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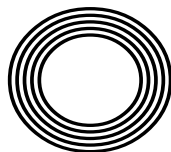
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MARCH 2021

Editor's notes...



William Taylor, Editor

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

I was saddened to hear the news that The Table would be closing its doors on April 26, just as Woodbridge's hospitality sector will be tentatively reopening its doors. After nearly a decade at the Quay Street site, owner Vernon Blackmore announced that the restaurant would be opening for "one last hurrah" on April 12, before closing down two weeks after.

Woodbridge boasts an impressive number of pubs and restaurants, and I think they contribute greatly to making the town what it is, so losing one of the most famous names is a bitter pill to swallow.

But sadly, it's just the headline of what has been a deeply troubling story for years now - and that is one of small, independent businesses being priced out of our town by greedy landlords.

A concerning number of empty shops have crept onto our Thoroughfare, and COVID-19 has played a role, but the problems run deeper than that. There is a very real danger that, as time goes on, the big national chains will slowly start to dominate our town, and the boutique-y, independent feel that Woodbridge has will be lost forever. This would be a tragedy. It is time landlords start considering what is best for Woodbridge, not how much they can take out of it.

William Taylor

This is your town's hyper-local magazine, delivering to homes and businesses every month.

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MORNING HAS BROKEN

HOW PIERS MORGAN AND SUSANNA REID PUT THE 'GET UP AND GO' BACK INTO BREAKFAST TV, BUT WHAT COMES NEXT FOR GMB?

In many ways, the Piers Morgan/Susanna Reid combo shouldn't have worked. The former was an ex-red-top editor decorated in a history of salacious headlines, controversial tabloid practices and a puffed-up sense of self-importance that flitted between entertaining and aggravating.

The latter, a vastly experienced journalist across many specialisms who, while possessing a chipper, jagged edge, acted as a calming weekday morning influencer, a sympathiser and an empathiser whose delivery was – and still is – effortlessly measured and reassuringly sensible.

Put mildly, Piers and Susanna were poles apart, yet as far as breakfast television went, there was a chaotic chemistry that linked the two and, in the process, knitted together perfectly two and half hours of early-morning chat, debate and news delivery. Perhaps not since the days of Anne

Diamond and Nick Owen had there been a duo who seemed so comfortable, calm and considered as our breakfast companions; and their ability to spar, speak up and fire off each other was borne out in viewing figures that have shown *Good Morning Britain* (GMB) to be making impressive moves in the breakfast TV battle.

Of course, all that came crashing to a sensational halt in the fallout of Prince Harry and Meghan Markle's sensational Oprah interview at the start of March.

Piers, who had once forged a friendship with the Duchess of Sussex, but in recent times had flipped to become one of her (and Harry's) fiercest critics, had been his usual animated self as topics of racism and mental health rose to the surface of the debate. In the aftermath, it was revealed that Piers' vitriolic assault on both the subjects and the "woke"

around them led to more than 41,000 complaints being lodged with Ofcom. As it was, during an impassioned speech by weather forecaster Alex Beresford on March 9, Piers' patience finally snapped. Without even responding to accusations of his behaviour, he rose from his seat, claiming: "I've had enough of this, I'm off." Later that day his permanent departure was confirmed.

ITV will hope it can find a replacement who courts opinion in the same way, although it'll have a job on its hands when it comes to landing 'the new Piers', with Richard Madeley, Ben Shephard, Eamonn Holmes and Beresford himself the early front runners.

Whoever is chosen, they will have to create immediate synergy with Susanna's punchy, spiky, slightly girl-next-door approach to topical news. Fifty-year-old Susanna first came to our attention in

the early Noughties when she worked for Radio 5 Live, before moving to *BBC News 24* and, latterly, *BBC Breakfast News*. The broadcaster made a controversial switch to ITV in February 2014 as GMB replaced the outgoing *Daybreak*, and has flourished since.

What made the show work was a 'good cop, bad cop' approach to getting sunrise viewers the news headlines they demand. There's little of the stuffy formality that decorates the styles of Dan Walker, Louise Minchin and others over on the Beeb; instead, issues are tackled using a tried and tested approach which delivers debates without holding back.

In conclusion, it's fair to say the Piers/Susanna dynamic duo may have seen its time concluded rather abruptly, but we have at least been treated to perhaps the best wake-up call of a generation.



Photo credit: 10 Downing Street

DOCTOR'S ORDERS

THE *LOVE ISLAND* DOC HELPING US FIND A HAPPIER REALITY

Doctor Alex George is the *Love Island* contestant who wowed viewers with an altogether different take on what constitutes 'national health'. For an army of admirers, his great looks, impeccable shape, well-spoken manner and charm added up to a dream combination. He's also rumoured to be particularly good with a stethoscope.

Moving away from the reality show, the doc has carved for himself an impressive career in the spotlight. And yet, unlike so many other names who have built their brand through reality TV, there is real substance behind the style.

The 30-year-old was announced Youth Mental Health Ambassador by Prime Minister Boris Johnson in February and is a passionate advocate of well-being initiatives, not least because he sees a nation struggling to come to terms with the various effects of the COVID-19 pandemic.

Indeed, the death of his brother, Llyr, who took his own life having suffered with depression, only reinforces a desire in the popular doc to open up channels of communication and encourage people to talk.

Alex's five top tips to boost mental health and well-being:

> ONE: Get outside

"Getting natural light and filling our lungs with air is crucial for well-being. It's uplifting and can instantly make us feel better."

> TWO: Exercise

"We've all had those times when we just can't be bothered to get out and exercise, but be it a run, a walk or a bike ride, just 20 minutes per day will boost blood flow and increase endorphins."

> THREE: Call a friend

"Lockdown has been very frustrating and a lonely experience, but staying in touch with friends is essential."

> FOUR: Eat well

"What we consume affects the way we feel, so fuel and replenish your system, and eat as much green stuff as possible."

> FIVE: Sleep routine

"Sleep is very important, but so is resting at regular times, so monitor your sleep habits and ensure you're getting what you need."

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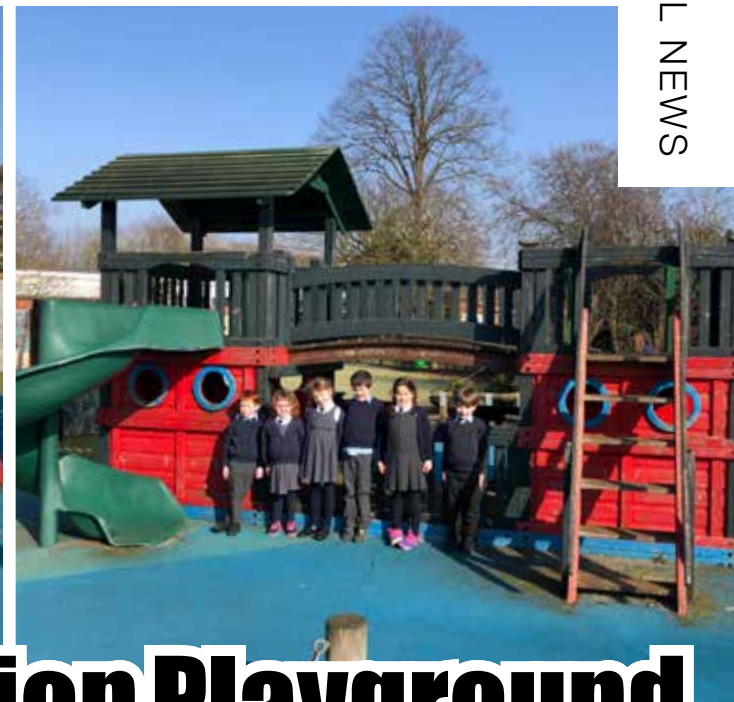
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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Operation Playground to help pirate ship sail again

As children return to school, pupils at St Mary's Primary in Woodbridge need a little bit more of a helping hand after the school's pirate ship climbing frame was condemned.

