

STOKE ASH & THWAITE



April & May
Newsletter
2023

GOOD MORNING!

Breakfast served until 11am every day

Full English Breakfast

Fried egg, rasher of butcher's bacon, sausage, mushroom,
tomato, baked beans, hash brown, fried bread

Includes all items from the buffet

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Specialty Coffees

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Toast and Preserves

Thick sliced bread with Tiptree Marmalade & Jam

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Contact List of Organizations for Stoke Ash & Thwaite

Editor	TBA	Interim - Gordon Leggett
Advertising	Ken Smith	01379 678197
Garden Club Thwaite	George Parnell	01449 768686
Veggie Plotters	George Parnell	01449 768686
Garden Club Stoke Ash	Lionel Coe	01379 678463
Knit, Craft & Natter	Jacqui Lawrence	01449 768116
Revd Julia Lall	Email: rev.julialall@gmail.com	
S/Ash Social Club	Ellen Stannard	01379 678646
	& Lionel Coe	01379 678463
Women's Institute (Secretary)	Pam Cooke	01379 678100
S/Ash Village Hall (bookings)	Brenda Lock	01379 678383
Management Committee	Geoff Tancred	01379 678568
Thwaite 50 Lottery Club	Christine Maisey	01449 766286
	Email: maisey686@gmail.com	

Stoke Ash & Thwaite has 7 Parish Councillors.

If you wish to raise any matters concerning the villagers you can do so by attending Parish Council meetings posted on the Parish Council notice board and website or by directly contacting one of the councillors or the Stoke Ash & Thwaite Parish clerk Lynne Cockerton on 01728 862001 lynne.cockerton@btopenworld.com

Stoke Ash & Thwaite Parish Councillors

Cllr Tony Pulham (vice chair)	07850 385914	tony@hpfltd.co.uk
Cllr Val Lane	01379 678568	vallane2002@yahoo.com
Cllr Gordon Leggett	01379 678450	gel-print@outlook.com
Cllr Geoff Tancred	01379 678568	geoffreytancred@gmail.com
Cllr Roger Kember	01449 768142	rogerkember@gmail.com
Cllr Dick Maisey	01449 766286	maisey686@gmail.com
Cllr Christine Maisey	01379 730072	maisey686@gmail.com

Stoke Ash Village Hall Lottery

We currently have several available numbers, so if you would like to be part of this valuable fundraising opportunity for Stoke Ash village hall, please contact Sheila Coe on the number below.

£1 per week with weekly prize money of £25
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For more details: Sheila Coe 01379 678463

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Spring into Life

On sitting down and gathering items together for this issue of our Stoke Ash & Thwaite magazine I am mindful that we have just come through a very dull and grey winter in both the weather and our economical situation. With the event of the war still going on in the Ukraine and then the earthquake in Turkey and Syria we, in our parish of Stoke Ash & Thwaite have many things to be thankful for in where we live.

This last weekend of March 11th & 12th, we had planned the Litter Pick for our two villages and before the weekend the weather forecast was not good and we all wondered if this event would be able to go ahead. Needless to say, we need not have worried as Saturday morning, after a freeze overnight, the sun broke through with a blue sky and a good number turned out to pick litter and also to share in our conversations and get to know one another better.

Thank you to all who took part and also to Tony Pulham and the Maiseys for providing refreshments of bacon butties and hot dogs, teas and coffees.

Please can you take note of the items in this issue in reference to local elections in May and what you have to provide to be able to vote. Also please can you respond with reference to the Kings Coronation in May so that those who are organizing events will have a good idea of those who will be attending?

As I mentioned in the last issue, let us endeavour to be more responsible towards each other and help one another not expecting a reward but doing things to encourage and to look out for the needs of others.

This is now a wonderful time of the year when we see new life in the countryside and colour once again comes to life in our gardens. The farmers see the growth of the seeds they have planted and those breeding animals see new life appear with new energy. In the church calendar we are reminded again of the Easter story, which once again, was given for each one of us personally to respond to if we would only take the time to do so.

Once again, we say as parish councillors that we are here to help so please, if there is a need, let us know and we will endeavour to help where we can.

