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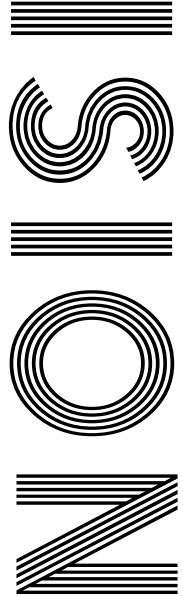
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CAROLINE FLACK

*The media backlash following
the star's tragic death*



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Editor's notes...



William Taylor, Editor

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

We were all absolutely stunned and devastated by the tragic passing of television presenter Caroline Flack.

Following years of poisonous headlines and abuse on social media, the 40-year-old former *Love Island* host felt there was nowhere left to turn and decided to take her own life.

I feel emotional writing this, and I'll be honest and say the news hit me hard. I stewed on it for days. Not because I knew her personally - I didn't - but because I've experienced bullying first-hand as well as seeing people close to me struggle with mental health.

I've witnessed people so low at times that you don't want to take your eyes off them for one minute for fear of what they might do.

As people, we are all fighting battles that others don't know about. A smiley exterior and bubbly personality doesn't automatically mean someone is happy.

Those battles, and how we deal with them, are different for each person and you simply have no idea how close someone might be to breaking point.

If someone doesn't seem themselves, don't be afraid to ask them how they're doing and let them know you're there for them. You never know, you might be just what they need at that point.

Have a great month and take care.

Will

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DOWN: 1. SPITTING IMAGE, 2. CHEWY, 4. MODIFY, 5. REDISTRIBUTE, 6. IVORIES, 7. GOOD NATUREDLY, 8. HOPELESSNESS, 14. ARCHAIC, 16. ARRIVE, 19. WINCH

A MOUNTAIN AMONG MEN

A full-page background image of Kobe Bryant in a yellow and purple Los Angeles Lakers jersey, number 24. He is in a dynamic pose, jumping with his arms outstretched, looking upwards. A basketball is suspended in the air above his head. The background is dark and out of focus, showing the basketball hoop and some arena lights.

The outpouring of emotion and admiration for the late NBA star Kobe Bryant has felt insurmountable. We reflect on the achievements of one of the greatest 'ballers' ever to play the game, and reflect on the legacy he has undoubtedly left behind.

Kobe Bryant was a giant, in more ways than one.

The 6ft 4in shooting guard graduated from high school in 1996 and was drafted by the Charlotte Hornets before being traded to the Los Angeles Lakers where he spent his entire 20-year professional career. His achievements as a sportsman at the top of his game barely need repeating, but as the fourth-highest points scorer in NBA history, his domination on the court was unrelenting.

Not that points-scoring was the sum total of Bryant's powers. Handsome, charismatic, stylish and an inspiration, his demeanour and his candour won him fans – both from the street and of celebrity status – all over the globe.

Regardless, his talent saw the Lakers won five NBA regular season championships, and on each occasion they went on to clinch the play-offs. He was the first player to have 30,000 career points and more than 6,000 assists, while TNT and Sporting News accredited him as the NBA Player of the Decade for the 2000s. Reuters even went one further, naming him its Player of a Generation.

The fact that he lost his life in such tragic circumstances, and at the age of just 41, perhaps just solidifies Bryant's legacy. Retired only three and a half years, his sudden departure leaves an indelible imprint on basketball's history.

Sure enough, across the sporting world the tributes poured in. Social media tumbled into a state of mourning, Paris Saint-Germain and Real Madrid held on-pitch minute silences before home games, while AC Milan players wore black armbands. In addition, talk-show hosts, journalists, broadcasters and fans the world over tried to find the words to rationalise an accident that had also claimed the lives of his 13-year-old daughter Gianna and seven other passengers.

In the immediate aftermath, a petition was set up on Change.org attempting to push forward with a plan for Bryant's image to be emblazoned on the official NBA badge. At the time of writing, it had garnered more than three million digital signatures.

And even in death, Bryant's sterling work will continue. He was official ambassador for the American non-profit After-School All-Stars organisation, set up the Kobe Bryant China Fund, and was a huge donor to the Call of Duty Endowment. And with wife Vanessa, he also founded the Kobe and Vanessa Bryant Family Foundation.

And in 2018, he became the first ex-professional from the world of sport to win an Oscar for Best Animated Short, for his film *Dear Basketball*.

Every one of these initiatives, projects, investments and achievements reached out to entertain, engage and enthuse people of all backgrounds. Bryant's ongoing legacy is to continue to give back – from the basketball courts to the back yards. It's a moral and an ethos that many of us can follow, and all of us can benefit from.

OTHER SPORTS STARS TO DIE IN AVIATION CRASHES...

| Chelsea FC Vice-chairman: Matthew Harding, died 1996, aged 42

| Racecar Driver: Colin McRae, died 2007, aged 49

| Swimmer: Camille Muffat, died 2015, aged 25

| Brazilian Football Team: Chapecoense died 2016 – 19 players, 14 staff members, 9 board members, 4 journalists

| Leicester City Chairman: Vichai Srivaddhanaprabha, died 2018, aged 60

| Footballer: Emiliano Sala, died 2019, aged 28



WHAT A WASTE

The media falls into the spotlight in the aftermath of Caroline Flack's death

Few things in 2020 have gripped, challenged and wrestled with the nation's conscience more than the death of Caroline Flack.

The popular TV and radio presenter took her own life in her east London flat on February 15, the final act in a tumultuous few months that saw a high-profile career in the spotlight of *Love Island* and *The Xtra Factor* descend into a place where the 40-year-old felt she simply couldn't go on.

While we may never know how much Flack's bust-up with boyfriend Lewis Burton contributed to her troubled state of mind, what was evident in the months and weeks leading up to her death was a bustle of unrelenting media attention.

Immediately, questions were raised as to what contribution front-page headlines in *The Sun*, *Daily Mail* and others had made to such a devastating conclusion to her life, and examination of the actions of the media is certainly on the agenda.

Ultimately, society is divided over the extent to which our information outlets are to blame. The tabloids are drilled into servicing PR agencies in giving the entertainment world's biggest names as much coverage as possible, so it becomes remiss to suppose that using a vehicle to court positive publicity can't then run the risk of that machine going rogue. And yet the hounding of Flack, certainly in the aftermath of the domestic abuse claim, had surely equated to bullying by the end.

While the finger continues to be pointed at the red tops, perhaps it's the wider media, notably Twitter, that should garner more of our attention. We live in an era where the quietest voice in the most remote location can fire vitriol straight into the cerebral matter of anyone in the world, at any hour.

Social media has made everyone a publisher and has given a platform to the most controversial – and it is here to stay.



