

STOKE ASH & THWAITE



October & November
Newsletter
2020

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

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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 Editor regrets theirs NO news to give you look out next time!

Your Editor

Stoke Ash & Thwaite Parish Council

Following the disastrous house fire in Stoke Ash in April of this year, which was attended by more than twenty fire crews and appliances, we would like to commend all those that helped, on the day and afterwards.

A number of people in the village made great efforts to help, and to ensure that the family did not go without any necessities, as well as offering huge support and comfort at a very distressing time. We know that the family concerned were very grateful, but feel that we as a Parish Council should publicly thank and commend everyone involved. This truly was a marvellous demonstration of the community looking after its own, and we are all very proud to live in such a caring and kind village. So, thank you once again all of you, we would like to be able to mention everyone, but are prevented from this by the fear that we may inadvertently overlook someone who should not be overlooked. You know who you are, and in a village of this size I think that it's safe to say that so does everyone else!

The Stoke Ash & Thwaite Parish Council has for disposal the following:

Dell Inspiron 17" 5759 Laptop Hardly used, cost new 18.7.2017 £399.13

H P OfficeJet 4658 Printer, Fax, scan, copy, web - new cost today £83.33

*To be disposed by closed bid by the 14th October
to the Parish Council for the attention of:*

Cllr Tancred, Hillcrest, The Street, Stoke Ash IP23 7EW

All Saints Church Stoke Ash

Remembrance Day

An act of remembrance will take place in the churchyard on Wednesday 11th November starting at 10:55 am.

Christmas Tree Festival

This years Christmas Tree Festival will take place on:

Saturday December 5th 11:00am - 4:00pm

Sunday December 6th 1:00pm - 4:00pm

Wednesday December 9th 11:00am - 4:00pm

The Grand Draw will take place at 3:00pm on the Wednesday.

Any individual, household or company who would like to supply and decorate a tree will need to contact June Scott nearer the time.

Christmas Carol Service

There will be a Christmas Carol Service on Saturday December 12th at 3:00pm.

Thank You

Many thanks to everyone who supported our Jumble Sale in August. We raised £393.00. This money will go towards the general upkeep of the church including bills etc.

Church Funds

Due to Covid19 the church has been closed for services for four months and we have also not been able to hold any other fundraising events.

If you feel you are able to make any donations please use the gift aid envelopes that will be available in the church porch and in the village post office. Please then let June Know so she can arrange to collect.

(Please **do not** leave your money in the porch)

God Bless you all for your continued support.

Thwaite 50 Lottery

Subscription is by membership, which is either £5 a month or £60 per year, join any time. (We now have 30 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

STOKE ASH VILLAGE HALL LOTTERY WINNERS

Winners since last publication were:-

July 11th	S.Simpson	£25
July 18th		Roll Over
July 25th		Roll Over
Aug 1st	S.Simpson	£75
Aug 8th	L.F.Coe	£25
Aug 15th	B.Lock	£25
Aug 22nd	D.Roth	£25
Aug 29th	T.Bryant	£25

Notes: The Village Hall Committee have yet to meet to decide on when the Hall should open as it is allowed to now, once restrictions have been put in place. This means all meetings for Clubs, the Parish Council, the Church and any Private hirers are still cancelled, until further notice. (The Clubs are ,The Garden Club, Social Club and the WI..)

Stoke Ash Church News from The Rectory

September is usually a time of new beginnings and new possibilities. Our children and young people start a new school year, we have returned refreshed and rested from our summer break, the promise of Autumn is in the air, and we're enjoying the produce we've been growing in our gardens over the summer.

But this year, for most of us it probably doesn't feel like a fresh start. The youngsters have returned to school in unusual circumstances, we may not have had the summer holiday we wanted, and we may not be feeling reinvigorated. The virus is still with us, and some of us are still isolating at home. The harvest has happened, but we will not be able to celebrate it in the usual way in our schools and churches.

BUT, we can continue to support one another, look after our neighbours, and try to meet the physical, mental and spiritual needs of our community. As I write this, new restrictions are being put in place, and by the time you read it there will probably be more.

Please stay safe, look after one another, let me know if you have any prayer requests, and if you want to have a chat, just pick up the phone. If I'm not in, leave a message and I'll ring back as soon as I can. 01379 678064

God bless, stay safe and look out for each other.

