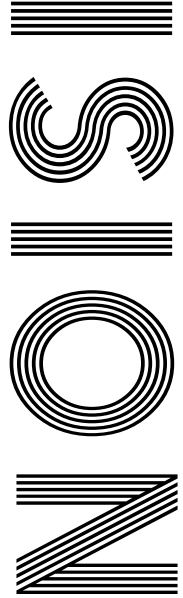


2020
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VISIONWoodbridge | Edition 30

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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.

I think most of us will be glad to see the back of this year, but December certainly presents us with a great opportunity to try to draw a line under it all and look forward to 2021.

By all accounts, it sounds as though we might start to see normality returning by the spring, thanks to several different vaccines becoming available.

Rather than dwelling on the negativity that 2020 has caused, I'm now choosing to look back at some of the positives that I can find from this year.

On a professional level, we've had to be more creative about how we get **VISION** out to our readers, and this has resulted in more delivery rounds in Woodbridge and the surrounding areas.

Last month we welcomed new parts of Martlesham as well as Grundisburgh to our delivery network, and I've been blown away by the feedback.

On a personal level, my biggest achievement this year has been getting in shape. Since the first lockdown I've lost nearly 50lbs and have set myself the target to get into the best shape of my life in time for my 30th birthday in June.

I'd like to take this opportunity to wish you all a very Merry Christmas and a Happy New Year. Take care, and enjoy this last edition for 2020.

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At 77 years young, Joe Biden's journey to the White House has been a long one, but the US Presidential Election winner won't delay in attempting to bring back together a fractured nation.

.....

After a tumultuous four years as the most powerful man in world politics, it perhaps shouldn't have come as too much of a surprise to find Donald Trump refusing to go quietly in the aftermath of a US Presidential Election defeat that left Democrat Joe Biden at the door of The White House... albeit without a set of keys.

Republican Trump's assertion of ballot box fraud in light of what, admittedly, even his fiercest critic would deem a farcical voting process, will mean the intricacies of the November 3 election will play out in the Supreme Court. And yet, where US politics is concerned, we shouldn't be surprised – four years ago all similar accusations of malpractice were shot across the bow by those same Democrats who are now up in arms over Trump's claims. His suggestion was that thousands of new voting papers were added to the mix, that some were in the name of people long deceased, and that many duplicated votes were received after a chaotic postal vote system that allowed individual states to decide their own rules.

When the dust settles, however, 77-year-old Biden will be inaugurated as the leader of the free world. A lifetime ambition, the Pennsylvania-born former lawyer has been at the forefront of politics for well over five decades, having become a senator in January 1973. Re-elected six times, he was vice president to Barack Obama for eight years, and considered running in 2016, but made way for Hillary Clinton.

He is a passionate advocate of raising the minimum wage and investing in green energy, notably in rejoining the Paris Climate Agreement that Trump controversially left. He promotes criminal justice reform and grants for minority communities, and will also look to expand Obamacare, enlarge the free college system, and challenge China's questionable environment and trade practices. And, most notably, he brings with him to the top table of world politics Kamala Harris, America's first female, first black and first South Asian vice president.

Here in Britain we will look on with interest to see if prime minister Boris Johnson can configure the same buoyancy, trust and commercial parallels he enjoyed with Trump. Our long-term alignment with the States on corporate, social and political levels has been essential for the economy, and now more than ever before the government will be seeking reassurance that this can continue under a new regime.

Despite a desperately narrow winning margin, Joe Biden will enter The White House having achieved the most votes ever for an incoming president – more than 77 million. And yet those celebrating the supposed new dawn of American politics should be wary. Putting aside the somewhat ambitious legal claims that will fill the scrolling new tickers over the coming weeks and months, it remains the case that, even in defeat, Trump's vote total was more than any other elected president in history, Obama included. The brand of confrontational, partisan politics that he popularised continues to resonate with America, and with the Senate still under the control of the Republicans, Biden knows he'll have to fight hard to steady the United States' uneasy global reputation.

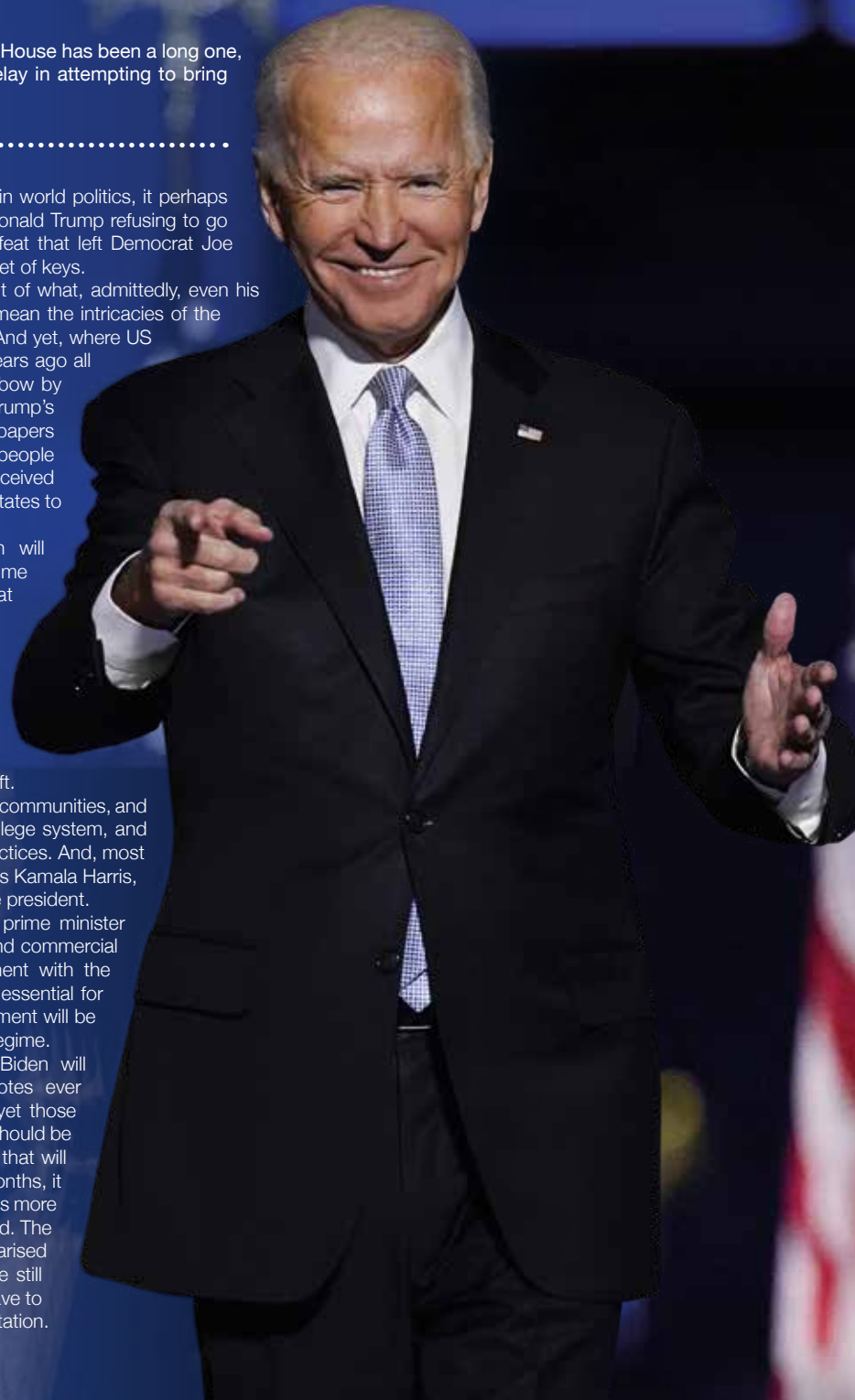


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BIDEN: *his time*

THE WORLD AROUND US

Part 2

In the second of our environmental series that looks at the key drivers in the health and well-being of the planet, we're looking at the legacy of our rainforests.

At the end of the 1980s, the realisation that the world's rainforests were being removed at an alarming rate truly propelled a green revolution – one that continues to thrive today.

Where eco awareness and the preservation of our planet are now a part of everyday life, the way we embraced the saving of the Amazon rainforests had never before been seen.

The realisation that deforestation was claiming an area the size of 20 football pitches every minute – for the acquiring of timber and repurposing of land for cattle ranching – was profound, but the deafening screams of those early environmentalists are now just faint murmurs. So what has happened to those green expanses?