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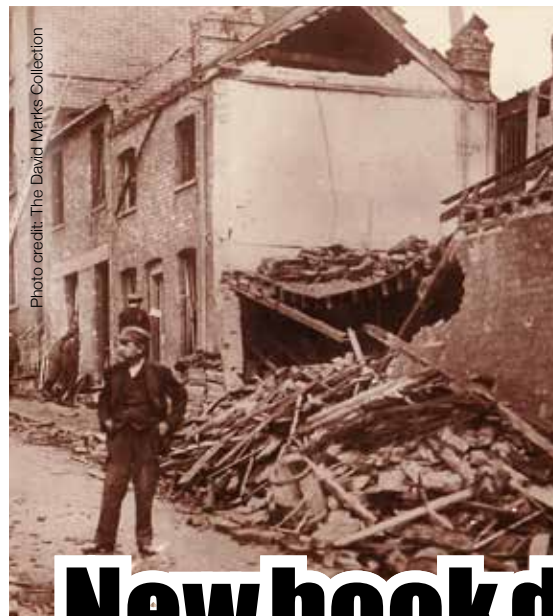


Photo credit: The David Marks Collection



New book details what happened when terror came to town

A new book looks at what happened when bombs from a Zeppelin airship were dropped on Woodbridge in the First World War.

The First Blitz in 100 Objects by Ian Castle details what happened 25 years before the Nazis targeted London in The Blitz of 1940/1941. A section of the book is dedicated to August 12, 1915 and the impact of Zeppelin bombs on Woodbridge and its residents.

After three of the four airships that set out to attack England turned back with mechanical problems on that day, the remaining airship switched its target to Harwich. When it flew over Woodbridge and was attacked by soldiers stationed there, her commander responded by dropping four high-explosive bombs and 20 incendiary bombs.

In the book, Ian details what happened when a high explosive bomb exploded on the pavement outside No.1 St John's Hill.

He wrote: "Unfortunately, the sound of the army's

gunfire had attracted residents to their doors and windows. The explosion shattered No. 1 but the family inside narrowly escaped without injury. However, inside the house next door, on the corner of St John's Hill and New Street, 67-year-old Eliza Bunn suffered fatal injuries.

"Across the street, Mr and Mrs Tyler were standing in their doorway at No. 4 when the bomb exploded. The blast killed Mrs Tyler instantly and her husband died shortly afterwards, but their three young children in the house were untouched."

The blast also killed a volunteer fireman on his way to report for duty, another man and a 16-year-old boy.

EW Stephenson, a local printer and stationer, produced a set of six postcards showing the bomb damage around St John's Hill, three of which appear in the book.

The First Blitz in 100 Objects is available to buy now. For more, go to www.pen-and-sword.co.uk

Children spread some cheer during pandemic



Photo credit: ITV

Two selfless youngsters from Woodbridge have been offering to help their neighbours during the coronavirus outbreak.

Ruby Porritt, 12, and her brother Kit, 10, delivered fliers to houses on their street and also made paper airplanes out of them to throw into their neighbour's garden.

They got some well-deserved recognition when they appeared on ITV's *This Morning* last month and were interviewed by Phillip Schofield and Holly Willoughby.

Kit explained: "We helped by going to the shops for our neighbours, walking their dogs, leaving food on their doorstep and writing and drawing pictures and letters. We've been getting responses saying that we are amazing and its an amazing thing that we are doing."

Ruby added: "We want to make sure that no one feels lonely when they are in isolation."

Mum Ellen said she was extremely proud of her caring children.

She commented: "I'm very proud, we had a long conversation. They were worried, supermarket shelves were empty and we spoke about loneliness and the more we talked, the more ideas we came up with."

"We have chickens, so we're offering fresh eggs, Ruby and Kit are happy to do emergency shopping and of course, letters pictures to cheer people up."

The three have set up a WhatsApp group and have visited 78 houses in their road so far.

New restaurant says business is booming after first month

A new Wagyu beef restaurant opened in Woodbridge last month after replacing the former Natwest building on Cumberland Street.

Blue Salt Wood Fired Grill is an authentic restaurant specialising in fine steaks and burgers, with its core ingredient used across all dishes being blue salt, which gives them their unique name.

A spokesperson for the restaurant said: "The first couple of weeks have gone extremely well, we're almost fully booked every day and we get quite a lot of walk-ins."

"We expected it to be busy when we moved to the area and that's exactly what's happened. Feyzan Akbulut, the owner and director, wanted to move to somewhere a bit quieter than where we were before, and we decided Woodbridge was perfect."

"We are a specialised restaurant, but some of the food we do would cost around £100 in London; we only charge £30."

The restaurant has recently changed its opening hours to be available at two different times during the day; between 9am and 3pm for breakfast then lunch, and 6pm to 11pm for dinner.

It can seat 35 to 40 customers at a time and uses charcoal in a wood fired oven to cook high-quality meats with an American/Mediterranean theme.

Three league wins for the Woodpeckers

Woodbridge Town FC have had a good run of form recently, winning three games in quick succession.

The Woodpeckers faced a tough test away to second placed Newmarket Town on their very impressive artificial surface but managed to come away with a very good 3-1 victory, with two goals for Carlos Edwards.

This was followed by a 2-0 home win in the reverse fixture against Newmarket, with both goals from Kelsey Trotter.

The Mildenhall home game fell victim to the adverse weather and will be played in April.

The only blemish came in an away defeat to high flying Norwich United, but the Woodpeckers bounced back immediately with a 6-3 away win at Thetford Town, with a first hat trick for the Woodpeckers from Nathan Read.

Check the club website and social media pages for upcoming fixtures.



Photo credit: Paul Leech



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News from
Councillor Geoff Holdcroft
Town Councillor for Woodbridge Riverside

As I write this column at the start of March, it's hard to tell how the spread of coronavirus will affect each of us as well as the communities we live in. I do hope that it brings out the best in us as we seek to help our friends, relatives and wider community rather than every person for themselves.

As a town council, we are heeding the advice given to us by government to try and contain its spread whilst carrying on business as usual. We do all need to plan for every eventuality whilst hoping for the best.

Soon after this column is published the hour will change, the lighter evenings will be back with us, and hopefully we will be able to get out more.

There are already lots of events planned for spring

in Woodbridge, with the Tide Mill Museum planning an Easter Egg hunt in and around Whisstocks Place on Easter Saturday, the Beowulf running from Friday, May 1 to Monday, May 4 also in and around Whisstocks Place and on Friday, May 8 there will be the VE Day Commemorations in Woodbridge. Full details of the latter event aren't available yet, but I am sure they will be soon.

As the magazine went to press, I announced this year's Woodbridge Regatta has been cancelled due to the escalating health crisis. Full refunds will be given to all stall holders who have already paid. We hope to be back bigger than ever in 2021.

Club members still cruising in cold weather

Although most boats are laid up for the winter, with essential maintenance continuing, Woodbridge Cruising Club members are enjoying on shore activities, with an active social programme for everyone, from dancing, and walks to Wednesday club suppers.

The winter programme of Sunday talks continues, with wide ranging subjects enthralling club members. Sally Sibley from Sutton Hoo gave an informative and interesting history of the discoveries, and the £4million refurbishment programme, with the new visitor centre, the full-size Anglo-Saxon burial ship sculpture and the observation tower.

The loss of HMT Iolaire was a moving, yet fascinating talk by David Lambert, who although a Lewis Islander, has local connections, attending Woodbridge School. The Iolaire sunk on New Year's Day 1919, bringing home men to the Isle of Lewis, who had fought in the First World War.