Julia

Thwaite 50 Lottery Grand Christmas Draw

Will take place in the Old School Room Thwaite on **Saturday 21st of November** from 11am for coffee & a chat. Grand Draw at Mid Day.

Please feel free to join us. Covid19 regulations permitting.

Christine & Richard Maisey.

Stoke Ash Gardening Club

Sorry to say Stoke Ash Village Hall is still closed. We had a meeting of the Village Hall Committee and no opening date was agreed. This was due to the Speakers at meetings cancelling. Bob has had the next two meetings cancelled.

This means our next possible meeting is our AGM on 23rd November in the Hall at 7.30pm, details as in programme booklet. Bob is trying hard to transfer these

cancelled talks etc to next years programme..

We will keep you informed regarding the AGM.

OIL SYNDICATE REPORT

With many members being well stocked only a few required fuel oil on 1. September therefore we will be placing our next order on **Monday 2. November 2020.**

Your order should be e-mailed to me at rogerkember@gmail.com or posted through my letter box at Summer Place, Wickham Road, Thwaite, IP23 7EE by Friday 30th October please.

I already have the details of existing members but will new members please include your name, address, post code, day, evening and mobile phone numbers plus oil quantity required (min order 500ltrs).

There is no charge to be a member of our syndicate and to make these savings. You do not have to order every time.

We exist as a free service to all in our parish of Stoke Ash and Thwaite.

Stoke Ash & Thwaite Parish Council – report on meeting held 20 August 2020

Parish Council meetings – Virtual meetings continue to be held, now on a monthly basis. These will be held on the third Thursday of the month and they are open to the public via the video link published on the Agenda and on the Parish Council Website. Parishioners may take part in meetings, as usual, during the public session. Please do let the Chairman or Clerk know via email before the meeting if you have a query you wish to raise regarding a parish matter. Email contact details are published in the parish magazine and on the website.

Thwaite Cockerels – noise nuisance complaints from feral cockerels living in St George’s Churchyard had been received from some residents in Thwaite. The cockerel and hens had been living in the churchyard over the last year and the flock had increased to two adult cockerels, two juvenile cockerels and two hens. During the summer the cockerels started their crowing at 2.30am and continued off-and-on until dusk. They were also wandering out onto the road and unfortunately one cockerel and a hen were run over on Wickham Road. Having investigated environmental noise nuisance through the Environmental Protection Officer at MSDC, the RSPCA and a licensed pest control operative the problem has been resolved. Members recorded thanks to Cllr Roger Kember for his help.

Thwaite Allotments – following a query raised regarding the possible sale of allotment land, a council working group is looking at marking out the plots and installing pathways to improve the running of the allotment land for the future. There are strict legal and policy safeguards in place to make sure the disposal of allotment land is properly and thoroughly handled. Under the Allotment Act 1925 application has therefore to be made to the Secretary of State for permission for disposal. Members considered the use of the allotment land, that it was important to provide allotments as community facility and agreed due to the strict rules in place it was not in a position to agree to a sale of any part of the land.

Wash Lane, Stoke Ash – members recorded thanks to the Chairman, Cllr Morris, for making and installing the Wash Lane sign, the tractor wheel provided a fitting sign for the entrance to the lane. Members are now looking at providing a bridge at the entrance to ensure access is available to all, particularly buggies and/or wheelchairs.

Date of next virtual meetings 2020 all at 7.30pm: 17 September 2020, 15 October 2020, 19 November 2020 and 17 December 2020.

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New Pilates classes at Stoke Ash Primary School

New Term starts Thursday 6th June.

9:45am Beginners & 11:00am
Mixed Ability Group

Or join my existing classes on
Mondays in Thorndon, Tuesdays in Rickinghall or
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Interesting read

They used to use urine to tan animal skins, so families used to all pee in a pot & then once a day it was taken & Sold to the tannery,....if you had to do this to survive you were “P### Poor”

But worse than that were the really poor folk who couldn't even afford to buy a pot.....they “didn't have a pot to pee in” & were the lowest of the low.

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be.

Here are some facts about the 1500s:

Most people got married in June because they took their yearly bath in May, and they still smelled pretty good by June.. However, since they were starting to smell.