Sadly, the problem still exists. A quarter of the Amazon has disappeared, probably never to return, while some speculation suggests the remainder may be felled within 50 years if tighter restrictions are not forthcoming.

Globally, one in four people depends directly on forests for their livelihood, and as many as 120 prescription drugs worldwide are derived directly from rainforests.

And yet, there are two sides to every story. Many South Americans will point to the economic necessity of monetising a natural resource, just as the UK has done with oil and gas. Even the Brazilian president Jair Bolsonaro has called the destruction of these plant- and animal-rich expanses “cultural”; and in a country that has more than 20 million people living in poverty, it's not difficult to see why resistance is strong.

To conclude, it seems that while the days are gone where almost every other charitable programme was driven towards preserving these incredible habitats, it's simply a case of having our attention diverted to other ills. Three decades after we first reached out to our rainforests, the battle to save them lives on.



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Photo credit: Charnian Berry

Celebrations at significant progress for youth centre project

The team behind the new youth centre planned for Woodbridge was celebrating last month after the project took a significant step forward.

The Jetty Lane project started three years ago when the existing youth centre was closed, and since then a team has been working to progress the plans.

In the summer, shipping containers were donated to the project and, thanks to the efforts of Woodbridge builder Tony Farrell and his team, they are now ready for use, complete with heating and electricity.

Caroline Rutherford, vice chair of the project, said it was fantastic to have something to celebrate.

She said: "The containers were given to us in July and we have been able to get them refurbished so that they are ready to be used from December. More than that, they are a very visible sign that something is happening on the site of the old youth centre."

Caroline said she hopes the containers will be used by local artists as studios to run projects for the local community.

She revealed: "The plan with the new community building is that it will provide studio space for local artists, so it means that we can start to support the arts and local artists sooner rather than later. The containers are really just empty spaces in a wonderful location, so they could be used in a variety of ways and are very flexible."

The plans for the centre have been approved, so fundraising for the new youth and arts community centre, which will cost £3.5million, can begin next year.

Caroline added: "We're very much looking forward to getting back on track next year and working with the community to get the money raised to build Jetty Lane, which will be a legacy for future generations."



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Restart for the Woodpeckers



Photo credit: Steve Wood

At the time of writing, it is hoped that Woodbridge Town FC teams will be able to start training again in line with government restrictions.

The Thurlow Nunn League has announced fixtures assuming this to be the case, and upcoming home fixtures for Woodbridge Town FC are set to continue from mid-December:

- > December 12 vs Hadleigh United
- > January 2 vs Stanway Rovers
- > January 16 vs Ely City
- > January 30 vs Brantham Athletic

A spokesperson from Woodbridge Town FC said: "After what has undoubtedly been an unprecedented 2020, and as this is the last magazine before Christmas, the club would like to wish all readers season's greetings and a safe 2021."

COVID-19 safety measures are in place at the club. For full details, go to woodbridgetownfc.com

Please also check the club website and social media pages for the latest match updates.

Man charged with multiple theft offences

A man has been arrested and charged in connection with a number of thefts in the Woodbridge and Ipswich areas.

Officers arrested a male on Saturday, November 14, on suspicion of theft. He was taken to Martlesham Police Investigation Centre for questioning.

Noel Clarke, 50, of Bonnington Road in Ipswich, was subsequently charged with 17 counts of theft from shops, including eight incidents of thefts of charity boxes from shops and one of attempted theft of a charity box.

He appeared at Ipswich Magistrates Court earlier, on November 16, where he was remanded to appear again before Ipswich Crown Court on Monday, December 14.

Pubs set to give back this Christmas

A group of pubs in and around Woodbridge are set to give something back as a thank you for the support they have received from locals throughout the year.

Deben Inns, who owns The Maybush and The Wilford Bridge, among others, is running a December advent giveaway on its social media platforms to promote some local small businesses.

It will run a daily giveaway in the run-up to Christmas, with a 'massive Christmas giveaway' on Christmas Eve. Every company getting involved has supplied both a daily advent prize and an additional gift for the Christmas Eve giveaway.

The grand prize is set to be worth more than £650 in value.

Deben Inns is working with more than 30 local suppliers, neighbouring small businesses and creative customers to offer some inspiration for locally sourced Christmas gifts.

The prizes include a 5ft Christmas tree from Katie's Garden Centre and a knife donated by Kin Knives, a Woodbridge-based company that supplies Deben chefs with high-quality Japanese knives. There's also something to get you feeling creative from Rekindled Box, a monthly subscription craft box filled with materials that are either salvaged, surplus, waste or natural and compostable materials.

There will also be Deben Inns goodies, including afternoon tea for two at The Maybush and roast dinners at The Wilford Bridge.

A Deben Inns spokesman said the company wanted to say thank you to all the companies who have made this giveaway possible.

Follow Deben Inns on Facebook, Twitter and Instagram for more information.



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News from

Councillor Geoff Holdcroft

Town Councillor for Woodbridge Riverside

Happy Christmas, everyone. In the words of the Prime Minister, "It's the season to be jolly CAREFUL."

There does appear to be light at the end of the very long tunnel of 2020, with the real prospect that COVID-19 can be brought under control through mass vaccination programmes, but we must remain as careful as possible during the festive period to ensure we can all enjoy a healthy 2021.

I am old enough to remember the health scares with polio outbreaks in my youth, and the pictures of iron lungs filling hospital wards still haunt me to this day. I was so happy to line up at school to receive my polio vaccine on a sugar lump, as I saw many people who were crippled by that devastating disease we hardly ever hear about these days.

Although Christmas won't be quite the same in

Woodbridge this year – no Street Fair in the thoroughfare, no trees adorning the shop frontages and no Carol Service on Market Hill – we can still celebrate in different ways, especially by thinking about and helping others less fortunate than ourselves.

One initiative that Woodbridge Town Council is doing this year is to present a plant to every care home resident, following a suggestion from a member of the public.

Care home residents have had to endure the crisis with more fortitude than most, as they have been banned from having visitors for much of the year. If we can, let's check up on others living alone in our community, socially distanced of course, and we will get through this together.

Best wishes for a happy new year.

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Photo credit: Woodbridge School Prep

Mindfulness campaign launched

A school in Woodbridge has launched a campaign to promote health and well-being during lockdown and beyond.

Woodbridge School Prep launched its 'Mindful Moments' campaign on Thursday, November 5, which features videos with simple-to-follow mindfulness techniques.

The techniques include breathing and reflection techniques which will be beneficial to pupils, parents and the wider community.

Nicola Mitchell, head of Woodbridge School Prep, said: "The ability to be calm and 'in the present moment' is such an important 'life skill', and we want to share how our mindfulness practices at Woodbridge

School Prep may be able to help many more people.

"From Reception and throughout the school, mindfulness is embedded into our curriculum to support the well-being of both children and staff. We also know that our parents have benefited from the workshops that they have attended with us. We hope that, by sharing our regular 'Mindful Moments', the wider Woodbridge community may also benefit during this difficult time."

Children at the school practise mindfulness as a whole school, led by head of well-being, Kirsten Theobald, every week in assembly (either in the hall or virtually), and Year 3 pupils follow a curriculum designed by the 'Mindfulness in Schools Project'.



News from

Councillor Caroline Page

The County Councillor for Woodbridge

As we come to the end of the year, let's cast our minds back to December 2019 and ask ourselves, what did we expect from 2020? I think we can safely say, we weren't expecting this.

The proverb, "Man proposes, God disposes," was never truer.

We all had our plans. Me, I spent most of the last decade as a carer as well as a county councillor – often juggling care for two people. In 2020, my mother having died, the mammoth house clearance finished, and (most wonderful of all) my child launched on miraculous independence, I had the idea that one weekend a month I could nip abroad by boat or rail and finally get a taste of other countries. You know, before Brexit made it harder.

Well, that didn't work out as intended, did it?

Other people planned more important things – everything from weddings to anniversaries. We were faced with the unplannable: sudden difficult illness, shielding, bereavement, the terror of infection or of

infecting our loved ones. Or out of the blue we found that the planned had gone off-piste. Things like university were not the expected horrors; they were altogether different ones.

And then there were difficulties of work stability, both financial and mental, and of discovering that long-held certainties were not what we had thought.

