

STOKE ASH & THWAITE



OCTOBER & NOVEMBER
NEWSLETTER
2019

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

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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.



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Editors Ramblings



The love an mysteries of Broadband with in our Stoke Ash village. Are you aware some residents have only 3 or 4 as a speed others have 40 or slightly less?

It appears the line or should I say lines coming x the White Horse box split into a number of lines, ending up supplying us with a Hoch pot service in other words None of us get a equal service. Our providers are unable to provide the full service they advertise due to BT's mess of cabling to us all. Suffolk appear powerless to sort as Bt are not prepared to spend money on the main underground network. So Folks if you have any issues Google help.

Numbers attending the Meal with a message have had great meals all I can report is IF you haven't attended then check your age (Im 21 & a bit) then contact Gordon or Janis.

Come and join us good chat around the tables and IF required transport is possible call chat arrange hope to see at the Xmas Lunch.

Now very important

You may have been contacted if not please take notice after many years of running the Thwaite Oil cartel Brian Message has retired and handed the reins over to Roger Kember he can be contacted via phone 01449-768142 e/mail or via his letter box Please see the advert detailing this last quarters savings, & Contact details.

Ever wished you could 'loosen up' your watercolour painting style?

Not sure where to begin? Why not come to 'Expressive At Last' art workshops where you can see first-hand demos of expressive techniques and try your hand at contemporary ways of producing art?

These are enjoyable, low-stress workshops where you can explore your artistic potential, suitable for beginners and those with more experience who want to 'loosen up'. The cost is just £10 per session payable in advance. We meet fortnightly on Saturdays at a convenient location just off the A140, from 10am to 12noon so please give me, Seonaid Forrester, a ring on 01449 766348 for further details. (Over 18s only please.)

I was hoping to add into my missive a Dustbin report, regretfully I still await the item next time!! The answer is YES they missed me again and another resident.

Stoke Ash Church

All Saints Church, Stoke Ash with Thwaite

SERVICES

OCTOBER

Sunday 13th 9:00am Holy Communion BCP

NOVEMBER

Sunday 10th 9:00am Holy Communion BCP

Remembrance Day Service

Monday Nov 11th in the Churchyard by the War Memorial at 10:55

DECEMBER

Saturday 7th 4:00pm Christmas Carol Songs of Praise

Please remember to look at the church notice board for services.
These alternate which means there is a service every week at one
of the other lovely churches within our benefice.

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Chestnut House, 12 Progress Way,
Langton Green, Eye, Suffolk, IP32 7HU
And 31 Redenhall Road, Harleston, IP20 9HL

"The Friendly Invasion"

A film projector presentation about the construction operation and impact of the WW11 Military Airfields of Suffolk & Norfolk will take place at All Saints Church on Saturday 5th October at 7:00pm.

The evening will be hosted by Clive Stevens who is a local Military Historian.

Tickets are £7.50 which includes drinks and nibbles. A choice of red or white wine or hot drinks will be available.

Tickets can be obtained from the village Post Office, by contacting June Scott on: 01379 678926 (evenings only) or Sue Marlow on: susanj53@btinternet.com

Christmas Tree Festival

All Saints Church, Stoke Ash, will be holding a Christmas Tree Festival on the following dates:

Saturday November 30th from 10:00am to 4:00pm

Sunday 1st December 11:00am to 4:00pm

Saturday 7th December 10:00am to 3:00pm (Followed by Christmas Carol Songs of Praise at 4:00pm)

Refreshments will be available and the Christmas Grand Drawer will take place at 1:00pm.

Anyone wishing to supply and decorate a tree should let June Scott know.

All monies raised on the day will go towards the upkeep of the church.

Stoke Ash Social Club

4th Tuesday in the month from 2.00 - 4.00pm

Come and join us for Whist, Uno, Dominos, Darts and a Bingo session. Attendance charge is £1 with Refreshments

For more details: Lionel Coe 01379 678463

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 Village Hall Lottery Winners

Winners since last publication were:-

Jul 13th	D.Roth	£25
Jul 20th	T.Sheldrakee	£25
Jul 27th	P.Sheldrake	£25
Aug 3rd	M.Fleming	£25
Aug 10th	J.Lummis	£25
Aug 17th	P.Cook	£25
Aug 24th	Roll Over	
Aug 31st	Roll Over	
Sep 7th	Mrs. Roth	£75

Add £5 per month or £60 per year.

