

STOKE ASH & THWAITE

**Parish Council
Christmas Singalong**
see page 22 for details



December & January
NEWSLETTER
2021 - 2022

GOOD MORNING!

BREAKFAST SERVED
UNTIL 11.30am
7 DAYS A WEEK



Buffet Selection **£4.25**

Unlimited Tea, Coffee and Toast to your table... then help yourself to any buffet items for no extra charge
(Add this on to any cooked breakfast)

Big Breakfast **£6.50**

Two Fried Eggs, two rashers of Bacon, Sausage, Mushrooms, Tomato, Baked Beans, Hash Browns, Fried Bread

Full English Breakfast **£4.95**

Fried Egg, two rashers of Bacon, Sausage, Mushrooms, Tomato, Fried Bread

Vegetarian Breakfast **£4.95**

Two Fried Eggs, Baked Beans, Hash Browns, Mushrooms, Tomato, Fried Bread



Code: whitehorse

Smoked Mackerel **£4.45**
With Scrambled Eggs

Bacon and Eggs **£3.95**
Scrambled, Poached or Fried

Eggs on Toast **£3.95**
Scrambled, Poached or Fried

Bacon or Sausage Sandwich **£3.95**
Thick sliced granary or white bread

Four Egg Omelette **£4.45**
Plain or with cheese, ham or mushrooms

Butchers Ham & Cheese **£4.45**
A baked roll, Cleveleys butchers smoked ham, smoked cheddar and creamy brie

Porridge **£2.95**
Made with Jumbo Oats and served with maple syrup

Toast and Preserves **£2.00**
Thick sliced bread with Tiptree Marmalade & Jams

Maple and Pecan Danish **£2.00**

Large Croissant and Preserves **£2.00**
With Tiptree Marmalade & Jams

Pot of Tea **£2.45**

Speciality Tea **£2.45**

Freshly Filtered Coffee **£2.45**

De-Café Coffee **£2.45**

Orange Juice (from the buffet) **£1.25**

Apple Juice (from the buffet) **£1.25**

Pineapple Juice **£1.95**

Grapefruit Juice **£1.95**

Cranberry Juice **£1.95**

Tomato Juice **£1.95**

Contact List of Organizations for Stoke Ash & Thwaite

Editor	Ken Smith	stokeash@supanet.com
Advertising	Lionel Coe	01379678463
Domestic Oil Syndicate	Roger Kember	01449768142
Garden Club Thwaite	George Parnell	01449768686
Veggie Plotters	George Parnell	01449768686
Garden Club Stoke Ash	Lionel Coe	01379678463
Knit, Craft & Natter	Jacqui Lawrence	01449768116
Revd Julia Lall	Email: rev.julialall@gmail.com	
S/Ash Social Club	Ellen Stannard & Lionel Coe	01379678646 01379678463
Womens Institute (Secretary)	Jean Willoughby	01449766621
S/Ash Village Hall Bookings	Sheila Coe	01379678463
Management Committee	Lionel Coe	01379678463
Thwaite 50 Club Lottery	Christine Maisey Email: Maisey686@gmail.com	01449766286

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.

Lamberts Service Station Ltd

Shop Green, Bacton, Stowmarket, IP14 4LG, Tel: 01449 781260 Mobile: 07834 778116

www.lambertsservicestationltd.com Email : lamberts.1@btconnect.com



Car Service, MOT Testing and Repairs

We have a fully equipped workshop where all manner of repairs can be undertaken. An MOT testing station and a Body Shop where we can undertake Insurance accident repairs, general repair work and re-sprays. We also operate a Recovery service which includes Home Starts. We are one of the few remaining rural Petrol Filling stations and offer forecourt attended services. **Please visit our website for full list of services.**

WORKSHOP

Service all Makes and Models
Air Conditioning
Engine Diagnostics
Fault Finding
Engine Management Lights
Exhausts
ABS

MOT TESTING

MOTS while you wait -
By Appointment
Petrol
Diesel
Electric
Hybrids

BODYSHOP

Accident Work
Body Work Repairs
Paint Work
Re-Sprays
Welding

ITEMS STOCKED

Tyres
Batteries
Wiper Blades
Bulbs
Calor Gas

RECOVERY SERVICE

Home Starts
Breakdown
Accident Recovery

FORECOURT SERVICES

Petrol and Diesel
Tyre Pressure and Levels
Checked
Bulbs Fitted While You Wait
Antifreeze Check

**Competitive prices on Tyres - Quotes given
Free no obligation Estimates on work needed**



Find us on Facebook - www.facebook.com/lambertsservicestation

Editors Woes



Hello friends yes, I'm back with more inuendo or such like. Firstly I trust you were happy to receive a full report with regards to Hill farm more inside so I'll comment re Speeding it appears to have been noted within our village I'm happy to report. IF I'm wrong please advise me & report to our parish council & police.

The free meal held at the Baptist church was well attended and was great for people to see one another again an chat, by the time your reading this issue we will have had another meal. So big thanks to our organisers cooks & helpers a good team effort all round, not forgetting our funders. Such a selection of sweets to enjoy and not forgetting the main choices. Regretfully I have no scandal to share with you all so its odd stories BUT YES BUT another meal date is set for the almost end of November. Now I did say Free meal I have to eat my words regretfully were asking you to please put a spot of change or a note in the plate this next time somethings changed as Editor I regretfully have no knowledge but ask you to assist.

I know it's rather early but the newsletter thanks all our advertisers for their continued support. During another difficult year and those who contribute with words of wisdom & Comment. I'm not to pick out any advertiser but you are all excellent supporters of this newsletter in so many ways so please remember support those who supported you a word that fits all FOOD.

If you are a new resident to our villages feel free to write in make comment I often stop by the graveside to get my extra lines to publish its easier than relying on the public to write to me, well that's my message for another year.

So Merry Xmas & a Happy New Year, from Your Team Newsletter
(who ever we are).

More Booze please !!!!

ALL SAINTS CHURCH STOKE ASH WITH THWAITE

WORSHIP

- 24 December – Midnight Holy Communion, starts at 11.30pm.

Please refer to the church notice boards for details of all the services around the benefice and online. (This is subject to change depending on Government guidelines.)

If anyone wishes to take part in an online church service you can find us at <https://www.facebook.com/groups/southhartismerechurch> or at rev.julialall@gmail.com Phone: 01379 678064.

CHRISTMAS TREE FESTIVAL

This year's festival including stalls and refreshments in aid of Church funds will be held in the church on:

- Saturday December 4th – 11.00am-4.00pm
- Sunday December 5th 12 noon-4.00pm

Our local author, Jenni Kerr, will be in the church on Sunday signing and selling copies of her latest book.

- Wednesday December 8th 1.00pm-3.00pm

The Grand Draw will take place in the Church on Wednesday at 3.00pm.

BOOKS AND JIGSAWS

Books and Jigsaw Puzzles are always on sale in the porch at All Saints Church. The outer door is always unlocked (but is stiff to push open).