Brides carried a bouquet of flowers to hide the body odour. Hence the custom today of carrying a bouquet when getting Married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it.. Hence the saying, “Don't throw the baby out with the Bath water!”

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof.

When it rained it became slippery and sometimes the animals would slip and fall off the roof... Hence the saying “It's raining cats and dogs.”

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed.

Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, “Dirt poor.” The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entrance-way. Hence: a thresh hold.

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire.. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme: Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old.

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could, “bring home the bacon.” They would cut off a little to share with guests and would all sit around and chew the fat.

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death.

This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the upper crust.

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial.. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a wake.

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive... So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift.) to listen for the bell; thus, someone could be, saved by the bell or was considered a dead ringer.

And that’s the truth....Now, whoever said History was boring? *You’re Editor*

Come for a free lunch and chat

Due to advise given by the government agency we will have to cancel the Community meal that we hold once a month until further notice. Our attendees range from 65 to 90 years old and some have respiratory problems so we need to take extra care that we do not add to their problems

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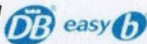
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Just to let you know these phone calls are going round.

'Good morning, I'm calling from the NHS track and trace service. According to our system, you are likely to have been in close proximity to someone who has tested positive for COVID-19. This means that you now need to self-isolate for 7 days and take a COVID-19 test.'

'OK. Can you tell me who that person was?'

'I'm not able to tell you that. That is confidential information.'

'Right. Um... so ...'

'But you do need to be tested within the next 72 hours. So can I just get the best mailing address so that we can send a kit to you?'

'Ok (gives address)'

'Thank you - and I just need to take a payment card so that we can finalize this and send the kit to you.'

'Sorry - a payment card? I thought this was all free?'

'No - I'm afraid not. There is a one-off fee of £50 for the kit and test results. Could you read off the long card number for me, please, when you're ready.'

'No - that's not right. This is part of the NHS so there's no charge.'

'I'm afraid there is. Can you give me the card number please - this is very important, and there are penalties for not complying.'

Puts the phone down.

This is how scammers work. And vulnerable people will fall for it."

Another Scam

A phone call is from HMRC (Tax Office) Basically scares you to death and ask's you to press ONE on the phone key pad

DO-NOT DO THIS take a note of the phone number and report it

(I hope to give you the number) *editor.*

Stoke Ash Village Hall Lottery

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2020

A year to be forever remembered
Amid people the world has lost
This virus has taken hold and taken a terrible cost
It matters not your religion, origin or age
Whether you are a scholar or if you are a sage
Even if your wealthy it does not give a jot
From retired to the baby just laying in a cot

Its mired the world in sadness
A pain that we all share
Surely not a single soul has the heart, not to care
We're isolated by it, singled out and left alone to die
And often did not even get, the chance to say goodbye
Day by day we see the horror figures grow
And wonder if this virus in the world will ever slow

I really wish the day would come when we have our world again
For this virus to disappear and stay away and leave us all in peace
To live again without the fear and hug my dearest friends
To wrap my family in a loving embrace when all of this does end
To walk the streets, and even mingle in a crowd
To sit in sidewalk cafes again with music blaring loud

Our world has changed, a place of fear
Has raised its ugly head
And taken some of our finest amongst it's tally of dead
Yet the world goes on, we have our faith
That it truly will one day end
I pray that day will come soon and the world will begin to mend
Until that day I ask of you to add your prayers to mine
For our prayers may create a miracle when they are all combined.

A man went to Harley Street in London , having seen an advert for a Gynaecologists Assistant. Knowing that nowadays, job advertisers aren't able to discriminate against the applicant's gender, he was very interested, so he went in and asked the secretary for details.

She retrieved the file and read to him: "This job entails preparing ladies for the Gynaecologist. You will be responsible for helping them out of their underwear, laying them down and carefully washing their private areas, applying shaving foam to the necessary parts and removing all unwanted foliage, and finally, you'll be required to rub in soothing oils, in preparation for the Gynaecologist's examination." Then she told him "The annual salary is £65,000 and if you're interested, you'll have to go to Aberdeen" .

"My goodness!", exclaimed the man, "Is that where the job is?".

She answered, "No , that's where the end of the queue is..."

FROG'S FARM

Hello and Welcome from Frog's Farm.

