

2020  
V

**POSITIVE  
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ON BUSINESS**

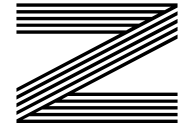
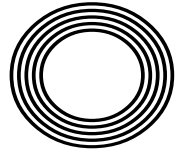
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**SIR CLIFF RICHARD OBE**  
A look back at his career as he turns 80

*Kirsty*  
**GALLACHER**

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November 2020

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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

# Editor's notes...



William Taylor, Editor

Hello and welcome to this month's edition of **VISION** Woodbridge. First of all, a very special mention to our friends on The Sandlings estate in Martlesham, as well as shoppers at the Woodbridge,

Framlingham, Wickham Market and Aldeburgh Co-ops who received their first copies of **VISION** last month.

We're continuing to expand our coverage into Woodbridge's surrounding areas, as we do our best to show support for local businesses.

As we entered a second lockdown recently, I couldn't help but feel an overwhelming sense of anxiety over what was to come.

We certainly suffered as a business the first time around, but I'd like to think we changed the way we worked and put measures in place.

There are, however, some sectors that are still in a very difficult situation, none more so than those working in travel, the arts and hospitality.

I know that we must do everything we can to protect the health of our most vulnerable residents, but we must also do what we can to protect the futures and mental well-being of these incredibly hard-working people who have had their livelihoods shattered by this pandemic.

So spare a thought for these people and let's continue to get behind them and support them as much as we possibly can.

Take care.

*Will*



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# YOU'RE THE VOICE

AS SIR CLIFF RICHARD OBE PASSES 80, HIS STAR IS STILL CHARTING HIGH

Let's begin with a stat: for a long while, Sir Cliff held the record for scoring number one songs in consecutive decades in the UK. He'd hit the top spot twice in the 1950s and on seven occasions in the 1960s. The following decade he left it late, with *We Don't Talk Anymore* his solitary chart-topper in the summer of 1979.

Reinventing himself for the 1980s, spoof track *Living Doll* hit the heights in 1985, followed by *Mistletoe and Wine* in 1988; before *Saviour's Day* in 1990 and *The Millennium Prayer* in 1999 ensured he preserved a most unique chart first.

"I became aware of the run back in the 1970s but it was never an intention to churn out tracks just to keep it going," he says. "I think if you focus too much on that it becomes a bit of a vanity project and you're losing sight of the music itself; but while it went on, it was fun."

These days, the charts aren't for the likes of Sir Cliff. In 2020, they are almost solely the domain of youngsters, both in terms of the record-buying public and the artists themselves.

"Obviously the internet has created major change in the record industry and revised entirely how everything operates.

"It's a shame the charts don't represent the excitement of old when new releases would move around and we'd all follow their progress at home on our radios. I know a lot of people are sentimental about the change that's happened, but as long as people are out there making good music, that should be enough."

---

**'YOU WORK HARD. YOU DO YOUR BEST. AND YOU JUST WANT  
SOME PEACE: AND THAT'S ALL I WANTED'**

---

For Sir Cliff these days, new music often takes the form of festive tracks.

"I have inadvertently built a reputation for putting Christmas music out there," he admits. "It really all started with *Mistletoe and Wine*.

"Do I mind the association? Of course not – it's such a magical time of the year."

Of course, recognition solely as a musician does a disservice to so many other things Sir Cliff has become renowned for in a celebrated career that began way back in 1958 as lead singer of British group The Drifters. As his pop career exploded, film roles also came his way (famously in *Summer Holiday*) and, beyond that, a passion for wider showbiz projects, faith, philanthropy and a clean-living bachelor lifestyle, even though he came close to marrying on more than one occasion (notably to former British tennis number one Sue Barker).

A proud, kind-hearted and sincere exemplar of a golden age of British entertainment, Sir Cliff found himself in the news for the wrong reasons in 2014 when the darkness surrounding Operation Yewtree began enveloping a number of well-known names.

Almost immediately it became clear that there was no story to be had, and he successfully went on to sue South Yorkshire Police and the BBC for their parts in the media pursuit that followed.

"You know, you get to the point, especially after all these years, where you just want a quiet life," he says. "You work hard, you do your best, and you just want some peace; and that's all I wanted."

Whether Sir Cliff gets peace as he passes 80 is unclear. In socially distancing terms, he will, but as a worldwide base of adoring fans continues to follow his every move, it's clear this is someone who will stay in our admiring consciousness for quite some time yet.



# THE WORLD AROUND US *Part 1*

In the first of a new four-part environmental series, we look at the key drivers in the health and well-being of the planet. In this issue, it's animal life, and in particular, the humble cow.

It's not easy being a cow. While farmers are eyeing you up for a trip to the abattoir, those on both sides of the eco debate are ready to slap the blame tag on a little embarrassing flatulence.

Scientists believe the average cow releases between 70kg and 120kg of methane per year. A greenhouse gas, like carbon dioxide and nitrous oxide, methane forms a dangerous blanket around the planet.

A molecule that lasts a decade, in real terms what it contributes to the atmosphere can be equated to little more than two cups of water inside a swimming pool, yet its chemical shape is remarkably effective at trapping heat, thus it has a big impact on how much, and how quickly, the planet warms.

And with 1.5 billion cows on the planet, it's clear there's real environmental interest in reducing the emissions of these animals, who can also lay claim to being the source of two-thirds of all

ammonia in the atmosphere.

In 2019, an experiment in New Zealand saw cows given a vaccine to rid them of certain gut microbes responsible for producing methane. Further development of this could drastically reduce cows' impact on the planet, while still allowing our ravenous consumption of meat and dairy foods.

In the UK, farmers mainly use grass-based silage. By changing to a maize compound, a one-tenth drop in methane production could be achieved.

As ever, environmental aims must be balanced with commercial sense. The UK agricultural industry is worth £25 billion per year, yet it's clear less-fibrous diets, further vaccine research and other subtle changes – such as introducing seaweed and higher-quality constituents into the food mix

– can lead to more refined systems... and less windy livestock!



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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



## Father and son duo charged with firearms offences

A father and son who were allegedly found with a gun disguised as a walking stick have been charged with firearms offences.

Registered gun dealer Crispin Richards, 58, and Philip Richards, 24, were arrested after police raided a property in Bridgewood Road, Woodbridge.

Both men face charges of possessing a disguised firearm – namely a walking stick – and possession of a shortened shotgun.

Officers swooped on the property on Friday, October 16, after a licence visit and check at the same premises took place the previous day.

Both men, of Bridgewood Road, Woodbridge, were taken to Martlesham Police Investigation Centre for questioning.

They were remanded in custody and appeared in

court via video link on Monday, October 19.

Neither of the men entered a plea to the alleged offences, which contravene Section 4(1) of the Firearms Act 1968.

They are next due to appear at Ipswich Crown Court on November 16.

Forensic officers remained at the scene for several days after the father and son were arrested, to continue their investigations.

In a statement issued at the time of their arrest, Suffolk Constabulary said: "Police have charged two people in connection with firearms offences in Woodbridge.

"Two men aged 58 and 24 were arrested on suspicion of firearms offences and were taken to Martlesham Police Investigation Centre for questioning".







## Teacher will be missed 'beyond measure'



Tributes have been paid to a former head of strings at Woodbridge School after she died recently.

Joan Hall also taught A Level music for more than 20 years at the school and lived in Suffolk for nearly 50 years.

Joan was born in Sydney, Australia, in 1934. Her son Sebastian said that among the great formative years of his mother's life was when she came to England to study the violin at the Royal Academy of Music in 1954. She also taught at Headington School in Oxford.