And the altogether new vocabulary: masks, furlough, isolation, pandemic. All because of a pesky virus that nobody had heard of in December 2019. As John Lennon said, "Life is what happens to you while you're busy making other plans."

But there were unplanned and unexpected joys: silent roads, working from home, valuing the kindness of strangers, the help of friends and the love of our families.

This Christmas will not be the same. Can we take the good things we have discovered within our annus horribilis, and share with our entire community so that nobody ends this year on their own? Unless they want to.



Exhibition thrives online

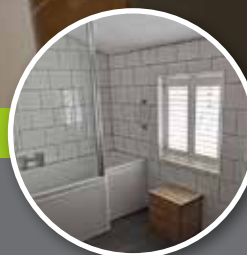
Woodbridge Art Club's online exhibition has been very well received, and if you haven't had the opportunity to enjoy it yet, you can do so at the club website: woodbridgeartclub.org.uk

While the lockdown prevented club members from meeting in the clubhouse, many of them are keeping in touch, and the drawings, paintings and photographs

created during lockdown can be seen at Woodbridge Art Club's Facebook page and on its website.

The club is still holding a Christmas party. Although it will be online this year, it will have most of the usual ingredients that are enjoyed at this annual event and will seek to spread as much Christmas cheer as possible.

Photo credit: Roy Eaton



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HOME & DIY



If you spend all day every day in the winter months longing to return to the comfort and cosiness of your bed, then you may be interested to find out what the best bed sheets are for winter warmth.

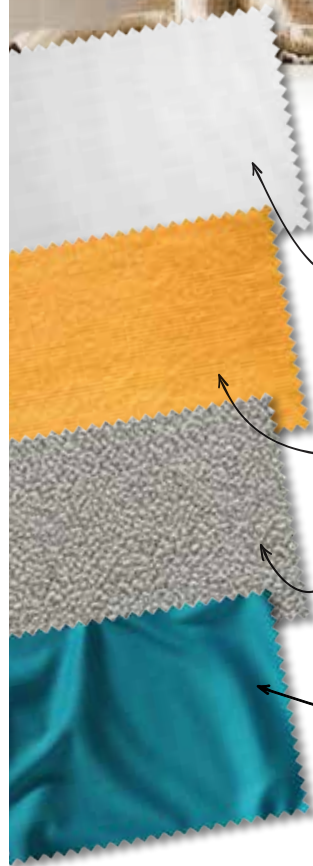
From fleece to flannel, cotton to silk, keep reading to discover what fabric you should choose for your winter safe haven.

Cotton: Although you may think that cotton is more fitting for the summer, if you are the type of sleeper who ends up kicking off your covers halfway through the night, then cotton might be the ideal material for you all year round. A natural fabric, cotton is known for its moisture-wicking abilities, meaning it is great for regulating your overall body temperature. If you have sensitive skin, opt for organic cotton sheets which are both breathable and good for the environment.

Flannel: Synonymous with warmth, flannel is one of the most popular choices for winter bedding. A cross between cotton and fleece, this fabric is soft, airy and breathable, making it the perfect choice for anyone who loves a bed that is warm but not overwhelmingly so.

Fleece: Arguably the warmest material you can choose for your bed sheets, fleece is a synthetic fabric that is ultra-soft and built for insulation. Often used in winter sports gear, fleece is designed to insulate heat in even the coldest conditions, meaning it is ideal for those below-freezing winter nights.

Silk: This may be the last fabric that you would think of when it comes to choosing winter bedding, but silk has the unique ability to retain heat while at same time remaining lightweight and smooth to touch. Opt for pure silk bedding if possible as this has moisturising properties; something that your parched winter skin so desperately needs.



DIY Glass art

Nobody likes to look at a big, bare wall, but there are only so many family pictures that one room can take, so why not have a go at this simple, yet stunning, DIY glass wall art? You only need a few basic craft materials and a little bit of creative flair and you are good to go.

YOU WILL NEED

- > Multipurpose, water-based craft paints (small pots) in your preferred colours
- > Masking tape
- > Glue gun
- > 1 glass picture frame
- > Paint brush – soft acrylic or watercolour brushes work well

HOW TO MAKE

- > Ensure the glass within the frame is secure; if not, use a glue gun to stick it in place
- > Allow the glue to fully dry before continuing
- > Mask the edges of the frame and use a clean, dry cloth to dust the glass
- > Decide upon your design – you could use your initial, a flower or a simple inspirational quote
- > If using a stencil, position your chosen design under the glass or go freehand
- > Paint your design in layers, allowing the paint to dry between each coat
- > Once your design is fully dry, remove the masking tape and display proudly on your chosen wall

TOP TIPS FOR PAINTING ON GLASS

- > Always clean the surface before painting
- > Handle the glass carefully to avoid fingerprints
- > Choose the right brush – synthetic brushes can create visible brushstrokes, whereas natural hair brushes allow for more paint to be applied in one stroke and provide a smoother coverage
- > Do not apply too much pressure with your brush
- > Avoid overworking the paint
- > Always blot your brush after rinsing it to eliminate any excess water
- > Clean away imperfections while the paint is still wet, using a wet brush, toothpick or paper towel
- > When the paint has dried, use a razor blade to scrape or trim off any imperfections

OTHER IDEAS FOR DIY GLASS ART:

- > Use markers to write out your favourite quotes
- > Press flowers (two pieces of glass required)

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Chic OR UNIQUE

THE RETURN OF SHABBY CHIC AND HOW TO PULL IT OFF

The revolving circle of décor and design has, over the years, gripped a nation of amateur interior designers. Shabby chic, a style that first came to prominence in the 1980s, is making a concerted return to prominence.

Its invention was as a rebellion to the hard, shiny, ultra-modern, clean-cut image of three decades ago, when yuppies and electronica ruled the roost. The term 'shabby chic' was thought up by fashion journalist Min Hogg.

And the concept hasn't strayed too far since – from distressed furniture to unmatching fabrics and colours, a rustic, rugged essence that's based on comfort and quantity, rather than image and minimalistic posturing.

To achieve the shabby chic look really is to open your imagination, either by pooling existing items or exploring flea markets, thrift stores and antique shops.

Many people think repainting and running a grooved spatula across an old set of drawers is the sum total of shabby chic, but it's about much more than that. Soft background colours flatter furniture and make items the focal point of a room, so think about using whites, beiges or even light greys.

Pastels – baby blues, pale pinks, grainy greys and warm yellows – work best, while that base of brightness means retro, darker shades of wood can match and contrast, be that on tables or chairs. Meanwhile, wicker and throws soften edges and enhance comfort, and wrought iron provides structure.

As far as the walls and surface tops go, flowers, mirrors and pictures using worn frames will assist you in topping off the perfect shabby chic room, with knick-knacks, signs and cushions adding to the mix.

Past that, the only limit is your imagination. And the best thing about shabby chic is that it needn't cost the earth – adding wear and tear to your own items is cheap, if not free.

Photo credit: Spike Powell and Lisa Cohen via idealhome.co.uk



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If you are lucky enough to have a wood-burning fire in your home, then you probably can't wait to start torching some timber and heating it up. However, where are you supposed to keep all your lovely logs?

1. Fill any gaps: If you have supporting pillars of wood, or you are using a partial dividing wall to separate two rooms, why not take advantage of any hollow spaces or gaps and fill them with logs? Not only does this look stylish, but it is also a great way of using up an otherwise wasted space.

2. Pile high: For those who want to make a statement with their logs, this big and bold solution is for you. Effectively building a feature wall of firewood, you can utilise any unused alcove in your home to create this eye-catching display. This is not advised if you have young children owing to the risk of injury.

3. Create a cubbyhole: If you have a wood-burning stove rather than an actual fireplace and you are looking to build a surface for it to sit on, you should remember to factor storage into your design. This multitasking brick stage includes both room for both logs and kindling.

4. Go rustic: One of the simplest ways to stylishly store your logs is to use a large, country-style basket. Make sure you pick one that is big enough to fit all your log-burning supplies and is both sturdy and strong. Alternatively, for a more contemporary look, opt for a metal design.

5. Be sneaky: If you have an outdoor storage area for your logs, you only need to display a handful in your home, so look for unused space in your property, such as under the stairs or eaves where you can create a bespoke storage space.

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To keep out the cold and to keep energy costs down, buildings have become increasingly airtight, with improved insulation and high-efficiency windows and doors. Although this is good for your bank balance, it is not so beneficial to your health.