Some of you may already know about us, or have been to see us. For those of you that don't know what or who we are, Frog's Farm is a new farming venture located at Thwaite, just off the A140. This is our venue to sell our fresh produce to you direct at the farm gate.



We sell free range eggs from our 300 rescue hens. We grow beautiful British flowers that we cut and sell in bunches, or you can place an order for them to be made into a beautiful colourful bouquet. During the summer months we open up to the public to walk around and enjoy the sheer beauty of the flowers in the Suffolk countryside. We are near the end of the flower season now but will have lots again next year, with some new varieties and different paths through.

Do not fear if you think you have missed out as we have 3 acres of pumpkins and squashes maturing nicely, ready for PYO the last week of October (Halloween). The pumpkin patch will be a great day out with hot drinks and food available. Plenty of pumpkins to choose from – just what you want and no food miles! We have a hard car park and a toilet on site. There will also be a kid's play area, so please come along and tell your friends about us. If you have any queries or would like to know more, please get in touch.

The Lone Ranger and Tonto

The Lone Ranger and Tonto went camping in the desert. After they got their tent all set up, both men fell sound asleep.

Some hours later, Tonto woke the Lone Ranger and said, "Kemo Sabe, look at sky. What you see?"

The Lone Ranger replied, "I see millions of stars."

"What that tell you?" asked Tonto.

The Lone Ranger pondered for a minute and then said, "Astronomically speaking, it tells me there are millions of galaxies and potentially billions of planets. Astrologically, it tells me that Saturn is in Leo. Time wise, it appears to be approximately a quarter past three in the morning. Theologically, the Lord is all-powerful and we are small and insignificant. Meteorologically, it seems we will have a beautiful day tomorrow. What's it tell you, Tonto?"

"You dumber than buffalo patties. It mean someone stole tent!"

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Passed On

Mike and Joe were both in there 90s and have been friends all of their lives. When it's clear that Joe was dying, Mike would visits him every day. One day Mike says

“ Joe, we both loved rugby all our lives, and we played rugby on Saturdays together for so many years. Please do me one favour, when you get to Heaven, somehow you must let me know if there's rugby there ?”

Joe looks up at Mike from his death bed and says

“ Mike, you've been my best friend for many years. If it's at all possible, I'll ...do this favour for you ?”

Shortly after this, Joe dies.

At midnight a couple of nights later, Mike is woken from a sound sleep by a blinding flash of white light and a voice calling out to him,

“ Mike -- Mike ?”

Mike sitting up suddenly says.

“ Who is it, Who the hell is it ?”

The voice reply's

“ Mike--it's me, Joe.”

Mike rubbing his eyes replies

“ You're not Joe. Joe just died ?”

The voice carry's on

“ Honest Joe I'm telling you, it's me, Joe ?”

Mike looking around see that there is nobody there and says

“ Joe! Where are you ?”

The voice reply's

“ In heaven,I have some really good news and a little bad news ?”

Mike says

“ Tell me the good news first ?”

The voice reply

“ The good news,is that there IS rugby in heaven. Better yet, all of our old friends who died before us are here, too.Better even than that, we're all young again... Better still, it's always spring time and it never rains or snows
And, best of all, we can play rugby all we want, and we never get tired. ?”

Mike with a big smile on his face said

“ That's fantastic, It's beyond my wildest dreams! So what's the bad news ?”

A sad voice reply's

“ You're in the team for this Saturday ?”



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The Parish Council is reviewing the allocation and usage of the area 'Fields and Allotments' behind Squirrel Cottage, Lavender Cottage and Church Lane from the Wickham Road up to the wooden gates by Thyme Cottage into the field.

Expressions of interest in renting an allotment are invited from any residents of Thwaite or Stoke Ash. Rent is yet to be determined but will be set at a reasonable commercial rate.

Rules for this area of 'Fields and Allotments' will be supplied to those who express an interest in renting. Anyone interested should apply in writing to:

Chris & Dick Maisey, The Firs, Norwich Road, Thwaite IP23 7ED

Just had an interesting conversation with a nurse who works in a health practice. As the covid-19 virus hasn't been isolated yet, the covid tests can only show a range of viruses that come under the SARS umbrella, which includes flu and colds. So when the government says that testing has confirmed the number of covid 19 positive cases has increased, that's not factually correct - because the tests are not sensitive enough to pick up covid-19 only



STOKE ASH WI

It's been a quiet few months for WI as far as our regular monthly meetings go as we've been unable to get together at the village hall since the lockdown. Although we haven't been able to have our meetings, many of our members have been keeping in touch with one another by phone throughout the pandemic.