SECRETARIAL HELP

The Parochial Church Council of Stoke Ash urgently needs someone who could volunteer to help with a few routine secretarial tasks on a very part-time, occasional basis. If anyone is interested and feels they can help, please call June Scott the Church Warden on 01379 678926, who can give you some more information about what is needed.

June Scott, our Church Warden, says, "A Very Big Thank You" - I would like to take this opportunity to thank everyone who, during the past year, has helped support our Church and to all the volunteers who have kept the churchyard and car park looking lovely all year, God bless you all. June.

A Merry Christmas and a Peaceful New Year to everyone from all of us at All Saints Church, Stoke Ash.

STOKE ASH VILLAGE HALL LOTTERY WINNERS

Winners since last publication were:-

Date	Winner	Prize
Sept 4th	Roll Over	
Sept 11th	Roll Over	
Sept 18th	D.Roth	£75
Sept 25th	Roll Over	
Oct 2nd	E.Barker	£50
Oct 9th	Roll Over	
Oct 16st	S.Simpson	£50
Oct 23rd	S Damant	£25
Oct 30th	L.Munro.	£25

Notes: The Social Club is now operating as normal on the 4th Tuesday of each month at 2.30 pm.

The Gardening Club will be holding an AGM on Monday 29th November at 7.30 pm in the Hall.. The WI and Parish Council are holding their meetings in the Hall again.



Turn your photos into something special
Send me your photos & I can turn them into:

Watercolour	Drawing/sketch
Oil Painting	Charcoal Effect
Abstract	Colourise B&W
Restore old or faded photos	Replace unwanted backgrounds

Also available for professional pet photography

To find out more email me - jfoximaging@gmail.com or call John on 07961224515

Instagram - [johnfoxcroftanimalphotos](https://www.instagram.com/johnfoxcroftanimalphotos)

News from the Rectory

'At the heart of Christmas' is the Church of England's theme for Advent and Christmas 2021. This year our churches will be welcoming our communities – in church and online – throughout December to celebrate and share the good news of Christ's birth through carol services, Christingles, Christmas tree festivals, Fayres and school celebrations.

In 2020, many of us experienced a Christmas when so many of the ways we traditionally mark the season were suddenly denied to us. This year we hope and pray for the return of many of the familiar experiences that help Christmas come alive in our homes, our churches and communities. *At the heart of Christmas* invites us to discover – or rediscover – the good news of the birth of Jesus. It also invites us to ponder in our hearts – as Mary did on that first Christmas morning – what those extraordinary events might mean for us and our communities now and in the years ahead.

I look forward to celebrating with you at the various Christmas events and activities, details of which are listed in the magazine.

With every blessing for Christmas and for all that lies ahead in 2022

Julia

Stoke Ash Village Hall Lottery

£1 per week with weekly prize money of £25
based on the correct Saturday Bonus Ball.

Available at the Village Post Office

For more details: Sheila Coe 01379 678463

Stoke Ash & Thwaite Litter Pick

We were planning to have a pre-winter litter pick but unfortunately it has not been possible to organise it.

However, a Spring litter pick will be arranged for February or March next year, so look out for dates in the next edition of this Newsletter.

Litter-pickers, bags and Hi-viz vests will be provided.



Watch this space!

Stoke Ash & Thwaite Parish Council



Tank Change Limited

Does your Oil Tank need replacing?
We are your local oil tank installer established since 1989
with over 16,000 installations to date.

- New oil tank installations, relocations and servicing
- Emergency pump out service available for leaking oil tanks
- Kingspan Titan polyethylene tanks and steel tanks held in stock
- OFTEC registered
- Kingspan Titan Accredited
- Fully insured
- Parish magazine discount
- Free surveys



Tel. 01449 781210
Email: enquiries@tankchange.co.uk
www.tankchange.co.uk



Registered
Business



ROOFLINE PLUS

Look up!

BUILDING AND ROOFING CONTRACTOR

CHIMNEYS REPOINTED / REBUILD / REMOVED

HOUSE / WALL REPOINTING

GUTTERING / FASCIA REPAIRS

ALL ASPECTS OF ROOF REPAIRS

PATIOS AND PAVING

30+ YEARS EXPERIENCE

ALL WORK GUARANTEED

FOR FRIENDLY ADVICE AND A FREE
QUOTATION WITH NO OBLIGATION
CALL PETE NOW ON

Tel: 01449 763218 • Mobile: 07500 823292

Hubbard Gardening SERVICES

Landscaping

Grass Cutting

Mower Servicing

Garden Maintenance

Hedge Cutting

Fencing Work

Tree Surgery

Seasoned Firewood
by the full or half load

Call **01379 783093**
for further details
Or to arrange a free quote

STOKE ASH WI

In October our speaker's talk was entitled "Kitchen Chemistry" so, you might think a local chef or baker would be arriving to impart their wisdom. But no, Stephen Ashworth is a Professor of Chemical Physics and Science Communication in the School of Chemistry at the University of East Anglia.

Your next thought might be, "Lecture – Boring!" Again, nothing could be further from the truth. We were entertained by some very surprising experiments that left us amazed, slightly terrified of being covered in different types of goo and, it has to be said, a little underwhelmed when the yeast for one experiment turned out to be out of fizz. That was a very small and amusing disappointment though, amongst some very fascinating wizardry.

After the wonder of seeing holes poked into bottles of water that then didn't leak (down to equalised pressure, apparently), the trepidation when plastic tumblers of water, one with hot water and the other one cold, were balanced one on top of the other with a couple of old cd's between them, is really something to experience. This experiment was to show how the density of the hot water changes, so it moves differently to the cold water. Far too long and drawn out for me to explain, but the website address at the bottom of the article will give you all the details.

We saw how acids and alkalis could make a chemical reaction against other substances to make colour changes in liquids. For these experiments he used, amongst other things, iodine, cornstarch, a vitamin C tablet and showed how you can combine them in different ways to affect the water colour. There were many smaller experiments that were thrown in for good measure, along with some witty jokes and even some audience participation (scary stuff!).



This was a thoroughly enjoyable evening, as well as being educational, which I think took some of us by surprise. We even got a mention on Stephen's Twitter account the next day. Very 21st century!

If anyone wants to find out more, check out www.kitchenchemistry.uk for how these experiments work. There are some very good ways to amuse children on a dull day, when you don't want to be outside in the cold. The best thing is, most of what you need for them can be found in your kitchen cupboards.



Our programme for meetings is published on the village website and on our dedicated WI page (<http://sefwi.org.uk/institutes/stoke-ash>).

Meetings are held on the second Wednesday of each month at the village hall, starting at 7.30pm.

 **M.A.**
Heating Services Ltd

Oil, Gas & LPG Servicing and Repairs

01379 783427

Wickham Gate, High Street, Gislingham, Eye Suffolk, IP23 8JD

maheating.co.uk



Like us on
Facebook!