There is a well-planned programme of future talks, organised by captain Peter King, including the renowned humourist Charlie Haylock 'In a manner of speaking.', a historian of spoken English, and an authority on his native Suffolk; and Sue Whisstock, whose father Claude Whisstock, owned the eponymous boatyard in Woodbridge.

Wednesday's suppers continue, with 40 members enjoying a convivial evening with home-cooked food. Other winter activities are the weekly maintenance



parties, Thursday walks, the Monday Ladies club, and of course the bar open to all members on Saturday and Sunday lunch times. The maintenance parties do a sterling job, especially the club miners, who work below the deck, to keep all ship shape.

The social programme also has a variety of other events, and the start of the Day Skipper courses – essential for those who are new to sailing, or want to brush up, plus the RYA DSC YHF radio course.

If all this sounds tempting, and you want to join a friendly cruising club, do check out the club website where full details are found, www.woodbridgecruisingclub.org

New members are always made welcome, and the new members lunch on Saturday, February 1 was well attended.

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News from

Councillor Caroline Page

The County Councillor for Woodbridge

Gosh, what a wet winter we've had. Inundations all over the place – up to and including Woodbridge. More are forecast. And yet a recent government report says 10 per cent of all new housing in Britain is being built on floodplains. That means that one in 10 houses are being built in an area which we know will flood because it has done so regularly in the past.

It doesn't seem possible, or sensible. Does it?

And this against a background of global change where sea levels are rising, and storms are more frequent. This means more, not less, of land will be underwater, permanently or during regular tidal flood in the years to come. So why on earth are we building this way? You don't find many Victorian, Elizabethan, medieval houses that are built on flood plains.

I remember a year of huge flooding in Cambridge,

and how I hoped against hope that our big old house, near the Millpond, would be under water. Then we wouldn't be able to go to school, right? "Not a chance," said my mother firmly. And correctly. The water rose up the millpond. It might have overtopped it. But reach our house? No way.

In the old days they had ancient water meadows. Meadows filled with meadowy-type things. Grasses, and furzes and cows and such. And, regularly, water. Lots of it.

Water meadows were seen as useful for a number of purposes but never building. Obviously. Why on earth build where you and your belongings would get wet?

Sometimes it seems that, turning our backs on the past, we forget that our ancestors may have made sensible decisions for a sensible purpose. It takes a long time to learn things, through trial and error. Seems like we can forget them in a second.

Police HQ could be sold for houses

The police headquarters at Martlesham could be replaced with 300 houses, it has been revealed.

Suffolk's Police and Crime Commissioner (PCC), Tim Passmore, is considering the potential sale of the Martlesham Police Headquarters site for residential development. Depending on the value of the site, a move away from Martlesham could allow the police to reinvest savings into policing and provide better value for money to tax payers.

Mr Passmore explained: "In order to save money that can be re-invested into police services, we are exploring as one of the options the possibility of selling the site at Martlesham for development and relocating the headquarters elsewhere in the Ipswich area.

"Nothing is set in stone. We need to understand the true value of the site so that we can then make a decision as to whether it should be sold or not. Work will continue alongside the application process to more fully evaluate the costs of relocation and refurbishment options with particular regard to working closely with other public sector partners.

"We have held a public exhibition to update local residents on these proposals and I've also met with local town and parish councillors to keep them



Photo credit: Carer Jones

updated. I will continue to keep these communication channels open as this process continues."

The outline planning application was submitted to East Suffolk Council on, Monday, February 24.

Visitors to **VISION**Woodbridge's Facebook page say it is crucial that the infrastructure is in place to support any new homes.

Ruth Leigh said: "The A12 and local schools and doctors can't cope. 300 new homes means around 400 more cars on the road. Imagine that. Build a new primary school and a new high school and a new surgery and maybe it will work."




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5 *surprising* USES FOR DISHWASHER TABLETS



Whether you have bulk bought enough dishwasher tablets to clean your whole street's washing-up three times over, or if you have mistakenly purchased the wrong brand for your dishwasher, it can be handy to know what else you can do with these clever little tablets.

CLEAN YOUR OVEN

Your oven is one of those kitchen appliances that always seems to need cleaning, but oven cleaning kits can be expensive, so why not use a dishwasher tablet instead?

Simply soak the oven with warm water for 10 minutes, rub the tablet across the surface to remove stubborn grease and stains and rinse.

REMOVE CRAYON MARKS

Unfortunately, children love to draw on the walls, and if they do so with crayons, you are in for a tough job trying to remove the marks. Fortunately, dishwasher tablets are perfect for this task. Just crumble a tablet into water to make a paste and gently rub the affected area.

ELIMINATE COFFEE CUP STAINS

If your beloved coffee cup has seen better days but you are adamant you don't want to throw it away, then a dishwasher tablet could be your saviour. All you need to do is fill your cup three-quarters full with warm water, add a dishwasher tablet, leave for one hour and then rinse with hot water.

GET RID OF CAR OIL STAINS

If your vehicle has the nasty habit of leaking oil stains onto your driveway or in your garage, then simply make a thick paste using a dishwasher tablet and some warm water, scrub into the stain and rinse with a garden hose.

CLEAN YOUR TOILET

Dishwasher tablets contain bleach so are ideal for making your toilet bowl sparkle. Just drop in a tablet, wait for it to dissolve and scrub as normal.

it's a CLASSIC

Revealing Pantone's Colour of the Year

The idea of falling in love with a colour seems like an emotion straight out of an art critic's most opulent and emotive witterings. And yet, as far as Pantone's Colour of the Year for 2020 goes, such a bold, accessible and relatable shade should be to the liking of even those who'd rather steer clear of exhibitions and galleries.

While Pantone reinforces its lofty, slightly pompous, self-appointed status as the overseer of the holy swatch, it does at least apply an emotional narrative to the shades and tones represented, and in the seductive Classic Blue – that's colour 19-4052 to those in the know – there are many observations.

The institute pours admiration behind its simplicity, and certainly, as far as interiors go, it's arguably the most versatile selection in years. That's because Classic Blue offers credibility and reliability, echoing trust and dependency. As a foundation colour it sets up perfectly a raft of colour mixes – imagine a statement wall with white sofa and beige cushions; imagine deep-blue wardrobes and bed throws offset with rose red or black.

Ultimately, it is a colour that draws in and sets off in equal measure – it complements wood and brings out fabric. It is a tone that invites the opportunity to adapt into your own look.

In an era where bold shades have come to the fore, it's no surprise to see Classic Blue find its place. Arguably the bravest choice since turquoise in 2010, it's a world away from the multifaceted Living Coral of last year, which divided opinion.

The directive with Classic Blue is to embrace, embellish and embolden a shade that in previous decades would have been labelled a 'cold' colour. Pantone has surely seen to it that it'll never be viewed that way again.



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HOME & DIY



WHY 'En Provence' IS EN VOGUE

It's peculiar how interior design tastes evolve and rearrange themselves, to the extent that what probably counted as 'thrown together' a couple of decades ago is now the very height of seductive chic.