So the Friends of St Mary's have launched a fundraiser to treat them to a new space to play.

Rachel Pope, co vice-chair, said that physical play is extremely important to children.

She explained: "It helps them run off energy to concentrate in the classroom and we also know that fresh air and exercise does wonders for mental health too. Combine this with imaginative play with their peers and it's easy to see what an important piece of school equipment a climbing frame can be."

The total cost of a new climbing frame is between

£20,00 and £25,000 and the school and Friends are applying for grants and appealing to local businesses and councillors. Rachel said anything people can spare will make a huge difference.

She added: "Right now stress levels for many families are high. And for that reason, we don't want to ask them to DO anything else. No sponsored activities, no collecting money, no nothing. So we have set up this crowdfunder so that together we can quickly and easily send through any contributions we can make."

Thanks to the generosity of local families and businesses, the appeal raised more than £3,000 just days after it was launched last month.

If you would like to donate, please go to gofund.me/981f7256

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Rugby club helps Fire and Rescue Service fly



A different type of practice took place at Woodbridge Rugby Club last month when ex-player and Suffolk Fire and Rescue Service Chief Pilot Adrian Mason asked for help.

Adrian and Suffolk Fire and Rescue Service Drone Pilots Laurence Dalziel, Mark Daly and Peter Watson-Brown needed to practise with one of the Service's hi-tech drones. The club's three pitches provided just the spot.

Adrian said: "Most of our work is helping the police to find missing persons. This training is vital for that role where during a normal week we can expect to be called upon two or three times, day or night."

Club vice-chairman Simon Bennett commented: "When a local key worker and ex-player needs a favour, we are delighted to play our part."

Shocked pub owner still turning away callers

Despite the nation being in the clutches of its longest COVID-19 lockdown yet, a pub has continued to receive calls from unaware residents wanting to book tables.

Chris Mapey, landlord at The Angel, was baffled to receive a call one Monday morning in February.

He said: "As we live upstairs in the pub, it hasn't been unusual for the phone to still ring, but usually it is family members or friends wanting to contact us for reasons unrelated to the pub.

"But I was surprised to answer the phone to an elderly sounding gentleman who expressed how relieved he was that a local pub had finally answered his call.

"He said he wished to book a table for four people for lunch that day and was rather taken aback when I explained to him that we weren't open because of the lockdown."

It wasn't the first instance either. Chris explained that throughout the lockdown they've had residents

asking to buy wine, phone calls requesting opening hours and people sitting in their beer garden waiting for someone to come and serve them.

Chris continued: "I cannot understand how it could have passed anyone by that we are in a lockdown and that pubs are closed now."

Chris is optimistic, however, that when pubs do finally reopen, it will be for good this time thanks to the impressive roll-out of the vaccine.

Woman arrested after council graffiti attack

A woman from Woodbridge was one of two arrested after vandals attacked Ipswich Borough Council's Grafton House with pink graffiti last month.

Tina Smith, 40, and Susan Hadley, 65, of Ipswich were later charged with criminal damage.

The incident was part of nationwide action by political party Burning Pink which says its aim is to give power to the people and create citizens' assemblies.

The messages sprayed on the building read "tough love" and "12 demands ultimatum". The party targeted 15 councils across the country in "protest at their treasonous inaction on the climate and ecological emergency".

The two women are due to appear at Ipswich Magistrates' Court on March 26.

An Ipswich Borough Council spokesman said: "Ipswich Borough Council condemns the vandalism of its property. The people who did this breached the lockdown rules to do so. There will be additional and unnecessary costs to clean it up at a time when the Council is already facing a budget shortfall owing to COVID.

"The group that is thought to have carried out this vandalism is making demands around climate change. However, the council has already declared a climate emergency, has been reducing its carbon footprint for years and has a plan to achieve carbon neutrality by 2030."



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News from

Councillor Geoff Holdcroft

Town Councillor for Woodbridge Riverside

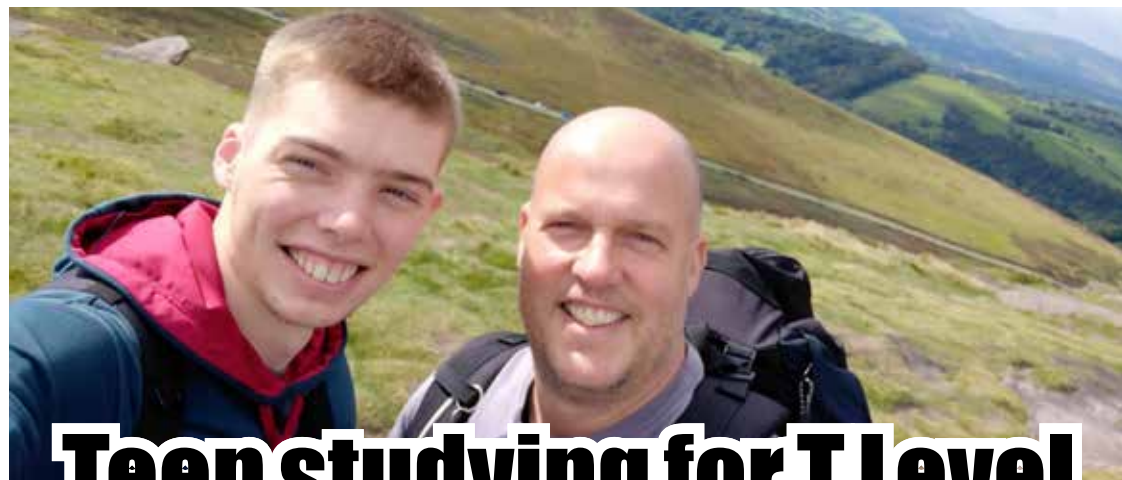
Following the opening of Woodbridge Community Hall as a COVID-19 vaccination centre in January, the town now has a Community Testing Centre which opened up in The Longshed at Whisstocks Place off Tide Mill Way.

This rapid testing centre is aimed at people who have to leave their home during lockdown, for example owing to work or caring commitments, or for essential shopping. It will help identify and isolate individuals who have COVID-19 but do not have symptoms and may be spreading the virus to other people without knowing.

You can book an appointment at commisceo-pcs.shiftpartner.com or call 0333 772 6144. However, if

you do have symptoms you should not use this service and instead you must book a standard COVID-19 test immediately by visiting www.gov.uk/get-coronavirus-test or calling 119.

While we must all stick to the rules and get vaccinated, Woodbridge Town Council is looking forward to the time when we can all get out and about and enjoy all the facilities the town has to offer. We are considering what events can go ahead this summer, although sadly Woodbridge Regatta won't be going ahead in June as planned. However I am very hopeful that other regular outdoor summer events can, and perhaps even a few new ones.



Teen studying for T Level

A teenager from Woodbridge is among the first students in the country to study for a new qualification which will help him follow in his father's footsteps.

Sam Corneby (left), 18, is studying for a T Level qualification in design, surveying and planning for construction after deciding not to go to university.

T Levels are two-year technical programmes to give young people the skills that industries need.

Sam said: "We have covered a lot in a short space of time. I did some virtual work experience with Morgan

Sindall, where I was in a team of five people. I took on the project manager and structural engineer roles and really enjoyed it."