~1869 to 2019~
PALMERS BAKERY
HAUGHLEY
TRADITIONAL HIGH CLASS
FAMILY BAKERS & CONFECTIONERS



**FRESH BREAD & CONFECTIONERY BAKED DAILY BY CRAFTSMEN USING
LOCAL INGREDIENTS & BAKED IN ANCIENT BRICK OVENS**



The Village Green ~ Haughley – 01449 673286

Largest Stockist of Tiptree Jams & Marmalades in East Anglia.

Suffolk Honey, Free Range Eggs, Groceries & Local Produce.

Freshly Made Sandwiches & Filled Rolls - Hot Drinks & Bacon Rolls

*Also at Stowmarket, Woolpit, Stanton, Ipswich and
Brett's Bakery Needham Market & Freshfills of Claydon*

150 Years of Tradition, Service & Baking



Acorn Boarding Kennels

12 years experience of
running boarding kennels.

Fully Licensed and Insured.

Each kennel has a large
bedding area with underfloor
heating and two large external
runs; within a safe and secure
compound.

2 Year National Diploma in
Animal Care.

Also qualified in the safe use of
veterinary medicines.



Jodi Palmer
Acorns
Wash Lane
Mendlesham
Stowmarket
Suffolk
IP145TD

For friendly
personal care

Opening Hours
Mon—Sat 9.00am to 12.00 noon
Visitors welcome other times by
appointment

For enquiries or to book now,
please phone:
01449 767160
07754 851789



Let's see you all again, come for a free lunch and chat

'We'll meet again' monthly lunch club
The New Youth Hall
Chapel Lane, Stoke Ash IP23 7EU

Time 12.30 for 1.00pm

Christmas Lunch November 24th

For your own wellbeing it would be good if you could organise for yourself a Lateral Flow Test for Covid two days before the event if you can. These can be obtained 'free of charge' from the chemist as per government advise. Masks and hand sanitiser are all available at the Hall if required

November 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. Next months meal will be January 26th 2022

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

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


**Stoke Ash
Baptist Church**

(*Adjusted timetable with meetings also on Zoom in lockdown periods)...

Sunday 10.30am Worship Service
Tuesday 7.30pm Worship Service

We hope to re-start our JunXion Club for 5-11yrs (Friday evenings) and our monthly community lunch for the over 60s as soon as it is practical and safe to do so. More information will be published here soon.

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 7EU
Tel: 01379 678450 • Email: info@stokeashbaptist.co.uk**

KH

Kevin Hollings KITCHEN STUDIO

Unit 14 Lodge Works,
Stowmarket Road,
Old Newton,
IP14 4EE
01449 257160

info@kevinhollingskitchens.co.uk

www.kevinhollings.com



YOUR RELIABLE LOCAL PLUMBER



Mark Jardine
Plumbing & Heating



- All Household Plumbing, Large or Small
- All Work Anglian Water Certified
- 24 Hour Emergency Call Out

Tel: 01728 628291 Mob: 07854 924 801

Email: mjardine@btinternet.com

Stoke Ash & Thwaite Parish Council – report on meeting held 21 October 2021 at Stoke Ash Village Hall

Village Hall Car Park – huge thanks were recorded to Greg Aldridge, Chris and Adam for their work on extending the car park at the Village Hall. The machinery and materials were supplied by Greg. This is such an improvement and the additional parking spaces are much appreciated.

Lunch Club – Council members were really pleased to hear that the lunch club would be resuming in October at the Baptist Church, Stoke Ash. Any parishioner interested in attending the lunches, held monthly, should contact Cllr Gordon Leggett (Stoke Ash) or Cllr Mrs Chris Maisey (Thwaite), they would be very pleased to hear from you. Transport can be arranged if necessary. Thanks were recorded to the Baptist Church for hosting the lunches.

Christmas Event 21 & 22 December – Cllr Tancred reported on details for the event to be held from 6pm on 21st December in Stoke Ash and 22 December in Thwaite. Publicity will shortly be available via posters and Facebook. The Parish Council has agreed a sum of £350 in support of the event and festivities will be for all, young and the not so young. Councillors and Father Christmas look forward to welcoming parishioners to one or both evenings to take part in festivities.

Car Parking - Stoke Ash Street – this has been raised at each meeting over the last few months, particularly relating to the stretch of The Street near the old telephone kiosk – the school bus operators have been in contact because of the difficulty passing through due to the parked cars on that stretch of road and concerns have been raised that the emergency services would not be able to access The Street from one end to the other if needed. Our members would ask that car owners are mindful of this and please ensure that vehicles are parked so as to ensure large vehicles can pass through.

Dates of next meetings: Thursday 18 November 2021 and Thursday 16 December 2021, 7.30pm at the Village Hall, Stoke Ash. Meetings are open to the public and parishioners are very welcome to attend. In the meantime our Parish Council members take the opportunity to wish all parishioners a very happy Christmas and peaceful New Year.

THWAITE KNIT CRAFT & NATTER

A big shout out to The Walnut Tree for allowing us to hold our first indoor get together (since the pandemic) as we were unable to use The Old School Room. During the past 18 months we have learnt to use Zoom, which was a bit of a learning curve for some and then, when restrictions were lifted, we met up in the playing field (weather permitting).

So it was lovely to see so many attending and being able to craft together. We then enjoyed a delicious meal afterwards.

Jacqui Lawrence



Thwaite 50 Lottery

Subscription is by membership, which is either £5 a month or £60 per year, join any time. (We now have 28 members)
Prizes every month of £25, £20 and £15. We end the year with a Grand Christmas Draw in November.

For more details: Christine Maisey 01449766286

Christmas Cakes

It's a deliciously damp cake made with Bramley apples and ginger wine with cinnamon, ginger and nutmeg. Don't be tempted to add any more apples than stipulated or your cake will be damp and heavy.

Prep time: 10 minutes

Cooking time: 1 hour 15 minutes, plus cooling time

Ingredients

375g Bramley apples

75ml ginger wine, plus extra for the icing

250g plain flour

2 tsp baking powder

½ tsp ground cinnamon

½ tsp ground ginger

¼ nutmeg, grated

150g butter at room temperature, plus extra for greasing

150g soft light-brown sugar

2 medium eggs, lightly beaten

1 Cox's apple

75g icing sugar

Method

Peel, quarter, core and finely slice the Bramleys and put in a pan with the ginger wine. Cover and cook over a low heat for 10 to 15 minutes or until collapsed; keep an eye on them to make sure they don't catch and burn.

Mash a little, put into a bowl and leave to cool.

Preheat the oven to 180C/170C fan/gas mark 4. Butter a 1.5 litre loaf tin and line the base with buttered greaseproof paper.

Sift the flour, baking powder and spices together. Cream the butter and sugar until pale and fluffy.

Beat the cooled apple into the eggs, then beat this into the creamed mixture in two batches, adding two tablespoons of dry ingredients between batches. Fold in the rest of the dry ingredients and spoon into the tin.

Bake for an hour – you may need to cover it with foil if it's getting too dark. Cool in the tin for 10 minutes, then turn out right-side up on to a wire rack.