Fortunately, there are ways in which you can improve the air quality in your home this winter.

KEEP YOUR HOME CLEAN

During the winter, when you are unlikely to have your windows open, dust, animal dander and mould can become a problem. Therefore, you need to stay on top of your cleaning regime. Vacuum at least twice a week, regularly wash your bedding and clear away any clutter.

CHANGE YOUR AIR FILTERS

If you have a forced-air heating system in your home, you need to ensure you are changing the filters on a regular basis. This is because electrostatic filters work to trap dust and other airborne irritants rather than

allowing them to circulate around your home.

INVEST IN AN AIR PURIFIER

If you struggle with allergies but can't control the source of the problem, for example you do not want to give up a family pet, an air purifier can help to catch some of the irritants that trigger your symptoms. A dehumidifier can also be a great idea if your home is prone to damp as it can help prevent the growth of mould.

HAVE YOUR CHIMNEY SWEEP

Wood-burning fires are lovely in winter but they need to be used responsibly. Avoid burning wet logs or coal as these can produce hazardous particles. You should also ensure that your chimney is cleaned at least once a year so that smoke can escape.

INSTALL A CARBON MONOXIDE DETECTOR

Carbon monoxide is odourless and can be deadly. However, even at non-fatal levels it can be dangerous for people with weakened lungs.



Reduce, reuse and recycle: the three Rs that can help you clear your home of the vast quantities of leftover Christmas wrapping paper, while at the same time doing your bit to help the environment.

Check out these four creative ways to make use of unwanted gift wrap.

1. Beautiful bunting or baubles

Whether you have traditional Christmas wrapping paper, kids' character paper or a metallic variety, you can easily create your own bunting using just a pair of scissors and some string, or get a bit more creative and make some DIY baubles (watch online videos for instructions). Perfect for New Year, a 2021 birthday party or even for simply jazzing up a coffee morning.

2. Cute confetti

How often have you had to make a last-minute dash to a card shop to buy confetti for a party? Why not make your own instead by simply shredding leftover wrapping paper or even

cutting out shapes using a cutter.

3. Perk up serving trays or drawers

Festive wrapping paper is perfect for injecting some life into an old, boring serving tray. Alternatively, bring some life into your cupboards and line your drawers with gift wrap and feel uplifted each time you open them.

4. Magical magnets

A great idea for kids: cut out a small circle of your chosen piece of wrapping paper, affix to the bottom of a flat marble, add a magnet and stick to your fridge for a festive feel all year round.

How to reuse your wrapping paper

If you are keen to reuse your Christmas wrapping paper, and your kids haven't destroyed it beyond repair, you can iron the paper before you use it to transform it back to its original glory. Make sure you set your iron to the lowest setting and cover the paper with a towel before applying any heat.

Photo credit: centsationalgirl, offbeatandinspired, iheartorganizing, thoughtfullysimple, youaremyfave.com, instructables.com, momshavequestionstoo

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GARDENING

Holly

DECEMBER BIRTH FLOWER
OF THE MONTH

If you were born in the same month
as Christmas, your birth flower is
the festive holly. A popular plant for
the season of winter, holly is instantly
recognisable by its prickly leaves and
ruby red berries. Plus, it's easy to
grow and is great for garden security.

What is the symbolic significance of holly?

In ancient Celtic cultures, the Druids regarded holly as
a symbol of fertility and believed it to have magical
powers. Today, holly has been adopted as a
symbol of Christmas by Christians, with the
sharp leaves said to symbolise the crown of thorns worn by
Christ and the berries representing his blood.

What does this birth flower say about your personality?

Those born in December are said to be fiercely protective. Not
a fan of criticism, you are naturally defensive and are not afraid
to stand up for yourself when required. You also love to make
a home feel warm and inviting, both your own and those of your
friends and family.

How to grow holly in your garden

The holly plant is fairly easy to grow and will thrive in both sun and
partial shade, although it prefers moist but well-drained soil. You
can choose to grow holly on your lawn, in a shrub border or even to make some
hedges. Holly does not require much pruning, although if you want to cut some
as a festive decoration, do so in early winter before its berries are eaten by birds.

Interesting facts about holly

- It is evergreen
- It can be grown in pots and containers for up to five years
- The berries are mildly poisonous
- Legend says that holly protects from thunder, lightning and witchcraft
- Real holly plants bloom scented flowers in spring

HORTICULTURE HEROES:

Diarmuid Gavin

Expert gardener Diarmuid Gavin made his name as the host of BBC teatime hits *Gardeners' World* and *Home Front in the Garden*, but he's been busy tending to different fields of late.

The Chelsea gold-medal-winning designer has tried his hand at ballroom in *Strictly Come Dancing*, proved a degree of culinary expertise on *Come Dine With Me* and made ripples on ITV's celebrity diving bonanza *Splash*.

The 56-year-old's flirtation with mainstream TV perhaps, for a while, threatened to take him away from a professional passion for horticulture that stretches back to the late 1980s.

Indeed, the Irishman has reinforced his commitment to returning to the innocence of the humble garden by refusing to exhibit for the past few years at the Chelsea Flower Show.

"I think with all these things there has to be a practicality to it – there has to be a take-out.

"If I am exhibiting an idea that is preposterously unachievable to the average gardener, then what is the point?"

Diarmuid's reconnection with his horticultural roots has restated the charismatic gardener with what truly thrills him, and his Instagram feed provides an almost daily delve into the passions of our plots.

"People always ask me for advice, and in terms of our own gardens, I'd just advise that people are careful when they plant," he says.

"Plants that are too tender will die very quickly, so spend longer planning and plant later – that's the golden rule... never rush things. Better to be exuberant once rather than spend the same amount by buying lower-priced items twice, because the first lot have died."

At his extroverted peak, Diarmuid produced a Willy Wonka-inspired giant garden that was deemed too big to enter the historic Chelsea Flower Show.

"I have calmed down since," he laughs. "It was way too big... nearly the size of a football field. I knew after that it was time to rein it in."



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As film icons go, there are few to rival James Bond; and as Bond actors go, there are none to rival Sir Sean Connery.

In a year that has been unkind on so many levels, fans of film perhaps felt an added sense of injustice at the end of October when it was announced that Sir Sean Connery had passed away, at the age of 90.

Of course, in many respects, the actor's work was done. Connery was the smooth-talking, sumptuously styled Scot who legitimised, developed and truly delivered 007 into the golden era of film. The first man to step into the secret agent's shoes, with 1962's *Dr No*, Connery, a former bodybuilder who finished third in Mr Universe in the early 1950s, proved to author Ian Fleming that he had the fervour and finesse to carry off the role, having previously been dismissed as "an overgrown stuntman".

It seems perverse that someone who would go on to become so decorated in the indulgence and luxury of 1960s cinema may have been cast aside before it even began, but it's fair to note that the actor's previous engagements had been in rather less salubrious guises, notably in crime drama *Hell Drivers*, fantasy adventure *Darby O'Gill and the Little People* and outward-bound action flick *Tarzan's Greatest Adventure*.

That, within a decade, Connery would have elevated his worth from tracking the movements of a man swinging through the jungle to starring in iconic movies such as *From Russia with Love*, *Goldfinger*, *Thunderball* and *You Only Live Twice*, is remarkable.

What made Connery's sumptuously smooth portrayal of Bond so impressive was that, unlike the modern-day 007s, he interspersed international espionage with an array of other lead roles. Seventeen movies were made across the nine years he portrayed Bond, a sequence that ended in 1971 with *Diamonds are Forever* (although he did agree to reprise the character in 1983's *Never Say Never Again*).

"I got to the point where I felt I had nothing left to prove as far as Bond was concerned," said Connery. "It was a delightful run where the evolution of 007 and everything around him had gathered such pace with every new movie; yet in myself I thought I had probably evolved as much as I had wanted, and it was time to let someone else have a go."

Away from Bond, twice-married Connery flourished in the likes of *Murder on the Orient Express*, *A Bridge too Far*, *Highlander*, *The Untouchables*, *The Hunt for Red October* and as Indiana Jones' father in *The Last Crusade*.

There are the ones that got away too – he turned down the role of Gandalf in *The Lord of the Rings* despite being offered a \$30million bounty; he also rejected playing Architect in *The Matrix* trilogy. The truth is, Connery, who was knighted in the year 2000, was always focused on how he saw himself – as an actor, and as a person... how else can you explain turning down a direct invitation to join Manchester United by legendary manager Sir Matt Busby.

