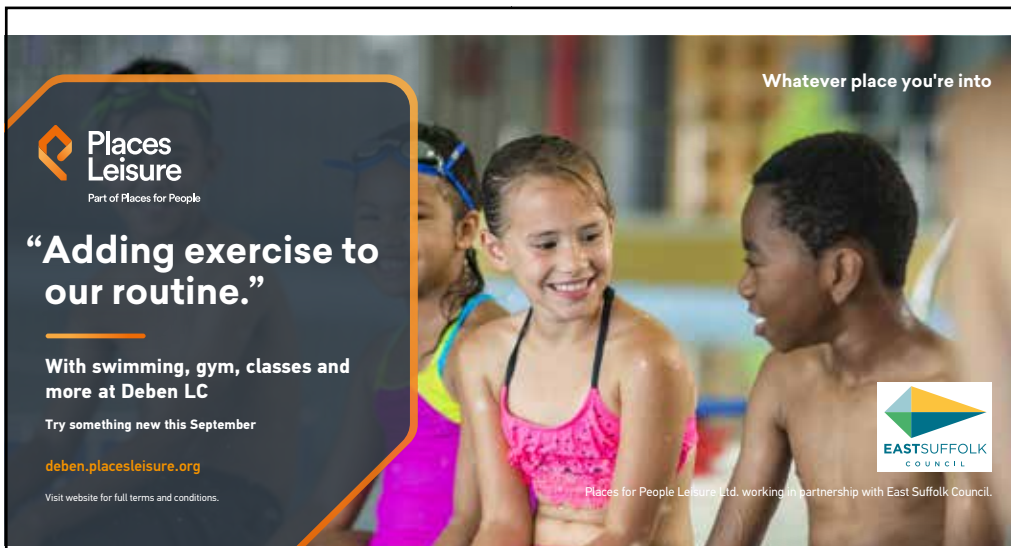
If you really can't take any more of your children complaining and bickering, this is the game to turn to. Engage their competitiveness and enjoy five or hopefully more minutes of blissful silence.

2. I'M GOING ON A PICNIC

This is a great memory game for children aged 5 upwards and can have as many players as you like. The first player says "I'm going on a picnic and I'm bringing...", followed by something that begins

5. ELECTRONIC DEVICES

If all else fails, you know you can always turn to the iPads and smartphones for a quick boredom fixer.



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Things to consider for a NEW YEAR BREAK on a budget



TRAVEL

Whether you fancy some winter sun or a romantic city break, booking a last-minute New Year break on a budget can be a challenge, to say the least.

But fear not – it can be done.

Choose a less-popular destination

Certain areas of the globe are known for their New Year's Eve party extravaganzas – think New York, Las Vegas and Sydney – but if you don't want to be paying off your New Year break for the next 12 months, consider going to a less-popular destination such as Budapest or Prague.

Consider going en masse

If you have a large group of friends who enjoy going away together, look into the option of renting a house rather than staying in a hotel. For those who don't have their heart set on going abroad, there are some great deals to be had on shared

accommodation in the UK – you could even rent out a castle.

Take the risk of booking last minute

Most people like to have their New Year's Eve plans set in stone at least a few weeks before the big event, if not more, but one way of finding a super-cheap deal is to wait until the very last minute. Yes, this is risky, and you may not have a lot of choice in terms of your destination, but if you can't be spontaneous on New Year's, when can you be?

Compare prices

You may think it would be cheaper to book a budget package deal with flights, accommodation and transfers included, but that is not always the case. It is advisable to shop around to get the best deals.



THE Perfect Turkey

The turkey is the centrepiece of most traditional family Christmas dinners. Ensuring that it is cooked to perfection is one of the most important, not to mention stressful, tasks that you can undertake this holiday season.

Should you soak it overnight? Should you baste it? To wrap or not to wrap? These truly are the questions.

Soaking your turkey overnight

There is no set-in-stone way to prepare your turkey, but some swear by brining your bird overnight. This involves soaking your turkey in a salt-and-water solution to keep it moist. You can also add herbs and spices such as peppercorns, juniper berries and bay leaves.