The copy deadline for ALL issues this year will be the 10th of alternative months and for advertisers the 12th

This edition of the newsletter has been produced in good faith but errors and omissions may occur during the process of production. Please let us know if this is the case so that they may be corrected.

Please note that the views expressed in readers letters are not necessarily those of the editors. We cannot be held responsible for the accuracy of material submitted for publication; however we reserve the right to include, edit or omit letters as we think appropriate.

Stoke Ash & Thwaite Parish Council – report on meeting held 19 January 2023

Parish Council Elections – these will be held on Thursday 4 May 2023. The closing date for nominations is 4 April 2023. Information for any parishioner interested in becoming a parish councillor can be found at the first link below and nomination forms are available on the second link:

Candidate Information and Nomination Papers

Further information on standing for election to Town and Parish Councils can be found on the Electoral Commission website via the following link.

<https://www.electoralcommission.org.uk/i-am-a/candidate-or-agent/parish-council-elections-england>

Town and Parish Council Nomination Paper can be downloaded from <https://www.electoralcommission.org.uk/sites/default/files/2022-06/Nomination%20pack%20parish%20council%20election.doc>

The Stoke Ash & Thwaite Annual Parish meetings will be held on Thursday 27 April 2023 at the Village Hall ,Stoke Ash. The Stoke Ash meeting will be held first at 7pm followed by Thwaite. Refreshments will be available – All Parishioners Welcome to Attend.

Play Equipment Stoke Ash – Cllr Tancred gave an update on the purchase of the new play equipment for the Stoke Ash field. The equipment will be for younger children - a welcome addition to the play facilities. It is hoped the equipment will be installed during middle to late March.

HM King's Coronation – a working group has been set up to make arrangements for village celebrations over the Coronation weekend. This will be a joint Stoke Ash & Thwaite event/s. Please see separate report from the working group.

Chairman – Cllr Paul Morris stated that he had decided to stand down for a while from the parish council, with effect from the January meeting, adding he had become disillusioned with certain aspects of Local Government but not the work of the Parish Council. Members recorded their huge thanks to Paul for all his work as a councillor and chairman over the years, this had been much appreciated and he was wished well in his future adventures.

Date of next meetings:

Stoke Ash & Thwaite Annual Parish Meetings:

Thursday 27 April 2023, 7pm at Stoke Ash Village Hall – ALL WELCOME

Stoke Ash & Thwaite Annual Parish Council Meeting:

Thursday 18 May 2023, 7.30pm at Stoke Ash Village Hall – ALL WELCOME

COMMUNITY NEWS

Did you know?

There is a mobile library operated from Ipswich which calls locally every 4 weeks on Thursdays - Route 7 calls at:

The Old Post Office in Thwaite between 9.35 & 9.45

The Lay-by in Wickham Skeith between 9.50 & 10.05

Swan House in Wickham Skeith between 10.10 & 10.25

Dates for this year are:

6 April, 4 May, 1 June, 29 June, 27 July, 24 August, 21 September, 19 October, 16 November, 14 December

Contact details: 01473 351249 help@suffolklibraries.co.uk

MOBILE POST OFFICE

The Mobile Post Office calls at Thorndon in the Black Horse Car Park every Friday between 10.30 and 12 noon. Enquiries are being made as to whether it will be possible for one to come to Stoke Ash and Thwaite as well, although at the moment it appears that it has a full schedule. If there is any further news, this will be appear in the next newsletter.

Meanwhile, our nearest Post office is at Mendlesham.

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Meet your Thwaite Parish Councillor - Roger Kember

I was born in 1949 in a house on Kew Green and grew up in Chiswick, West London.

My father had been raised on a farm in Kent but went into the family business of handmade shoes with our shop opposite to Harrods.



Aged 19, I joined my local police force, the Metropolitan, and had a wonderful 39 years. Like all recruits, I went to the Training School at Hendon. During the War, it was all RAF Hendon and we lived in the old quarters with the RAF station across the road from where troops and families flew to overseas postings.

From the old Bow Street (when Covent Garden was in full swing) I went on promotion to sergeant to Whitechapel in the East End and married my first wife who was a Sister at the Royal London Hospital. Our first son, Neil, was born there and was officially a Cockney, having been born within the sound of Bow Bells.