Sam is hoping to follow in the footsteps of his dad.

He revealed: "I have a great role model in my dad. He is part of the decommissioning team working at our local power station. My grandad worked on building Sizewell A, and my dad is now working on decommissioning that same site. Now I'm hoping to be part of the construction/commissioning process of Sizewell C. It is running in the family really."



LOCAL NEWS



News from

Councillor Caroline Page

The County Councillor for Woodbridge

At the end of March, the county starts to prepare for upcoming elections.

Stop. Right. There. Don't turn the page. This is not a party-political broadcast. Instead, I'd like to write a bit about democracy, and what it means.

We've seen the rough side of democracy this year – faced, as we've been, with the double trouble of COVID-19 and Brexit. It's fair to say that these are both areas with very opposing points of view.

Some of this opposition has been based on personal opinion, some on past facts or prejudice, some on present needs, some on future prediction – and some on pure fiction.

However, it's clear that everybody – however wrong or misguided – feels strongly that they have a right to have a say. It doesn't matter which camp you're in, the other camp seems always to be wrong and misguided. For example, you would not believe the

fuss when I posted online a medically vetted pattern for homemade masks last March. "Was I trying to kill people?" "Didn't I know that cloth facemasks were dangerous?" "You only need professionalism and handwashing." Yet within months, Woodbridge ERG was funding volunteers to make them in quantities. Views can change.

What we need is for people's wish to "have a say" to be parlayed into an equally strong wish to make a change.

The greatest winner in the last county elections was the Apathy Party, with 56 per cent of the vote. That's the party of those who say, "I don't vote; it won't change things," or, "Local elections don't matter."

But local elections do matter. A huge amount. Almost all decisions that most affect your daily life are made by the local councils, not the national government. So, if you'd like a say in how our schools, roads, social care and many other things are run, it can only happen if you use your vote. Please do.

Woodpeckers season is over

Owing to the ongoing COVID-19 pandemic, Woodbridge Town FC has announced that the current season has been declared null and void.

However, the club is using this time to start the pitch renewal early, so they can be ready to restart next season on time.

At the time of writing, the £2,500 target to support Families in Need (FIND) Ipswich has been exceeded.

The club aimed to run 2,000 miles in four weeks, raising money to offer a lifeline to local people in despair, as well as to provide food parcels and care items.

A spokesperson from the club said: "Thanks to the generosity of so many people. After an incredible effort from the club's senior teams, in February the three teams have clocked up more than 2,600 miles, 600 miles over the target.

"For the record, the first team ran 1,027 miles, the ladies team 1,007 miles and reserves 601 miles.

"Congratulations to all for a great effort."



Photo credit: Paul Leach



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Embrace the global influence trend to cure your wanderlust

Have you tried catching a flight out to Zambia recently in order to sample the breathtaking, unique wonder of an African safari? Let's just say, your luck is out.

Of course, so much of interior design is about taking ideas and influences from around the world and incorporating those into our living spaces. With that in mind, and ignoring the fact all our planes are grounded, the trend of 'global influence' aims to embrace the charm and beauty of the world, while we remain resolutely stationed at 29 Acacia Avenue.

While 'global influence', as a term, suggests embracing interior design influences from all corners of the globe, in reality its focus is on the colours, textures and ideas you might commonly associate with African savanna safari expeditions – nature's most expansive showcase of wildlife. Global influence takes on board woven fabrics; it focuses on earthy colour palettes, shows off cooling stone patterns and embraces natural textures and all manner of woods, rattan and bamboo. The styles are uncomplicated, uncluttered and unpretentious.

Furniture and objects are wholesome, earthy and rugged. In matched a leather sofa, linen and perhaps some animal-themed art prints, you can truly bring the breathless elegance and simplicity of nature into your living space.

Of course, the individuality of interior design ultimately means global influence can represent whatever you may want it to. So if tropical flavours and flourishes are more your thing, why not embrace bright colours, wicker items, a beach vibe and miniature palm trees? Similarly, a Scandinavian vibe is easily put together with hardwoods, light colours and a style vision that's stripped back and simplistic.

Ultimately, whatever your individual taste, global influence is there to compensate for the fact that while we may not be able to visit these enchanting places, we can at least still sample their uniqueness.



Photo credit: nordroom.tumblr.com, mynazarighings.com, Simon Whitehouse via idealhome.co.uk, Jake Curtis via idealhome.co.uk, Maria Vialle via apartmenttherapy.com

CUTLERY

care guide

Whether you use stainless steel, silver-plated or silver cutlery, or a combination of all three, if you want your silverware to last and looks its best for longer, you need to take care of it.

STAINLESS STEEL CUTLERY: The most popular material choice for cutlery, stainless steel is both durable and versatile, but that doesn't mean it is completely stain-resistant.

HOW TO CLEAN:

- > Rinse before placing in dishwasher
- > Never leave to soak or in damp conditions as this can lead to corrosion
- > Remove stubborn stains using stainless steel polish and a soft cloth

HOW TO STORE:

- > Store in its original canteen to prevent pieces rubbing together
- > Can be stored in kitchen drawer but may reduce lifespan

SILVER-PLATED CUTLERY: A more decadent choice, silver-plated cutlery is relatively easy to care for but does require some special care.

HOW TO CLEAN:

- > Keep away from stainless steel cutlery, as contact can cause corrosion
- > Place in dishwasher, but turn off the drying cycle and dry each piece by hand to avoid staining
- > Polish to maintain shine

HOW TO STORE:

- > Store in a tarnish-proof cutlery roll and then in an airtight container

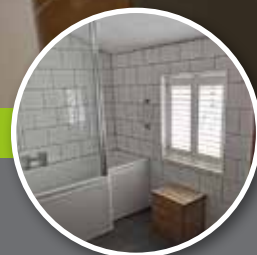
SILVER CUTLERY: Ideal for use at dinner parties and other special occasions, silver cutlery is both lavish and luxurious.

HOW TO CLEAN:

- > Clean as soon as possible after use
- > Wash separately from stainless steel and silver-plated cutlery to avoid corrosion
- > Do not put in dishwasher; instead, clean by hand
- > Do not polish too often as this can wear down the finish

HOW TO STORE:

- > When not in use, roll each piece of silver cutlery in acid-free tissue paper or unbleached cotton muslin and then place in a resealable plastic bag.
- > Add a piece of chalk wrapped in cheesecloth to the bag to absorb moisture and prevent tarnishing.



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DIY reed diffuser

If you want to enjoy an aromatherapy experience at home, then a scented reed diffuser is the ideal choice. However, you don't need to spend your hard-earned cash on shop-bought varieties when you can make them at home with a few simple ingredients and supplies.

WHAT YOU NEED: Small bottle or vase | 20–25 drops of your preferred essential oil | ¼ cup of baby oil | 3 tbsp of vodka or rubbing alcohol | Bamboo skewers or ideally diffuser reeds | Zest peels and herbs are optional

HOW TO MAKE: Pour the baby oil into a bowl | Add the rubbing alcohol or vodka | Carefully add the drops of essential oil and zest peels and herbs if preferred | Pour the mixture into your vase or glass bottle using a funnel until it is ¾ filled | Place five skewers into the vase | Cut the skewers to size if necessary so that they stick out roughly 4–6 inches

Top tips for your DIY diffuser

1. Check the liquid quantity monthly and top up if needed
2. Rotate the diffuser reeds once a month
3. Replace diffuser reeds after 4–6 months
4. Recycle a perfume bottle if you don't have a suitable vase
5. Cut your skewers carefully to avoid splinters

How to choose essential oils for each season

Spring: Choose fresh floral notes, such as a mix of citrus, lavender, geranium and jasmine.