In the 1990s, when patterned wallpaper and friezes were all the rage, the sight of some exposed brickwork would lead most homeowners to call in a plasterer.

Wind forward 30 years and the En Provence trend is based so much in that rustic, 'just arrived', minimum-fuss ethos that it's difficult to look beyond the simple, stylish beauty that's on show.

Of course, flaky brickwork and some old, semi-scrubbed paintwork isn't the sum total of this trend, which, predictably, is inspired by the holiday homes and rustic outbuildings of southern France. Away from the walls, rooms take on a sense of detail within simplicity. A table and chairs provide an honest focal point; rugs, towels and throws

adorn walls and furniture, while bamboo, flowers and sprigs of pattern force the eye away from the distressed elements and into the beauty of interior excellence.

The En Provence look takes inspiration from shades, designs and styles of the 1970s. Imagine driving through the night to arrive at a semi-dilapidated farmhouse buried deep in the foothills that give way to vistas over the Mediterranean. Imagine brushing away the cobwebs to find a space untouched by modernity and contemporary tastes, where furniture is placed dramatically and the smell of freshly uncorked red wine begins to fill the air.

It is a design style almost out of wartime innocence – where comfort comes in the essentials, not the excessive.

Try it yourself – simple furniture, exposed brickwork and splashes of pattern; unmatching fabrics, wrought iron and wood; and most definitely no fluffy carpets.

Photo credit: Livingetc.com

How to make an

EGGCELLENT

Easter bonnet

With Easter just around the corner, now is the ideal time to start preparing some fun and simple Easter crafts for you and your children to enjoy making together over the holidays.

With four different designs to choose from, your kids are guaranteed to want to create one of these showstopping Easter bonnets.

1. The Traditional Bonnet

Perfect for those who want a simple design that will not be too difficult to make. Simply take a plain straw hat and then staple or glue on a variety of paper flowers, baby chicks, feathers and felt Easter eggs. You can be as OTT with the decorations as you like, but ensure that the glue has completely dried before attempting to wear your bonnet.

2. The Easter Nest Bonnet

If your kids love making those chocolate Easter egg nest cakes, then they will be absolutely besotted with this quirky bonnet that only requires a few materials to make. All you need is some shredded yellow tissue paper, some small speckled Easter eggs and the hat itself.

3. The Flower Bonnet

This beautiful bonnet boasts an array of multicoloured tissue paper flowers that can be as big and bold as you like. You can make these flowers by cutting out and layering circles of different-coloured tissue paper and then connecting them together with a pipe cleaner.

4. The Easter Bunny Bonnet

If you have some felt lying around then this is the bonnet for you. Simply cut out a selection of different-coloured bunnies from your felt using a stencil and then glue them around the crown and the brim of the hat. You can also write an Easter message in felt letters if you wish.

Photo credit: www.netmums.com

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PLANT OF THE MONTH:

Asparagus

Asparagus is a highly sought after and popular vegetable owing to its subtle flavour, array of health benefits and the fact that it is only in season for a short period of time. Unfortunately, this also means that it can be quite expensive. However, it is surprisingly easy to grow your own.

How do I plant asparagus?

Although you can grow asparagus from seeds, it is much easier to plant one-year-old dormant plants, known as crowns, which you can buy from your local garden centre or online. The ideal time to plant these is in March or April.

- Choose a sunny spot for your crowns, with well-drained soil
- Do not replace an old asparagus bed with new plants
- Clear away any weeds and add garden compost to the area
- Dig a trench that is roughly 30cm wide and 20cm deep
- Add some organic matter to the bottom of the trench
- Soak the crowns in compost tea for 20 minutes before planting
- Place crowns in the trench 40cm apart
- Top with 5cm of organic matter, such as well-rotted manure

When can I harvest asparagus?

Unfortunately, you have to be patient when growing your own asparagus and you should not harvest them for the first two years after planting.

Once you reach the third year, you can harvest your spears from mid-April for six weeks by cutting each individual spear with a sharp knife, roughly 2.5cm below the soil, when they are no more than 18cm tall.

If the weather is warm, you should be able to harvest new spears once every 2-3 days.

Pests to look out for include:

- Slugs and snails. Control these pests using eggshell barriers, copper tape and biocontrol.
- Asparagus beetle. Pick off adult beetles and larvae by hand and drop in warm, soapy water to kill them.



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40 yearsand still going strong!

Major milestone for much loved machinery company

A local mower repair company will be giving away vouchers to customers in celebration of 40 years in business.

Melton Mowers plan to celebrate the momentous milestone by offering every 40th customer this year a £50 voucher to put towards their hire and servicing needs.

Mark Thomas joined the business at the age of 15 when he left school in 1988 and took over from its founders Roderick and Bruce Clarke in 2016.

He said: "We're very proud to be celebrating 40 years this summer and want to thank all of our wonderful customers for their loyalty and support.

"My father was a car mechanic and when I left school, I came straight to Melton Mowers to work for Roderick and Bruce and never looked back. Repairing machinery is all I've ever known."

Whilst it was always Mark's intention to follow in his father's footsteps, he's grateful for how things have turned out and enjoys helping the local community.

He estimates that during career, he's serviced and repaired close to 50,000 machines.

"There's a huge sense of satisfaction in taking something that's useless, and making it into something that works," he added.

"Down the years we've mended all sorts in here – the usual mowers and compact tractors, but also chainsaws and even Rayburns!

"I'd like to think we're a good old-fashioned company that helps people out."

Other than the vouchers, Mark admits he's not given much thought to any further celebrations, saying "parties aren't really my thing," but does expect to take his two long-standing staff out for a few drinks to say thank you.

Matt and Alfie, Mark's son, have become integral parts of the business, and with aspirations to open another workshop up towards Saxmundham or Leiston, he hopes to one day pass the business on to them.

"I can't see any reason why there wouldn't be at least another 40 years in this business," Mark said. "Matt and Alfie love what they do just as much as I do, and when I eventually retire, I know the business will be in safe hands with them."

With Spring now upon us, the company are accepting bookings for all servicing and hire, as well as offering new machinery for sale.

❑ **For a truly personal service, or to find out more, call Melton Mowers on 01394 382983.**

Totally Tropical

We can all become bored with the same old plants and flowers in our gardens, so why not spruce things up with a variety of species that offer a tropical flourish all year round?

CHUSAN PALM

There is something so elegant about a palm tree. While it can transport minds instantly to those carefree holidays, the *Trachycarpus fortunei* is actually a hardy presence in a garden and retains its stunning presentation throughout winter. In fact, you may need to protect it more during summer, with regular watering during the growing season and partial shade helpful.

This plant can withstand temperatures as low as -9°C, though you should make sure the soil below is well drained. When pruning, remove the lower leaves when they become discoloured (brown) or untidy.

BAMBOO

Like the Chusan palm, bamboo plants are surprisingly strong and fiercely weather resistant. The black bamboo (*Phyllostachys nigra*) provides a stunning blend of black stalks and green sprays of colour, growing in clusters and clumps, with an ability to spread quickly. Be warned, though, these plants can grow to a height of more than five metres.