I became a trainer at the new Recruit School, Hendon, and was promoted to inspector to work on Neighbourhood & Community Policing. A posting to Harlesden & Kilburn in NW London saw me running the public order unit and undertaking riot training. I continued with public order duties for ceremonial and large scale demonstrations when promoted to Chief Inspector followed by my first posting to New Scotland Yard where I was responsible for policy for: community relations, liaison with religious bodies, domestic violence investigation and victim support and liaison with the lesbian and gay communities.



As a superintendent, I was posted to the Home Office and Association of Chief Police Officers with responsibility for policy in dealing with disasters and emergencies and special liaison with the Ministry of Defence and all 3 Military Services. I worked with the Special Forces (SAS and SBS) and was a member of the Cabinet Office Briefing Room (COBR) for terrorist incidents. I took part in many exercises and on 7 July 2005 I was called into COBR where I spent the next three weeks following the London Underground bombings ('7/7').

The week after '9/11' - the Islamic terrorist aircraft attacks on the World Trade Centre, New York and four other US targets - I was drafted for the next 3 years into the Cabinet Office with responsibilities for improving the resilience of the UK against terrorist attack and improving the national response to and, recover from, attacks and natural disasters.

I returned to New Scotland Yard to work in the Counter Terrorism Command until I retired and was head-hunted by a crisis management training consultancy. I have worked around the World in crisis management for international companies.

Along the way, I studied at the University of London and gained a BSc (Hons) in psychology and an MA (Distinction) in race & community relations and, occasionally, found time for the theatre, films, jazz, classical music, history, current affairs and fine dining.

After retiring from consultancy, Gerda, my wife of 18 years, and I moved from Chelsea to Thwaite to enjoy the clean air, flora and peace and quiet of the Suffolk countryside. We are still waiting for the 'quiet'!

Gerda has had a much more glamorous life than me. She comes from Austria from a line of barons and ladies-in-waiting to the Royal Court that was granted its coat of arms in the fourteenth century. Her father was arrested by the Gestapo for involvement in the plot to assassinate Hitler but was liberated by US forces in 1945. In succession, he became Austria's ambassador to Italy, France and then the UK. Gerda fell in love with London and moved from Austria in 1960 and stayed ever since. She was in charge of 7 departments at Fortnum & Mason before starting her own business selling fine china.

In the police, I served the public and I want to continue helping in the community through our Parish Council and your committed councillors. We all hope you will feel free to contact us about any issue where you think we could help.

Time to get walking again!

With Spring on its way we start to think about getting out to walk in the beautiful English countryside again, but where to find new and interesting walks?

Walking in Suffolk <https://www.walkinginengland.co.uk/suffolk> has loads of walks to download and print, free, it also has books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

John Harris (who maintains the website) said 'There is so much walking information on the web but it is difficult to find. Walking in Suffolk (part of the Walking in England website) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'.

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

So home or away, check out the websites and get walking!

John Harris

www.walkinginengland.co.uk john@walkinginengland.co.uk

Report for AGM Village Hall Committee on 6 March 2023

Our activities over the past year have been very much of consolidation after the effects of the covid pandemic, with changes of our committee members and improvement to our operation processes. Meeting agendas are now sent to all committee members , and followed up by minutes of meetings.

The committee now has 8 members – Paul Morris, June Scott, Ann Warr-Wood, Sarah Weston, Sheila Coe, Lionel Coe, Valerie Lane and Geoff Tancred

A major activity during the year was our celebration of HM the Queen’s Jubilee, which took place over 2 days and included a successful fete on the first day, and a party on the second day originally intended for children only, but extended to all, due to the low numbers of children who indicated their interest. A ‘profit’ of £1500 was realised via donations and the fete activities.