He added: "She returned home in 1959 as a Ten Pound Pom. As a musicologist specialising in 18th-century violin bowing, she was appointed head of strings at Sydney Grammar School. There she met Graeme Hall and they married in 1965 and came to Europe the following year."

Sebastian said Joan's family and friends will miss her beyond measure.

He explained: "She had a fabulous sense of humour and was full of joie de vivre. She was kind, generous, animated, highly intelligent and had a profound love and knowledge of history, literature and classical music."

"Of the many words describing Joan, perhaps the most frequent was 'inspiring'. She inspired a love of music, of history, of religion. Joan was the model of Christian love in practising her Catholic faith. Joan will always be treasured."

## Improved form from the Woodpeckers

After a difficult start to the season, which saw a number of matches lost by the odd goal, an excellent 1-1 draw away at unbeaten Brantham Athletic was followed by a 2-0 home win against third placed Kirkley & Pakefield.

A mention must also be given to the Reserves who won the Suffolk Senior Reserve Cup, which was played at Lowestoft.

Upcoming fixtures include:

> November 18 vs FC Clacton

> November 21 vs Gorleston

> December 12 vs Hadleigh Utd

Fixtures are subject to change owing to the ongoing COVID-19 restrictions, so please check the club website or social media for updates.

## Development shortlisted for design award

A property development in Woodbridge has been shortlisted for a prestigious design award.

Queens Drive, a collection of 32 new and converted homes in the heart of the town, has been named a finalist in the 2020 Housebuilder Awards.

The development, by Rose Builders, is in the best design for three storeys or fewer category of the annual awards, now in their 16th year.

Rose, a traditional family-run firm of builders, contractors and developers, was established more than a century ago in 1896.

It has been handpicked alongside eight other nationally recognised builders and developers.

The Housebuilder Awards reward innovation and excellence while recognising those in the industry who are raising the bar for quality, design, efficiency and customer care.

The winners will be revealed on Thursday, December 3 at a virtual presentation to bring the industry together and showcase the best of the best during the unprecedented challenges of the past year.

Alex Leader, head of sales and marketing at Rose, said the firm was "delighted" to have been shortlisted as a finalist.

"A great result for all the team who have been involved in the delivery of this amazing project.

"Congratulations to all those that have been shortlisted; we are looking forward to the virtual ceremony."

For further information visit [rosebuilders.co.uk/queensdrive/](http://rosebuilders.co.uk/queensdrive/)



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News from

## Councillor Geoff Holdcroft

Town Councillor for Woodbridge Riverside

Here we are in November, with some of the darkest days of the year still ahead before the prospect of longer days to come once we turn the corner in January.

Many of us will be looking to the new year with hope that the devastation to lives that COVID-19 has brought about will be defeated or kept under control so that we can do the things we want to do without having to think whether we ought or should.

However, it isn't all doom and gloom, and we have seen many acts of both individual and collective kindness in the past year.

Some say that the crisis has brought out the worst in

us – remember the fights over toilet rolls when we first went into lockdown – but there have been many more good news stories in which the community has come together to support those less fortunate than ourselves.

So as we start to approach Christmas, when we normally think about meeting up with friends and family, let's think this year about what we can do for the people we don't know and of those who perhaps don't have friends or family to turn to in times of need. Let us see how we can turn this crisis into a cause for hope and do something positive for our community.



Photo credit David U

## 'Natural' wine shop opens

A new independent shop selling "natural" wine has opened its doors in Woodbridge.

Saltpetre Wines specialises in wine with fewer sulphites – thought to be what triggers a hangover – and additives. Natural wine is said to taste better and also have less of an impact on the environment.

The business, in New Street, was set up by Maddie Bryett and partner David Jimenez Fernandez, who both have years of experience in the restaurant and hospitality trade.

The couple are determined to boost the profile of artisan and lesser-known wine.

Maddie explained: "It's wine without the bad stuff, basically. Natural wine contains fewer sulphites and fewer additives – you can have more than 50 additives

in a bottle of wine and you don't have to specify that on the label.

"My speciality is natural wine and we quickly spotted that there was a gap in the market for the wines we love, which we just can't get hold of here."

Sulphites are often found in sweet and white varieties as well as wines with a lower price point, Maddie added.

Saltpetre Wines will be stocking British and imported wines, with prices starting at £8.50.

Maddie and David will also be hosting wine-tasting sessions and have ambitious plans to one day turn Saltpetre Wines into a bar.

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News from

## Councillor Caroline Page

*The County Councillor for Woodbridge*

It was a strange Remembrance Day this year – one stripped back, but no less moving because of it. Sometimes less is more.

This year we have even more than usual to think about. And if we are feeling worried and stressed because we are in a second wave, remember that there is nothing new under the sun, and that we are still lucky.

A hundred years ago we had fallen out of the Great War – the War to End All Wars as we so hopefully called it – into one of the biggest pandemics of all time.

My Grandpa Page was an Old Contemptible. This means he joined up when war was declared in August 1914 and saw active service by 22 November that year. (The Kaiser referred to the British Expeditionary Force as a “contemptible little army”. “Hah,” said Grandpa.) He survived nearly four more years at the front before being badly wounded just as the war was

coming to an end, and returned home to meet and survive the Spanish flu. Lasting from February 1918 to April 1920, it infected about one-third of the world's population. After a world war.

Just to put our current woes into perspective.

And, remember, this was in a time without NHS or social care, when community care meant the workhouse. The Spanish flu took a terrible toll. There was not only no vaccine to protect against it, but antibiotics had not yet been discovered. Control was therefore limited to efforts such as isolation, quarantine, masks, good personal hygiene, disinfectants and limitations of public gatherings. Sounds familiar? They are still good defences today.

If our grandparents could survive a World War and then a pandemic, then we can outface COVID-19. We just need to remember to be as careful and determined as they were.

## First waterside restaurant opens

A teacher has swapped the classroom for the kitchen to open the first waterside restaurant in Woodbridge.

Emma Cole and husband Alex have “invested everything” in The Boathouse, on the site of a former boatyard at Whisstocks Place.

The restaurant will offer locally sourced food as well as fine wines, cocktails, beer and lager – including its own brand Boathouse Bitter – all accompanied by riverside views.

It is a “dream come true” for the couple, who will be joined by their daughter, Phoebe, and other family members in their new venture.

Emma and Alex really want to be involved in the community and have plans for a book club, cheese and wine nights and food and wine pairings.

They are also committed to using Suffolk produce and being part of the “root to fork” movement by reducing waste in a bid to help the environment.

Head chef Arron Digby has created a menu using the best East Anglia has to offer, including brunch, light lunches, snacks and à la carte dining.

The couple wrote on their website: “The Boathouse will be a spectacular venue to dine and drink.

“We’ll boast the only outdoor riverside terrace in Woodbridge – offering superb views of the River Debden. We hope to see you soon and invite you to join us to relax and let life sail by.”

Owing to government restrictions, the opening of the restaurant has been delayed. However, The Boathouse will be serving takeaways from Thursday, November 12.



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# BRICKING it



HOME & DIY

LEARN HOW TO  
EXPOSE, PREPARE  
AND LOOK AFTER A  
BRICKWORK FEATURE WALL

It's the design feature that flipped on its head the old adage of plastering over walls for a smooth, 'complete' finish.

These days, exposed brickwork is all the rage – a modern take on a feature wall that circumnavigates modern, industrial and rustic.

Preparing an exposed brick wall and looking after it isn't difficult if you follow a few simple steps.

### Exposing

Chip away a small section of plaster to check your brickwork is in good order. Cover the floor with sheeting, as removal of plaster will throw up considerable dust. Wearing a dust mask, chisel away sections and finish using a wire brush.