Once we were allowed to be a little more relaxed and meet a few people outdoors, we arranged to have a get together on a sunny Saturday afternoon and have a picnic on the village green. Everyone packed their own refreshments and several of us gathered under a tree near the picnic table. Most people brought their own seats so that we could be socially distanced, as was required. It was so nice to actually see one another and talk as a group, instead of having to have one-to-one conversations only, over the phone. A few couldn't make it, but hopefully next time, and there will undoubtedly be a next time, we'll have a few more faces in the mix.

Once the conversation got going we talked about all sorts of things, not just the obvious Covid-19 and its effect on our daily lives. Some important things like family and health, but we also had plenty to say about food, bad grammar, snakes(!), houses for sale (and people who might buy them), and many other random subjects. As usual, the conversation flowed very easily and there was a lot of laughter (much needed). The time flew by and we eventually had to pack up our picnic bags and chairs and head back home. The weather had been very kind and this added to a really lovely, relaxed and uplifting afternoon.





Another social(ly distanced) outing happened in August at Frogs Farm, Thwaite, when we went to see and learn about the beautiful sunflowers that were definitely at their best then, although we were wilting quite badly as we went on one of the hottest days of the year. Many of us took parasols (otherwise known as umbrellas, but that doesn't sound as classy!), but it was still difficult to stay at a comfortable temperature. We were welcomed to the site by Bekkie who gave some background information on how and why the venture was started. We were then invited to walk the rows of sunflowers as she told us the different names and growing habits of the different varieties. There is a vast difference between the appearance of them all and it seems there's a sunflower for all occasions and spaces. We learned that these varieties are all for displaying, not for seed production, so although they're all grown together they won't cross pollinate and cause hybridation. The sunflowers are currently on sale in bunches, or can be ordered in super colourful bouquets if required. There are rows of pumpkins and squashes, as well as the several varieties of sunflowers, growing in the field and once the pumpkins are ready, they will be available to buy. There are also plans to have special days of activities for children to get involved and have fun.

During the last few months it has become very obvious to me that WI isn't just about having a monthly meeting then dispersing and getting together a month later for another guest speaker, it's just as much about the time in between, when life happens. The help and support that being in our WI group gives is amazing. You always know there's someone not far away who will be there to help you, without any fanfare or praise expected.

We're not a big group, but we're a close-knit and supportive group who know the value of friendship, especially at times like we're living in now. It's a great benefit of being a member and for the minimal cost, it's invaluable. Ladies in Stoke Ash and surrounding villages, you're always welcome to join us and find out for yourselves how much more you get than just a monthly meeting and a cup of tea or coffee. The contact details of the Secretary are on the magazine contact details page and she'll be delighted to hear from you.

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-A WAY OF LIFE-

I had been asked to write a small piece for the Stoke Ash and Thwaite newsletter. As I write better in the early part of the day, with coffee in hand and a moment of reflection about the day ahead, I put pen to paper, literally. As I sit here on this early morning, even Jess, our border collie, thinks it is too early to rise as she is snuggled in her bed, hoping, I should imagine, that her master will not disturb her - and why would I? Looking around, I see many books: books that instruct; books that inform but, most of all, I see many old friends who have made memories for me in time, place and thought.

For many people over these past, recent decades, books have been replaced by the wonder of the electronic gadget. They say (that is, the converts to this electronic world) that they can just type in the name of a book and there it is! This may be a wonder but for me it is not wonderful. For me, the joy of a good bookshop is one that is full of the old and the new, treasures to be discovered in its ranks, books piled up and stacked, books in neat rows upon the shelf, the hunt (for hunt it can be) to find some new purchase; picking one up, holding and opening its pages then looking within for the price, hoping it can be within your budget. Many a time I have found - and I know Seonaid has - for she is also of this mindset about the joy of books and bookshops, the price has been beyond the budget but, as with my copy of T.E. Lawrence's Seven Pillars of Wisdom, one sometimes succumbs to the need to own and to share in the author's writings within the covers.