Summer: Uplift your home with magnolia, bergamot and lemon.

Autumn: Embrace the cooler weather with a combination of juniper berry, cedarwood, cardamom and cinnamon.

Winter: Cosy up with a warming blend of spruce, patchouli and Douglas fir.

An alternative to reed diffusers

You can purchase an electronic oil diffuser, but make sure to do your research first as they come in different sizes. These diffusers produce a more concentrated fragrance and add moisture to the air, albeit in quite small amounts.



O, Easter tree!

Who says that decorative trees are just for Christmas? We think everyone could do with a bit of extra cheer this year, so why not have a go at creating your own Easter centrepiece tree, complete with ornamental eggs?

How to create your Easter tree:

For the tree itself, simply gather a selection of branches and place in a vase. The best tree branches to look out for include:
Cherry blossom | Magnolia | Willow | Forsythia | Dogwood

How to hollow out your eggs:

Poke a small hole in the pointier side of an egg and then another, slightly larger, hole on the opposite side. Place your mouth over the smaller hole and blow out the egg. Wash the shell and leave to dry.

Marbled eggs:

Mix 1 cup of hot water with 10 drops of liquid food colouring and 1 tsp of vinegar. Submerge the eggshell in the water for two minutes and leave to cool. This is your base colour.

Next, fill a bowl with fresh hot water and add a darker food colouring and 1 tbsp of olive oil. Roll your egg around to allow it to absorb the second colour.

Egg nests:

If you favour a more natural look, these miniature nests, complete with tiny Easter egg treats, are the perfect decoration for your tree. Gently break away some of the egg shell on the front of your egg, fill with straw and then add a single mini egg to each one.

Glitter eggs:

Create a pattern across your egg using tape, apply PVA glue to the rest of the egg and sprinkle generously with glitter. Leave to dry and remove tape. Choose to paint your eggs first for more a more vibrant end result.

How to hang your eggs:

To finish, simply thread a ribbon or piece of cotton through the top hole of each egg, wiggle it until it pokes out the other side and tie a knot to secure.

Photo credit: designimprovise.com, Pinterest, hobbycraft.co.uk



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PETS



PEDIGREE CHUMS

HOW TO ENSURE YOU BUY A PUPPY FROM
A TRUSTED BREEDER

Just as you would only buy your electrical appliances from a trusted vendor, the same ought to be true of a puppy. Unless you are getting an older dog from a shelter, it is imperative you seek a registered dog breeder, or you risk buying from a puppy farm. Puppy farms put profits over the welfare of the animals. Cramped and unsanitary, these businesses often facilitate inbreeding and overbreeding, which leads to poor health for both mum and pups. Furthermore, the babies are often separated from their mother before the recommended 10 weeks.

Remember, too, these criminal enterprises go to great lengths to appear as legitimate breeders, which is why it's important to know the signs of a farm. This will save both your pet and your family a lot of heartache in the long run.

HOW TO SPOT A PUPPY FARM:

- ✦ It's too good to be true – The dogs look perfect in their advert photo, both parents are

thoroughbreds and the price is so reasonable, but your gut instinct is telling you otherwise, so investigate further.

- ✦ They have multiple ads – A legitimate breeder will often only have one litter and breed available at a time, so if there are several ads with similar wording, styles or even phone numbers, there's every chance it's a farm.
- ✦ They only take cash – Legit breeders want to make sure their pups go to good homes which means offering refunds if the buyer changes their mind. In short, they don't do 'cash and dash'.
- ✦ They want to meet at a public place – Always see your new pet in their natural habitat and meet its mother to ensure reliable provenance.
- ✦ They are already vaccinated – No dogs ought to be vaccinated until they are at least eight weeks old, so if an ad tells you otherwise, it's a scam.



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MARCH BIRTH FLOWER OF THE MONTH:

Daffodil

If you were born in the month of March, your birth flower is narcissus, also known as the daffodil. The quintessential flower of spring, the daffodil is instantly recognisable by its bright yellow petals. Perfect placed in beds and borders, daffodils will brighten up your garden every year.

WHAT DOES THE DAFFODIL REPRESENT?

Named after Narcissus, a character from Greek mythology who was so in love with himself he drowned in a pool of water while admiring his own reflection, this flower is said to be a symbol of vanity. It is also known to represent new beginnings, rebirth and rejuvenation. The daffodil is also:

- > The national flower of Wales
- > The official 10th wedding anniversary flower
- > The official emblem of cancer charities
- > A symbol of luck and prosperity during Chinese New Year

WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOUR PERSONALITY?

If your birth flower is the daffodil, you are said to be extremely creative. You are also known for being kind and welcoming to everyone you meet and dedicated to living a life of peace and happiness.

ARE DAFFODILS EASY TO GROW?

Anyone can grow daffodils in their garden and you can choose to plant your bulbs in beds, borders, grass verges, lawn edges, hedgerows and banks. Plant your bulbs between September and November in well-drained soil and aim to keep your bulbs 4-8 inches apart, as overcrowding can cause daffodil blindness - when daffodils shoot up with foliage but no flower.

HOW TO LOOK AFTER DAFFODIL BULBS FOR ANNUAL GROWTH

- > Allow the leaves to die back naturally before cutting off
- > You can lift bulbs between June and August and store in a cool, dry place ready for replanting
- > Apply a rich fertiliser to the soil once you have removed bulbs



GARDEN OF LIFE

TREES AND SOIL *socialism*

In the second of a four-part series that shows how even the most urban garden can be a haven for the wonders of wildlife and the nurturing of nature, we look at the role of trees and fungi below the surface.

We view our trees with respect and admiration – a fluttering, swaying mass of potency and life that evolves with every passing season, presenting a haven for all manner of wildlife, from insects to birds, plant-life to rodents, as well as being a valuable source of oxygen for all living things.

And yet, the true strength of a tree is not what we see above ground, but its rooted, tangled masses beneath it. At the heart of this are microbes called mycorrhizal fungi.

Once considered an enemy to plant life, in recent decades the fungi – which release hyphae, tying together tree and fungus at cellular level – have been better understood. This mycorrhiza bond links below-surface connections... a 'Wood Wide Web'.

It leads to the creation of one superorganism that looks after, supports and talks to each tree, be that a small crab apple just a few yards away, or a thundering oak several hundred metres down a ravine.

The creation of this network is for mass sustainability – the fungi have minerals that the tree needs; the tree has carbon that the fungi need – but the result is a kind of soil socialism that looks after its own.

For so long it was believed that trees and fungi were at war, both looking to snatch what they could from the ground. Now, it's believed that without the mycorrhizal fungi, trees would be toy-sized, and in the case of the 400 species of mycoheterotrophic plants that cannot photosynthesise, they would die out altogether.

So the next time you stand back and admire the beauty of a tree, perhaps take a respectful glance towards ground level while you're at it.