### Preparing

Use a mild solution comprising equal parts water, dish soap and salt. Use a clean cloth to apply, allowing the solution to soak into the wall. Leave for 10 minutes so the salt dissolves any remaining plaster particles, then wipe the entire wall using a sponge or wet cloth.

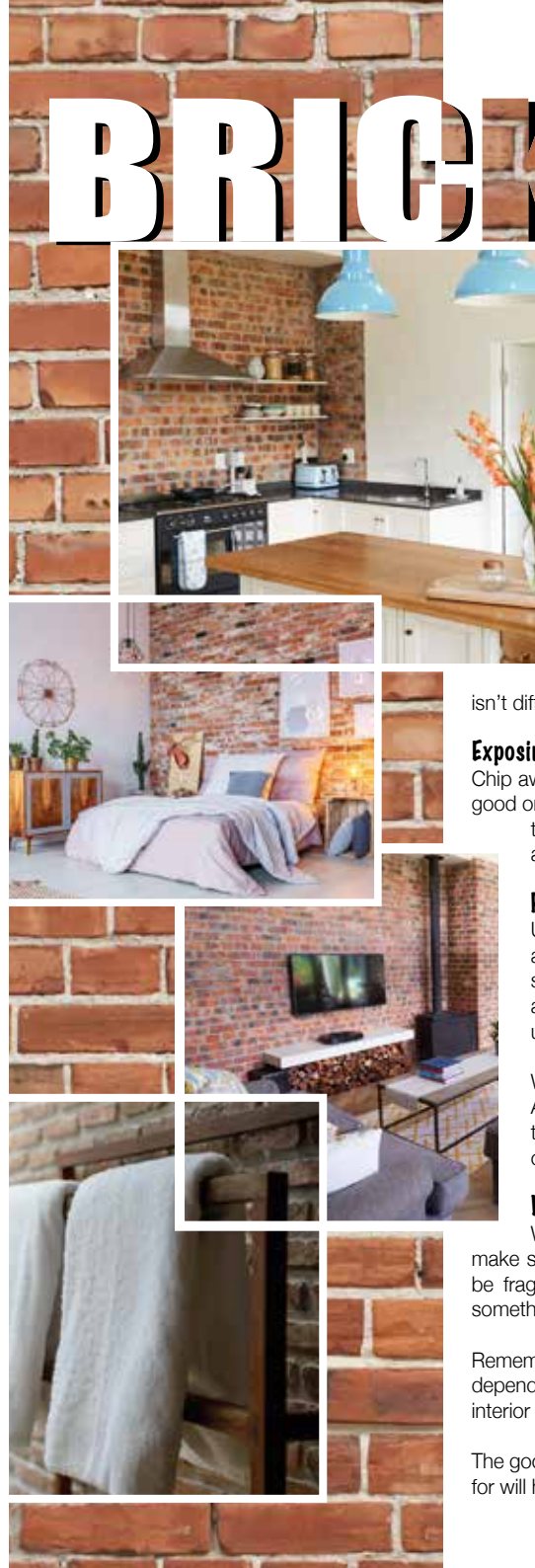
When dry, use an industrial sealant across the entire wall. An acrylic-based application will mean your wall is resistant to scratches, spills and dirt. You'll need to apply at least two coats, ensuring you work the solution into all the gaps.

### Looking after

With your pristine wall the envy of visitors, you'll need to make sure you look after it properly. It's inevitable that parts may be fragile and flake off over time, but light cleaning (even with something as simple as a feather duster) will keep particles at bay.

Remember, all brick walls are different, and how they respond will depend on their age, the room temperature and whether they are interior or exterior walls.

The good news is that the matt finish and unpolished look most go for will hide a multitude of sins.







# DUST *be gone!*

**D**o you know your microfibre from your feather? Your vacuum from your air compression? If not, you are not alone. We too have been guilty of using whatever fabric we have to hand to remove dust from our home, whether that be a tea towel, a cloth or even an old pair of pants. However, using the right duster for the job is vital if you want optimal results.

## FEATHER DUSTERS

Commonly associated with maids in stately homes, feather dusters are best for cleaning delicate or expensive objects such as artwork, figurines or jewellery.

**Pros of feather dusters:** Will not scratch surfaces, objects or furniture | Offer non-invasive contact

**Cons of feather dusters:** Not the best at collecting dust | Unethical as feathers are plucked from live animals

## MICROFIBRE DUSTERS

Becoming increasingly popular in recent years, microfibre dusters are great for general cleaning and dusting wooden furniture, tile counters and any other hard surfaces.

**Pros of microfibre dusters:** Excellent at picking up dust and dirt | Hypoallergenic | Environmentally friendly and sustainable

**Cons of microfibre dusters:** We couldn't find any!

## VACUUM DUSTERS

By attaching the dusting piece to your vacuum cleaner, you can enjoy fast and effective cleaning of larger surface areas in your home or to clean up after building work.

**Pros of vacuum dusters:** Ideal for concentrated areas of dust and areas that are hard to reach | Dust can be disposed of easily

**Cons of vacuum dusters:** Handheld vacuum dusters are not very powerful | Can be expensive

## COMPRESSED AIR DUSTERS

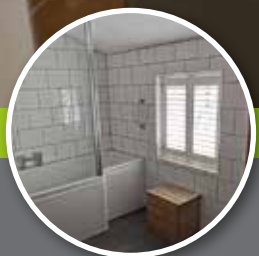
This type of duster is used to remove dust from electronics, plug holes and other small, inaccessible areas. Perfect for dusting your keyboard if you are working from home.

**Pros of compressed air dusters:** The best option for all computer accessories, electronics and office equipment

**Cons of compressed air dusters:** Can be expensive



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The right headboard has the power to transform a boring bed into a thing of beauty, but with many shop-bought varieties costing hundreds of pounds, surely there must be a cheaper alternative?

Fortunately, there is.

Simply check out these DIY designs that will help you create a stylish sanctuary without busting your budget.

#### DIY Pillow Headboard

To create this super simple and soft headboard in less than an hour, all you need is a copper pipe, some leather or faux leather and two floor cushions or several smaller cushions.

Simply use the leather to create two straps for each of your chosen cushions, thread them along your copper pipe and attach above your bed.

#### DIY Woven Headboard

To make this rustic, home-made headboard, you need six woven placemats, two jute table runners or small rugs, a hammer and some small finish nails. Once you have your supplies, all you need to do is secure the

two runners directly above your bed, one on top of another, and then attach a placemat next to each end of the runners and you are done.

#### DIY Lego-inspired Headboard

Create this cool kid's headboard using just four 3D wall panels, some plywood, caulk, paint and four pieces of decorative wood trim. Start by gluing your 3D panels to a 40x40-inch piece of plywood. Once dry, glue your chosen trim around your plywood and seal with caulk. Paint your panels in your preferred colour. Hang using a French cleat.

#### DIY Plywood Headboard

Natural wood is the ideal material for those wanting to create a minimalist vibe in their bedroom. Simply purchase a pre-cut sheet of plywood for the headboard and then add three shelves for additional functionality.

#### Other DIY Headboard Ideas

Jute headboard | Pallet headboard | Pegboard headboard | Woven vertical blinds headboard





**S**taycate in style with these hip UK hotels that offer inspiring interiors and decadent designs. Choose from chic and contemporary, rustic and rugged or something a little bit quirky. Whatever your preference, you are guaranteed to come away with your creative juices flowing.

#### ARTIST RESIDENCE, LONDON

Based in the diverse Pimlico area, this unconventional hotel mixes vintage chic with a modern twist. Ideal for those who want a bit of luxury, enjoy its stunning roll-top baths and tin ceiling tiles. It is owned by stylish couple Charlotte and Justin Salisbury, who also have three other hotels which can be found in Cornwall, Brighton and the Cotswolds, with another in Bristol opening in November.