Our finances remain in a relatively strong position, mainly due to the grant received from government during the Covid pandemic, but also very well supported by the village lottery, run efficiently by Sheila Coe. (With the closure of the village post office, it is less easy for ‘customers’ to continue payment, but the drop off in payments appears now to be stabilising). Our thanks go to Sheila, and Ellen Stannard from the village , for their continued commitment and efforts throughout the year, and also to Sarah and June for their contribution as an ‘entertainments committee’ , with a stronger and planned approach to fund raising activities. A major expenditure envisaged shortly , is the cost of children’s playground equipment. Contact with the manufacturer and installer indicates a start time of ‘end March beginning of April’. The cost will be shared with the Parish Council, and paid through their accounts for taxation purposes. The PC’s contribution is both significant and generous. It was felt that we could not satisfy the requirements of the various grant providers at the time of ordering the equipment, as our operational controls and systems were not ready for an in depth scrutiny. We are now in a better position to apply for grants, having made changes to our booking process, instituted risk assessment processes for hirers of the hall as well as our own for fire, and health and safety , carried out a fire practice, and listed our assets. (The booking process is now managed by Brenda Lock. Many thanks also go to her for the work she puts in keeping the building clean and secure). The cost of hiring the hall was raised from January 1 to reflect increased charges from water, electric and other costs. Our charges are still significantly lower than other halls in the area.

Our Building has long suffered from damp for which many attempts have been made to correct it.

No record of these attempts appeared to be available, nor by whom executed. It was clearly important to get to the bottom of the concern, so that planned corrective action could be instigated. To this end, a chartered surveyor's report was commissioned. Using this report as a basis, quotations have been sought (without success) for implementation of the report's recommendations. Availability of suitable builders is not great in the current environment. However, it is a primary function of the committee to maintain our building, and I think we are now in a better position to seek grants. Notwithstanding other current considerations, which have reduced attention to the damp concerns, it is considered necessary now to deal with the problem.

We are now looking forward to the coronation of King Charles, and a street party for all residents of our parish, as well as Craft fairs, Bingo, a Car Boot Sale, a Village Fete, and a Halloween Party .

In many ways, it has been a challenging year, but generally fun and encouraging to see that our activities are going a long way to meeting the requirements of our governing document.

Geoffrey Tancred
Chair Stoke Ash Village Hall Committee



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'We'll meet again' monthly lunch club
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Time 12.30 for 1pm

We trust that you are keeping well. For your own wellbeing it would be good if you could organise for yourself a Lateral Flow Test before the event if you can. Masks and hand sanitiser are always available at the Hall.

March 22nd, April 26th and May 24th

The meal is primarily for those over 65 in the Stoke Ash & Thwaite area who would like to meet up with others who may be living alone and would like to have a meal and chat
RSVP to Gordon or Janis on 01379 678450 Mobile 07745 365583

If you require transport please ask. We meet the 4th Wednesday in the month

Supported by Stoke Ash & Thwaite PC and Stoke Ash Baptist Church

**All are welcome at our
regular activities***


Stoke Ash
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CIO

Sunday 10.30am

Morning Service

Tuesday 7.30pm

Prayer, Share & Bible Focus

Regular activities in normal times: Friends & Neighbours, Community Breakfasts & Lunches, Home Groups, Christianity/Discipleship Explored Courses & Holiday Club.

Please join us - you will receive a warm welcome.

More details on our website at www.stokeashbaptist.co.uk
Stoke Ash Baptist Church (SABC), Chapel Lane, Stoke Ash, Suffolk IP23
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ALL SAINTS CHURCH STOKE ASH WITH THWAITE

WORSHIP

Easter Day, Sunday 9 April – 9.00am Worship for All service.

Please refer to leaflets in the village and on the church notice board for details of all the services around the benefice and online. Details also on Facebook
<https://www.facebook.com/groups/southhartismerechurches>

JUMBLE SALE

at All Saints Church, Stoke Ash on Saturday April 1st 11.00am to 2.00pm

Refreshments available

Please come and support your church in aid of church funds

BOOKS AND JIGSAWS

Books and jigsaws are always on sale in the church porch.

(The outer door is always unlocked, but is stiff to open)

BAPTISMS and WEDDINGS

For all enquiries, please contact Rev. Julia on: 01379 678064 or 07850 492212,
or email at rev.julialall@gmail.com

Thwaite Lottery

Thwaite 50 Lottery has monthly prizes of £25, £20 & £15 & an annual Christmas draw of at least £100 & non monthly winners have a complementary prize.

To join us during the year membership is £5 per month, so £50 to be included for the rest of 2023.

The profits from the lottery go towards the upkeep & prospective development of St Georges Hall & The Old School Room.