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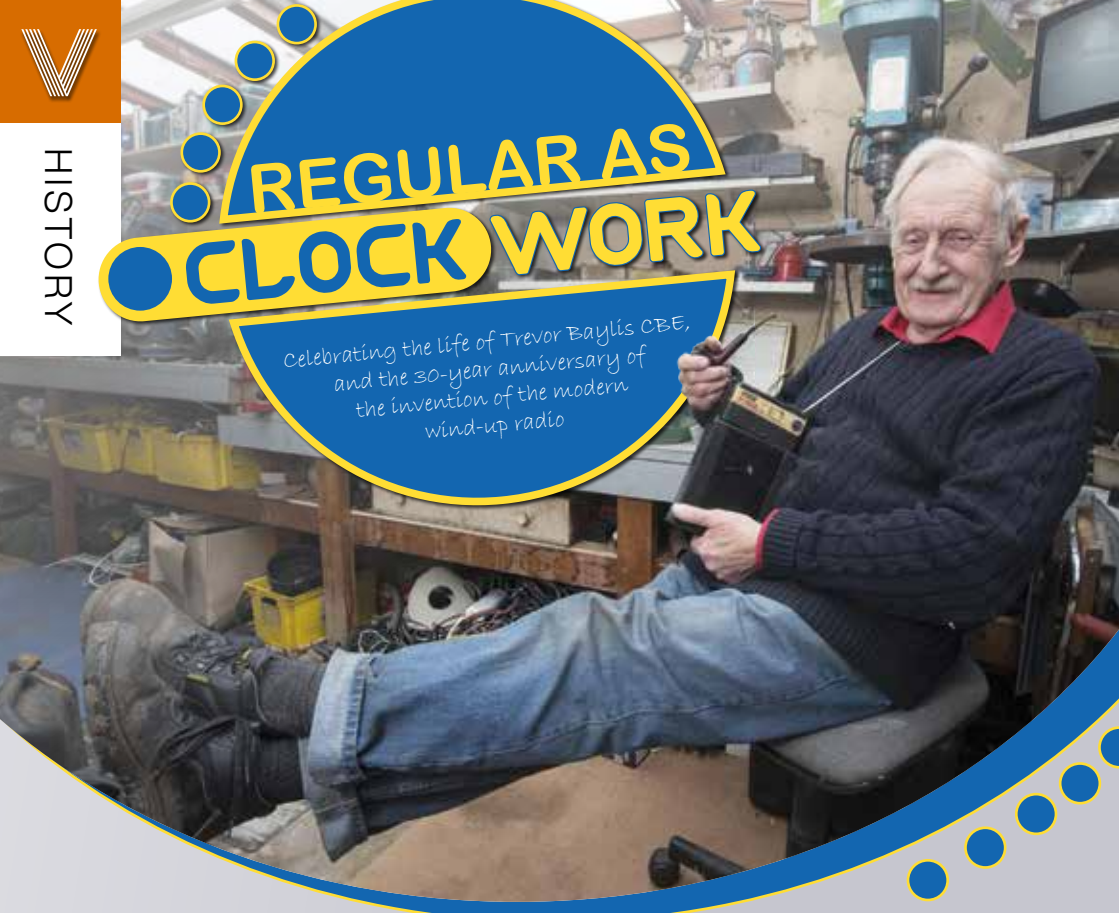
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REGULAR AS CLOCKWORK

*Celebrating the life of Trevor Baylis CBE,
and the 30-year anniversary of
the invention of the modern
wind-up radio*

It's now three decades since British inventor Trevor Baylis CBE came up with a prototype that was to have a profound effect on limiting the spread of AIDS across Africa. Invented in his garage, the wind-up radio took less than an hour to construct, and came about after the then 54-year-old saw a programme on the BBC detailing a devastating swathe of developing-world deaths provoked by poverty and lack of sexual education.

While radios powered by handcranked generators were, in themselves, nothing new, Baylis's modern clockwork model was free of batteries, meaning information could be broadcasted to places in Africa without electricity. A patent was granted the following year.

It wasn't the first time the eccentric inventor had stepped out of the shadows to help those less fortunate than himself. As a young man he was a brilliant swimmer – he narrowly failed to qualify for the 1956 Summer Olympics in Melbourne – and his dexterity led him into stunt work. This in turn

exposed him to the needs of disabled people, and he subsequently invented and developed a range of products for the disabled, named Orange Aids.

Wind forward to 10 years after the invention that truly made him famous, and in 2001 Baylis launched a similar energy-generating product in the form of a pair of shoes that produced electricity as people walked. He trialled the invention with a 100-mile walk across the Namib Desert, at the same time raising money for the Mines Advisory Group.

Baylis, who died in March 2018, lived on Eel Pie Island on the River Thames. His fame in later life saw appearances on *The Big Breakfast*, and he was awarded an OBE and a CBE for humanitarian efforts and services to intellectual property respectively.



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Positivity of the MIDDLE MAN

ANT MIDDLETON'S CLIMB TO PHYSICAL AND MENTAL MAGNIFICENCE

Anyone who has watched his SAS series knows Ant Middleton isn't a guy to be messed with. Grit, steel, determination, power and a large dose of bloody-mindedness have propelled the former military man into the mainstream; and while a new career in the lens suits the 40-year-old Army and Royal Marines veteran nicely, the impact he is having on everyday folk is profound.

For a long time the various fitness, health, strength and well-being trends that have taken up countless column inches and patterned our social media feeds have needed a confident, high-energy figure to take them forward. Yes, we have various reality stars putting out fitness tutorials, and Joe Wicks is always there to advise on the best way to pull off the perfect burpee, but can they do it on a cold Tuesday night in Stoke? The answer, undoubtedly, is no.

Ant Middleton, however... let's just say he makes The Potteries look like a beach holiday in the Maldives.

So much of what this inspirational tour de force has done up to now has been about physical determination. His Channel 4 SAS: *Who Dares Wins* series, which he fronted for five years before announcing recently he will no longer be part of the show due to differences with the production company, is a military training show of brutal extremes, with an adventure/reality crossover that pushes participants to the absolute limits of body endurance.

While this type of programming has seen the Portsmouth-born hardman make his mark, in truth it represents only one half of what it takes to truly ascend to the next level. Thus, squaring the circle in his new project, which centres on a series of talks on the subject of positive mindset, seems the natural progression.

"We all know that physical toughness can only take you so far," says the author of the best-selling book *Zero Negativity*. "You need to have the mental strength to keep pushing on when the body says no."

"The brain can outlast and outpace anything the body can do, so training our minds to interpret, recycle, repair and renew the messages flowing through us means we can achieve things way beyond what our muscles tell us is possible."

Middleton's emergence as a mainstream player is no better exemplified than in the fact he was joined on a recent project by terrestrial TV poster boy Ben Shephard. "Ben's a good guy who has absolute determination in his career. He's a great example of someone who is a winner – we all come in different shapes and sizes."

In a streamed live event that took place at the start of February, Middleton's *Be Prepared for 2021* did exactly what the title suggested, with an unscripted, unrehearsed and unfiltered conversation designed to unpick the various roadblocks that 2020 had put in the way of so many of us.

"The past year felt like such a crushing low for a lot of people, but rather than dwell on the negativity, as a nation we need to look at the things we learned, and appreciate the positives we took out of the year," he says.

"We need to appreciate how we grew and developed strengths many of us never knew we had."

"This is the road to ensuring 2021 is a better year. We cannot change the world around us, but we can alter the way we decide to tackle its challenges."

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BRITAIN'S GREATEST SPORTING MOMENTS...



Torvill & Dean

Each month we look at significant events in British sporting history. This month, it's 40 years since ice skaters Torvill and Dean were awarded MBEs, but their greatest moment was yet to come.

To an entire generation of terrestrial TV watchers, the mere sound of Ravel's *Boléro* will instantly bring about memories of Jayne Torvill OBE and Christopher Dean OBE's incredible gold-medal-winning routines at both the Olympics and the World Championships in 1984.

At both events, the duo performed a modern artistic masterpiece that captivated a generation of fans. The routine had emotion, precision and drama packed into four and a half minutes of twists, turns, lifts and pirouettes.