#### THE PIG-IN THE WALL, SOUTHAMPTON

With 12 unique bedrooms, deli-style dining and plenty of cosy corners to relax and unwind in, THE PIG-in the wall is quite unlike any hotel you have been to before. In terms of interior design, enter with an open mind and take in the eclectic range of rooms that boast original wooden beams, slanted ceilings and walk-in monsoon showers.

#### STRATTONS, NORFOLK

If you hate generic hotels, you will love Strattons. Located in a quiet lane in a conservation area within the town, this family-friendly hotel prides itself on offering luxury, comfort and inspiring interior design. With 14 individual rooms, expect open fires, original period features, a free-standing bath at the foot of the bed and even mermaid mosaic.

#### CRAZY BEAR, BEACONSFIELD

Flamboyant and luxurious, Crazy Bear combines dramatic architecture with never before seen features such as the copper bath that is filled directly from the ceiling. Perfect for leather lovers, more than 50 different types were used to create its unique atmosphere, with leather featuring on the upholstery, walls, ceiling and even the doors.

Photo credit: artistresidence.co.uk, thepighotel.com, strattonshotel.com, crazybeargroup.co.uk

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# CANCEL CULTURE



HOME & DIY

Photo credit: Willy Barton/shutterstock.com



The BBC has never felt pressure like it: a new director general looking to shake things up, accusations of political and social bias, and the move to begin charging over-75s for TV licences – it has left 'Auntie' scratching about for relevance in a changing world where digital and premium channels are taking our attention... and our money.

While the BBC remains one of our country's finest institutions, and excellent value for those who regularly enjoy its diverse range of programming, there have been recent moves to defund the organisation – a Twitter campaign rapidly gained 100,000 followers and continues to apply pressure across social media.

This has led to many looking at the criteria for paying the licence; namely, whether you do indeed need to pay the £157.50 annual charge (£53 for a black and white TV). The answer is yes, if...

> ... you watch or record live TV as it is being transmitted, on any channel

> ... you watch or stream programmes live on an online service (such as ITV Hub, All 4, YouTube, Amazon Prime Video, Sky Go, etc)

> ... you download or watch programmes on iPlayer And the above applies to use on any device, from television to computer to games console.

The good news is that the BBC's brilliant range of national and regional radio is exempt.

If you believe you don't need a licence, the process for opting out is simple – simply declare to TV Licensing via its website and cancel any direct debits. That will stop what many describe as a barrage of threatening letters. However, the onus is, of course, on you to reapply for a licence if your watching habits change.

What's clear is that in a changing world the BBC's stranglehold on compulsory payment may well be coming to an end – even more so if Prime Minister Boris Johnson's move to decriminalise non-payment continues to gather pace.





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NOVEMBER BIRTH FLOWER OF THE MONTH

# Chrysanthemum

For those born in November, your birth flower is the cheerful chrysanthemum. Often referred to as just “mums”, these beautiful blooms have a long and rich history. One of the most popular autumn garden flowers, chrysanthemums are easy to grow and will come back year after year.

## WHAT DOES THE CHRYSANTHEMUM SYMBOLISE?

Native to Asia, the chrysanthemum is considered by both Japan and China to be an emblem of youth. The flower is also said to help prevent grey hairs, and a single petal placed at the bottom of a wine glass is believed to aid longevity.

When presenting the chrysanthemum as a gift, the colour you choose conveys a particular meaning:

- A red or pink chrysanthemum means “I love you”
- A white chrysanthemum symbolises innocence and purity
- A yellow chrysanthemum represents unrequited love

## WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOUR PERSONALITY?

If your birth flower is the chrysanthemum, you are said to be friendly, cheerful and loyal. Although at times you may appear tough on the outside, you are a compassionate person who is fiercely protective of your loved ones.

## HOW CAN I GROW CHRYSANTHEMUMS?

If you love these vibrant flowers, you will be pleased to hear that they are relatively easy to grow. They thrive in moist but well-drained soil, so choose a sheltered and sunny spot and add plenty of compost or well-rotted manure. However, chrysanthemums do tend to break at the base, so they will need staking. Once they finish blooming in autumn, mulch them with straw to protect them from frost.

## ARE CHRYSANTHEMUMS POISONOUS TO PETS?

Unfortunately, chrysanthemums are toxic to pets, and to cats, dogs and horses in particular. If your animal does ingest the flower, they may experience vomiting, skin inflammation and hyper-salivation.



GARDENING





HORTICULTURE HEROES:

# Frances Tophill

It speaks volumes when someone who has ascended the horticultural heights of Alan Titchmarsh tips you to become the next big thing in green-fingered greatness; though to her credit, Frances Tophill hasn't yet allowed the praise to go to her head.

Tophill, a regular on *Gardeners' World*, offers a fresh, young, dare we say stylish take on the earthy, sometimes grubby surrounds of our lawns, beds and shrubbery. She is a presenter who articulates and conveys a sense of calm, with a modus operandi that is always to embrace anything that comes her way. That is, after all, how she got into gardening in the first place.

"I was 19 years old and desperate really just to reach out and do anything. I'd never given gardening a second thought, nor did I know much about it, but I saw an apprenticeship advertised and, when I read up further, quickly fell in love with everything to do with the outdoors."

Frances' energy on screen is infectious.

"My advice to people is just to get out there and enjoy yourselves," she says. "Get some dirt under your fingernails, perhaps pull up some weeds, or even just lie down on a lawn and soak up what it feels like to be in a pure, green space."

"Our gardens are very different environments to our local parks, and for the most part are private spaces where we can create our own world. I think that's what excited me the most, and once I realised how much was there and available, I never really looked back."

That brand of enthusiasm and endless excitement has seen her move to the top table of terrestrial gardening.

"I am the example of someone making it up as they go along, and we all know that's the secret to great gardening."

Photo credit: Pinterest

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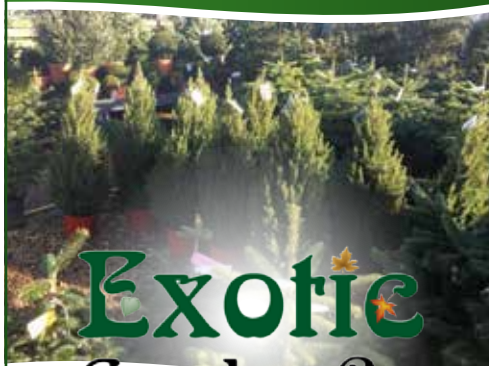


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# Nasty Niffs

HOW TO KEEP CATS (AND WHAT THEY LEAVE BEHIND) OUT OF YOUR GARDEN

For those of us lucky enough to have an English country garden, the greatest joy is being surrounded by the many delights of nature. However, some of the guests that wander through our outdoor spaces are prone to leaving smelly little surprises in their wake. While there are chemical aids that can be used to deter these funky felines, these natural alternatives are equally effective...

**SHARP OBJECTS:** No one likes finding poo in their flower beds, which is why you need to make these secluded, cosy spots a little less appealing to Felix. Egg shells, branches and holly cuttings are a simple way to deter the defecator, without disrupting your plants.

**MOTION-ACTIVATED SPRINKLERS:** Cats hate getting wet. Fact. And while this may not be the cheapest option, it is incredibly effective and a sure-fire way to protect your wildflowers from being watered by other people's pets.

**CERTAIN SCENTS:** Cats have keen noses and a natural dislike for some smells. Lavender, citrus and mint are among these, which is ideal as lavender and mint plants make glorious additions to your herb garden. Alternatively, you could try simply spritzing these particular fragrances about the place, though this requires constant maintenance.