Management Committee Notes.

No Committee Meeting held since last Newsletter.

Jumble Sale to be held in the Village Hall on Saturday October 26th, 1.00pm to 4.00pm.

Tea, Coffee and Cake available. All monies raised in aid of the Village Hall.

Please, if any one has Jumble drop it off at the Village Hall on Friday 25th Oct between 4.00pm & 6.00pm or at the Village Post Office. Thank You.

Thwaite Lottery Club

Subscription is by membership which is £5 a month or £60 per year
(at the moment we have 26 members)

We have a monthly draw with prizes of £25, £20 and £10

We end the year with a Grand Christmas Draw in November.

For more details: Christine Maisey 01449 766286

Thwaite Gardening Club

(including Veggie Plotters)

2nd Tuesday in the month at 7.30pm unless otherwise advised. For visits please check with George

Come and join us for friendly advice,
encouragement and ideas.

For more details: George Parnell 01449 768686

THWAITE OIL SYNDICATE

SEPTEMBER 19 ORDER RESULTS

ALL PRICES INCLUDE VAT	500ltrs	1000ltrs	2000ltrs
Average prices quoted from Five suppliers (Prices per ltr)	50.58	50.06	49.58
Syndicate best negotiated Price.	48.09	48.09	48.09
We saved - (pence per ltr)	2.49	1.97	1.499
TOTAL SAVED PER ORDER	12.45	19.70	29.80

This will be my last report, I am pleased to tell you that this very worthwhile service will continue in the capable hands of my dear friend and neighbour Roger Kember.

The next order for oil will be placed on Monday 2nd December 19. Your order should be posted through Roger's letter box at Summer Place, Wickham Road, Thwaite by Sunday 1st December. Please print your name, address including post code, day, evening and mobile phone numbers, oil quantity required (min order 500ltrs) Alternatively you can e.m. your order to rogerkember@gmail.com

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A young man went to seek an important position at a large printing company. He passed the initial interview and was going to meet the director for the final interview. The director saw his resume, it was excellent. And asked,'

'Have you received a scholarship for school?' The boy replied, "No".
'It was your father who paid for your studies?' " Yes.' He replied.
'Where does your father work?' 'My father is a Blacksmith'

The Director asked the young man to show him his hands.
The young man showed a pair of hands soft and perfect.
'Have you ever helped your parents at their job? '
'Never, my parents always wanted me to study and read more books. Besides, he can do the job better than me.'

The director said:
'I have got a request: When you go home today, go and wash the hands of your father and then come see me tomorrow morning.'

The young man felt his chance to get the job was high.

When he returned to his house he asked his father if he would allow him to wash his hands.

His father felt strange, happy, but with mixed feelings and showed his hands to his son. The young man washed his hands, little by little. It was the first time that he noticed his father's hands were wrinkled and they had so many scars. Some bruises were so painful that his skin shuddered when he touched them.

This was the first time that the young man recognized what it meant for this pair of hands to work every day to be able to pay for his studies. The bruises on the hands were the price that his father payed for his education, his school activities and his future.

After cleaning his father's hands the young man stood in silence and began to tidy and clean up the workshop. That night, father and son talked for a long time.

The next morning, the young man went to the office of the director.
The Director noticed the tears in the eyes of the young man when He asked him,

'Can you tell me what you did and what you learned yesterday at your house?'
The boy replied: 'I washed my father's hands and when I finished I stayed and cleaned his workshop.'

'Now I know what it is to appreciate and recognize that without my parents, I would not be who I am today. By helping my father I now realize how difficult and hard it is to do something on my own. I have come to appreciate the importance and the value in helping my family.

The director said, "This is what I look for in my people. I want to hire someone who can appreciate the help of others, a person who knows the hardship others go through to accomplish things, and a person who realizes that money is not his only goal in life".

'You are hired'.