Quarter, core and thinly slice the Cox's apple, leaving the skin on, then drop the slices into a pan of boiling water and drain as soon as the water returns to the boil. Leave to cool, then dry on kitchen paper. Arrange overlapping slices on top of the cake.

Mix the icing sugar with about 1½ tbsp ginger wine to make a thin icing and drizzle over the apple, allowing it to trickle down the sides. Leave to set.

*I read this and was touched This is one of the best posts I've read about woman...
Please read it completely... it's worth it...*

WOMAN...

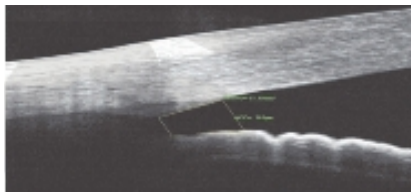
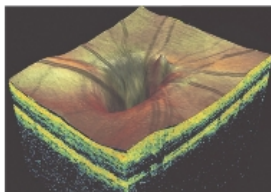
When God created woman, he was working late on the 6th day.....
An angel came by and asked.” Why spend so much time on her?”
The lord answered. “Have you seen all the specifications I have to meet to shape her?”
She must function on all kinds of situations,
She must be able to embrace several kids at the same time,
Have a hug that can heal anything from a bruised knee to a broken heart,
She must do all this with only two hands,”
She cures herself when sick and can work 18 hours a day”
THE ANGEL was impressed” Just two hands.....impossible!
And this is the standard model?”
The Angel came closer and touched the woman”
“But you have made her so soft, Lord”.
“She is soft”, said the Lord,
“But I have made her strong. You can’t imagine what she can endure and overcome”
“Can she think?” The Angel asked...
The Lord answered. “Not only can she think, she can reason and negotiate”
The Angel touched her cheeks....
“Lord, it seems this creation is leaking! You have put too many burdens on her”
“She is not leaking...it is a tear” The Lord corrected the Angel...
“What’s it for?” Asked the Angel..... .
The Lord said. “Tears are her way of expressing her grief, her doubts, her love, her loneliness, her suffering and her pride.”...
This made a big impression on the Angel,
“Lord, you are a genius. You thought of everything.
A woman is indeed marvellous”
Lord said. “Indeed she is.
She has strength that amazes a man.
She can handle trouble and carry heavy burdens.
She holds happiness, love and opinions.
She smiles when she feels like screaming.
She sings when she feels like crying, cries when happy and laughs when afraid.
She fights for what she believes in.
Her love is unconditional.
Her heart is broken when a next-of-kin or a friend dies but she finds strength to get on with life”
The Angel asked: So, she is a perfect being?
The lord replied: No. She has just one drawback
“She often forgets what she is worth”.



Adkins Opticians

traditional service, modern standards

**Start of the art 3D
OCT eyecare now available**



2 Market Hill, Diss IP22 4JZ

Tel: 01379 650899

www.adkinsopticians.co.uk

Mon - Fri 9:00am - 5:00pm

Sat 9:00am - 1:00pm



Optimal Heating

Father & Son Team
with over 30 years experience

Specialist Heating Engineers
Oil, Natural Gas & LPG Servicing and Repairs



Tel: 01728 628687
Mobile: 07806 660399



HMRC Scams

Police are warning residents to be vigilant to after receiving a number of reports of a telephone scam involving bogus callers claiming to be from HM Revenue and Customs.

As part of the scam suspects make cold telephone calls to people claiming to be from HMRC and then stating the person owes money and that they will be arrested if they do not pay them immediately.

This resulted in a member of the public attending a bank in Stowmarket this morning, Wednesday 4 September, in order to make a £3,000 transfer. Fortunately, a member of staff at the bank detected that she had been targeted by a scam and no money was lost.

Suffolk Constabulary is reminding residents that government departments, banks, or any other legitimate body, will never make phone calls, use text messages or email to tell you about a tax rebate or penalty and will never ask for a payment in this way.

Anyone concerned about incidents should follow this advice:

HMRC Advice

1. Recognise the signs - genuine organisations like banks and HMRC will never contact you out of the blue to ask for your PIN, password or bank details.
2. Stay safe - don't give out private information, reply to text messages, download attachments or click on links in emails you weren't expecting.
3. Take action - forward suspicious emails claiming to be from HMRC to phishing@hmrc.gsi.gov.uk and texts to 60599, or contact Action Fraud on 0300 123 2040 to report any suspicious calls or use their online fraud reporting tool.
4. Check GOV.UK for information on how to avoid and report scams and recognise genuine HMRC contact.
5. If you think you have received an HMRC related phishing/bogus email or text message, you can check it against the examples shown in this guide.

Additional advice

- HMRC will call people about outstanding tax bills, and sometimes use automated messages, however this would include a taxpayer reference number.

- If uncertain of the caller we would advise customers to hang up and call HMRC directly to check – customers can confirm our call centre numbers on GOV.UK. For tax credits we do not include customer details in any voicemail messages.
- HMRC Debt management teams do contact members of the public by phone about paying outstanding debts.
- Calls to and from the majority of HMRC offices will start with the prefix, 0300 or 0345
- If a customer (or agent) isn't confident that the call is from HMRC, we will ask them to call back. Depending on the circumstances and to give the customer confidence it is actually HMRC calling, information may be disclosed to the caller which only HMRC is party to.
- Calls from the majority of HMRC offices will leave caller identification data, i.e. the number the caller has used to contact you from
- For up to date advice on scam HMRC phone calls, visit GOV.UK - <https://www.gov.uk/government/publications/phishing-and-bogus-emails-hm-revenue-and-customs-examples/phishing-emails-and-bogus-contact-hm-revenue-and-customs-examples#bogus-callers>

MPD TANKS

For all your oil tank needs

**Steel and Plastic Tanks
available**

**Free Estimates
Fully Insured**



**07708 395889
01449 767820**

Stoke Ash & Thwaite Parish Council

welcome you to our

Christmas Singalong



Tuesday 21st December at 6.00pm

What we plan for Stoke Ash residents.....

All Stoke Ash residents are invited to a Christmas Singalong in the Barn at Limetree Farm, Stoke Ash.

Santa Claus will give a present to all children below secondary school age. Prizes will be given to all children dressed in a Christmas nativity style costume, with a special prize for the best costume as judged by Santa's Elves.

Hot mulled wine, sausage rolls and mince pies will be available

Father Christmas and his helpers will be driven on their decorated trailer starting from the church car park at 5.00pm approx, and proceeding slowly up 'The Street' in the evening of 21 December with Christmas music & bell ringing, accompanied by villagers to Limetree Farm for 5.30pm approx, where villagers will arrive for a 6pm start.

In the large barn at Limetree Farm, Father Christmas will welcome villagers, join in singing Christmas favourites, and with the help of his elves, distribute hot mince pies, sausage rolls and hot mulled wine(or tea if preferred).

There will be small gifts distributed to all children under secondary school age, and a fancy dress competition for any children dressed for a 'nativity' theme. All children taking part in the competition will receive a small prize, and the winner, chosen by the parish councillors present will be rewarded appropriately.