GINGER LILY

To add to these green tropical twins, try a ginger lily (*Hedychium aurantiacum*). Orange in its infancy once it has pushed up through the beds, it produces red florae in the later parts of summer.

MUSA BASJOO

An evergreen perennial with large paddle-shaped leaves, this Japanese banana plant splays out its leaves and can grow to an impressive height without the awkwardness of a large trunk.

BEAR'S BREECHES

Finally, complement your tropical spread with bear's breeches (*Acanthus mollis*) – a high-standing perennial which offers resplendent purple and white flowers. All you need to finish the tropical theme is a pina colada and some sunshine.





TRAVEL

Travelling AFTER BREXIT

PLANNING A HOLIDAY IN EUROPE THIS YEAR?
HERE IS EVERYTHING YOU NEED TO KNOW
REGARDING TRAVEL POST-BREXIT



Regardless of whether you view Britain's belated exit from the European Union on January 31 as a cause for celebration or commiseration, the need for clarity over how the move will affect our day-to-day lives is one we all share, particularly when it comes to travel.

The good news is that, thanks to Boris's Withdrawal Agreement, we now find ourselves in a transition period until at least December 31, 2020. Put simply, almost nothing will change during this time, meaning when visiting any EU country you'll follow the same protocol as you always did.

Planes, ferries, coaches and trains are all operating as before, and you do not require any kind of visa to move across the continent. Your existing passport is still legal, and while it will need to be valid for the entirety of your trip, you won't need to have at least six months left on it as you would when visiting countries outside the EU. A full UK driving licence will also maintain the same privileges as before.

As with any holiday or business trip, it's advised you get full travel insurance to cover yourself and your possessions, though UK-registered EHICs (European Health Insurance Cards) will still be valid throughout 2020. Tech junkies and pet lovers can also rest easy in the knowledge that making calls, sending text messages and using the internet on mobile phones or tablets will not change, and pets with valid passports will also be able to travel as before.

What comes after December 31 will all depend on the deals Boris and co hammer out over the coming months. Until then, book that vineyard tour in France, the skiing adventure in the Swiss Alps, and that much-needed beach vacation in Croatia, safe in the knowledge that the legacy of Brits abroad is here to stay, for now at least.



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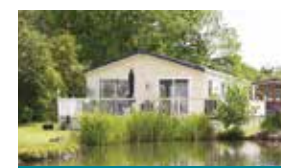
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^{*}Subject to availability, minimum purchase price applies. Cannot be combined with any other offer and may be withdrawn at any time. Free pitch fees are for 2020 season only. 2021 pitch fees will be invoiced in September 2020 with a reservation fee payable in October 2020. [#]Finance subject to status, written details on request. Park Holidays UK is a credit broker and not a lender. We can introduce you to a limited number of lenders who may be able to provide funding for your Holiday Home. We may receive commission or other benefits for doing so. [†]Available on selected models only. [^]A holiday home cannot be used as your only or main residence.

BRITISH BULLDOGS

TYSON FURY PROVES HE'S THE BEST IN THE BUSINESS IN A GOLDEN ERA FOR BRITISH BOXING

A late night, an early morning, a highlights package – however you consumed Gypsy King Tyson Fury's catastrophic defeat of Deontay Wilder in Las Vegas on Saturday night, the seventh-round stoppage ranks as one of the most memorable boxing contests in history.

Our British heavyweights are now the undisputed bulldogs of the sport. With Anthony Joshua holding the IBF, IBO, WBA and WBO titles and Fury not just taking Wilder's WBC belt, but swiping it off him with such ferocity that the American must wonder if he can ever mentally recover himself from such a beating, our reputation as supreme kings of the ring is assured.

Fury will look back on his efforts and view them less as a victory and more as a total demolition. Having controversially been denied victory in the first drawn fight back in December 2018 – a contest he dominated despite having to dramatically pull himself up off the canvas in the final round – this was arguably the most hotly anticipated rematch since his namesake Mike battled Evander Holyfield for a second time in 1997.

While Fury came close to a sensational upset in that first fight, many regarded him as still being on the path back to full competitiveness. He had dropped out of the sport in the preceding two years, battled drug addiction and depression, and ballooned to 29 stone. In hindsight, if Wilder's unbeaten record was shown to have been under such severe threat in the first match, it was hanging by a thread in the second, particularly when he was floored in the third round by a right hook to the side of the head.

The American, slipping and flailing repeatedly in the minutes that followed with a suspected burst eardrum most likely affecting his balance, then suffered the ignominy of being put down by a body shot in round five; and when the white towel was lobbed pleadingly into the ring in the 99th second of round seven, history had been made... and how.

Fury may be brash, eccentric, and with a level of showmanship that can verge on uncomfortable – his rendition of 'American Pie' in the ring afterwards left many shoe-gazing and happy to stay away from the camera lens – he retains a level of humility perhaps only rivalled by Joshua. "What a fighter you are," he said to Wilder as they hugged after the contest, even if, in truth, his opponent had been totally schooled on the path to a first, devastating, professional defeat.

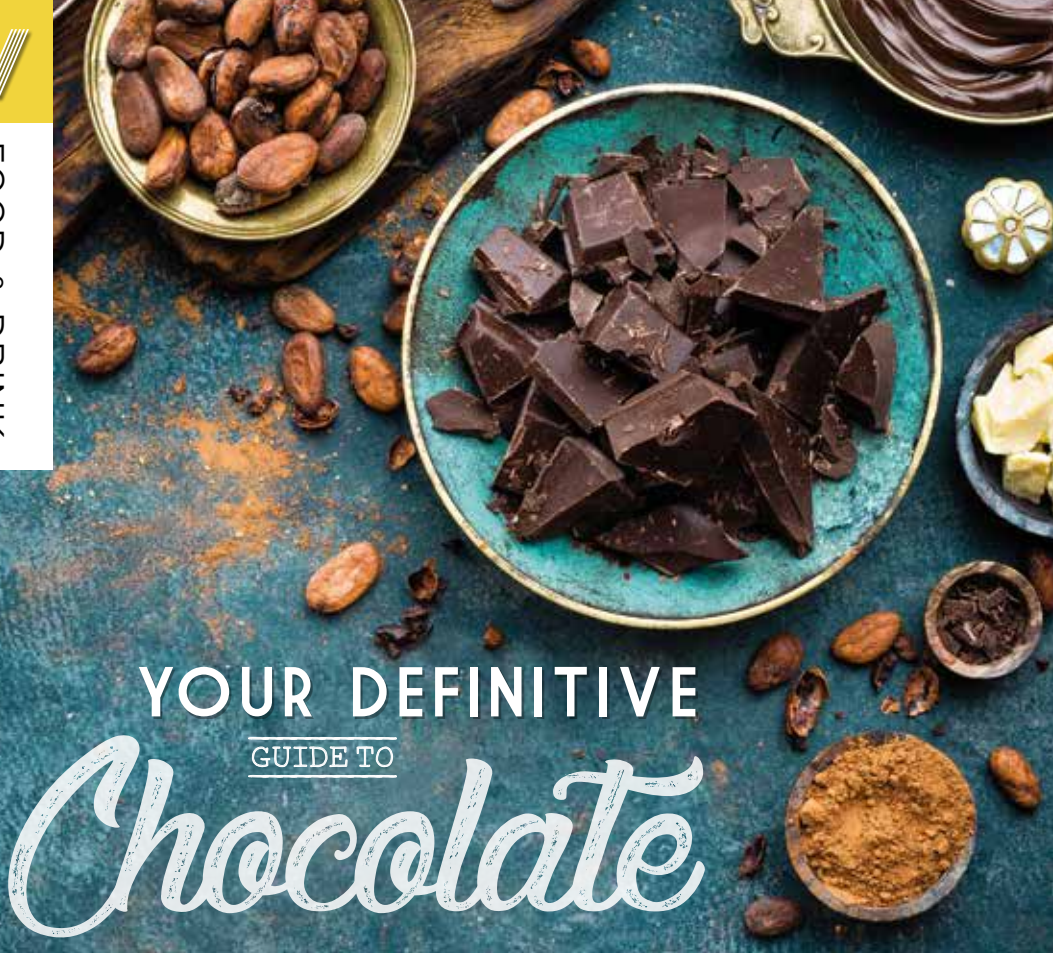
Fury is a devout Christian who thanks a higher source for getting him back on the road to salvation. In return, he is philanthropist, reportedly donating huge sums to charity.