Get your timings right

You need to weigh your bird so that you can ensure that you roast it for the correct length of time. Once you know how much your

turkey weighs, follow these below cooking times to ensure cooked yet moist meat.

Heat your oven to 180 degrees Celsius or 350 degrees Fahrenheit.

- > 4-5kg – cook for 2 ½ hours
- > 5-6kg – cook for 2 ½ to 3 hours
- > 6-7kg – cook for 3 to 3 ½ hours

Then add half an hour for each additional kg.

Rest your turkey

You should rest your turkey for between 1 ½ and 2 hours. It is also advisable to take your turkey out of the fridge before roasting for a minimum of half an hour to prevent shrinkage.

Basting and covering

If you place your turkey on a bed of vegetables, then there is no need to baste it; plus, you will have the added benefit of a delicious gravy. To ensure a crisp skin but to not dry out the meat, it is advised to cover your turkey loosely with foil for the first hour.



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It is high time we took more care of our tootsies.

Always dry your feet properly after bathing

How often do you jump out of the bath and fail to adequately dry your feet? Probably often, but it is extremely important that you do this otherwise you could develop a fungal infection such as athlete's foot.

TOP TIP: Always ensure you dry thoroughly between your toes.

Exfoliate and moisturise your feet daily

This may seem excessive, but it will only take a matter of minutes and can work wonders on the appearance and well-being of your feet. Make sure you apply the scrub when your feet are damp and focus on any areas of hard or cracked skin. Once exfoliation is complete, rinse and then apply a thick moisturiser.

TOP TIP: Wear socks overnight so that your moisturiser doesn't dry out.

Trim your nails regularly

Nails that grow too long are more prone to infections than ones that are well looked after. It is advised to use a nail clipper to trim your toenails and then use a nail file to remove any sharp edges.

TOP TIP: Cut your nails after a bath or shower as this is when they are at their softest.

Wear appropriate footwear

When choosing a pair of shoes, it can be tempting to let your heart rule your head, but that is not a good idea. Ill-fitting shoes can result in nasty afflictions such as ingrown toenails or bunions.

Instead, look for shoes that support your feet, feel comfortable and don't rub.

TOP TIP: If you want height, choose wedges over high heels.

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From
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NETWORK NETWORTH

The concept of network marketing may be nothing new, but the rewards of time and financial freedom have never been greater... providing you do your homework first.

Those of us of a certain age will remember the Avon lady coming round and selling her beauty wares on weekday nights. For this journalist at least, it was a first initiation into network selling (not that anyone had thought of such a snazzy name for it back in the 1980s).

With the advent of the internet and a surge in the number of people registered as self-employed in the UK, the concept of embarking on a business model that promotes person-to-person selling, often with home as an office, is an appealing one.

From a consumer perspective, the concept works best and gleans the most trust from a single-tier network – in other words, being sold to by one person, be that sponges and make-up, food, computer equipment or anything else. It's the most basic form of selling, with one person selling products to another having acquired

stock from a supplier, even if that includes an initial set-up fee.

Where network marketing's reputation becomes sullied is when multiple tiers come into effect, and where the premise is to recruit other salespeople further down the chain. While in some instances this may be legitimate, the set-up of this begins to lean towards a pyramid scheme, where exploitation of those lower down the chain is compounded by the risk that the structure will collapse completely.

If you've been attracted by network marketing, here are a few things to tick off before pursuing:

- ✓ Is the company reputable?
- ✓ Are you responsible for selling tangible products rather than recruiting others to sell for you?
- ✓ Are you enthusiastic about the products?
- ✓ Is there a clear and quick path towards you making money, with little or no investment? If so, your business awaits...



BUSINESS & FINANCE

Make 2020 A Less Taxing Year

The run-up to the end of the tax year provides 'use it or lose it' opportunities to help secure your financial future:

ISAs

The increase in the ISA allowance to £20,000 was a welcome step in encouraging individuals to invest. As interest rates in the UK remain near record lows, money being held in Cash ISAs is failing to achieve the basic objective of keeping pace with inflation, meaning real losses for savers.