If you would like to join us, please contact Chris Maisey.

maisey686@gmail.com

01379730072

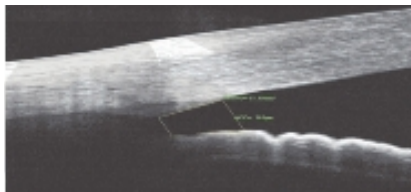
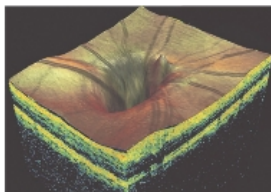
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South Hartismere Benefice

April/May Newsletter 2023

Easter

I am sure we have all heard about the Taj Mahal - it was built by the Mughal emperor Shah Jahan to house the tomb of his wife and it has been declared one of the new 7 wonders of the world. We have all read about its beauty and maybe also heard from friends who have visited and seen for



themselves, and of course who can forget the iconic picture of Princess

Diana sitting all alone by the reflection pool just outside the tomb.

So, although we had heard about the blindingly bright white marble and how it changes colour as it reflects the sun-light at different times of the day, my wife and I needed to visit and to see and touch this for ourselves. So, many years ago, we visited the Taj Mahal at sunset one Easter Saturday and returned very early the next morning on Easter day, just before dawn to witness the sunrise.

This April in our church calendar, we celebrate the Easter story of the life, crucifixion and resurrection of Jesus Christ. The bible tells us about the events that took place on that Easter morning, 3 days after his crucifixion on Good Friday. We can read about Mary Magdalene, and how she was alone in the garden weeping in search of Jesus; what a picture that would have made - indeed there are many beautiful paintings of this. We hear too about how the angels appeared in shining bright white clothes and we read about those who rushed to the tomb and witnessed first-hand the risen Lord who appeared to them. Finally, we hear about those who doubted and wanted to go and see for themselves and so we read the story of doubting Thomas who only believed once he had seen and touched the scars in Jesus' hands and feet. The phrase 'doubting Thomas' is one that is still used regularly to this day.

So, coming back to the Taj Mahal on that Easter Sunday morning when I visited... some people had left it too late and as they came rushing in they shouted are we too late? Has the sun risen? To which I replied, He has risen indeed, alleluia.

Wishing you all a joyful Eastertime.

Tim Rowe, Churchwarden and Lay Elder.

Local Elections 4 May 2023

From 4 May 2023, voters in England will need to show photo ID to vote at polling stations in some elections.

This will apply to:

- Local elections
- Police and Crime Commissioner elections
- UK parliamentary by-elections
- Recall petitions

From October 2023 it will also apply to UK General elections.

Accepted forms of photo ID

You can use any of the following accepted forms of photo ID when voting at a polling station.

International travel

- Passport issued by the UK, any of the Channel Islands, the Isle of Man, a British Overseas Territory, an EEA state or a Commonwealth country

Driving and Parking

- Driving licence issued by the UK, any of the Channel Islands, the Isle of Man, or an EEA state (this includes a provisional driving licence)
- A Blue Badge

Local travel

- Older Person's Bus Pass
- Disabled Person's Bus Pass
- Oyster 60+ Card
- Freedom Pass
- Scottish National Entitlement Card
- 60 and Over Welsh Concessionary Travel Card
- Disabled Person's Welsh Concessionary Travel Card
- Senior SmartPass issued in Northern Ireland
- Registered Blind SmartPass or Blind Person's SmartPass issued in Northern Ireland
- War Disablement SmartPass issued in Northern Ireland
- 60+ SmartPass issued in Northern Ireland
- Half Fare SmartPass issued in Northern Ireland

Proof of age

- Identity card bearing the Proof of Age Standards Scheme hologram (a PASS card)

Other government issued documents

- Biometric immigration document
- Ministry of Defence Form 90 (Defence Identity Card)
- National identity card issued by an EEA state
- Electoral Identity Card issued in Northern Ireland
- Voter Authority Certificate
- Anonymous Elector's Document

You will only need to show one form of photo ID. It needs to be the original version and not a photocopy.

If you don't have an accepted form of photo ID

You can apply for a free voter ID document, known as a Voter Authority Certificate, if:

- you don't have an accepted form of photo ID
- you're not sure whether your photo ID still looks like you
- you're worried about using an existing form of ID for any other reason, such as the use of a gender marker

You need to register to vote before applying for a Voter Authority Certificate.