The celebrations will end with singing together as a village of well known and loved carols to the accompaniment of music.

Those arriving by car may park at their own risk in the yard opposite the barn, as directed by 'elf and safety parking'. Please drive slowly, and allow extra space and time for pedestrians, children and our older citizens.

Many thanks to Anne & Shane of The White Horse for the supply of sausage rolls and mince pies as their 'Christmas present to the Parish'

Wednesday 22nd December at 6.00pm

What we plan for Thwaite residents.....

All Thwaite residents are invited to a Christmas Singalong in St Georges Hall, Thwaite.

Santa Claus will give a present to all children below secondary school age. Prizes will be given to all children dressed in a Christmas nativity style costume, with a special prize for the best costume as judged by Santa's Elves.

Hot mulled wine, sausage rolls and mince pies will be available

Father Christmas and his helpers will be driven on their decorated trailer from the Walnut Tree car park at 4.45pm approx around the village to arrive at St George's Hall by 5.30pm, in the evening of 22 December. There, at 6.00pm Father Christmas will welcome villagers with the help of his elves to join in singing Christmas favourites, as well as distributing mulled wine, sausage rolls and mince pies.

There will be small gifts distributed to all children under secondary school age, and a fancy dress competition for children dressed for a 'nativity' theme.

All children taking part in the competition will receive a small prize, and the winner, chosen by the parish councillors present will be rewarded appropriately.

The celebrations will end with singing together as a village of well known and loved carols.

Those arriving by car may park at their own risk on Parish Field & Allotments area, as directed by 'elf and safety parking'. Please drive slowly, and allow extra space and time for pedestrians, children and our older citizens.

Many thanks to Anne & Shane of The White Horse for the supply of sausage rolls and mince pies as their 'Christmas present to the Parish'

Let Galloway take you there

- Days out • Concerts • Live events
- Holidays • Short breaks
- Disneyland®Paris
- Coach hire

Your local coach company offering convenient
departure points and home pick on most holidays

travel-galloway.com

Galloway Coach Travel Centre, 6 Wilkes Way,
Stowmarket IP14 1DE 01449 618077

The Walnut Tree

THWAITE

Suffolk's Veggie Pub

Open 6 days a week for
Coffee • Lunch • Dinner
Children and dogs welcome

T: 01449 766003 www.thewalnuttreethwaite.com



Chris Rosling
PAINTING CO.



Chris Rosling

Painting & Decorating

- 07876711176
- 01379678045
- crosling93@gmail.com
- Stoke Ash, Eye

All aspects painting

- Interior
- Exterior
- Restoration
- Wallpaper
- Gloss
- Feature wall

Fully qualified in painting and decorating
10 years of experience
Specialise in restoring windows and doors
Great attention to detail

STOKE ASH POST OFFICE

Personal Friendly Service

Stationary & Confectionery

OPEN

9.00 to 1.00 & 2.00 to 5.30

Mon, Tues and Thurs.

9.00 to 12.30

Wed only

Tel: 01379 678463

Andrew Bingham

INDEPENDENT FUNERAL SERVICE

Local Caring Independent Funeral Service

24 Hour Personal Service * Private Chapel * FREE Parking

www.andrewbingham.co.uk

01449 771666

The Nutshell, Milton Road South, Stowmarket, IP14 1EZ



Golden Charter
Funeral Plans



IF I COULD LIVE MY LIFE DIFFERENT

I would've stayed in bed when I was sick instead of believing the world would collapse without me if I didn't go to work that day.

I would have said less and heard more.

I would have invited friends over for dinner even though my carpet had some insignificant spots or the colour of the couch faded.

I would have eaten popcorn in the "good" room and worried a lot less about the dirt if someone wanted to light the fireplace.

I would have listened more carefully to the stories my dad told about his youth.

I would have shared the "more" responsibility with my husband.

I would never insist that the car windows be closed on a summer day because my hair is good.

I would have laughed and cried less in front of TV watching life.

I would have sat down on the grass even if it gave me my clothes.

I would never have bought anything just because it was practical.

Instead of wishing that the nine months of pregnancy would soon pass, I would have cherished every moment and realized that the miracle that grew in me was my only chance in life to help God make a miracle.

If my kids kissed me I would never say "Not now. Go wash your hands for dinner first "

There would be more: "I love you." More "Sorry."

But more than anything, if I had another chance again, I would use every minute to really pay attention to my life, to live more intensively.

Stop worrying about insignificant things Don't give your attention to someone who doesn't like you.

Instead, feel and cherish the relationships you have with those that are good for you and your soul.

Your editors shelf

***** GISLINGHAM PLAYGROUP *****



We provide a safe, warm, friendly and caring setting for children aged 2-5 years, in a brand new purpose built building on the same site as Gislingham CEVCP School, with whom we work closely to provide an excellent education.

Breakfast Club 8.00am - 8.45am

Morning 8.45am to 11.45am, Lunch Club 11.45am to 12.45pm

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

Awareness and prevention bulletin following thefts in rural locations.

There has recently been an increase in the theft of power tools from rural locations in Suffolk.

Rural locations, particularly farms and barns, are being targeted and often the locations have inadequate security.

Follow our advice and secure your tools.

Think in layers – The more layer of security there are the harder it is for the thief and it increases the chances of them being caught.

Lock things together – Lock things together with strong bicycle locks. This is another layer of security which just makes it harder for thieves.

When possible, lock tools and small items of machinery inside a secure building. Also consider making a robust secure cage to keep tools in.

Record the make and serial number of power tools – take colour photos of all valuable tools.

Mark or stamp easily removed items with your postcode, followed by the first two letters of your name, or other identifying marks.

Alternatively use a forensic property marking system such as Smart Water of Selecta DNA.

Please note in the event of an emergency you should always call 999.

Gardening Club

The Gardening Club has cancelled all meetings and outings, that Bob had on his provisional programme for this year, but is planning to hold its AGM on Monday 29th November.

Stoke Ash Social Club

The Social Club is still closed we will be discussing an opening date soon.

ONE THOUSAND MEN ARE WALKING

One thousand men are walking
Walking side by side
Singing songs from home
The spirit as their guide
they walk toward the light milord
they walk towards the sun
they smoke and laugh and smile together
no foes to outrun
these men live on forever
in the hearts of those they saved
a nation truly grateful
for the path of peace they paved
they march as friends and comrades
but they do not march for war
step closer to salvation
a tranquil steady corps
the meadows lit with golden beams
a beacon for the brave
the emerald grass untrampled
a reward for what they gave
they dream of those they left behind
and know they dream of them
forever in those poppy fields
there walks one thousand men

Joshua Dyer 2019 (aged 14)
Lest we forget

This has to be shared. An incredible poem from 14 year old Joshua Dyer Powerful. Joshua Dyer (aged 14) was tasked at school to write a poem for Remembrance Day. An hour later (without any help) he produced this..