Of course, no sooner had Fury's arm been lifted by referee Kenny Bayless, was the talk of a showdown with AJ, a bout that would rank as the most lucrative in the history of the sport, and, certainly from a British boxing perspective at least, the most anticipated ever.

It is a division rich in talent, with Dillian Whyte, Dereck Chisora, Andy Ruiz Jr, Oleksandr Usyk and Joseph Parker all waiting in the wings. Whether any dare risk reputation and health against the might of Fury, and whether any will be granted the opportunity, remains to be seen.



Photo credit: Dave Shopland/BPI/Shutterstock



YOUR DEFINITIVE GUIDE TO *Chocolate*

DIFFERENT CHOCOLATE VARIETIES EXPLAINED, AND HOW TO MAKE IT YOURSELF

The cocoa bean – one of life’s great pleasures. Having originated in the Amazonian rainforest, it found its way north where culinary experts evolved it into a solid treat, a sweet-tasting drink and even a powder that can be mixed with protein for nutritious accomplishment.

There are many different types of chocolate, from unsweetened (usually baking chocolate) to dark and white, many mixed and mangled with all manner of accompaniments.

Milk chocolate is by far the most popular, of course. It contains between 10 and 40 per cent cacao and has sugar and milk solids worked in with it, plus lecithin for smoothness and occasionally vanilla for taste.

Conjecture surrounds whether white chocolate is even chocolate at all, as it contains no cacao and is made from sugar and cocoa butter.

Next up is semi-sweet (60/40 in favour of cacao

over sugar), dark (70/30), and hardline unsweetened chocolate, a bitter variety containing 100 per cent cacao and no sugar, and often only used in cooking.

MAKE YOUR OWN CHOCOLATE

To make your own raw chocolate, use ½ cup of cocoa butter, ½ cup of virgin coconut oil, ½ cup of raw organic cocoa powder, plus ¼ to ½ cup of agave syrup for sweetening.

Grate the cocoa butter into a heat-safe bowl and add the coconut oil.

Place that in a shallow pan of warm – not boiling – water. Stir both until smooth.

Pour in the cocoa powder and stir, then add the agave syrup if you want to sweeten, before checking the flavour and making any necessary adjustments.

Pour the melted chocolate onto a plate or into an ice cube tray and put in the freezer for half an hour (or an hour in the fridge), then eat.

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Bringing Authentic Italian Coffee to Woodbridge

Exciting times for family run coffee company

A father and son duo from Suffolk are making a big impression in the local coffee market with their hugely popular Italian blend, Dolchenza, and variety of machines to go with it.

Trevor and Matt Collins founded Anglia Coffee Solutions (ACS) in 2013 and have gone from strength to strength.

Matt explained that it's a genuine personal passion for good coffee, as well as speaking with individuals, that motivates them to grow the business.

"In simple terms, we love what we do," he explained. "Being a family run business means we have a real personal connection with our customers."

"By building relationships we tailor people's needs to what suits them, meaning we get a real understanding of what they need."

The business is divided into two main services. The first is retail side, with any coffee lover able to order beans or ground coffee direct.

The second is the commercial side, working with cafes and restaurants, as well as offices to ensure they are equipped with the right machines.

Among the local businesses to work with ACS are



the East Coast Diner and the Whistlestop Café. Just outside the town, customers include Anglia Indoor Karting and The Bean House in Kesgrave.

Matt added: "For us, it isn't just about the coffee. It is about giving customers that feeling that they are really receiving a fantastic service."

Lex Quinn, who owns the East Coast Diner believes the Dolchenza offering from ACS has really helped to transform their coffee offering.

"The Dolchenza tastes great," he said. "It is super-smooth with no bitterness; a real crowd-pleaser."

Paula Partridge from Anglia Indoor Karting added: "The customers love the coffee, as do our staff. The ingredients are delivered promptly, and we are always met with a friendly voice on the phone."

ACS are looking forward to speaking to more businesses in Woodbridge.

"Most businesses will offer their clients a hot drink when they come in for meetings, and it's important to make a good impression," Matt said.

"People are more aware of the difference between good and bad coffee, and expect quality."

ACS cater for businesses of any size, so to find out more about what they have to offer, give them a call on 01284 754898 or email matt@angliacoffeesolutions.co.uk.



MUSCLE

mania

Did you know that muscle burns more than twice the amount of calories as fat? Plus, it continues to burn energy even after you have stopped working out.

Men and women alike can incorporate the following muscle-building techniques into their workout routine.

SQUATS

Squats, either with a barbell or without, are a great exercise for building muscle throughout your entire body, although their primary focus is on the quadriceps, hamstrings and calves.

DEAD LIFTS

Dead lifts should be a staple part of your muscle-building routine, working your hamstrings, quadriceps, glutes, back muscles and entire core.

DIPS

If you are looking to build up your chest, triceps and shoulders, then dips are the ideal muscle-building exercise for you. Unlike press-ups, parallel bar dips force you to lift your entire body weight, resulting in a more effective workout.

PULL-UPS

The back is a muscle that is often forgotten; however, it is vital that you build strength in your back if you want your core to be strong. Pull-ups are the perfect exercise for building up your back and biceps.

BENCH PRESS

The bench press is a vital exercise for increasing upper body strength. Focusing primarily on the chest, shoulders and triceps, this popular exercise should not be limited to men; women can also enjoy the benefits of bench press.

OVERHEAD PRESS

Incorporating your whole body, the overhead press is particularly beneficial for your shoulders and your arms. Depending on your weight and fitness levels, men can expect to lift anywhere between 55 and 200 pounds, whereas as women can lift between 15 and 100 pounds.