Find out how to apply for a Voter Authority Certificate

Out of date photo ID

You can still use your photo ID if it's out of date, as long as it looks like you.

The name on your ID should be the same name you used to register to vote.

Showing ID as an anonymous elector

If you're registered to vote anonymously and want to vote in person, you'll need to apply for an Anonymous Elector's Document.

Find out more about registering to vote anonymously and how to vote anonymously.

Full information available at this link:

https://www.electoralcommission.org.uk/sites/default/files/2023-01/Voter%20ID%20Resource_Partner%20Pack_May%202023_Group%201_0.pdf



Stoke Ash Village Hall Presents....

Stoke Ash Village Hall,
The Street, Stoke Ash,
Eye, IP23 7EW

BINGO **Friday** **28th April**

Eye's Down
at 7:30pm



Welcome to a Flower Festival at **St Georges Hall Thwaite,**

during the weekend of St Georges Day.

Saturday 22nd April & Sunday 23rd April

as Sunday 23rd April is St George's Day the theme for the flower
arrangements is 'Celebrating Famous Georges'

Enter the competition to guess which 'Famous Georges'
we have chosen. Free entry.

Please bring family and friends, parking will be available
on the Community Field. Light refreshments, soup,
coffee, tea, savouries and cakes will be available to
purchase on both days. If you would like to bake and
donate a cake for the refreshments please speak to
Chrissy Maisey on 01379 730072



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Afternoon 12.45pm to 3.45pm

"Children's welfare, learning and development is fully supported by the highly motivated staff" Ofsted 2012

Please visit our website www.gislinghamplaygroup.com or phone us on 01379 788934



A street party is being planned for Sunday 7 May in Stoke Ash from 2-4pm. All parish residents are invited.

There will be music, decorations, lots of party food, a raffle, a patriotic dress up competition for children, adults and pets, and a souvenir gift for all children attending along with a low cost bar, tea, coffee and soft drinks, all courtesy of our Parish Council.

It will be very helpful to know how many people we should cater for, and any particular dietary needs. We plan to seat everyone at a line of tables along the Street, which will be closed for traffic from 12 o'clock until 5pm. The tables will be full of scones, clotted cream, jam, scotch eggs, mini pork pies, chicken nuggets, mini sausages, cake slices, cup-cakes, ice creams and jellies.

We already have volunteers to make the scones and cake slices, but we do need help with jellies and cakes. We would welcome further foodie ideas, and volunteers, and could pay ingredient costs if required.

Parking at All Saints Church, Stoke Ash.

(courtesy minibus available from All Saints Church car park to Hall)

Please let us know if you intend coming, so that we have a starting position with numbers of adults and children, and quantities of food for the day.

To let us know, you can phone us on 01379 678568 (Val Lane & Geoff Tancred) or 01379 730072 (Chris & Dick Maisey)

Or send an email to geoffreytancred@gmail.com, vallane2002@yahoo.com, maisey686@gmail.com

Or fill in the form below and post it to/at Hillcrest, The Street, Stoke Ash, IP23 7EW or Chris & Dick Maisey, The Firs, Norwich Road, Thwaite IP23 7ED

✂.....
We look forward to coming to the Coronation Celebration Street Fair on 7 May

Family name

Address.....

.....

Number of adults.....Number of children.....

Particular dietary needs.....



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
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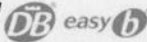
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Diary Section:

Wed 19 Apr Joy Hawkins “Pockets Full of Posies? Surviving the Black Death the Medieval Way” Wickham Skeith Village Hall 7.45 pm

Wickham Skeith History Group

On 19 April we welcome **Joy Hawkins** who will talk on “**Pockets Full of Posies? Surviving the Black Death the Medieval Way**”. We have just lived through the worst pandemic for a century. However, in 1348/9 between a third & a half of the population died from the Black Death. Joy will explore how the people coped with this disaster.

All are welcome so do join us in Wickham Skeith Village Hall at **7.45pm on Wed 19 Apr. Entry Fee £3**, including tea/coffee and biscuits.