At the World Championships, in Ottawa, the couple received a standing ovation from the entire crowd as flowers rained down onto the ice. It was the last amateur performance of the greatest ice dancers the world had ever known, performed with such ease that it belied the incredible technicality of a routine coached by Betty Callaway.

Their score of 13 perfect 6.0s was the most ever

scored by any skaters in competition, as the couple, who had been performing together since 1975, truly went out on top of the world, having taken 11 6.0s at the Olympics two months previously.

While 1984 was ultimately the pinnacle, it's easy to forget how respected and regarded they were before then. Already prolific World and European champions, they had been awarded MBEs previously, with the 40th anniversary of their trip to Buckingham Palace being marked this year.

That these iconic skaters could still push for perfection as amateurs was the ultimate endorsement of their decision to turn professional and begin to earn a living for their art beyond grants and sponsorship. And that has been borne out in the fact that their dedication to ice skating in all its forms rolls on even today, with the pair regulars on our television screens, notably in ITV's *Dancing on Ice*.

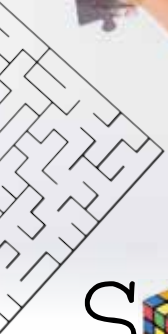


SPORT

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KIDS



SOLVE A PUZZLE

If you are struggling to keep your kids occupied indoors, then look no further than a good old-fashioned jigsaw puzzle. With the ability to not only provide educational benefits, this calming activity also helps to promote good mental health...

ENHANCED COGNITIVE FUNCTION

When you are doing a jigsaw puzzle, you use both the left and right sides of your brain. The right is in charge of creativity and your emotions, whereas the left is the logical and methodical side. Using both sides helps to increase cognitive function, a crucial part of your child's development.

IMPROVED PROBLEM-SOLVING ABILITIES

At its simplest level, a jigsaw puzzle is an activity of trial and error. Your child is required to try out different pieces in different places in order to find the right fit. This helps to improve their problem-solving abilities and helps them to see things from varying perspectives.

DECREASED STRESS LEVELS

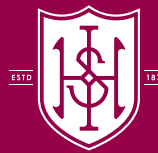
If you have been worried about your child's mental health during this challenging year, you will be pleased to hear that jigsaw puzzles are a great stress-buster. In fact, when your child is doing a puzzle, there is a distinct shift in their consciousness, with their brains changing from a state of 'Beta' to 'Alpha'. The 'Alpha' state is similar to when they are dreaming and can lead to an improvement in mood, relief of stress and a lower heart rate.

INCREASED IQ

Certain studies have shown that just 25 minutes a day spent doing a puzzle can raise a person's IQ by four points. Furthermore, this activity will help improve your child's memory, concentration and reasoning skills.

OTHER BRAIN-BOOSTING PUZZLES FOR KIDS:

Word searches | Rubik's cube | Mazes | Riddles | Connect the dots



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Kohlrabi

This month we will be starting a new regular feature: we will be introducing you to a lesser-known fruit or vegetable, allowing you to expand your palate and widen your repertoire of recipes. This month we bring you kohlrabi, an undeniably odd-looking vegetable that packs a real punch in terms of flavour.

WHAT IS KOHLRABI?

Kohlrabi is also known as a cabbage turnip and is very popular in northern and eastern European countries. Part of the broccoli and cabbage family, it can be green, white or purple in colour and is available all year round. When buying kohlrabi whole, look for crisp-looking and vibrant leaves, which indicate freshness.

WHAT DOES KOHLRABI TASTE LIKE?

It has a similar flavour to cabbage but with the spicy kick of a radish; the smaller the bulb, the milder the taste. Crunchy when eaten raw, the stems and leaves can also be cooked and eaten; they resemble a mild-tasting Swiss chard.

HOW TO COOK KOHLRABI

All edible elements of kohlrabi need to be peeled before cooking to avoid a bitter taste. Once peeled, trim the brown end and separate the leaves from the bulb.

Choose to steam, sauté or roast kohlrabi, or you could even hollow out the bulbs and stuff with other vegetables or grains. Alternatively, serve raw in thin slices on a salad or added to coleslaw. You can also steam or sauté the leaves in the same way that you would fresh kale or spinach.

HOW TO STORE KOHLRABI

A kohlrabi bulb can be kept uncovered in the fridge for up to one month. The stems and leaves should be cooked as soon as possible as they wilt within a day or two.

WHAT ARE THE NUTRITIONAL BENEFITS OF KOHLRABI?

Low in fat | High in fibre | High in calcium
| Low in calories | Contains anti-cancer
and anti-ageing properties



Icing on the cake

HOW TO SUCCESSFULLY ICE A BIRTHDAY CAKE (no matter your skill level!)

Step One: Fake it or bake it

If you aren't much of a baker, there really is no harm in buying a pre-made sponge. The benefit of this is that the layers will be perfectly proportioned, making icing easier. On the other hand, a homemade cake is hard to beat, though you will need to trim the top of your cake with a bread knife if it has domed so the surface is perfectly flat and even.

Step Two: Filling fun

Everyone loves the first peek inside a birthday cake, which is why you need to get the filling as even as possible. If you're using jam, spread that first (heat gently in a bowl sat in boiling water to make it more spreadable), before piling your buttercream in the centre of your bottom layer. Now, add your top layer and gently twist with a little pressure to spread the filling across your cakes, removing any excess icing that spills out with a palette knife.

Step Three: Oh, crumbs

Ever wondered how professional bakers achieve that flawless finish? The answer is the crumb layer – a light layer of icing to catch stray crumbs before the second layer is applied. Place a third of your remaining icing in a separate bowl and move your cake onto a turntable or cake stand. Put a large dollop of buttercream in the centre of the cake and smooth it across the top, repeating the process until it looks even. Then, do the same with the side of the cake, turning it gently to distribute the icing and using your palette knife to flatten. Place your cake in the fridge for two hours to set.

Step Four: Final touches

Repeat the icing process for your final layer, being sure to fully cover the crumb layer beneath, and finish your masterpiece with some decorations. And a final top tip: hundreds and thousands look very impressive when applied liberally.

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Recognise the signs

Concerned that someone you know and love is suffering with an eating disorder such as anorexia nervosa or bulimia? Eating disorders can affect anyone regardless of age, gender or background, but early intervention can be life-saving.

What are the signs?

There are many symptoms to look out for that may indicate a loved one is struggling with an eating disorder. However, it is worth noting that each individual case will be different.

- > A distorted body image
- > Using stimulants or laxatives
- > Frequent weighing
- > Extreme weight change
- > Mood swings
- > Loss of hair
- > Brittle nails
- > Depression
- > Skipping meals
- > Purging
- > Anxiety
- > Insomnia
- > Skin rash or dry skin
- > Erosion of tooth enamel
- > High interest in exercise
- > Withdrawal from friends

How can I support someone?

As well as seeking treatment, your loved one will need your love and support in order to overcome their eating disorder. Ways in which you can help them include:

- > Learn about their eating disorder
- > Be honest about your feelings
- > Be a role model by eating a nutritious diet
- > Help to build up their confidence
- > Suggest activities to do together than don't involve food

Where can I get help for someone?

If you suspect that someone in your family or a close friend has an eating disorder, your first course of action should be to sit down and talk to them in a non-confrontational way. It can also be a good idea to suggest they schedule a check-up with their doctor, who can determine any unusual changes in body mass index or weight percentile.

If diagnosed with an eating disorder, they are likely to be prescribed a treatment plan, which may include talking therapies and medication if they are also suffering with depression.