ORTON-REYNOLDS

lawn & hedge maintenance

**MOWING & STRIMMING
HEDGE TRIMMING
PATIO WASHING & GUTTER CLEANING
GROUND CLEARANCE
GARDEN WASTE CLEARANCE**

**CONTACT US
FOR A QUOTE**



T: 07738 230549 E: mail@ortonreynolds.co.uk W: www.ortonreynolds.co.uk



**Safe & Sound
Hygiene and Pest Control**

Is your garden over run with Moles ?

Do you have a wasp nest ?

Are your paddocks over-run with rabbits ?

For ALL your Domestic / Commercial Pest Control.

Woodworm treatment available.

No obligation – free survey/quotes.



Pest infestation can damage your health and your home. Recent surveys show that numbers of mice/rats and bed bugs found in UK homes are on the rise. As Local Authorities are cutting back on free pest control services. We are here to offer you a service at the right price.

Please call for a chat on 01379788865• 07809226109• 07518731106

www.safeandsoundhygieneandpestcontrol.co.uk



F. G. BROWN – OPTICIANS
Denmark House, 41 Bury Street,
Stowmarket.
Tel:- 01449 612812/674030

As independent opticians we offer a more personalised eyecare service that you can trust for all the family including:-

Optomap retinal examination

Colorimetry

A wide range of competitively priced frames and spectacle lenses

Contact lenses


Prescription and non-prescription sunglasses


Your sight care is our priority


nexusheat^{flame}




Nexus Heat offer a complete supply and installation service across a wide selection of traditional and contemporary Woodburners, Multi-fuel, Pellet and Gas stoves. Our beautiful showroom is always filled with a varied display from top manufacturers such as Heta, Parkray, AGA and Bellfires amongst others.

 www.nexusheat.co.uk

 (01379) 671168

 info@nexusheat.co.uk

 Maltings Barn, Hinderclay Rd, Wattisfield, Diss, Suffolk, IP22 1NF

You're Not Changing! You're Becoming!

This is profound

Me: Hello God...

God: Hello...

Me: I'm falling apart. Can you put me back together?

God: I'd rather not.

Me: Why?

God: Because you're not a puzzle.

Me: What about all the pieces of my life that fall to the ground?

God: Leave them there for a while. They fell for a reason. Let them be there for a while and then decide if you need to take any of those pieces back.

Me: You don't understand! I'm breaking!

God: No, you don't understand. You're transcending, evolving.

What you feel are growing pains. You're getting rid of the things and people in your life that are holding you back. The pieces are not falling down. The pieces are being put in place. Relax. Take a deep breath and let those things you no longer need fall down. Stop clinging to pieces that are no longer for you. Let them fall. Let them go.

Me: Once I start doing that, what will I have left?

God: Only the best pieces of yourself.

Me: I'm afraid to change.

God: I keep telling you: **YOU'RE NOT CHANGING! YOU'RE BECOMING!**

Me: Becoming, Who?

God: Becoming who I created you to be! A person of light, love, charity, hope, courage, joy, mercy, grace and compassion. I made you for so much more than those shallow pieces you decided to adorn yourself with and that you cling to with so much greed and fear. Let those things fall off you. I love you! Don't change! Become! Don't change! Become! Become who I want you to be, who I created. I'm gonna keep telling you this until you remember.

Me: There goes another piece.

God: Yes. Let it be like this.

Me: So... I'm not broken? <3

God: No, but you're breaking the darkness, like dawn. It's a new day. Become!! Become who you really are!!"

David Dunnett Family Butcher

Locally Sourced Meats

British Beef • Free Range Pork
Lamb • Chicken • Game • Cooked Meats

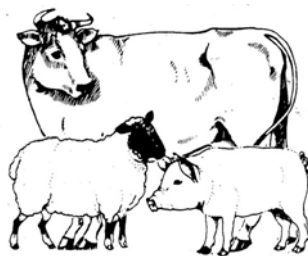
Home Made Pork Sausages

Our Speciality

Including:- Plain Pork • Gluten Free
Cracked Black Pepper • Pork & Apple
Cumberland • Pork & Leek • Pork & Ale
Sweet Chilli • Smoky BBQ

Home Made Burgers

Beef & Onion • Pork & Apple
Lamb & Mint • Chicken • Gluten Free



17 Church Street, Eye

Tel: 01379 870155

OPENING HOURS

Monday	7.30 am - 5.00 pm
Tuesday	7.30 am - 5.00 pm
Wednesday	7.30 am - 5.00 pm
Thursday	7.30 am - 5.30 pm
Friday	7.30 am - 5.30 pm
Saturday	7.30 am - 4.00 pm

40⁺ Gipping Press
ANNIVERSARY • EST. 1980

DESIGN | PRINT | PROMOTION
DISPLAYS | SIGNAGE | MAILING

**Gipping Press are
proud to print this
publication.**

Tel: 01449 721599
Email: enquiries@gippingpress.co.uk
www.gippingpress.co.uk
Units 1&2 Lion Barn Industrial Estate,
Needham Market, Ipswich, Suffolk IP6 8NZ

WILLIAM J CROCKER

WJCPAINTERS

PAINTING &
DECORATING
SERVICE

TEL: 07814 240840 
WWW.WJCPAINTERS.CO.UK

EMAIL:
WJCPAINTERS@HOTMAIL.CO.UK

Thanks for flying United

Another flight attendant's comment on a less than perfect landing:

"We ask you to please remain seated as Captain Kangaroo bounces us to the terminal."

An airline pilot wrote that on this particular flight he had hammered his ship into the runway really hard. The airline had a policy which required the first officer to stand at the door while the passengers exited, smile, and give them a "Thanks for flying United."

He said that. "In light of his bad landing, he had a hard time looking the passengers in the eye, thinking that someone would have a smart comment. Finally everyone had got off except for an old lady walking with a cane. She said "Sonny, mind if I ask you a question?"

"Why no Ma'am." The pilot. "What is it?"

The little old lady said. "Did we land or were we shot down?"

After a real crusher of a landing in Sydney, the Flight Attendant came on with "Ladies and Gentlemen, please remain in your seats until Capt. Crash and the Crew have brought the aircraft to a screeching halt against the gate. And, once the tire smoke has cleared and the warning bells are silenced, we'll open the door and you can pick your way through the wreckage to the terminal."

Part of a flight attendant's arrival announcement:

"We'd like to thank you folks for flying with us today. And, the next time you get the insane urge to go blasting through the skies in a pressurized metal tube, we hope you'll think of Qantas."

A plane was taking off from Mascot Airport. After it reached a comfortable cruising altitude, the captain made an announcement over the intercom.

"Ladies and gentlemen, this is your captain speaking. Welcome to Flight Number XYZ, non-stop from Sydney to Auckland. The weather ahead is good and, therefore, we should have smooth and uneventful flight. Now sit back and relax - *****! ARGHHH! OH, MY WORD!" Silence followed and after a few minutes, the captain came back on the intercom and said. "Ladies and Gentlemen, I am so sorry if I scared you earlier, but while I was talking, the flight attendant brought me a cup of coffee and spilled the hot coffee in my lap. You should see the front of my pants!"