**ULTRASONIC SOUNDS:** Like a feline burglar alarm, these motion-activated devices emit a high-pitched sound when disrupted, which is very unpleasant to cats.

**LION POO:** Want to keep away the small cats? Then why not use the mighty power of the big cats? Fortunately, this organic and efficient method of repellent doesn't require you to trek around the Savannah with a pooper scooper as it's available as a natural fertiliser. And yes, it contains authentic lion whoopsies.



GARDENING

Kirsty Gallacher



## ...A GOOD SPORT

From fashion undergraduate to Sky Sports presenter, it was a curious career trajectory for Kirsty Gallacher, who seemingly had the world of light entertainment at her feet.

That was, until a series of events knocked the Edinburgh-born beauty off track.

Her recent return to the limelight is tribute to the strength and perseverance of the 44-year-old, but also a marker for us all in these difficult times.

The die was cast relatively early for Kirsty, as the daughter of Scottish Ryder Cup champion Bernard Gallacher, with a career in sport seeming the obvious choice. In reality, however, the presenter endeavoured for the cut and thrust of fashion, even when, still a youngster, the family upped sticks and moved to Wentworth to help her father's golfing ambitions.

Swapping Scotland for Surrey, Kirsty came to count Bruce Forsyth as a neighbour when growing up. And with a golf star for a dad, she was hardly unfamiliar with larger-than-life personalities popping in for coffee.

"I think maybe there was a pressure for me to do something grand," she begins, "but for many years that wasn't really me. I guess in the end I fell into it, but there was no nepotism going on – I was just lucky."

Kirsty recalls the time as a broadcaster with BSkyB when, having climbed to the position of editorial assistant, there came the opportunity to do a screen test.

"I was horribly nervous, but I've always been of the mind that once you are offered something you should always give it a try. Plus, back then, there was still a sense of adversity from traditionalists who didn't believe in women fronting sport, although that has clearly changed now."

Her time on *Sky Sports News* led to onward recognition as she went on to front shows including *Kirsty's Home Videos*, *Kirsty and Phil* and *Soccer Extra*.

So for someone so happy, it was perhaps surprising to see Kirsty's light fade in the midst of her father's poor health, and a painful divorce to ex-rugby pro Paul Sampson, her partner of 13 years, of which they were married for five.

"There were some tough things to process, though rather than take some time off to regroup and look after my boys, I threw myself into work, into new ideas and new projects."

A stint doing *Strictly Come Dancing* saw Gallacher looking desperately thin, and when a drink-driving incident saw her lose her driver's licence for 18 months, the star had hit a new low.

"It's actually really interesting how just when you think you are calm and settled, the carpet can be swept from beneath you," she admits. "It was horrific at the time, truly horrific – but at least now I can see that it was just a few life events colliding together. We are human beings for our ability to ride the rough waves and emerge out the other side stronger, and that's what I've done."

Her focus these days is on celebrating a return to the front line of presenting duties. Her successful podcast, *Stripped Back Sport*, is back on our screens at prime time, and even in a few short years she has witnessed a real evolution in television.

"As far as gender goes, it's definitely played out on more of an equal footing now," she says. "Broadcasting has really undergone a fantastic change over the past 20 years and British television remains the very best in the world. From a purely selfish perspective, it's so great to be back."





# MAKE THE MOST OF YOUR TOASTER

If you don't have the time, energy or expertise to make a home-cooked meal every night of the week, these six surprising snacks can be cooked to (almost) perfection in the humble toaster.

## POTATO WAFFLES

Loved by parents across the nation as a quick and filling accompaniment to your kids' lunch or dinner, no longer do you have to wait for the grill to heat up. Simply pop them directly from your freezer into your toaster.

## VEGETARIAN BURGERS

Although you don't want to be putting beef burgers into your toaster owing to their high fat content, veggie burgers work just fine. No sogginess in sight.

## SWEET POTATO CHIPS

If you love chips but are looking for a healthier option, this sweet potato variety is just what you need. Simply cut your sweet potato into 1cm wide slices and toast for 10–15 minutes. Alternatively, why not try sweet potato toast? Slice thickly, toast and top with avocado and feta.

## LEFTOVER PIZZA

Who hasn't been indulging in a few too many takeaways in recent months? Rather than throwing away leftover pizza, or worse still, heating it up in the microwave, simply pop it into a toaster bag, toast and you're good to go.

## HOMEMADE TORTILLA CHIPS

If you have ever made your own tortilla chips in the oven using wraps or flour tortillas, you will know how much tastier these are than the shop-bought ones. However, for a real time-saver, tear a wrap in half, put in the toaster and then break into snack-sized bites.

## ASPARAGUS

Arguably the most surprising ingredient that you can cook in the toaster. Place a few pieces in a toaster bag with a drizzle of oil and your preferred herbs or spices, and hey presto, delicious roasted asparagus.



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**FOOD & DRINK**

*Return*  
**TO YOUR ROOTS** *part 2*

Last month we celebrated the carrot, praised the parsnip and tackled the turnip. Now it's time to explore the culinary delights of three more tasty and nutritious root vegetables.

### BEETROOT

Instantly recognisable by its bright purple hue, the beetroot often gets a bad rap as some believe that it tastes a little too much like the soil in which it is grown. However, it is worth sampling for its health benefits alone, with this root vegetable being rich in antioxidant and anti-inflammatory properties.

**HOW TO STORE:** Place beetroots in a perforated plastic bag in the vegetable drawer of your fridge. Lifespan: 3 weeks.

**HOW TO COOK:** The most famous beetroot dish is borscht, an eastern European winter warmer. Alternatively, roast in olive oil and cumin seeds.



### JERUSALEM ARTICHOKE

Full of iron, potassium and vitamin B1, the Jerusalem artichoke is reported to be both an aphrodisiac and a natural digestive. In season from November to March, choose artichokes that are firm to touch and pale brown in colour.

**HOW TO STORE:** Keep in the fridge or in a cool, dark place. Lifespan: 1–2 weeks.

**HOW TO COOK:** Cook Jerusalem artichokes in the same way that you would a potato or parsnip: roasted, sautéed, dipped in batter and fried or puréed into a soup.



### SWEET POTATO

Seen as a healthier alternative to potatoes, this root vegetable contains iron, calcium, selenium, vitamin A and C, plus it's full of fibre.

**HOW TO STORE:** Avoid storing in the fridge as this will result in an unpleasant taste; instead, place in a dry, well-ventilated container away from heat. Lifespan: 3–4 weeks.

**HOW TO COOK:** Although baking sweet potatoes will result in a richer taste, when boiled they have a low glycaemic index (GI).





# THE perfect pud

**P**acked with delicious dried fruit, drenched in brandy and served with lashings of cream, it wouldn't be Christmas without a rich and decadent Christmas pudding. Although you can purchase a shop-bought variety for as little as £2, there is something special about taking the time to make your own.