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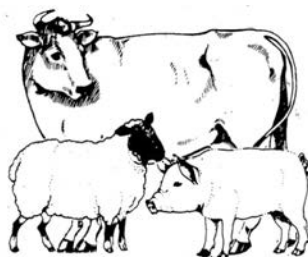
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Saturday	7.30 am - 4.00 pm

Thwaite Defibrillator

Thwaite now has a Defibrillator very generously donated & set up by Keith Manester.
Sincere thanks on behalf of the local Community.

The Defibrillator is situated on the Right Hand Side RHS, of the garage entrance to Romany House, Wickham Road, Thwaite, almost opposite The Old School Room, it is well signposted, cabinet unlocked, & relevant services aware.

Anyone interested in training in CPR please contact Lynne Cockerton so that the Parish Council may organise this for later in the year.



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Post litter pick banquet - bacon butties and
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Yes, the food was good, just look at
their faces!

Thwaite team, with 'trophy' collection



STOKE ASH WI

Our speaker in January was Louise Reinders and she came to talk to us about 'Law amongst the Penguins'. A clever title because she was the law (or rather, she works within the judicial system), and she spent 5 months living and working in the Falklands in 2015/16 – amongst the penguins!

It was a year after her husband died that Louise was looking at the Law Society Gazette when she saw a job advertisement, looking for someone to work at the courthouse on the island. She applied for the job and was offered the position but because it was going to be for at least a couple of years she felt she couldn't commit to it at that time. However, a few months later she was contacted again and asked if she would take the position for a few months instead. This being a more acceptable proposition, she took the plunge and was soon taking off from Brize Norton in a military plane and heading towards her new, temporary home. The flight was via the Ascension Islands and took 20 hours in total.

Once she had arrived and had a brief time to settle into the house she would be using while she was there, she was taken on 'the tour', which is apparently what happens to all newcomers. The sport for the locals is to try to be the one that gets the incomer to see their first penguin.

It sounded like it wasn't a chore for Louise though, she fell in love with the wildlife and the island very quickly, enjoying the work she was doing and the new friends she made, but also the solitude and peace that could be found around the sparsely inhabited island.

Studying all the different types of penguins and other birds was a great pleasure which took up quite a lot of her free time. She showed us many slides of these and pointed out some of the many different types, like Shearwaters that drop from the sky, straight into their burrows and the Megalenic penguins, known as jackass penguins because they sound like donkeys. There were also Jentu, Rockhopper and King penguins on the island.

As well as the birds there were elephant seals, which she said were no danger to people, but the southern sea lion could be dangerous, but mostly if you were to get between them and the sea as this was their means of escape from danger.

There were very few plants on the island and those that were there were mostly low growing because of the very high winds that prevail. It was also interesting to learn that York Bay was, to this day, still closed due to the land mines still being there from the war with Argentina.

If you need to travel between the islands, scheduled flights aren't available. You have to contact FIGAS (Falkland Island Government Air Service) and let them know where and when you want to fly and they organise the flights to fit in with you and any other passengers that want to go on that day. The schedule is published the evening before the flight and announced on the Island radio as well. It's more like an airborne taxi sharing service, but it works.

Louise clearly loved her time on the Falkland Islands and found her experience there very rewarding.

As she was leaving the village hall, she found some of her old penguin friends were waiting for her outside!

In February our speaker was Peter Blemings and his subject was The Bartlet Martello. Peter was a director of the company, Gipping Homes, that bought the old Bartlet Convalescent Home and Martello tower in Felixstowe and converted them into apartments.

He showed us slides of the old Bath Hotel, which was originally built in 1839. At that time the local planners were trying to sell the location as a healthy spa and retreat area, advertising hot and cold sea water baths and telling people about the ability for the sea air to cure all sorts of ills. The hotel was burned down by suffragettes, Evaline Burkitt and Florence Tunks on 28th April 1914, as part of their national protests for women's voting rights, but it wasn't their first choice of a target. They were due to torch a hotel in Great Yarmouth, but found out it was occupied, so changed to the Bath because they knew it was empty. The main part of the hotel was then demolished, but an annexe remained and was eventually used for the Bartlet's nurse's accommodation when it was opened up as a hospital and run as such from when it opened in 1926, until it finally closed in 2006 after a 10 year long battle to save it. Many patients were treated there for TB, which was quite a common illness in those days, but almost non-existent in this country now, due to better living standards and healthcare. The sea air and good diet they would have received, helped many to fully recover from this horrible illness.