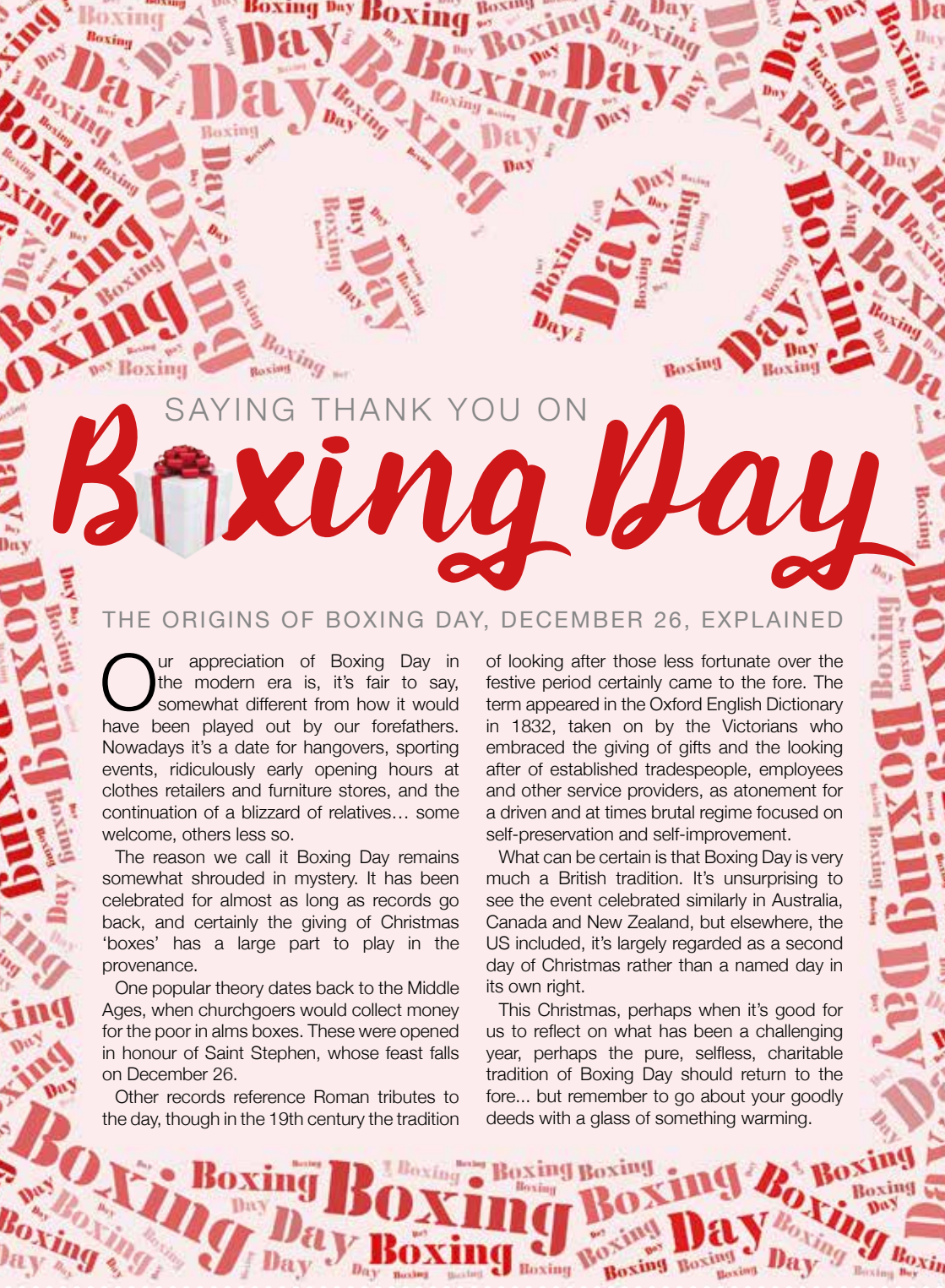
"I was 23 at the time and although I had the contract offer in front of me, I had long decided that football would take a backseat to acting. I felt I had more chance of doing something special, something unique, in the acting world; I felt I could give more and put smiles on more faces, my own included."

Sir Sean, you succeeded.

The Ultimate Bond?



Photo credit: py brothers/Shutterstock.com



SAYING THANK YOU ON

Boxing Day

THE ORIGINS OF BOXING DAY, DECEMBER 26, EXPLAINED

Our appreciation of Boxing Day in the modern era is, it's fair to say, somewhat different from how it would have been played out by our forefathers. Nowadays it's a date for hangovers, sporting events, ridiculously early opening hours at clothes retailers and furniture stores, and the continuation of a blizzard of relatives... some welcome, others less so.

The reason we call it Boxing Day remains somewhat shrouded in mystery. It has been celebrated for almost as long as records go back, and certainly the giving of Christmas 'boxes' has a large part to play in the provenance.

One popular theory dates back to the Middle Ages, when churchgoers would collect money for the poor in alms boxes. These were opened in honour of Saint Stephen, whose feast falls on December 26.

Other records reference Roman tributes to the day, though in the 19th century the tradition

of looking after those less fortunate over the festive period certainly came to the fore. The term appeared in the Oxford English Dictionary in 1832, taken on by the Victorians who embraced the giving of gifts and the looking after of established tradespeople, employees and other service providers, as atonement for a driven and at times brutal regime focused on self-preservation and self-improvement.

What can be certain is that Boxing Day is very much a British tradition. It's unsurprising to see the event celebrated similarly in Australia, Canada and New Zealand, but elsewhere, the US included, it's largely regarded as a second day of Christmas rather than a named day in its own right.

This Christmas, perhaps when it's good for us to reflect on what has been a challenging year, perhaps the pure, selfless, charitable tradition of Boxing Day should return to the fore... but remember to go about your goodly deeds with a glass of something warming.



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Christmas

plants that care and cure

There are several plants that are synonymous with Christmas, from the decorative poinsettia, to the "kiss me quick" mistletoe, to the evergreen holly and ivy. However, did you know that each of these plants has its own healing properties?

Holly: Often used to decorate your table for Christmas dinner, in terms of medicinal use, you should only use the leaves of the holly as the berries are poisonous. Holly leaves have been known to treat digestive issues, rheumatism, fever, bronchitis and high blood pressure.

HOW TO TAKE: Dry out your holly leaves, crush and add a few teaspoons to a cup of hot water.

Mistletoe: Either a blessing, or a curse depending on who you are standing in close proximity to, mistletoe has been used for centuries to treat medical conditions such as epilepsy, hypertension, headaches and the symptoms of menopause.

HOW TO TAKE: Only use the leaves and stems as the grains are poisonous. Steep in cold water for 12 hours, strain and drink up to three times a day.

Poinsettia: The perfect plant to decorate your home over Christmas, the poinsettia is known for its ability to clean air, and in particular, to remove formaldehyde from insulation, plastic bags and other household items.

HOW TO TAKE: Simply place a poinsettia in your home and let it work its magic.

Ivy: The leaves of ivy are both anti-inflammatory and anti-rheumatic, plus they contain antioxidant properties. Ivy is also said to help settle your stomach, boost your immune system and increase oxygenation of the body.

HOW TO TAKE: The leaves of ivy can either be consumed or applied topically. To make ivy tea, simply soak 4 fresh ivy leaves or 2 tbsp of crushed dried ivy in 1 litre of cold water, bring to the boil and then filter immediately.

FOUR COMMON WINTER AILMENTS AND HOW TO TREAT THEM

As well as the common cold and seasonal flu, not to mention COVID-19, there are several ailments that many people suffer with during the cold winter months.

Let's take a closer look at them and their most effective treatments.

1. PAINFUL JOINTS

If you suffer with arthritis, you may find that your joints become even more painful and achy in the colder months. Although there is no way to avoid the effects of the cold completely, ensuring you partake in regular exercise, manage your weight and continue to take any prescribed medication can lessen any pain or discomfort you are experiencing.



2. COLD SORES

If you are prone to cold sores, you may find that you are particularly susceptible in the winter when your immune system is compromised. Try to ensure you get as much rest as possible, keep your lips moisturised and use a topical treatment when needed.