## YOU WILL NEED:

120g suet | 20g breadcrumbs | 100g flour | 175g soft dark brown sugar | 500g dried fruit (raisins, sultanas, etc) | 25g flaked almonds | 25g candied peel | 1 tsp mixed spice | ½ tsp nutmeg | ½ tsp cinnamon | 1 grated cooking apple | zest of ½ orange | zest of ½ lemon | 150ml brandy | 2 eggs | optional: coins

## HOW TO MAKE:

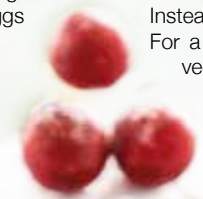
Combine suet, breadcrumbs, flour, sugar, fruit and spices in a bowl | Add the rest of the ingredients and mix well | Butter

a heatproof pudding bowl | Pour in the mixture | Cover with baking paper and tie on securely with string | Place the pudding in a large pan and pour in boiling water until it reaches halfway up the outside of the bowl | Cover with a lid | Steam the pudding for 4 hours making sure it does not boil dry (add water if necessary) | Test if the pudding is cooked by inserting a skewer into it; if it comes out dry, it is done | Leave to cool | Cover with fresh baking paper and wrap tightly in cling film | Store in a cool, dark place for up to 6 weeks | When ready to serve, steam for a further 2 hours | Light using a ladle of warm (not boiling) brandy

## VARIATIONS ON THE TRADITION:

Instead of brandy, try adding rum, stout or sherry | For a vegan pudding, leave out the eggs and use vegetable suet with a little bit of soya yogurt | Substitute traditional raisins, currants and sultanas for cherries, figs or crystallised ginger

If you are going to add coins, wrap them in tin foil first to avoid choking.



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# Are you getting enough VITAMIN D?

**A**fter enjoying an unseasonably warm and sunny spring and a pretty typical British summer, people's thoughts are now turning to the cold, and probably wet, winter ahead.

Yet have you thought about how you are going to get sufficient vitamin D into your body during the months when sunlight is sparse?

## Why is vitamin D important?

Vitamin D helps to regulate the amount of calcium and phosphate in the body, both of which are needed for maintaining healthy teeth, bones and muscles. It is also known for improving brain development and reducing inflammation.

A vitamin D deficiency can lead to a loss of bone density which makes you more prone to fractures and osteoporosis. In children, it can cause rickets.

## How much sunlight do I need to get sufficient vitamin D?

The main source of vitamin D for our bodies is the sun, yet in winter in the UK we do not get sufficient sunlight to meet our daily requirement of this vital vitamin. In the summer months, a mere 15 minutes of sun at midday is enough exposure, although people with darker skin, such as those of African or South Asian origin, may require a little longer.

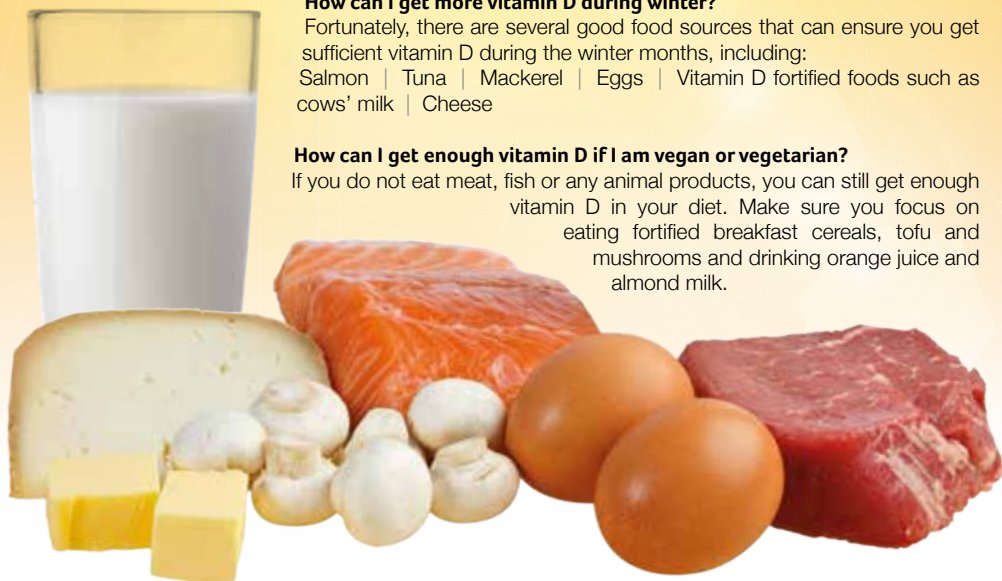
## How can I get more vitamin D during winter?

Fortunately, there are several good food sources that can ensure you get sufficient vitamin D during the winter months, including:

Salmon | Tuna | Mackerel | Eggs | Vitamin D fortified foods such as cows' milk | Cheese

## How can I get enough vitamin D if I am vegan or vegetarian?

If you do not eat meat, fish or any animal products, you can still get enough vitamin D in your diet. Make sure you focus on eating fortified breakfast cereals, tofu and mushrooms and drinking orange juice and almond milk.



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# Eating right ISN'T COMPLICATED

*Top tips on how you can achieve a healthy and balanced diet*

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. Some basic rules to follow are:

> **Have a meal or small snack every three to four hours.** This fuels your metabolism and helps prevent binges, and blood sugar levels stay balanced.

> **Combine protein and fibre at every meal.** This formula provides long-lasting fuel and necessary nutrients for brain, bone and muscle growth.

> **Get up, move around.** Sitting for long periods slows the metabolism, which affects the body's ability to regulate blood sugar and blood pressure and to break down body fat.

> **Drink water often.** There are specific times throughout the day when drinking water can boost your overall health and cognitive functioning. Drink one glass of water 30 minutes before a meal to help digestion. Remember not to drink too soon before or

after a meal as the water will dilute the digestive juices.

Remember to vary your diet because healthy eating isn't necessarily that healthy if you eat the same things over and over again. Having a healthy, balanced diet is about getting the right types of foods and drinks in the right amounts.

As a rough guide, try to base your portions, with 200g (one cup) being one portion, around these healthy food groups:

- > **Fruit and vegetables:** 5+ portions per day
- > **Starchy carbohydrates:** 3-4 portions per day
- > **Beans, pulses, fish, eggs, meat and other proteins:** 2-3 portions per day
- > **Dairy and alternatives:** 2-3 portions per day

Ultimately, in the short term, eating a healthy diet can help us to feel good, look our best and stay at a healthy weight. In the long term, a healthy, balanced diet can reduce our risk of heart disease, diabetes, osteoporosis and some cancers.



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Whether you live in your trusty trainers or you favour a more sophisticated leather shoe, caring for your chosen footwear can be a bit of a nightmare. Fortunately, we are here to help.

**Suede & Leather**

The first thing you should do if you buy a pair of leather or suede shoes is to treat them with a specialised spray protector, as this will help preserve them for longer.

In terms of cleaning, suede should be gently brushed with a suede brush to remove any dirt or dust without damaging it.

Leather is best cleaned with shoe polish as this will not only clean but also moisturise it, which helps to lengthen the lifespan of the shoes.

If your leather shoes get caught in the rain, place them upside down on dry paper (not newspaper) and leave to dry naturally.

**Canvas & Fabric**

Slightly easier to take care of, most canvas shoes can be washed in the washing machine, although be sure to let them air dry and never place them in the tumble dryer as this will ruin their shape. If there is only one spot of dirt on your fabric or canvas shoes, simply brush it off with a toothbrush or wash with a sponge dipped in soapy water.

**Trainers**

Some trainers can be washed in the washing machine, although always check their label before doing so. It can be a good idea to place your trainers in a pillow case before washing and to wash them with a few towels to avoid your footwear banging around and becoming damaged. Liquid detergent is preferable as powder can get stuck in your trainers.

**Signs your shoe soles need replacing**

- > The centre of your soles feel weak or spongy
- > They start to feel thinner in some areas
- > You notice a circle emerging





# 5 natural BATH SOAKS



## 1. Honey

Honey is an antibacterial substance that can help prevent infections and heal minor skin abrasions. It is also full of natural antioxidants that can help boost your immune system and help combat the signs of ageing.

Simply add two tablespoons of raw honey to a running bath and then soak for a minimum of 15 minutes.