The Martello Tower was incorporated into the building of the hospital, and had to be retained when the building was converted into the new Cautley House apartments, as it had to be preserved to some degree due to its importance to the history of Felixstowe. The upper portion had previously been removed but the lower level had walls 15ft thick at the front, so it could repel any attack made from ships at sea. There were apparently 250,000 bricks in each tower. (Who counted them?)

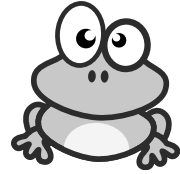
As part of the planning stipulations, some parts of the original hospital had to be left in situ and preserved, so ways of doing this whilst still giving the apartments a modern and contemporary look, had to be found. For instance, some original wall tiles were left in place and a false wall was erected to keep them safe and accessible.

There were many hurdles to overcome as the building was being remodelled, due to the historic importance of the original building and the Martello tower incorporated within it, but the apartments were eventually finished and ready to sell. Peter and his company kept a very good pictorial record of the original building and all the works that took place, so they can show the full transformation of the building to groups, such as ours.

Our programme for meetings is published on the village website and on our dedicated WI page (<http://sefwi.org.uk/institutes/stoke-ash>). Please check it out and do get in touch, or just come along on the night. Meetings are held on the second Wednesday of each month at the village hall, starting at 7.30pm. You'll get a warm welcome.

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A black and white illustration of a house with a chimney, surrounded by trees and a fence. The house has a gabled roof and a chimney on the right side. There are trees on both sides of the house, and a fence in the foreground.

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Turmeric – the wonder spice

For a single ingredient, turmeric spice manages to pack a major health punch.

Here are some of the benefits it may have on your body.

Turmeric (*Curcuma longa*), the bright yellow spice used throughout Asia for centuries, has been embraced by the West, not just for the flavour it adds to curry, but for its impressive list of health benefits. Curcumin is a pigment found in turmeric that not only gives it its characteristic colour, but also has a range of health benefits. These include antibacterial, antimicrobial, anti-inflammatory, and antioxidant effects.

Turmeric is a natural anti-inflammatory

While inflammation is a necessary process in the body, long-term inflammation has been implicated in most chronic conditions such as heart disease and cancer, so must be controlled. The curcumin in turmeric has proven, strong anti-inflammatory properties that block the action of inflammatory molecules in the body, including conditions such as rheumatoid arthritis and inflammatory bowel disease, amongst others.

Turmeric is a powerful antioxidant

Curcumin has been shown that it may block the action of free radicals, which are chemically active molecules that cause damage to the body's cells. Free radical damage, along with inflammation, is a key factor of cardiovascular disease, so curcumin can play a part in preventing and managing heart disease. In addition, turmeric has also been shown to lower cholesterol and triglycerides in people at risk of heart disease, and may improve blood pressure.

Turmeric has anti-cancer effects

Curcumin has been studied as a beneficial herb in cancer treatment and been found to affect cancer growth and development. Research has shown that it can reduce the spread of cancer, can contribute to the death of cancerous cells in a variety of cancers, and can reduce the negative side effects of chemotherapy.

Turmeric is good for the brain

Studies show that curcumin, a bioactive compound in turmeric, can help depression, anxiety, brain ageing & more. There is growing evidence that curcumin can cross the blood-brain barrier and may help to protect against Alzheimer's disease. It works to reduce inflammation as well as the build-up of protein plaques in the brain that are characteristic of Alzheimer's disease sufferers.

The key to getting the health benefits of Turmeric may lie in how it is consumed.

Combining turmeric with black pepper has been shown to increase curcumin absorption by 2000%! The results from recent studies looking at the benefits of turmeric are encouraging.

However, if you have a specific health concern that you think turmeric could help with, a quick chat with your GP should be the first step.

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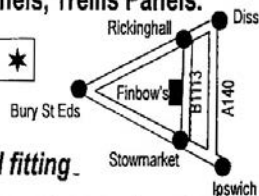
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	Email	andrew.stringer@suffolk.gov.uk	

Mid Suffolk District Council			0300 1234000
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