ROWS

If you want to work your upper back, both barbell and dumbbell rows are a good idea. Barbell rows focus on your back muscles and lats; however, if you want to work your shoulder blades more, then dumbbell rows should be your go-to exercise.

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The decision of whether to set up as a sole trader or limited company really depends on the sort of business you're running and your aspirations behind it. Many starting out want to feel their way into the business world, and operating as a sole trader enables just that. In essence, you are your business. It's simple and quick to set up, and affords you the chance to start earning immediately, perhaps even alongside a full- or part-time job. At the end of each tax year you or an accountant will crunch the numbers and you can keep whatever profits you make. There are also a variety of deductions available, such as benefits for use of home and car, provision of electricity and other elements that contribute towards the running of your business.

The appeal of starting a limited company is slightly different. In the first instance, that 'limited' refers strongly to the liability – namely that you and the company are two separate entities. If the worst should happen and the business accumulates debt or runs into operational issues, the culpability is purely with the organisation and doesn't fall on your shoulders.

Limited companies also benefit from better tax breaks, but payroll is more structured and formal. There are set wage terms, and beyond that comes a whole raft of admin and filing tasks to HMRC and Companies House.

Finally, in terms of customer perception, the idea of operating as a limited company is seen to be of loftier status than a sole trader, while bringing in other directors and stakeholders and applying for commercial resources (such as business credit) is easier too.



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Avoid The Rush: Invest Your ISA Allowance NOW!

Investing your ISA allowance early in the tax year can prove rewarding over the long term. The traditional last-minute dash again saw UK savers rush to beat the tax year-end deadline to invest their ISA allowance. And having done so, many will do the same thing as next April approaches.

Human nature dictates that we are often only prompted to act when faced with a deadline, particularly when it's a 'use it or lose it' opportunity such as the annual ISA allowance.

But there are many reasons why it makes sense to invest in an ISA earlier in the tax year instead.

Perhaps most obvious is the peace of mind that comes from getting ahead with your ISA planning and avoiding any end-of-year panic.

It also makes things simpler, as you don't need to worry about any more tax returns for your investments once they're held inside an ISA.

However, what's most important is to remember that investing is a long-term game; the longer you leave your money invested, the greater the chance of achieving better returns.

Investing your ISA allowance at the start of the tax

year gives your money the opportunity to grow for up to an extra 12 months.

Of course, you are not guaranteed to do better by investing earlier, but by doing so you can get your money working harder for longer in two ways.

The sooner you use your ISA allowance, the greater the potential tax benefit because your investment is sheltered from Capital Gains Tax and Income Tax for longer.

Similarly, your investment has more chance to benefit from compound interest – what Albert Einstein reportedly referred to as the 'eighth wonder of the world'.

Over the long term, the opportunity to make gains on the gains you have already made can make a big difference to your future wealth.

Taking steps to minimise the impact of tax on your wealth should be a year-round activity, not something that we only think about in the last few weeks of the tax year. Whether through investing a lump sum or by setting up regular savings, making an early start with your ISA plans is one way to shelter more of your money from HMRC.

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Release the PRESSURE

EQUITY RELEASE – WHAT IS IT AND WHAT ARE YOUR OPTIONS?

Equity release, on the face of it, sounds like a great idea. You've worked hard, invested in a home that you own, and are of an age where you'd like to start monetising some of what's contained in those bricks and mortar.

In the simplest terms, it's the action of taking out a cash loan on your house. You don't pay anything back until your property is sold, usually when you die.

cent of the value of a £1million home might mean giving up 65 or 70 per cent of it.

Lifetime Mortgages

A much more popular option is a Lifetime Mortgage. The loan comes with a fixed interest rate, and while there are no payments to make, the interest charged is 'rolled up' and deducted from the final sale price of your home.

That means a £50,000 loan will see the repayment amount increase every year. You'll not only pay interest on the initial loan, but on the interest itself. These lenders do protect against negative equity – where the size of the debt is actually greater than the value of the home – but it could well be the case that very little of the asset is left to pass on to loved ones by the time the house is sold.

Summing up, equity release is often viewed as an expensive way of liquidating your biggest asset, and is typically only available to those aged 55 and above.

THERE ARE TWO TYPES OF EQUITY RELEASE:

Home Reversion Scheme

This is where a company buys a slice of your property (say, 25 per cent). It makes its money on the profit made from that investment when the property is sold, with an (expected) uplift in value. For the investor this is obviously a long-term investment, so the price offered for that quarter of your property will be well below market value.

Looked at the other way round, to monetise 25 per



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New luxury hair salon to create jobs

Planning for an exciting new luxury hair salon in the centre of Woodbridge is underway. Quay Street Collective is due to open in the former site of Smashing Wines in May 2020 and will create eight jobs in the area.

In order to recruit talented, career-minded individuals, the salon is taking a novel approach to recruitment, inviting those interested in joining the team to send a 60 second video to the Quay Street Collective Instagram page that shows their passion for the industry, their inspiration, motivation and career aspirations. Successful applicants will be invited to a face-to-face audition, where they can showcase their talent in front of industry peers.

The salon requires anyone applying for a position to have a minimum of three years' salon experience. Part-time and full-time positions are available. Applicants must be qualified to NVQ Level 2/3. Auditions will take place in Woodbridge in April.

The Director of Quay Street Collective explains: "We are creating a brand-new team and are looking for technique-driven, talented, innovative stylists who will bring their own vibe to the salon."



"We are passionate about education and create opportunities for people within our industry."

"The salon will be eco-friendly and sustainable. Our stylists will be giving personalised consultations for every client."

"A lot of research has gone into sourcing the right products and furniture to ensure a luxurious and

contemporary customer experience. The salon will offer a full range of hair treatments and will satisfy the increasing requests for innovative products, techniques and styles that we've received from the people of East Suffolk."

The town centre premises are currently being fitted out to create a unique space where comfort and creativity are at the forefront.



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LET'S
GET

Messy

Why is it that the simplest things in life often turn out to be the most complicated?

The messy topknot bun, for example. This should be an effortlessly easy and chic updo that can take you from day to night in a matter of moments; however, this seemingly simple do can be tricky to get right.

HOW TO ACHIEVE THIS LOOK:

STEP 1: Do not wash your hair – this updo works best on hair that has not been recently washed.

STEP 2: Brush your hair thoroughly to get rid of any knots or tangles.

STEP 3: If you are prone to flat hair, spray a volumising spray or dry shampoo to your roots.

STEP 4: Create a high ponytail, right on the top at the back of your head.

STEP 5: If you have long hair, tip your head upside down to ensure that you get the ponytail right up to the crown of the head.

STEP 6: Once secure, divide your hair into two sections.

STEP 7: Twist your hair around into a bun shape and secure with pins.

STEP 8: You should now have a bun that looks similar to a ballerina's. Now for the messy part.

STEP 9: Slowly pull a few strands out from the bun to frame your face – not too many.

STEP 10: Slightly loosen the bun to add more volume.

STEP 11: Optional – alter the shape of your bun using pins to secure in place.

STEP 12: Finish with a light- to medium-hold hairspray to keep your look in place.