## 2. Green tea

A popular choice for a bath soak, green tea can help to reduce muscle pain, soften skin and reduce any redness. Loaded with antioxidants, it also has anti-ageing benefits. Just fill your bath as normal, pop in six green tea bags, leave to steep for 15–20 minutes and remove.



## 3. Lavender

You may already be using a lavender-scented bath product owing to this herb's ability to instantly soothe and relax. However, why not cut out the chemicals and use pure lavender essential oil instead? All you need to do is add between six and eight drops to running water.



## 4. Baking soda

A store cupboard essential, also known as sodium bicarbonate, this natural ingredient is found in most bath products owing to its exfoliating properties.

Simply mix five tablespoons of baking soda into a warm bath and allow to dissolve.



## 5. Epsom salt

Not actually a salt but a naturally occurring mineral, Epsom salt is made up of magnesium and sulphate. Ideal for counteracting stress, Epsom salt can also help to ease pain and alleviate sore muscles. Add one or two cups to your bath five minutes before you plan to get in.

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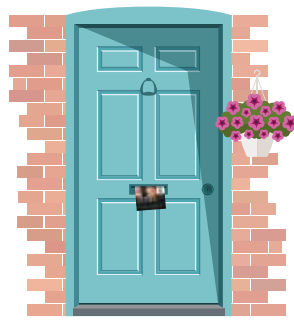
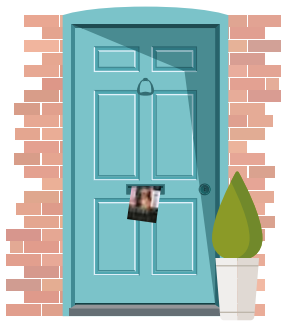
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BEAUTY

# FLAWLESS

# flicks

With the Christmas party season fast approaching, even if this year it is looking to be a bit more virtually festive, what better time to learn how to create the perfect eyeliner flick? Especially as your eyes are the one part of your face that is not covered by a mask!

### THE NATURAL FLICK – Best for all eye shapes

Ideal for those who want an understated look, the natural flick should be subtle and slightly smudged. It is best created using a pencil eyeliner.

### THE ALL-AROUND FLICK – Best for upturned or hooded eyes

Slightly more dramatic and perfect for an evening occasion, as the name suggests, this flick goes all around your eyes. Best achieved with a pencil eyeliner.

### THE LONG FLICK – Best for small eyes

If you are wanting to look elegant, yet edgy, this long line flick is the look for you. Best for those who feel confident in their flicking abilities. Use a precise gel liner.

### THE FISHTAIL FLICK – Best for round eyes

A more futuristic flick, this look requires clean and precise lines, so you need to bring your make-up-applying A game. Opt for a skinny gel liner and practise until perfect.

### THE REVERSE FLICK – Best for almond eyes

Who says that the perfect flick has to be on the top of your eyes? Become an exotic goddess with a reverse flick that is subtle, yet seriously sexy. Make sure you add lashings of mascara to your top eyelashes to avoid looking tired.

### TOP TIPS FOR ACHIEVING THE PERFECT FLICK

Use a hairpin for more precision | Create a dot sequence if you struggle to draw a fluid line | Use a magnifying mirror | Prime oily eyelids first | Use a combination of pencil and liquid liners | Be bold with colour – blue eyes suit greens and brown eyes look great with navy.

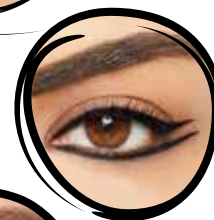
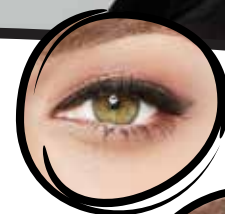


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# Dögggy TECH

**From basic microchipping to gadgets that can detect your dog's moods, pet ownership has never been more advanced.**

It's fair to say that man now has two best friends: the beloved pooch and the trusted smartphone. It makes sense, then, that our canine companions ought to have their own line of gadgetry to keep them on trend.

For many mutts, the tech adventure begins when they are just a few weeks old when they are implanted with a microchip. Now a legal requirement in the UK, these grain-of-rice-sized tags will save you much heartache should you ever lose your beloved pet. Better still, they are inexpensive and will last a lifetime, enabling you to update your personal information through the microchip database.

For dog owners seeking a more comprehensive device, there is a variety of activity trackers on the market that can be attached to your pup's collar. Fully waterproof, these 'Fitbits for Fido' not only boast advanced location services, but they can also give you an idea of how much exercise your dog is getting each day, as well as logging sleep patterns.

Many of us have one-sided chats with our dogs, and while the dream of reciprocal conversation is yet to be realised, we are now one step closer to at least understanding how they feel, thanks to Japanese company Langualess that has developed the Inupathy harness. Using data based on heart-rate patterns, this snazzy wearable changes colour to interpret your dog's moods.

Finally, there is a piece of kit designed purely for the owner's amusement – the dog harness that mounts an active camera. Retrace your pet's paws as they trample through the undergrowth and excitedly chase balls. Beware they don't catch you in an uncompromising position, though, or you just might end up being the star of your dog's very own YouTube channel.

Photo credit: wearable.com, kron4.com, thegadgetflow.com



PETS





# SEO 101

## A beginner's guide

To the uninitiated, SEO, or search engine optimisation, can seem like a daunting task, and enlisting the services of a professional can be expensive. However, there is no reason why you can't learn to master the art of SEO yourself.

### SEARCH FOR KEYWORDS

The foundation of any SEO campaign, keywords are ideas and terms that describe what your content is about and they are designed to help increase your visibility online. You can come up with the right keywords for your business by:

- > Brainstorming with your team
- > Checking out your competitors' sites
- > Using Google Ads Keyword Planner

### OPTIMISE YOUR TITLES AND META DESCRIPTIONS

This is where it gets a little bit more technical. Once you have your list of keywords, you need to optimise your page titles using these keywords in as natural a way as possible. Page titles and meta descriptions are shown in search engine results and therefore these need to clearly convey what each page is about. You can optimise these via your content management system or in your SEO plug-in.

### OPTIMISE YOUR PAGE CONTENT

Your next step is to add your keywords to your website text. These include your header tags (your headings and subheadings) and the rest of the text on the page. Again, try to do this in as natural a way as possible and don't overstuff your content with keywords as both Google and searchers are put off by this technique.

### BUILD LINKS

If you want your site to get on that much-coveted first page of Google, you need to focus on getting high-quality backlinks, i.e. hyperlinks from other websites to your own. There are several techniques that you can use to build backlinks, including:

- > Be active on social media
- > Write competitive content
- > Create an infographic
- > Write testimonials for other websites



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BUSINESS & PROPERTY



### *The unexpected upturns coronavirus brought about for small businesses*

One has to be careful with any mention of a global pandemic in some way being good for business. Clearly what enveloped the world over the course of 2020 was a set of circumstances and outcomes we would never want repeated, and they carry on today. Yet while COVID-19 called time on the legacy of thousands of businesses, for others it has provided new vision, renewed focus and a world of opportunity.

Most of these have come in the form of directors, managers, sole traders and other decision-makers having a rare opportunity to step back and reassess.

In the early days of the lockdown, so profound were the circumstances around us and so urgent was the need to strip back, downgrade and economise, that businesses reverted to skeletal structures just to survive.

So when the UK began to emerge out of the famine of lockdown, many owners realised they could survive on these new, low levels

of efficiency. From reverting to four-day weeks to cancelling direct debits for subscriptions, software and other resources we actually didn't use; from encouraging working from home, embracing tech such as video conferencing, right through to enriching staff by asking them to adopt fresh ideas, tackle wider tasks or embrace new skills in order to get additional jobs done, there was a new take on what we needed.