3. ASTHMA

The dry and cold air in winter can make the symptoms of asthma worse by irritating your airways and causing your muscles to spasm, resulting in loss of breath. You can counteract this by limiting your time outside, wearing a scarf when you do go out and always having an asthma action plan in place.



4. SINUS INFECTIONS

If you have a weakened immune system, are a smoker or suffer with seasonal allergies, you are more likely to suffer with sinus infections. Symptoms include a runny nose, headaches, pain or pressure in your face and a sore throat. Try placing a warm compress on your face, using a decongestant and breathing in steam from a hot shower.



TOP TIPS FOR KEEPING HEALTHY THIS WINTER

- > Eat more fruit and veg
- > Embrace natural daylight
- > Wash your hands regularly
- > Stay hydrated

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DIY UGLY

Christmas Jumper

National Ugly Christmas Jumper Day falls on the third Friday of December each year and offers participants the chance to showcase the worst possible festive jumper they can find. However, why not steer clear of the shops this year and make your own original ugly jumper?

COFFEE SHOP UGLY CHRISTMAS JUMPER

If you love nothing more than a Starbucks first thing in the morning, why not showcase your devotion by sticking a coffee cup directly onto your jumper? Start by cutting your cup in half lengthways and gluing it to the lid. Then glue two pieces of felt to the inside of the cup, glue Velcro tape to the felt and to your jumper and attach.

COUPLES' UGLY CHRISTMAS JUMPERS

What could be more cringe than you and your significant other wearing matching garish glittery Christmas jumpers? Using hot glue, stick on sequins that say "Mr" and "Mrs" and then add as much tinsel, glitter and baubles as you can stomach.

LIGHT-UP UGLY CHRISTMAS JUMPER

Whatever design or slogan you choose for your DIY ugly Christmas sweater, the addition of Christmas coloured fairy lights will only ever make it more tacky. Simply turn your jumper inside out, decide where your battery holder should go and then sew in your LED lights.

SNOW GLOBE UGLY CHRISTMAS JUMPER

One of the more inventive options. All you need is a plastic bowl, a selection of cheap Christmas decorations and a glue gun to create your very own 3D snow globe on the front of your jumper.

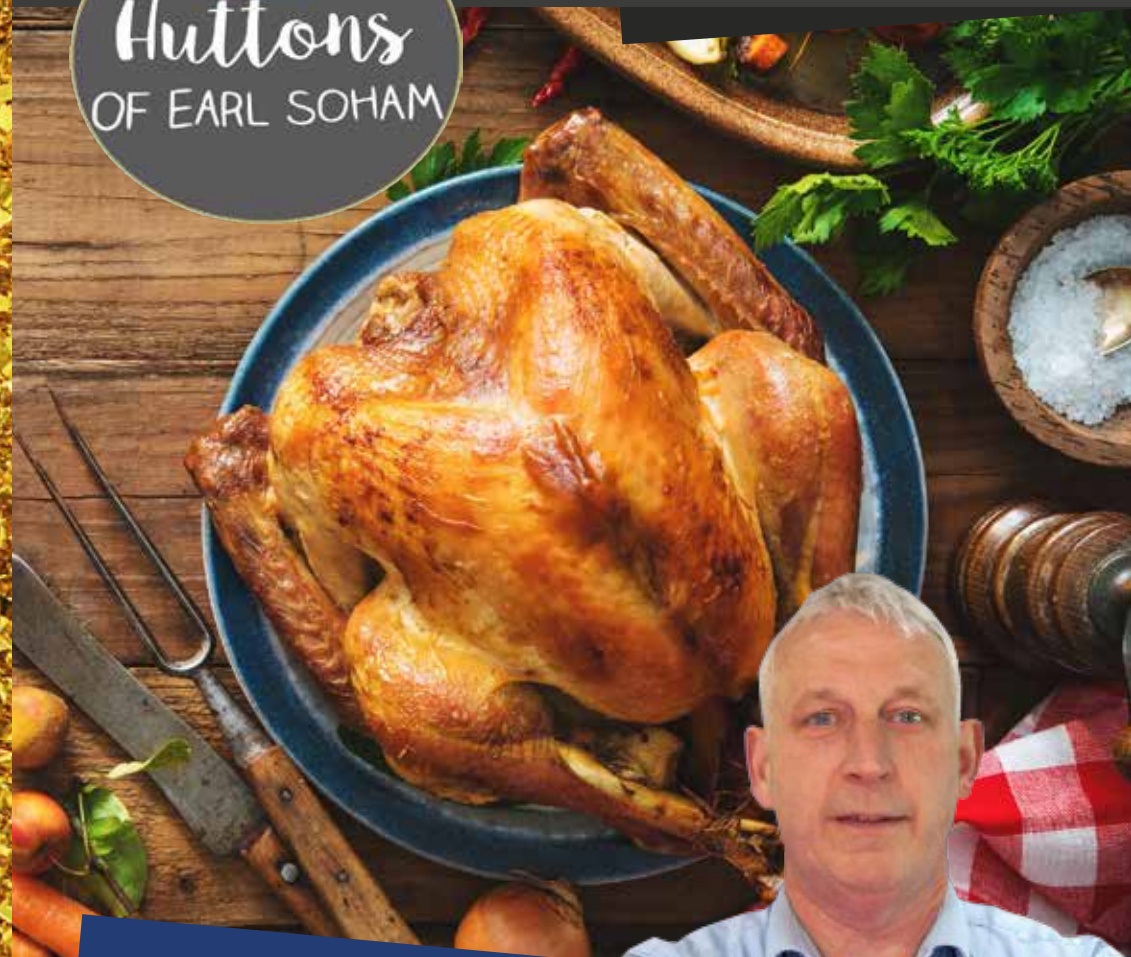
CUTE KIDS UGLY CHRISTMAS JUMPER

If your children are taking part in national ugly Christmas jumper day, then this DIY Christmas tree jumper is just the ticket. Plus, they can help you make it. All you need is some felt, mini shatterproof baubles, festive beads and hot glue.

Photo credit: ilovetocreate.com, creativefashionblog.com, thesamanthashow.com, brit.co, countryliving.com



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Cooking
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FOOD FINESSE WITH POPULAR CHEF JAMES MARTIN

When James Martin bade an extremely tearful farewell to his *Saturday Kitchen* colleagues in March 2016, it was imagined the chef would be turning his hand to new projects after 10 years fronting the popular BBC weekend cookery show.

Of course, as these things often materialise, the popular Yorkshireman reappeared less than six months later fronting a copycat culinary conflag over on ITV.

Regardless, the 48-year-old's switch to commercial TV has also spawned a run of cookery series, reaffirming his place as one of the most popular chefs on television.

Of course, life on the small screen is already a secondary career for Martin, who excelled with wooden spoon in hand from a young age. Indeed, he was almost asked to leave a cookery class at the age of 12 for serving flambéed chicken and mangetout while his prepubescent classmates struggled to create fairy cakes. He went on to study catering at Scarborough College, coming

top of his class for three consecutive years, and was then offered a job working in London with Antony Worrall Thompson, one of the judges for his final exam.

His accomplishments, however, weren't served up to him on a plate – as a Yorkshireman, Martin was taught from birth that "you don't get owt for nowt". The hard graft paid off, it seems, as he was made head chef of the first Hotel du Vin in Winchester when he was just 22.

Two years later, he began to appear on our screens in shows such as *James Martin: Yorkshire's Finest* and *Ready, Steady, Cook* – his affable nature and dry, self-deprecating humour making him an instant hit with viewers.

From weekend shows to cooking adventures at home and overseas, the chef's fascination with food is unrelenting, as evidenced in his recent return to our screens for *Saturday Morning with James Martin*.

"It's been a great ride so far," he says, "and the stove is still warm."



Photo credit: Ken McKay/ITV/Shutterstock



FOOD & DRINK

Let's get Saucy

Even if you pride yourself on making your own roast potatoes and stuffing your own turkey, not many people take the time to make their own sauces for their Christmas dinner.

So, let's change that. Check out these three popular Christmas sauce recipes that are both simple and delicious.