A child that has been coddled, protected and given everything he or she wants, develops a mentality of "I have the right" and will always put himself or herself first, ignoring the efforts of parents, family and friends. If we are this type of protective parent are we really showing love or are we helping to destroy our children?

You can give your child their own room in a big house, good food, a computer, tablet, cell phone, and a big screen TV, but when you're washing the floor or painting a wall, children need to experience that too.

After eating, have them wash the dishes with their brothers and sisters, let them fold laundry or cook with you, pull weeds or mow the lawn. You are not doing this because you are poor and can't afford help. You are doing this because you love them and want them to understand certain things about life.

Children need to learn to appreciate the amount of effort it takes to do a job right. They need to experience the difficulties in life that people must overcome to be successful and they must learn about failure to be able to succeed.

Children must also learn how to work and play with others and that they will not always win, but they can always work harder to reach their goals. If they've done their best, then they can take pride in all the effort they put forth.

Life is about giving and serving and these qualities are taught in our homes.

A educituaI item for all to digest your editor

**To advertise in
this space please
contact Lionel Coe
*details on page 28***



**New Pilates classes at
Stoke Ash Primary School**

New Term starts Thursday 6th June.

**9:45am Beginners & 11:00am
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Mondays in Thorndon, Tuesdays in Rickinghall or
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Please visit our website www.gislinghamplaygroup.com or phone us on 01379 788934

Stoke Ash Gardening Club

We did not have our usual outing in August.

In September on Monday 23rd we are back in the Hall for a talk by Helen Hillier on “Helen’s Herbacious”, the cutting garden, autumn arrangements and a Raffle of some arrangements, commencing 7.30pm. On Monday 28th October we have a talk in the Village Hall “Revival of Medlars” given by Jane Steward a specialist grower of Medlar Preserves commencing 7.30 pm.

Then in November on Monday 25th we will be holding our AGM in the Village Hall commencing at 7.30pm. Look forward to seeing you all at these meetings.

Stoke Ash Gardening Club

4th Monday in the month at 7.30pm unless otherwise advised

For visits, meet at the Hall at 6.30pm

Come and join us for friendly advise, encouragement
and ideas, £12 annual subscription

plus visiting Hall talks @ £2 per person. Refreshments

For more details: Lionel Coe 01379 678463

Short Thwaite news

We now have 27 members gained an extra.

Currently Christmas Draw & coffee morning

Saturday 23rd November 11-1pm. Grand draw at 12.

Once again many Thwaite residents enjoyed an impromptu picnic on August Bank Holiday Monday, plenty of delicious food, liquid refreshment & conversation, a thoroughly good time in brilliant weather.



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Searching my Mind

I used to search for happiness,
And I used to follow pleasure,
But I found a door behind my mind,
And that's the greatest treasure.
For rulers like to lay down laws,
And rebels like to break them,
And the poor priests like to walk in chains,
And God likes to forsake them.
I met a man whose name was Time,
And he said, "I must be going, "
But just how long ago that was,
I have no way of knowing.
Sometimes I want to murder time,
Sometimes when my heart's aching,
But mostly I just stroll along,
The path that he is taking.'

The Editor Walking!!

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STOKE ASH WI

Neil Hewitt came in July to tell us about the work of Marie Curie. He was inspired to volunteer for the charity organisation because they had supported him in the past, when a family member was very ill. Most of us know about the charity that assists and supports patients with cancer or other life threatening illnesses and their families, but we heard about Marie Curie herself and how her work helped towards changing the way cancer is treated and of course, the use of x-rays.

She was born in Poland in 1867 and was the daughter of a teacher of mathematics and physics. Once her education finished at 16, she was taught at a secret Polish institution as she was unable to get any further education, because she was a girl. She eventually went to the Sorbonne in Paris and gained Master's Degrees in physics and mathematics.

She met and married Pierre Curie in 1895 and had two daughters. She and her husband researched together and between them discovered the elements polonium and radium. In 1903 she received a Nobel Prize in Physics, jointly with her husband, for their work on radioactivity. Sadly, Pierre died in 1906 after being knocked down in the street by a horse and cart. She carried on with their research and in 1911 she won another Nobel Prize in Chemistry. This made her only the second person, and the first woman, to receive two Nobel prizes in two different fields of study. Her work led to the discovery that radiation could help to see into our bodies through x-rays, and also to the curative powers of radiation on cancerous cells. Obviously these discoveries had many contributors over the years, but her research went a very long way towards furnishing the world with knowledge about the elements needed for the eventual treatments.