In total, we found that COVID-19 brought about a need for transparency none of us could pull a curtain across. Unequivocally, it changed our attitudes towards everything from money to socialising to personal space, but also altered our perception of business – what it is, how we utilise it and, in some cases, how little we need the bells, whistles and fanfare. We are a simpler, more efficient nation because of coronavirus, and once we're out of the woods that will surely help us to flourish again.



# MJB Avanti: The Key To Unlocking Your Next Property Purchase?

The housing market is currently seeing a boom despite the uncertainty surrounding the economy in the face of a second wave of Covid-19. Statistics provided by the Nationwide House Price Index show us that house prices in September saw a 5% rise on the prior year. While this sounds like good news, it is leading to inequality in the market.

## Doors Are Not Opening For All Applicants

In some cases, applicants employed by Companies exposed as following negative trends such as increased redundancies are being automatically declined.

The days of the 90 - 95% mortgage seem to be a long and distant memory, with deposits of 15 - 20% now being the norm.

While the stamp duty threshold increase buoyed the market, first time buyers are facing challenges. Figures from the MoneyFacts Group show that properties valued £500,000 and above actually make up a larger percentage of sales compared to the same quarter in 2019.

Consequently, lenders are scrutinising applications and you are required to provide much more information than previously expected.

## How Can We Help You?

If you are self-employed, one thing you will be asked for when applying for a mortgage is your SA302 tax summary.

It is a common mistake to ask for the wrong year as applicants fail to allow for the fact that an SA302 is only valid for 18 months - for example, if you applied today - your 17/18 tax year summary would already be out of date.

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If you want a mortgage you will therefore need to ensure you get your personal tax for the 2019/20 tax year submitted to HMRC.

Sole Traders, Partners and Directors are generally required to provide 2 years SA302's. Employees are required to provide 3 months' payslips, unless you're in a new job.

In addition to the SA302's, you also need to include a Tax Year Overview this confirms any tax outstanding. If you do have tax outstanding your application will get rejected until paid. Once you have paid any outstanding taxes, you will need to get a refreshed Tax Year Overview to confirm this before your application will be re-considered.

In a time when applications are being scrutinised, you need to ensure your finances are transparent and in good order - there are two people who can help you to maximise your chances of your application being accepted;

**MJB Avanti** are here for your tax return needs, if you have an outstanding tax return to file so you can provide the required SA302's please get in touch - only today we fast tracked a client so he can get his figures to the broker on time. Modern accountants with traditional values.

**Trust Financial Solutions** are here to help guide you through the mortgage maze and pass the 'additional layer' of COVID-19 questions with ease so that you can buy the home of your dreams. "If anyone can, Anthea can"

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# Extending ELECTRIC

What's the furthest you can go in an electric car without recharging?

The concept is great – cleaner, cheaper, some may even say smoother driving. Electric cars have given us a new way of getting from A to B, but for many considering investing in one of the greenest advancements ever conceived, the need to recharge at such regular intervals has been a major stumbling block.

And yet, improvements in technology have meant the range of our electric vehicles is better than ever. Take this year's Tesla Model S, for instance. Elon Musk's pioneering vehicle brand is ripping up the rule book and this shimmering, humming piece of tarmac tech will take you 402 miles on a single charge... that's right up there with petrol and diesel vehicles. The only downside is the £75,000 price tag.

And if you fancy a hybrid of electric and traditional fuel, check out the 2018 Toyota Camry LE. This will get you an almost mind-boggling 689 miles – that's the equivalent of driving from London to Amsterdam... and back.

If you want to go for a purely electric car without needing to remortgage the house – in other words, steer clear of Teslas, who occupy four of the top five positions for range, with their X (351 miles), 3 (322 miles) and Y (316 miles) models – then have a look at the Chevrolet Bolt EV. You'll be looking at around £30,000 for a car that will take you well over 250 miles on one charge.

Hyundai (the Kona Electric also hits 250 miles) and Kia (the Niro Electric will take you 230 miles before you plug in again) both represent good value, and 2018 models can be picked up second-hand for around £15,000. For those seeking a bit more status, there is of course the ever-popular Jaguar I-PACE. Up to 300 miles in a car that balances eco and image perfectly... what's not to like?



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# TOEING *the line*



SPORT

## COULD TOE WRESTLING REALLY BECOME AN OLYMPIC SPORT?

It's the younger, slightly cheesier cousin of arm wrestling, but is a sport to be taken seriously, with a sizeable rise in competitions year on year. Toe wrestling, created in the foothills of the Peak District in the 1990s, is here to stay.

In combat, competitors sit across from one another with the big toe interlocked into their opponent's on a cleverly named 'toedium'. On the shout of "Toes away", battle commences, with the aim of using toe strength to push the other person's foot to a vertical board a few inches away. The non-wrestling foot must be in the air at all times, while each competitor's bottom must be grounded.

The sport requires good foot strength, obviously, but also strong thighs and the mental strength to second-guess, defend and attack an opponent. Bouts usually take the form of 'best of threes', with right, left and right toes engaged in toe-tal combat.

While it is a fun, summer sport played usually in pub locations and with a detectable whiff of light-hearted British Bulldog spirit

that also embraces cheese rolling, gut barging and gravy wrestling, competitors actually take the challenge rather seriously. Some have been known to have their toenails surgically removed so as to prevent opponents from gaining added grip, while the founder of the sport's governing body, the World Toe Wrestling Federation, based in Staffordshire, shaved his buttocks as a method for gaining extra floor grip.

While the sport is popular in pub environments, its elevation into a recognised pursuit is now in conversation, given the formation of an official hierarchy, and the leaders are in dialogue with chiefs about its presentation as an Olympic sport.

Undoubtedly, to elevate the battle from a simple Peak District pub-floor activity to a global entity, it would be no mean feat.



Photo credit: Emma Wood/Caters News Agency



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# PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

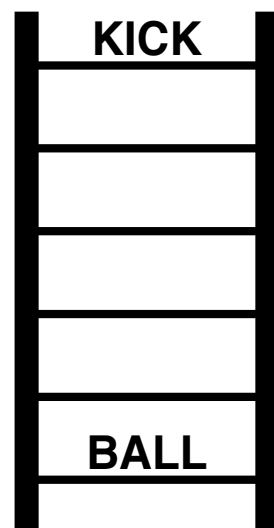
- ▶ ARCHERY
- ▶ ATHLETICS
- ▶ BADMINTON
- ▶ BOXING
- ▶ DIVING
- ▶ EQUESTRIAN
- ▶ FENCING
- ▶ FOOTBALL
- ▶ GYMNASTICS
- ▶ HANDBALL
- ▶ HOCKEY
- ▶ JUDO
- ▶ ROWING
- ▶ SAILING
- ▶ SHOOTING
- ▶ SWIMMING
- ▶ TENNIS
- ▶ VOLLEYBALL
- ▶ WATER
- ▶ POLO
- ▶ WEIGHTLIFTING



## DID YOU KNOW?

- ▶ Vatican City is the smallest country in the world
- ▶ The Gotthard Base Tunnel in Switzerland is the longest rail tunnel in the world
- ▶ E is the only vowel not used as the first letter in a US state name
- ▶ Russia is the largest country in the world
- ▶ The African continent has three deserts: Sahara, Kalahari and Namib
- ▶ Peninsulas are surrounded by water on three sides, for example Spain and Portugal
- ▶ Angel Falls in Venezuela is the world's largest uninterrupted waterfall
- ▶ Canberra is the capital city of Australia
- ▶ The Trafalgar Square Christmas tree is donated by Norway every year

## WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.



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