A passenger in Economy said. "That's nothing. He should see the back of mine."

CHIMNEY SWEEP

ECO SWEEP

CHIMNEY SERVICES

- NEW POWER SWEEPING METHOD USED FOR A MORE THOROUGH CHIMNEY CLEAN THAN BRUSHES.
- INDUSTRIAL HEPA FILTERED VACUUM.
- FULLY INSURED.
- INSURANCE RECOGNIZED CERTIFICATES ISSUED.
- SPOTLESS, RELIABLE AND FRIENDLY SERVICE.
- ALL CHIMNEYS, WOOD BURNERS, AGA, BOILER FLUES SWEEP.
- GUILD OF MASTER SWEEPS CERTIFICATED MEMBER.



TEL. 01359 232335



Cherish Beauty

Mendlesham Green

- Manicure/Pedicure
- Shellac Gel Polish
- Waxing
- Marvel-Lash Eyelash Extensions
- Eyelash Tinting/Eyebrow Tinting and shaping
- Facial/Skincare

Fully qualified and Insured –

Call Fiona on 01449 766760/07739 516456

or fiona@cherishbeauty.net –

20% off First Treatment – New Client Offer

JH Vaudrey & Son Ltd



Phone: 01379 678459 Fax: 01379 678458 Email: info@jhvaudrey.co.uk



- Grain stores up to 80,000 tonnes
- Grain handling systems to 500 tonnes per hour
- Groundworks, drainage and concreting works
- Conveyors, elevators, dryers, fans and ducting
- Onion, potato and cold stores
- Steel framed buildings
- Structural repair and building maintenance
- Refurbishment

JH Vaudrey & Son Ltd have been supporting farmers with their building requirements since 1993 and have a wealth of expertise when it comes to the requirements of today's agri business. JH Vaudrey & Son Ltd can provide grain stores complete with the most up to date grain handling equipment, silos, dryers, and straw barns. We also provide a maintenance service to all properties and farm buildings.

JH Vaudrey & Son Ltd provides a complete design and build service and will even take care of the planning application for you. We will be pleased to hear from you and offer a friendly reliable service.

To discuss your requirements further telephone 01379 678459.



www.jhvaudrey.co.uk

Long ago and far away

There lived a boy who liked to play
With Soldiers cars pandas and dolls
He knew their stories he lived them all
His mind was sharp his eyes missed nothing
He listened to the adults blethering
Made up his mind that they were boring
His box of toys and library books made more sense
Than anything any of them ever said
He looked out the window in the classroom,
The teachers voice and children's whining
Only inspired him to hidden yawning,
Staring at the passing clouds
Ignoring the teacher shouting loud
For him to pay attention and get on with his work,
Well, she could just hurry up and leave him alone,
He couldn't wait to go home.
Sitting squirming listening,
it was all just crushingly uninteresting,
He just wanted out, even if it was raining,
Trapped there for hours was frustrating
His endless stories about Paul and Pipa
The soldier and the flying trapeze circus girl
Who lived in a big top in the jungle of Brazil
How long till the bell will ring?
Once he's out then he can sing
The songs he heard on Top of The Pops
All the way home as he looks in the shops
In the close and up the stairs
He knows that she'll be there
To make him feel that everything will be fine
Now he's home he's got the time
To disappear into his stories and imaginings,
These are the things that are real and interesting.

A home view by a unknown visitor

Come to **MENDLESHAM** for your

Fish 'N' Chips

and...

* Pizzas

* Spring Rolls

* Chicken

* Pasties

* Pies

* Burgers

* Spare Ribs

* Curries

* Rice Dishes

* Kebabs

* Sausages

* Pickles & Peas

* Vegetarian Dishes * Children's Menu

We also cater for Functions

Opening Times

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Lunch

Closed

11.30am – 1.30 pm

Closed

11.30am – 1.30 pm

11.30am – 1.30 pm

11.45am – 1.00 pm

Closed

Evening

Closed

4.30pm – 7.30pm

4.30pm – 7.30pm

4.30pm – 7.30pm

4.30pm – 8.00pm

4.30pm – 8.00pm

Closed

Telephone: **01449 766987**



**STOKE ASH VILLAGE HALL
FOR HIRE**

For private parties, anniversaries,
club meetings and classes, etc.

- Comfortable seating for fifty
- Spacious kitchen and modern cooker,
crockery & cutlery
- Ample parking
- Good value – low charges
£6.50 per hour

Book with Sheila Coe 01379678463

QUIET ACRES



Boarding Kennels & Cattery

Clay Lane, Braiseworth, Eye
IP23 7DZ
(Just 2 minutes off the A140)

Tel 01379678374
www.quietacres.co.uk

Finbows Furnishers

New and Used Furniture
Bought and Sold

Find us on Facebook
finbows-furnishers@hotmail.com

Station Road,
Bacton
Nr. Stowmarket IP14 4NH
01449-781732
Open Tuesday – Saturday 9am-5pm

ELITE-FENCING & GARDEN CONSTRUCTION 365

Your garden projects turned into reality!

FENCING, GATES, DECKING, PERGOLAS,
PATIOS, PATH, BASES, TURFING, DEMOLITION,
EXTERIOR PAINTING AND STAINING,
GARDEN CLEARANCE, DRIVEWAYS RE-STONED,
GARDEN PROJECTS AND RESTORATION,
REPAIRS, ODD JOBS.

GENERAL LABOUR.
ALL TYPES OF OUTDOOR WORK UNDERTAKEN
SMALL OR LARGE -

Free Estimates.

CALL TREVOR ON 01359 221128

Mobile 07761 651 567

www.elite-fencing.co.uk

Email trevor@elite-fencing.co.uk

NR RICKINGHALL

Your Local Handyman

Minor repairs around the home
Including taps, immersion heaters

Flat pack assembly
Shed & fence painting
Grass & hedge cutting
General garden tidying

MANY more services provided
No job too small, just call **TONY**
07771 800072 01449 781993

AND THEN IT IS WINTER

You know time has a way of moving quickly and catching you unaware of the passing years. It seems like yesterday that I was young, just married, and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all those years went.

I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. But, here it is... the winter of my life, and it catches me by surprise... How did I get here so fast? Where did the years go and where did my youth go? I remember well seeing older people through the years and thinking that those “older people” were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is...my friends are retired and getting grey... they move slower and I see an older person in myself now. Some are in better and some worse shape than me... but, I see the great change... Not like the ones that I remember who were young and vibrant...but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd be.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore... it's mandatory! Cause if I don't on my own free will... I just fall asleep where I sit!

And so... now I enter this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!! But, at least I know, that though the winter has come, and I'm not sure how long it will last... this I know, that when it's over on this earth... it's over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done... things I should have done, but indeed, there are also many things I'm happy to have done. It's all in a lifetime.