OTHER MESSY UPDOS TO TRY:

The messy side bun – best for bad hair days.

The big messy mohawk – best for medium to long hair.

The bohemian braided updo – best for greasy hair.

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make-up GET SET, GO

Make-up setting sprays are the perfect product for ensuring that your make-up stays put and perfect for long days, or nights, on the go. However, they can be expensive and all too often you end up resorting to using hairspray instead – a definite skincare no-no.

So why not make your own instead?

ROSE WATER & WITCH HAZEL SETTING SPRAY – Best for oily, mature and acne-prone skin

YOU WILL NEED: 1 tablespoon rose water | 1 tablespoon witch hazel | 1½ cups water | 1 spray bottle

Rose water is known for its anti-inflammatory properties and can help calm down red or irritated skin, as well as being able to reduce oiliness. Witch hazel will work hard to keep your make-up in place and fight any breakouts.

ALOE VERA & LAVENDER SETTING SPRAY – Best for dry or dull-looking skin

YOU WILL NEED: 2 tablespoons aloe vera gel | 2-3 drops lavender oil | 1½ cups water | 1 spray bottle

Aloe vera has the clever ability to reduce oil and moisturise your skin at the same time, meaning it is the ideal ingredient for creating a setting spray for those with dry skin. Lavender is great for reducing redness and improving the overall appearance of your skin, plus it will help you to feel calm and relaxed.

HOW TO MAKE EITHER SPRAY

Sterilise your spray bottle | Mix together all your liquid ingredients and add to the bottle | Shake vigorously | Store in the fridge for 2-3 weeks, using when needed

HOW TO USE YOUR DIY SETTING SPRAY

Shake your bottle to ensure all the ingredients are mixed together | Hold the spray 6-8 inches away from your face | Spray a few times to ensure full coverage | Let the spray dry naturally – do not be tempted to rub your face or try to blend it in | Reapply as and when needed



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3. KARATE

In the latest instalment showcasing sports set to debut or return at the Olympics in Tokyo later this year, we take a look at karate.

During the Ryukyu Dynasty, martial arts were banned by King Sho Shin, but they continued to be practised in secret. By the 20th century, Japanese universities had karate clubs, and in the 1960s and 1970s, martial arts movies were bringing this unique form of combat to popular culture.

It's perhaps surprising, then, that it's taken until 2020 for karate to make its Olympic debut, and even now is being presented as a non-permanent addition.

The sparring discipline of Kumite will feature three weight classes for male (67kg, 75kg and +75kg) and female (55kg, 61kg and +61kg) competitors, and there will be no mixed-gender contest. There will be 10 entrants in each category.

Rules in Kumite state that opponents face each other on an 8x8m mat, for three minutes or until one has an eight-point lead over the other.

Three points are awarded for ippon (a technique with clean connection and good form), two points for waza-ari (throwing opponent with control and accuracy, but not to extent of ippon) and one point for Yuko (a throw that places the opponent on their side).

There will also be a Kata discipline, in which judges will award points for technical (techniques, focus, correct breathing, stances, timing, transitional movements and conformance) and athletic (speed, strength and balance) performance. A total of 10 female and 10 male athletes will compete for gold, silver and bronze medals.

Karate has previously been an event at four leading athletic competitions – the 2018 Asian Games, and the 2019 African, European and Pan American Games.

It is apt, then, that the sport will be making its Olympic debut in its homeland.





DASHCAM

REC TO THE RESCUE

The rise of dashcams, and why more motorists are installing them

If you're familiar with the phrase 'where there's blame, there's a claim', you'll know we're living in an era when most people in most areas of society are being held accountable for their actions.

And on the roads, that's certainly the case, with £1.2billion of car insurance claims paid out in just the first quarter of last year.

Many of us have found ourselves in a position where an event on the road becomes the subject of dispute, and more and more now motorists are protecting their side of the story with dashcams. From just £20, and available front and back, footage can prove invaluable in the event of a claim needing to be made.

Typically, dashcams have been plugged into car cigarette lighters, but increasingly now, compatible cams can be wired into the

battery, meaning that even when parked and with keys out of the ignition, the camera will start recording whenever it detects movement.

More expensive models can offer immediate playback, increased file storage and GPS, but whether investing heavily or just setting something up to get you covered when zipping in and around town, protecting yourself – and your story – could end up saving you thousands.

And who knows, if you catch something really remarkable, your subsequent YouTube upload could go viral, landing you enough to drive something new off the forecourt... dashcam pre-fitted.

The ultimate question behind dashcams ends up being this; rather than asking, can you afford to install one, can you actually afford not to?

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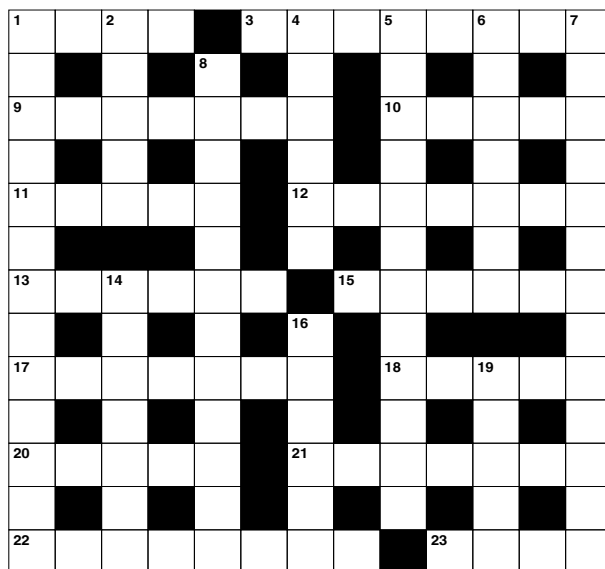
Answers can be found on the Contents Page 4

ACROSS

1. Unwell (4)
3. Coming out of (8)
9. Freezing (3,4)
10. Italian cathedral (5)
11. Herb (5)
12. Mode (7)
13. Make tidier (6)
15. Adjust in advance of its use (6)
17. Sharp tooth (7)
18. Shady spot under trees (5)
20. Ornamental stone (5)
21. Chanted (7)
22. Overabundances (8)
23. Dairy product (4)

DOWN

1. Perfect likeness or double (8,5)
2. Requiring much mastication (5)
4. Change (6)
5. Reallocate (12)
6. Traditional piano keys (7)
7. Amiably (4,9)
8. Despair (12)
14. Antiquated (7)



16. Reach a destination (6)
19. Lifting device (5)

DID YOU KNOW?

- ▶ Hong Kong has more skyscrapers than any other city in the world
- ▶ Australia is the only country that covers an entire continent
- ▶ Canada's lakes and waters contain about 20 per cent of all fresh water on Earth
- ▶ There are more than 60 languages spoken in Kenya
- ▶ The United States of America is made up of 50 states and the District of Columbia
- ▶ Brazil has won the most World Cup titles
- ▶ Queen Elizabeth II is the Head of State of St Lucia
- ▶ Papua New Guinea speaks the most languages in the world, with more than 851 individual languages listed

SUDOKU

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



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