Easy Peasy Bread Sauce

YOU WILL NEED: 600ml milk | 50g butter | 1 onion | 6 cloves | 6 peppercorns | 2 garlic cloves | 1 bay leaf | 3 sprigs of thyme | 100g white breadcrumbs | 4 tbsp single cream | Pinch of nutmeg (optional)

HOW TO MAKE: Simmer the milk, butter, onion, cloves, peppercorns, garlic and herbs in a pan for 15–20 minutes | Strain and return liquid to heat | Add breadcrumbs and simmer for a further 4 minutes | Stir in cream | Season with nutmeg if desired, and serve

Super Simple Cranberry Sauce

YOU WILL NEED: 200g white sugar | 4 cups of fresh or frozen cranberries | 250ml water | Zest of an orange | Optional spices – cinnamon, nutmeg and allspice

HOW TO MAKE: Rinse cranberries | Boil water and dissolve sugar | Add cranberries and simmer on a low heat until most of the berries have burst | Grate in some orange zest and add a small pinch of your preferred spice | Leave to cool

NB: Cranberry sauce will continue to thicken as it cools.

Perfect Turkey Gravy

YOU WILL NEED: 2 chopped onions | 1 large chopped carrot | 1.3 litres stock – preferably turkey, but chicken will do | 3 tbsp plain flour | 5 tbsp white wine | Turkey neck (optional)

HOW TO MAKE: Add the onion, carrot and turkey neck to a pan | Pour in stock and simmer for one hour | Strain to remove the vegetables and meat, then return liquid to pan | Combine flour with white wine and then add to stock | Heat gently until thickened | Season to taste | Leave to cool and chill

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THE ULTIMATE Champagne GUIDE

With Christmas fast approaching, what better time of year to find out everything you need to know about champagne? From how to store it, to how long it lasts, to how to pick the best bottle for your celebration.

How to store

If you can manage to keep champagne in your home long enough to actually have to store it, you need to make sure you are doing it correctly. One hard and fast rule is that you should store champagne horizontally to keep the cork moist, as a dry cork can lead to shrinkage. You should also store bottles in a cool, dark and humid place.

How long can you store a bottle for?

If you have an unopened non-vintage bottle of champagne, it can typically last for between three and four years. Vintage champagne, however, can last up to 10 years. You will notice that champagne changes as it ages, becoming a deeper golden colour and losing some of its fizz.

Understanding the labels

If you have ever looked at the label on a champagne bottle, you will know that they are covered in confusing terms that can stump even the most avid wine lover, so let's take a closer look at what they all mean:

- **Brut Nature** = Zero grams of residual sugar per litre
- **Extra Brut** = Less than 6 grams
- **Brut** = Less than 12 grams
- **Extra Dry** = 12–17 grams
- **Sec** = 17–32 grams
- **Demi-Sec** = 32–50 grams
- **Doux** = 50 grams or more
- **Non-vintage/vintage** = Non-vintage denotes grape juice from multiple vintages; vintage will only be produced in a good vintage year and matured for at least three years before being released.
- **Grand Cru/Premier Cru** = These refer to the classification of the vineyard. Grand Cru is top, Premier Cru is second.

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PROFESSIONAL WITH A PERSONAL TOUCH

Getting to know *Tim Long* from Woodbridge-based company, Sole Bay Insurance Brokers



What attracted you to a career in insurance?

The real joy is how one can use insurance to best effect. For the business owner it takes away risk and, in many cases, forges a discipline into the way a business is managed. The outlay of a premium will engender a good business owner to look for ways to manage risk and thereby reduce those premiums.

I have learnt much from all sorts of businesses, including wine merchants, clubs and software developers, to hedge fund managers and London lawyers. Finding an insurance solution for them is my small contribution to how their business runs.

So, why Woodbridge?

Being born in Colchester and with a passion for sailing, one tends to head south to Mersea Island or north to the Suffolk rivers. I started learning to sail in West Mersea but since owning boats bigger than dinghies, have moved to the Deben and other Suffolk rivers.

It was whilst sailing in these rivers that I became aware of the fantastic balance offered by Woodbridge. Boasting beautiful surroundings, it also offers sufficient commerce and connectivity to make it a viable base from which to provide insurance advice to both individuals and businesses alike.

Could personal insurance end up just online?

We have many personal clients whose homes and cars we look after. In all cases we offer that face-to-face advice which is so reassuring. The difference is that an independent broker recommends the right insurance solution from a range on offer.

There is definitely a place for online insurance for those with uncomplicated needs, who feel confident in sourcing the best online cover, but for others a broker-recommended solution with its allied regulation and bespoke selection remains a good alternative.

What sector do you specialise in?

We have a number of business clients. These vary from clubs and charities through to wholesalers and distributors of all sorts of products.

Of course, we do specialise in marine insurance. Why would I not focus on my passion? We are lucky enough to insure marine businesses, sailing clubs and a number of yachts for clients both locally and as far afield as the Caribbean.

Our final specialism is individuals. Woodbridge has an interesting mix of clients with homes of varying construction methods. We cater for clients with houses usually 5 bedrooms or more and often listed as Grade I or Grade II. These come with their own peculiarities when it comes to insurance. We find specialist underwriters who offer cover to meet these needs for both the house and contents.

Do you discuss insurance at dinner parties?!

I try not to discuss insurance! Many friends have become clients so the last thing they want to talk about is whether their locks and alarm systems are compliant with their policies.

I am lucky enough to still enjoy sailing, some very poor golf and interests in many aspects of local community life. My family live a few miles west of Woodbridge, deep in the countryside and the walks or cycle rides seem to all end in very hospitable pubs, its difficult to choose. Should we go left to The Bell, straight on to The Queen or right to The White Horse?

Its been so tough for the hospitality sector this year that we are just happy to find it open.

And sailing is a big part of your brand...

Sailing is my passion. I started on dinghies with a rotten wooden Enterprise, which was forever trying to capsize. It was disintegrating and finally gave up on the Blackwater estuary. We now have a Beneteau yacht with the unusual name of 'Peg'. She is usually kept on the Deben though currently out of the water being spruced up for next season.



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Why the Help to Buy: Shared Ownership continues to create homes out of houses

For all its speculation, criticism and conjecture, the housing market represents one of the most stable industries in the UK. Only amid the perils of negative equity in the 1990s did the bricks and mortar of people's fortunes really begin to crumble; yet for large periods outside that time, investment in property has largely been deemed a safe one.

Of course, as a result of this, the market has become much more competitive, and the growing difficulty with which first-time buyers, in particular, are able to get on board means the government's introduction of Help to Buy schemes has gone a long way to guiding people along the footpath to realising those dreams.

The concept is simple – if you cannot afford the mortgage on what would be 100 per cent of a home, Help to Buy: Shared Ownership will allow you to buy a share of the property, which could be anywhere between 25 and 75 per cent of its value.

You would effectively pay rent on the remaining share. This means the initial deposit is smaller and mortgage finance more accessible. On the plus side, owners still enjoy a decent proportion of true investment and, along with that, benefit from rises in market price over time.

The criteria to get involved is sensible. Those applying need to earn less than £80,000/year (£90,000/year in London). Furthermore, you would need to be a first-time buyer, or have owned before while being unable to buy now; or perhaps are in an existing shared ownership arrangement and are looking to move.

Variations to the rules exist for the over-55s and disabled applicants, but for the most part the success of the scheme, which is being repackaged and relaunched for 2021, is evident in the millions of people who have stepped onto the property ladder since its launch four decades ago.



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SJP11693e V1 (12/19)

MJB Avanti Warn It's Not Only Christmas That Is Looming

The self-assessment deadline is approaching, and with no update from the Government, despite the pandemic, HMRC are still expecting all self-assessment tax returns to be filed in time for the January 31st deadline.

Last year over 11 million taxpayers were required to complete a tax return, with over 3,000 taxpayers submitting their tax returns on Christmas Day and a further 9,254 taxpayers completing their tax returns on Boxing Day. If you are filing online for the first time you should ensure you register to use HMRC's Self-Assessment online service as soon as possible.

The Fine Print

The January 2020 deadline saw almost 1 million taxpayers missing the deadline and receiving an automatic fine of £100. The fine is imposed by HMRC even if there is no tax to pay. Failure to file within 3 months can incur a further £10 per day penalty for up to 90 days meaning a potential total fine of £1,000.

Do You Need To File?

Company Directors, Partners, and Sole Traders are all recognised as those who need to file, but did you know you may need to complete a tax return if you have received untaxed income from:

- Rental Property
- Foreign Income
- Income from Savings & Investments
- Tips or Commission

**This list is not exhaustive*

In these very difficult times, we are offering all new clients a free financial review of their business to include a consideration of forecasting and cash flow management.