So, if you're not in your winter yet... let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life, please do it quickly! Don't put things off too long!! Life goes by quickly. So, do what you can TODAY, as you can never be sure whether this is your winter or not!

You have no promise that you will see all the seasons of your life... so, LIVE FOR TODAY and say all the things that you want your loved ones to remember.. and hope that they appreciate and love you for all the things that you have done for them in all the years past!!

“Life” is a GIFT to you. The way you live your life is your gift to those who come after. Make it a fantastic one.

Remember: “It is Health that is real Wealth and not pieces of gold and silver.”

- Your kids are becoming you.....but your grandchildren are perfect!
- Going out is good.. coming home is even better!
- You forget names... but it's OK, because other people forgot they even knew you!!!
- You realize you're never going to be really good at anything.... especially golf.
- The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore.
- You sleep better on a lounge chair with the TV blaring than in bed. It's called “pre-sleep.”
- You miss the days when everything worked with just an “ON” and “OFF” switch..
- You tend to use more 4 letter words ... “what?”...”when?”...???
- Now that you can afford expensive jewelry, it's not safe to wear it anywhere.
- You notice everything they sell in stores is “sleeveless?!”
- What used to be freckles are now liver spots. ~Everybody whispers.
- ~You have 3 sizes of clothes in your closet.... 2 of which you will never wear.
- But “Old” is good in some things:

Old Songs, Old movies ... and best of all, our dear ...OLD FRIENDS!!

Stay well, “OLD FRIEND!”

Hi Vis jackets

are now available for dog walkers in Stoke Ash and Thwaite.

There is a limited number and this is being run as a pilot scheme in our villages to make people aware of the dangers of speed and to make our walkers more visible.

Jackets are available from

Cllr Pulham 07850 385914 and Cllr Leggett 07745 365583



Stoke Ash & Thwaite Newsletter Advertising Rates

The following rates are effective from 1st October 2020

per annum (6 issues)

Full Page . . . £70

Half Page . . . £45

Quarter Page . . . £30

Subject to 10% prompt payment discount at first renewal and thereafter

Adverts in colour – Cost per annum (6 issues)

Full Page . . . £100

Half Page . . . £60

Quarter Page . . . £35

Set up fee for all advertisement £8.00 Subsequent amendments are also charged at £8.00

Leaflets / Advertising flyers inserted
cost **£12.00 per item**

Contact Lionel Coe on (01379) 678 463
or email lionelcoe@yahoo.co.uk

J. LAWES

STATION ROAD, BACTON

HARDWARE · IRONMONGERS GARDEN AND BUILDERS SUPPLIERS

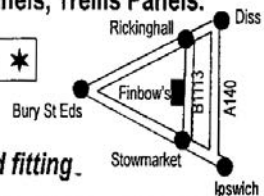
Including Sand, Ballast and Cement in large or small quantities.

FENCING · GATES · GARDEN SHEDS · PEAT / COMPOSTS · LAWNMOWERS
CHAINSAWS · PAINTS · HAND TOOLS · POWER TOOLS - HD & DOMESTIC
ELECTRIC CABLE & FITTINGS · DOUBLE GLAZING · PVC SHEETING

All types of Timber. Timber prepared. Lap Fencing Panels, Trellis Panels.

*** Granular and Nut Salt * Timber Patio Decking ***

*Plywood, Chipboard & Hardboard Sheeting,
Drainpipe and Fittings, Full range of Copper Pipe and fitting.*



Open Mon - Sat 8.30am to 5.30pm

Delivery on all items (including Color Gas)

- Credit Cards accepted

**Tel: Stowmarket
01449 781452**

Useful Contact Numbers

Health Centre's

Mendlesham	01449 767722	Eye	01379 870689
Suffolk Doctors on call			01473 299622
NHS Information Line			0800 665544
Emergency Dental Services			01473 715623
Drugs Advisory Council			0800 776600
Police			101 & 999
Citizens Advice Bureau	01449 676060	or	01379 651333
Veterinary Surgeon		(Eye)	01379 852146
Electricity Power Failure UK Power Network			0800 7838838
Stoke Ash Post Office			01379 678463
Stoke Ash & Thwaite Parish Clerk Lynne Cockerton			01728 862001

Suffolk County Council – switchboard			01473 583000
Emergency contact outside office hours			0845 6066067
Trading Standards			0845 6032814
County Councillor Andrew Stringer	07774 199061 & 01449 780339		
	Email andrew.stringer@suffolk.gov.uk		

Mid Suffolk District Council			0300 1234000
District Councillor - Cllr David Burn			07889 301414
	Email david.burn@midsuffolk.gov.uk		

Stoke Ash & Thwaite Parish Councillors

Cllr Paul Morris	(Stoke Ash)(Chair):	j.morris792@btinternet.com
Cllr Michael Fleming	(Stoke Ash):	michaelfleming5871@yahoo.co.uk
Cllr Mrs Val Lane	(Stoke Ash):	vallane2002@yahoo.com
Cllr Gordon Leggett	(Stoke Ash):	gordonleggett0312@live.co.uk
Cllr Geoff Tancred	(Stoke Ash):	geoffreytancred@gmail.com
Cllr Tony Pulham	(Thwaite)(Vice Chair):	tony@hpfltd.co.uk
Cllr Roger Kember	(Thwaite)	rogerkember@gmail.com
Cllr Mrs Chris Maisey	(Thwaite):	maisey686@gmail.com
Cllr Dick Maisey	(Thwaite):	maisey686@gmail.com

Magazine

Advertising: Lionel Coe, The Post Office, Stoke Ash. 01379 678463

Editor: Ken Smith, Stoke Ash stokeash@supanet.com

Treasurer: Anne Gamage, Mendlesham 01449 766683

Distribution: Anne Warr-Wood Stoke Ash 01379 678329

Website Geoff Tancred stokeashandthwaite.onesuffolk.net

Printed by Gipping Press Ltd Needham Market 01449 721599



The Hair Studio at Mendlesham Ltd

BEV & KIRSTY

FORMERLEY CURL UP & DYE

**WE ARE BOTH FULLY QUALIFIED WITH OVER 40 YEARS OF
EXPERIENCE BETWEEN US**

**PROFESSIONAL ADVICE AND PERSONAL ATTENTION IN
ALL ASPECTS OF HAIRDRESSING**

**PERMS: COLOURS: HI-LITES: CASUAL PUT-UPS
WEDDING HAIR: RESTYLES Etc
FOR ALL THE FAMILY AT UNBEATABLE PRICES
SENIOR CITIZEN RATES TUESDAY ONLY
EAR PIERCING AVAILABLE**

EASY OFF ROAD PARKING

**LOYALTY CARD, STAMP EVERY SERVICE
ALL DEBIT/CREDIT CARDS ACCEPTED
GIFT VOUCHERS AVAILABLE**

**FOR ALL ADVICE AND APPOINTMENTS
CALL US ON 01449 766977**

OR VISIT US AT

**Ropers Farm, Church Road, Mendlesham, Suffolk IP14 5SF
www.hairstudioatmendlesham.co.uk**