She died in 1934, at the age of 66, from aplastic anaemia, believed to have been caused by her prolonged exposure to radiation. It's such a tragedy that something that she discovered and that was often relied upon to help cure people was the cause of her death.

For our August meeting we had Jacqui Lawrence visit, with a wonderful collection of stamps and beautiful coloured inks. She showed us how to make our own cards, using the materials she provided.

We each got to choose whether we were going to make a general card, or one specifically for Christmas (it's coming!). Having got our blank card and our mission in mind, we were shown how to set up the design with the different stamps and ink pads. There was a marvellous bit of gadgetry that allowed you to attach your stamp to a template frame that made sure you could put exactly the same design onto as many cards as you wanted to, and it went to the same place on the card every time. Clever stuff!

All the cards could be personalised with colour and greetings, so we all ended up with a usable gift by the end of the evening. Jacqui did a marvellous job of showing us what to do, and assisting when we were in a muddle, and the time went far too quickly. I'm sure some of us will be inspired to do this again as she made it seem much more achievable than it first appeared. It was a thoroughly enjoyable evening.

If any ladies have been thinking of coming along but still haven't made it, please do come. You can come as a guest for an evening and, if you'd rather not come alone, contact the President, whose details are in the newsletter. She can put you in touch with someone who will bring you in and introduce you. There's a warm welcome (and tea and biscuits) waiting for you!

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.

News from The Rectory - Just Ask

Thank you so much to all the wonderful volunteers who turned out recently to tidy the churchyard – it looks really good now. Our churchyards are sacred spaces, and those buried there are remembered, and laid to rest, with dignity and care. A Churchyard is a place of peace that is shared with the whole community. If a burial or interment of ashes of your loved one is to be in the churchyard, there will be decisions to make about the headstone which is made to mark the grave. It is really important to know that it's likely there will be strict restrictions on all of these decisions. The Diocesan rules are designed to preserve the peace and simplicity of the churchyard, and to ensure that nothing placed on any grave gets in the way of effective maintenance. The best thing to do is talk to the vicar or churchwarden in the parish where the burial will take place, and they will advise you about what is permitted.

There are leaflets in the church which give more detailed information about Churchyard rules, but if you are thinking about introducing a headstone into the churchyard – just ask.

Blessings, *Julia*

Knit, Craft & Natter

At The Old School Room, Wickham Road, Thwaite.
Bring your own crafting projects to make and encourage others,
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2nd Tue	7.30-9.00pm	Young Adults Study (venue subject to change)
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The Old Dog...

My knees ach, my back, is stiff and my bounce has gone away
My whiskers are grey, my eyes are cloudy
I'm taken short far too often

You see me lying in my basket twitching and moaning,
I see myself chasing seagulls on Tywyn beach
Just as I get close they take to the sky
That twitch and moan is me making one last effort to
reach them - though of course I never do

I'm a puppy playing ball with you
You throw and I fetch
I loved my balls and if I found one in a corner of a room
I would drop it at our feet and sit in expectation of a chase

I remember waiting until you were fast asleep
and sneaking up onto your big bed
I was always awake when you opened your eyes
I was guarding you my precious

I am fighting with a pillow that's a dragon
There are feathers and down flying everywhere
I remember;
you smiled at me - as if you knew

I loved you for that
Now;
I am dozing in my basket
I can hear your car pull onto the drive
I can no longer run to greet you
Now;
I wait for you to run to me

The love I feel for you has grown so big over the years
So big that I cannot always contain it
I can't imagine my life with you
And;
I worry how you will cope without me?

Bob



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Re-commencing September 20th

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For more details contact Elena on 07794 003742 or Gordon on 07745 365583



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

12.30 for 1.00pm

Date September 25th

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. No community meal in October due to holidays and the last one this year will be a Christmas lunch on November 27th
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How many people have had what we call empty promises?