Those investing their ISA allowance for the long term are giving themselves a better chance of maximising the tax-saving opportunities. Individuals yet to use their ISA allowance, or with accumulated ISA savings, need to consider their options to ensure that they're maximising this opportunity to generate tax-efficient income for the future.

Pensions

Saving into a pension is a more attractive prospect than it was a few years ago. There is much greater freedom for taking benefits, and pension savings

can now be more easily left as part of a tax-free inheritance. The government still rewards savers by giving them tax relief on their pension contributions.

For every 80p you contribute to a pension, the government automatically adds 20p in tax relief. Higher earners can claim extra tax relief through their annual tax return, meaning that a £1 pension contribution can effectively cost just 60p.

Inheritance Tax (IHT)

There are few more confusing taxes than IHT. But continued confusion means there could be a 19% increase in IHT revenue over the next four years.

However, there are a number of exemptions that allow individuals to reduce future bills. Perhaps the best known is the annual gifting allowance, which gives individuals the opportunity to remove £3,000 of assets from their estate immediately (£6,000 if they use the previous year's unused allowance).

Taking steps to reduce your taxable estate by topping up a child's pension or Junior ISA could go a long way to providing them with an invaluable head start in life.

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RACING LINE

LEWIS HAMILTON WINS SIXTH WORLD TITLE TO CLOSE IN ON MICHAEL SCHUMACHER'S RECORD

He may have lost "the battle" in failing to fight off a late rally by his Mercedes-Benz team-mate Valtteri Bottas, but Lewis Hamilton won the war by finishing second to secure his sixth world Formula One championship title in Texas at the start of November.

The Stevenage-born driver needed to be within seven places of the Finn to clinch the drivers' title, and even though he started fifth on the grid, Hamilton came within four laps of sealing the championship win with a race victory.

But in the end, Bottas' DRS overtake was irrelevant, such was the Briton's advantage on the season leaderboard. This latest crown took him past Juan Manuel Fangio's five titles and within one of Schumacher's tally.

The 2019 renewal of the championship has had it all – dull and one-sided races, intriguing battles and unexpected results. Hamilton, by his own admission, won the "boring races", often leading from the first corner to the chequered flag.

Germany's Hockenheim circuit saw his only uncharacteristic mistake, as he exited with 11 laps remaining in treacherous track conditions. At the time he

commented that it was his "worst day at the office".

Winning more than half of the 19 races is one big reason why Hamilton has topped the table for the third straight season, not to mention the fifth time in six years, and yet there are still two immediate records in the racer's sights.

He currently equals his own highest seasonal points total of 408, so any scoring finish in either of the last two races will see him surpass that. In addition, his 10 GP wins this season leave him just one short of his previous best.

The sign of a true champ is one who keeps on winning despite his success, and Hamilton this season has once again embodied that unrelenting spirit.

Photo credit:Pixathlon/Shutterstock



WHAT'S ON

in your area

Caswell

The Longshed, Tide Mill Way,
Woodbridge, IP12 1FP
December 28, 7pm – 10.30pm



Photo credit: Hosier Photography

Caswell and her band return to their hometown of Woodbridge for one last show of 2019.

Support act to be announced. Doors will open at 7pm.

Tickets are £8 in advance or £10 on the door.

For more information and tickets, visit www.eventbrite.com/e/caswell-end-of-2019-hometown-party-tickets-82037078109

Christmas Craft Morning

Woodbridge Tide Mill, Tide Mill Way,
Woodbridge, IP12 1BY
December 30, 10am – 12pm

Why not clear away the cobwebs and get the blood flowing again after the indulgences of Christmas? Take a bracing stroll down to the Tide Mill and join them in some recycling themed craftiness.

You'll be creating cool things from your used wrapping paper, so save it and bring it with you, rather than loading up the wheelie-bin.

Entry to the Mill will be free.