Charities and organisations

- > Beat: www.beateatingdisorders.org.uk
- > Anorexia & Bulimia Care: www.anorexiabulimiacare.org.uk



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Books to Help You To Escape...

**By JULES BUTTON
Woodbridge Emporium**

Lockdown, this time around seems to have really affected moral and mental health. There just doesn't seem to be the camaraderie like last year, people are genuinely fed-up. One of the best ways to escape life while sitting in the comfort of your armchair is to read. Do you know that experts say reading just 20 minutes a day can help lift your spirits and improve your mental clarity. Plus, reading has been shown to help us interact with other people, good for when we can all meet up again. So folks, get reading and check out my recommendations. Some of the books are even on special offer on my website so do check it out.

I've just finished *Daughters of Night* by Laura Shepherd-Robinson. It was awesome, I could not put it down. There are Jelly Shops, Thieftakers and Pleasure Gardens and a gripping Georgian society crime story. Oh, and can you guess who the author's dad is? I will give you a clue: he has been known as Baldrick and usually has a cunning plan!

My next read is: *She Be Damned* by M.J. Tjia, a Murder Mystery set in 1863 and I'll tell you all about it next month so please join me again and until then, read lots and drink tea.

This month I'm offering VISION readers 10% Off all Books on my Website, use code: VISION10



DANGEROUS WOMEN
Hope Adams, £14.99 (Hardback)

A compelling, atmospheric tale of friendship, redemption and betrayal, inspired by the true story of female convicts at sea. On board are 180 women, sentenced to start a new life halfway across the world. Then a murder happens and everyone is a suspect!

POPPY & SAM & THE LAMB
Sam Taplin, £7.99 (Board Book)



Oh No, the little lamb is lost and Poppy and Sam follow it around Apple Tree Farm as it tries to find its way back to Woolly the Sheep. Young children will love the lamb puppet and there is also a little yellow duck hidden on every page for you to find.



TAP TO TIDY
Stacey Solomon, £14.99

Organising, Crafting and Creating Happiness in a Messy World with Stacey, a multitasking celebrity, mum, crafter and meticulous organiser. She shares love and positivity, and her sense of humour is contagious. Forget your troubles and have fun!

THE BURNING MEN
Will Shindler, £8.99 (Paperback)



A Broadcaster and BBC Journalist for over twenty-five years, Will Shindler presents his first book in a gripping, gritty and red-hot crime series. Fans of police novels and dramas will lap this up with good characters and a strong opening. You won't want it to end!

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EMBRACE YOUR

SHAPE



HOW TO DRESS FOR SPRING FOR ALL BODY SHAPES AND SIZES

Spring is on the way, so it's goodbye to oversized jumpers, and hello to skin-exposing, spring-ready pieces.

This might sound scary if you have a certain part of your body that you don't like drawing attention to, but it doesn't mean you should spend the spring/summer season covered up. Instead of focusing on a part you're conscious of, accentuate what you love with some easy styling hacks. Here are a few examples...

I'M CONSCIOUS OF MY SMALL CHEST... Adding things that draw attention to your chest is not counterintuitive, so bulk the area out with some accessories such as chokers, necklaces, and tops with intricate collar detailing | Doing all of the above will steal the show, so no one will focus on your chest if you don't want them to.

I DON'T LIKE SHOWING MY ARMS... It seems obvious, but keep the area you are conscious of covered | In warmer temperatures, avoid strapless pieces and choose three-quarter-length sleeves in a light, breathable fabric instead | If you want to brave a shorter length in the height of summer or at a formal event, don't let your insecurities stop you, but carry a bolero or jacket in case you change your mind.

HOW CAN I HIDE MY BELLY? Many dresses now come with ruched detailing around the stomach area for this very reason, so stock up on a few staples | Stick to darker colours and patterns | Prints are also another great distraction | Stay away from baggy, shapeless silhouettes, and opt for high-waisted trousers and loose-fitting blouses to pull focus from your stomach | Wear leggings or skinny jeans with longer tops that sit on or below your hips | Curvier shapes look great in A-line dresses | Add a belt to nip in the waist, and say goodbye to added shapewear.

HOW DO I GIVE THE ILLUSION OF CURVES? To break up the straight silhouette, try a belt on the waist or hip area | Alternatively, tuck your top inside your trousers to add some definition | Go one step further and try the French tuck, whereby the front is tucked in and the back is loose | Peplum tops and dresses add volume and drama, perfect for less-curve shapes.

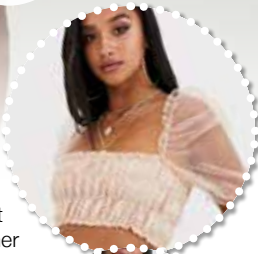


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BEAUTY



No, we are not talking about the dance craze that swept the nation in 2018, but the act of cleaning in between your teeth using dental floss.

Sadly, only an estimated 31 per cent of people clean between their teeth on a daily basis. This is despite the fact that the NHS recommends that from the age of 12 people should include flossing in their daily oral health routine.

HOW TO FLOSS: A STEP-BY-STEP GUIDE

1. Break off between 18 and 25 inches of dental floss
2. Wind the floss around both of your middle fingers, leaving between one and two inches for your teeth
3. Hold the floss taut with your thumbs and index fingers
4. Place the dental floss between two teeth
5. Gently glide the floss up and down, making sure to rub against both sides of each tooth
6. When the floss reaches your gum, curve the floss

7. Be careful not to scratch or bruise your gums
8. Repeat as you move from tooth to tooth
9. Always use a clean piece of floss for each tooth section
10. Do not recycle or reuse dental floss as this can redistribute bacteria around your mouth, even if you wash it first

WHEN SHOULD YOU FLOSS?

For optimal oral health, you should always floss first and brush your teeth afterwards. It is recommended that you brush your teeth twice a day and floss once, preferably in the evening.

WHY SHOULD YOU FLOSS?

Flossing helps to remove food and plaque from in between your teeth. Brushing alone cannot do this as the bristles are not able to reach deep enough. Regular flossing can result in less dental plaque in your mouth and therefore a lower risk of developing gum disease.