People say ‘I’ll do this and I’ll do that’ but nothing ever happens. We hear all this talk about positive thinking, which I believe in. I always believe that what you think and what you manifest comes around. So if you put up negative thoughts then you will get negativity back.

There is no good being **positive** if you’re not actually doing what you’re meant to be doing. People say that you can’t just hope to win the lottery, or we’d all be putting those positive thoughts out. It’s lovely to have that aspiration and positivity, but there is no good just sitting there waiting for it to happen. You’ve got to make things happen.

This is the same about doing things, you walk past people who are homeless, and there are always charity functions going on so every little bit that we do helps. Every little thing to help someone, it’s all part of it. I would imagine that we have all been there, where someone we know needs that little bit of help. It could be the smallest thing, such as making a phone call, making them a cup of tea or just making sure that they’re ok. These could be the smallest things that lead to something really big. It could be that someone needs to move home and needs help to pack, or someone poorly needs to be taken to the hospital.

There are so many things we can do. So it is best to act on them rather than just talking about it.

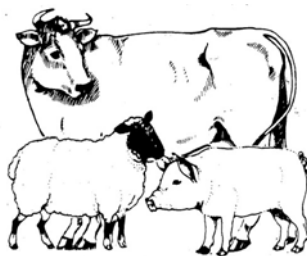
Although we have faith, faith is nothing unless we act on it and do the deeds. That all helps. It helps the community, it helps society. By helping each other it makes it a happier, better place. No one is saying that we should go around interfering, getting involved in things that you’re not meant to. Just look out for those people who need that little bit of help. If there is someone that you haven’t seen for a few days that you know lives on their own, just to check on them, to make that phone call or that apple pie.

How many of us have seen someone in the street and said ‘oh, I was meant to phone you, I will phone you and we will meet up’ and it never happens? Its acting on things that are important. There could be someone that is so lonely and needs to have that chat with you. We all get so caught up in our everyday lives, in our own little bubbles that we forget about how we can help others.

As I say, it comes up with empty promises. So the slightest little thing is a deed well done. Every little deed builds up to the big ones. Because if one person has a lot of little deeds done to help them, then it all becomes one big support for them. So it doesn’t matter how small it is, it all helps and it makes us feel better because what goes around comes around. So it is no good just talking about it, we have to do it. We could be volunteering, helping in the charity shops, or buying something, it all adds up. So don’t have empty words or empty promises, act on it. Support your local charities, go to the fates, fairs, fundraisers. Even here at the Church. Everything adds up, and that’s how we help the world to go around. Just to show that we have got people at the top who might try to stop us, but us little people down at the bottom, we can make a difference. We know that with God, with our positive help and everything, may the strength of goodness keep going.

Your Editor

David Dunnett Family Butcher



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Stoke Ash & Thwaite Parish Council – report on the meeting held 18 July 2019

Exercise and Play equipment - Members were pleased to note that the new play and exercise equipment on the Stoke Ash Village Hall green is being well used. This is a really useful addition to the village. The council will now look into further funding for play equipment for younger children. In the meantime members recorded thanks to Cllr Fleming for sourcing the equipment and for his regular checks on its condition and thanks to the Chairman, Cllr Morris, for keeping the grass cut.

Lunch Club – Cllr Leggett reported the monthly lunches had really taken off and were well attended on average by some 29 parishioners. The lunches continued throughout the summer and if supported will continue when the grant funding has expired in the autumn. Members recorded thanks to Cllr Leggett and Mrs Chris Maisey for organising the lunches, they have proved to be real community events.

Community Working Groups – the council is looking to set up two working groups to help with Wash Lane maintenance and the conversion of the former telephone kiosk in Stoke Ash street. Wash Lane will require some grass cutting and pruning and general tidying up the summer growth and the kiosk will require refurbishment and repainting. Our members would be very pleased to hear from anyone willing to help with these projects, just a few committed hours would be much appreciated. Please contact Cllr Mike Fleming if you are willing to help.

Parish Council vacancies – there are still two vacancies to be filled, one in Stoke Ash and one in Thwaite. It is important that both vacancies are filled so as to ensure the village is properly represented. Please do speak to a councillor or the clerk if you think you may be interested. Any parishioner, 18 years and over, with an interest in the villages and their wellbeing is be eligible.