Maritime Film Festival

The Longshed, Tide Mill Way, Woodbridge,
IP12 1FP
January 17 – January 19

A celebration of yachting and maritime films.

Three days of great films – shorts, Hollywood blockbusters and classics.

In aid of and organised by The Woolverstone Project and the Woodbridge Riverside Trust.

Find out more and book your tickets at www.maritimefilmfestival.co.uk

Cold Hands, Warm Hearts - A winter warmer fundraising concert

Woodbridge Community Hall, Woodbridge,
IP12 1AU

January 18, 7.30pm

Come and join Families in Need (FIND) and Suffolk Singers for a spectacular charity concert raising funds for FIND, a charity offering a lifeline to people in Ipswich and the surrounding area who are experiencing poverty and despair.

The concert by the award-winning Suffolk Singers will be led by their musical director Claire Weston and accompanied on the keyboard by Harrison Cole. Also performing will be Claire's Young Singers, a group of singers from Woodbridge School.

Tickets are priced at £15 including a light finger buffet and are available by calling 01394 279907, emailing rjrcolneis@aol.com, through FIND or by visiting www.WeGotTickets.com



Babette's Feast

The Gallery Restaurant, 21 Market Hill,
Woodbridge, IP12 4LX
January 23, 6pm

In the first of what will be a series of screenings of foreign films with accompanying foreign cuisine at The Galley Restaurant during 2020, is *Babette's Feast*.

Screening upstairs at The Galley. Drink on arrival at 6pm, film screening and then a three-course French dinner inspired by the film, with wine included.

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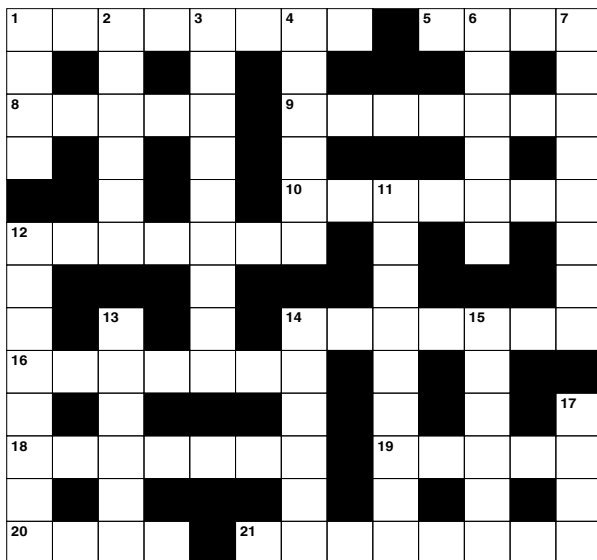
Answers can be found on the Contents Page 4

ACROSS

1. Very small African parrot (8)
5. Mire (anag) (4)
8. Criminal (5)
9. Beyonce ____: singer (7)
10. Strongly influencing later developments (7)
12. Enhance a photo (7)
14. Degree of eminence (7)
16. Boring (7)
18. Set up (7)
19. Gemstones (5)
20. Opposite of won (4)
21. Small falcons (8)

DOWN

1. Hoist (4)
2. Closely woven fabric (6)
3. Using both eyes (9)
4. Having a jaunty appearance (6)
6. Alyssa ____: US actress (6)
7. Determined (8)
11. Clumsy (9)
12. Fitting (8)
13. Love affairs (6)
14. Smear or blur (6)



15. Action of making use of something (6)
17. Poses a question (4)

DID YOU KNOW?

- ▶ Mastercard was known as Interbank from 1966 to 1969 and Master Charge from 1969 to 1979
- ▶ Porsche also makes tractors
- ▶ The first product to have a bar code included was a packet of Wrigley's gum
- ▶ Nokia was named after Nokianvirta, the Finnish river, where the business first began as a paper mill in the 1800s
- ▶ There are 22 stars in the Paramount logo, although the original has 24
- ▶ Hilton was the first international hotel chain
- ▶ The values on the Monopoly board game have been the same since 1935
- ▶ Cheerios cereal was originally called Cheerioats

SUDOKU

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

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