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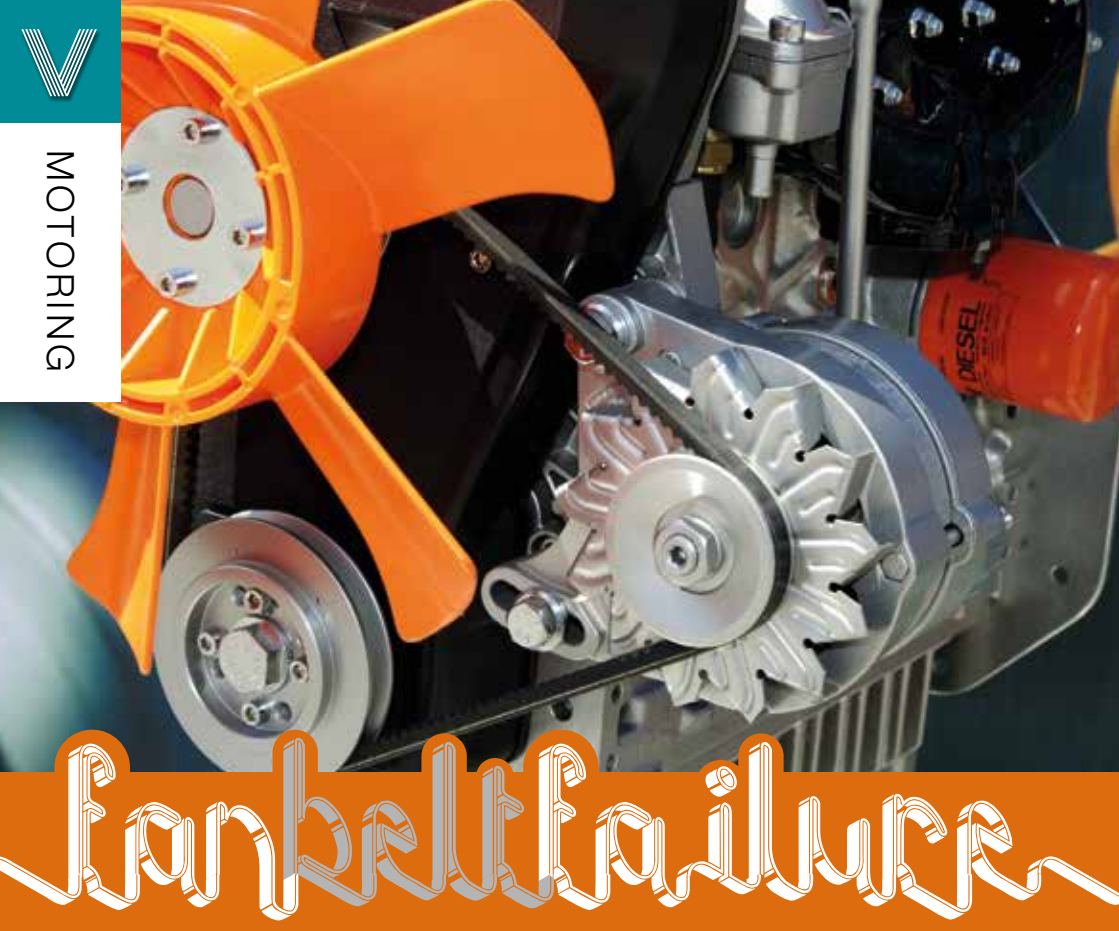
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HOW TO DIAGNOSE ONE OF THE MOST COMMON MOTORING ISSUES

The serpentine belt, alternator belt, or fan belt as it is better known, is a peculiar piece of rather essential kit as far as your car engine goes. We all know our car has one, a few of us can locate it, yet very few know what it does.

What's important is that when it does malfunction – usually through being worn out – we can get it fixed cheaply and easily.

THE SIGNS

Most people become aware of fan belt failure when they begin to hear a loud screeching or squealing sound coming from the engine. You may also discover the power steering or air conditioning isn't working, and in really bad cases the engine may overheat.

All of these effects result from the fan belt's faulty function, and that function is working with the idler, tensioner and pulleys inside the accessory drive

belt system – essentially, it provides power to key components in the engine.

A dodgy fan belt is bad news, and although the car may be driveable, you're risking a breakdown.

THE DIAGNOSIS

Fan belts can become cracked, split, grazed, misaligned or might fall off completely. Unless your amateur mechanic skills are really up to Henry Ford levels, it's probably best to take your motor to the nearest garage.

THE COST

Thankfully, a faulty fan belt won't see you off the road for too long; nor should it set you back any significant amount. Typically, a new one will cost somewhere in the region of £100–£200. It's a relatively quick job and your garage should be able to turn it around in a couple of hours.

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BUSINESS & PROPERTY



WHAT TO CONSIDER WHEN BUYING A HOLIDAY HOME IN EUROPE POST-BREXIT

It's a piece of escapism almost all of us love and crave – even just the thought of having a holiday home we might slip away to is enough to keep us going through those long, cold, monotonous months of work.

Of course, for those of us who will at some point be lucky enough to own an overseas abode, the question of how accessible and affordable that place in the sun will be has arisen recently in light of the UK departing the European Union.

Within that, perhaps the most profound impact of Brexit will be that UK residents are only permitted to stay in the EU for a total of 90 days in every 180-day period.

As far as purchasing a home goes, British nationals will now need to undertake the same procedures as non-European residents, and while this doesn't prohibit us from investing in a holiday hideaway, it does mean an extra layer of paperwork, and in future may require applicants to apply for a visa in order to claim residency.

In time to come it may also be seen that Brexit leads to an increase in stamp duty for British buyers, while changes in the currency markets could mean that mortgage availability becomes more limited.

As it stands, though, the subsequent transition period – and with it, a large

amount of uncertainty – hasn't led to any profound changes. Indeed, people who already own property in an EU country are protected by the United Nations Universal Declaration of Human Rights and the European Convention on Human Rights – the longwinded premise being a simple one, namely that whether a member of the European Union or not, individual property rights must be respected.

So if you do move forward in retaining or investing in property abroad, your little piece of homely heaven is assured.



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Director, Steve Foster outlines the powerful finance features that MJB Avanti clients can access for free:

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Make a wish

Are the bargains from this frequently discussed website all they're cracked up to be?

Scouring for bargains online will always present one or two sites where the deals appear to be too good to be true, but over the past couple of years, Wish, a retail platform based in China, has cemented its place as being one of the most affordable and diverse sites on the net.

While a good proportion of wish.com caters for the peculiar and the downright perverse, a huge chunk of goods appear well priced and reasonably well made. Its secret is to connect millions of shoppers with sellers all over the world. Different from eBay, sellers are registered companies, and while China and south-east Asia provides a common source for products, it may come as a surprise to hear that the site was actually conceived in Ontario, Canada, back in 2010.

By June 2020, Wish could boast 122 million visits, with almost 70 million of those being unique users. From sportswear to phones, jewellery to lingerie,

tech to trumpets, Wish's diversity is its greatest strength.

And yet, weaknesses are prevalent too. Such is the breadth of the site – it is a truly global entity – that quality control checks aren't the strongest, and waiting times for the transportation of goods can be long.

You also need to consider that regulations and guidelines for products in the UK won't be the same abroad, so with something like a child's car seat, some imported products might be substandard.

What Wish ultimately represents is another opening-up of trade, often directly between the individual and the product manufacturer and/or retailer.

The world is a much smaller place today, but while that's true, there's nothing to suggest the famous old adage 'buyer beware' isn't as important now as it ever was.



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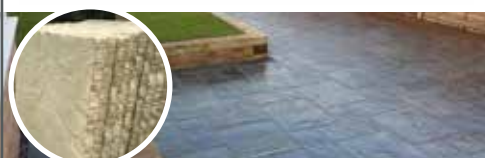
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WORDLADDER: SNOW, SLOW, LOT, PLOT, PLAY



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

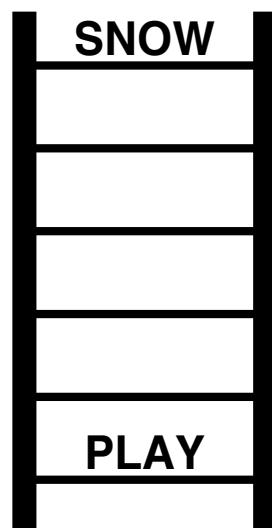
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DID YOU KNOW?

- ▶ Central Park in New York is one of the world's largest urban parks, covering 843 acres
- ▶ Paris has few skyscraper buildings compared to other cities owing to building height restrictions
- ▶ The Flavian Amphitheatre in Rome became known as the Colosseum because of a colossal statue that is situated nearby
- ▶ Istanbul lies in two continents – part in Europe and part in Asia
- ▶ The world's first electric traffic signal was put into place in Cleveland, Ohio, in 1914
- ▶ It's thought that Amsterdam has more bikes than people
- ▶ More chocolate is bought at Brussels Airport than anywhere else in the world

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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