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Due To Coronavirus You Can Defer Payments

While HMRC are still expecting the submissions to be made, they are allowing tax liabilities to be deferred.

The second payment on account for 2019-20 was due on 31 July 2020 but there was an option to defer this as part of the Government support measures during the coronavirus outbreak. There are also other options to defer payments due on 31 January 2021 for up to 12 months. This includes a self-serve Time to Pay facility online for debts up to £30,000 or by arranging this with HMRC. Taxpayers will be required to pay interest on the tax owed on any outstanding balance from 1 February 2021.

MJB Avanti are your local tax specialists, helping you to meet your deadlines, and avoid the fines. If you're unsure whether you need to submit a tax return, call MJB Avanti to discuss your situation (08000) 388 799

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PENSION PARALYSIS

WHY INVESTING NOW MEANS BUILDING FOR THE FUTURE

In these uncertain times, our ability to plan for the future has been tested to extremes. Record numbers of homeowners embarked on payment holidays this year as COVID-19 struck, and forward financial plans and projects have been put on hold across the board – much of it on the advice of government... except where pensions are concerned.

The idea of starting a private pension fund is something that would have confronted most adults, and yet still only two-thirds of us are said to be building a reserve that will service us in our retirement.

This lack of forward planning has brought about a concept known as pension paralysis. Many of us will recognise the idea of spending for now – and in many cases this is a

necessity, not a choice – and yet the accumulation of a pension fund, particularly when matched by employer contributions, can have dramatic uplift by the time we bid farewell to the daily grind of full-time employment.

As an example, someone in their thirties earning £35,000/year who manages to put away 20 per cent of their income, and have that matched by an employer, will end up with a pension fund that pays in the region of £1,200/month on retirement.

However, if the decision to begin to put money aside is left until we're in our forties, that drops to less than £850/month, dipping to below £500/month in our fifties.

While pension paralysis in the short term means providing for our home, our children or our social lives, the end effect can mean a drastic impact on our quality of life in retirement.

The advice from government is to put away even a small amount and to get into a routine that means you don't miss that sum coming out each month. Independent financial advisors can guide you on the correct path, while over-50s receive free advice from Pension Wise.



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Having just made the crossing to France and finding ourselves out on the expansive French motorways, many UK drivers would have experienced the strange sensation of a succession of drivers on the opposite carriageway flashing their lights frantically.

No, this isn't a friendly welcome from our continental neighbours, nor is it some kind of automobile backlash resulting from failed Brexit negotiations. Instead, what's happening is that you are blinding other road users with your incorrect headlamp alignment.

In the UK, headlamps are configured to shine to the left, towards the edges of the road and away from the middle. This is to guide motorists away from curbs and ditches, while preventing oncoming drivers from being blinded by our lights.

That means in France, or any country that drives on the right, that same light is actually being shone directly into drivers' faces.

With various advancements in headlamp

technology over the years, new cars are often fitted with a switch control that automatically redirects the headlamps for driving abroad. However, many cars still don't have this function, therefore it pays to know what to do when driving abroad, for both your own safety and that of others.

If manual headlamp realignment cannot be done from the control panel of your car, the most common solution is to buy a set of headlamp unit lenses (or glasses). These deflectors are attached and block out a small amount of your beam, thus keeping light away from other drivers.

These days, it's not a request that headlamps are configured properly, it's the law. 'Do it yourself' beam deflectors – the sort your dad might have made out of black sticky tape in the 1970s – are no longer legal, and deflectors must be operational as soon as you head off the ferry, even in daylight hours.

It's not worth taking the risk when driving abroad... be safe at all times.

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BURNLEY	6–1	MANCHESTER UNITED
FULHAM	10–1	IPSWICH TOWN
LEICESTER CITY	2–0	EVERTON
LIVERPOOL	6–1	STOKE CITY
NOTTINGHAM FOREST	3–3	SHEFFIELD UNITED
SHEFFIELD WEDNESDAY	3–0	BOLTON WANDERERS
WEST BROM ALBION	4–4	TOTTENHAM HOTSPUR
WEST HAM UNITED	2–8	BLACKBURN ROVERS
WOLVES	3–3	ASTON VILLA

'tis the football SEASON TO BE JOLLY

BOXING DAY 1963 – WHEN FANTASY FOOTBALL BECAME REALITY

If there's one thing that's characterised the opening exchanges of the new Premier League season, then it's goals. It seems defence-minded football has been banished to the substitutes' bench and instead our teams are simply aiming to outscore each other.

Though even the likes of Harry Kane, Raheem Sterling, Mo Salah and Pierre-Emerick Aubameyang will have to go some if they are to match the achievements of the rugged footballers of old who trotted out onto veritable mud baths of pitches on December 26, 1963.

They wouldn't have known it at the time, but these old-school soccer stars were about to take part in a day of festive football goal gluts, and an afternoon that's gone down in sporting folklore.

In total, 66 goals were scored across the 10 First Division matches. Six sides shared six goals as Chelsea triumphed 5–1 at Blackpool, while

Nottingham Forest and Sheffield United drew 3–3, as did Wolves and Aston Villa.

West Brom and Tottenham trumped that with a 4–4 draw at The Hawthorns, while both Liverpool and Burnley romped to 6–1 home wins, against Stoke City and Manchester United respectively.

Pity those poor fans at Filbert Street and Hillsborough who saw their Leicester City and Sheffield Wednesday sides win by relatively normal 2–0 and 3–0 scorelines (against champions Everton and Bolton Wanderers respectively).

But on a day on which it appears it wasn't just the supporters unable to shake off the large amount of Christmas Day merriment, Blackburn Rovers hit a magnificent eight away from home at West Ham United; and Fulham arguably snatched the ultimate plaudits from a festive flurry of worthy contenders with a magnificent 10 at home to poor Ipswich Town. Jürgen, Pep, Frank, José... over to you.



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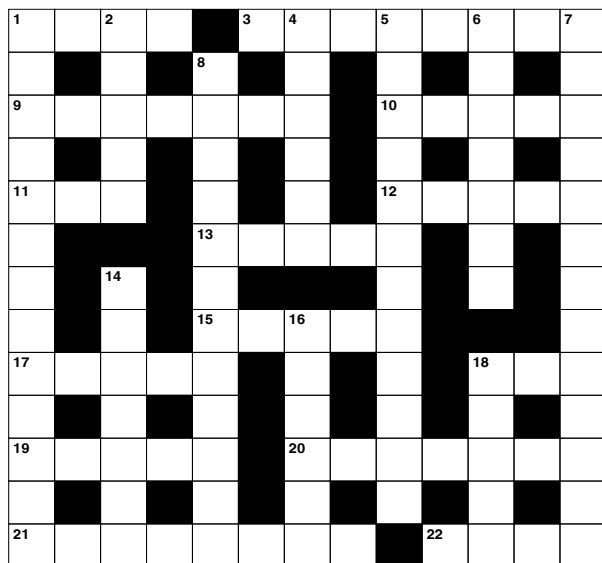
PUZZLES & TRIVIA

ACROSS

1. Set of playing cards (4)
3. Neck injury (8)
9. Genuine (7)
10. Kick out (5)
11. 17th Greek letter (3)
12. The beginning of an era (5)
13. Enclosed (5)
15. Bird sound (5)
17. Turned to ice (5)
18. Statute (3)
19. Exposes secret information (5)
20. Country whose capital is Reykjavik (7)
21. Longing (8)
22. Refuse to admit (4)

DOWN

1. Shamefully (13)
2. Showing a willingness to achieve results (3-2)
4. Doglike mammals (6)
5. Planned in advance (12)
6. Sanction (7)
7. Unenthusiastically (4-9)



8. Food shop (12)

14. Proportionately (3,4)

16. Banner or flag (6)

18. Lessen (5)

DID YOU KNOW?

- ▶ Hummingbirds are the only birds that are able to fly backwards
- ▶ The short-horned lizard squirts blood from blood vessels around its eyes when defending itself. This is because the blood vessels rupture under pressure
- ▶ A giant panda will typically eat for around 12 hours a day
- ▶ Elephant ears help to keep the animals cool by radiating heat
- ▶ Young jaguars are blind at birth. They learn to hunt by living with their mother for two years or more
- ▶ Wolves can go for more than a week without eating
- ▶ A fox can communicate with other foxes by using its tail
- ▶ The bald eagle has a wingspan of around eight feet

SUDOKU

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

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