Speeding – Stoke Ash Street – anti speeding measures for Stoke Ash street were discussed. The main concern from speeding appeared to be delivery vans. There was a suggestion the speed limit should be reduced to 20mph but Suffolk Cc Highways would require a record of accidents as part of the process to change a speed limit. County Cllr Stringer suggested, in the first instance, the use of high viz jackets with a 30mph logo for pedestrians and dog walkers to remind motorists of the speed limit.

Defibrillator – the cost of installing a defibrillator is being obtained from the Community Heartbeat Trust. The cost of equipment is in the region of £2,000-£3,000. The Trust is very helpful in advising councils – it is hoped this can progress if funding can be obtained.

Date of next meeting: Thursday 21 November 2019, 8pm at the Old School Room, Thwaite. ALL WELCOME



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I have been deeply troubled this past week, probably more so than in the last couple of years.

When did it become so easy to spew venom and practice acts of hatred?

I do not consider myself connected to a particular political party. This is so much bigger than being a conservative, labor or a liberal, race, or religion.

This is about being a human being and having respect and value for another humans wellbeing.

They do not classify that as an affiliation it is actually called being a humanitarian.

So, rather than laughing, verbally assaulting or having issue with someone's belief. Maybe we need to wear the label of a humanitarian....long before having issue with another.

If you had a cure for cancer would you keep it to yourself? So, there is a cure for the malignancy of the soul.... I know and believe in what it is.

So before you make fun of someone and heaven forbid, judge someone....try to believe in someone else's wellbeing.

LOVE, NOT HATE.....HAS TO WIN!!

Your Editor strikes again

Caffeine is my shepherd;

I shall not doze.

It maketh me to wake in green pastures,
It leadeth me beyond the sleeping masses.

It restoreth my buzz,
It leadeth me in the paths of consciousness
for it's name's sake.

Yea, though I walk through the valley of
the shadow of addiction,

I will fear no Equal
for thou art with me;
Thy cream and thy sugar
they comfort me.

Thou preparest a carafe before me
in the presence of Thy Starbucks,









Thou anointest my day with pep;
My cup runneth over.

Surely richness and taste
shall follow me all the days of my life:
and I will dwell in the house of Mocha forever.

Amen! Amen! Amen!

- *Author Unknown*



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The Blonde Medical Dictionary

Artery.... The study of paintings
Bacteria.....Back door to the cafeteria.
Barium.....What doctors do when patients die.
Benign.....What you be, after you be eight.
Caesarean Section.....A neighbourhood in Rome.
Catscan.....Searching for Kitty.
Cauterize.....Made eye contact with her.
Colic.....A sheep dog.
Coma.....A punctuation mark.
Dilate.....To live long.
Enema.....Not a friend.
Fester.....Quicker than someone else.
Fibula.....A small lie.
Impotent.....Distinguished, well known.
Labour Pain.....Getting hurt at work.
Medical Staff.....A Doctor's cane.
Morbid.....A higher offer.
Nitrates.....Cheaper than day rates.
Node.....I knew it.
Outpatient.....A person who has fainted.
Pelvis..... Irish Cousin to Elvis.
Post Operative.....A letter carrier.
Recovery Room.....Place to do upholstery.
Rectum.....Nearly killed him.
Secretion.....Hiding something.
Seizure.....Roman emperor.
Tablet.....A small table.
Terminal Illness.....Getting sick at the airport.

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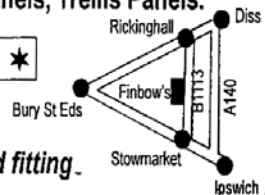
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Stoke Ash & Thwaite Parish Clerk Lynne Cockerton			01728 862001

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	Email andrew.stringer@suffolk.gov.uk		

Mid Suffolk District Council			0300 1234000
District Councillor - Cllr David Burn			01379 788712
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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 Mrs Chris Maisey	(Thwaite):	maisey686@gmail.com
Cllr Dick Maisey	(Thwaite):	maisey686@gmail.com

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