Then, it is about the reading - to find the time and the place. As a commuter, I would read on the train but also on holiday in small cafes and bars. You would find me sitting, often alone, reading, until someone would come and enquire about what I was reading and reading became conversation, even friendship.

Many of those bookshops do not exist in the way they once did. London was once full of these wonderful places, as were the various towns and cities one might visit in this country of ours. Alas, many have gone and finding a good (in our minds) bookshop is as exciting as discovering the very books themselves. The internet may be a quick way to find a book but there is no memory for the other senses to dwell on and enjoy. I have wonderful memories of discovering a new book ('new' in the sense of not having owned or read it before) yet it may have been written and printed a hundred years before my time had begun. I remember an old and dusty bookshop in London, where I purchased Henry Williamson's Dandelion Days, a book that I still own and cherish. I do not have to read it again, though it may take me aside again one day but seeing it on my shelf not only reminds me of the story but also awakens the senses of those moments all those years ago. I was in my twenties when I first discovered it and my very inner being was moved by various emotions, many thoughts and feelings. I knew I just had to find the other three volumes to discover more of the life of one, Willie Maddison.

Other books that have been important for me are manuals. From my early twenties to now, the manual from the Velocette Motorcycle Company on maintenance for the Velocette Venom has been well used, covered in oil and grime but is of such value to maintaining my motorcycle that I even have a copy that is clean and kept aside to be read away from the workshop over a coffee, as one seeks to solve a problem.

We both find it difficult to part with books, though our house move to Wickham Skeith meant many had to go - difficult decisions about which ones - and go they did, leaving us with still too many books but ones that are dear to us or of value in a different way.

The Book of Books for both of us is our Bible. There, though, lies a difference. I find it easy to give a Bible away. In fact, it is a joy. 'Why?' you may ask. Well, there is no greater book than that which contains the Word of God, the 'good news' as they say, good news for all to hear and read, so giving a Bible to someone, especially one's own, can be a very special gift. When the actor Steve McQueen was going into hospital for a serious operation, he mentioned to his visitor that he had left his Bible behind. The man immediately gave Steve McQueen his own, personal Bible, complete with his preaching notes upon the pages. That man was Billy Graham.

I was brought up as a non-believer, in fact to believe in nothing spiritual, until a major, near-death diving accident brought me into contact with God, but that is another story, perhaps for another time. After this life-changing and challenging encounter, I was given my first Bible. I had never read a Bible before but found myself reading a book written by a doctor called Luke. I was not only shocked but challenged. It was not what I had expected. It was not full of 'don'ts' but, rather, told the story of Jesus' desire to have a personal relationship with me - and his words were of freedom, not religious shackles.

This is why the Bible is the most important set of books in my life. All the sixty six books which make up our Bible are the key to life, the key to everyday life and, most importantly, the key to having a personal relationship with God - Father, Son and Spirit - not just for now but for our future beyond this life on this planet. So, giving a Bible to someone, so that they can go away and read the Word for themselves, trusting in the Holy Spirit to open its message of faith not fear into their life is such a joy for us.

When we look around at this challenging and changing world we are living in, then we too need to be aware of Satan's tactics. They are a threat to us - a threat that should be met with faith and not fear. God is concerned for us as any father should be for his children when deception is around them. That is why, when Jesus is asked questions concerning the end times and His return in the book of Matthew, chapter 24, His first statement is to offer a warning to those disciples (and us today) about deception. 'And Jesus answered and said unto them, "Take heed that no man deceive you."' It was so important for those disciples to be made aware of Satan's deception through men. This applies as strongly today as then. Look around and you can hear and see the deceptions of the times. Only Jesus, through His Word, can guide us in all truth to keep us alert and faithful when so many are being deceived.

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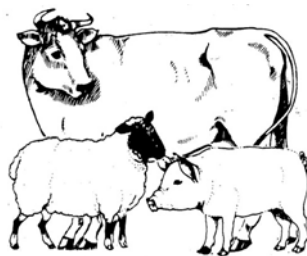
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Learned something new today

thought I'd share because it's so Interessstinnnnng....

I'm so doing this tonight!!!!

The Navel (aka: The Belly button):

Did you know why to put different oils in and on the belly button?

Our Navel (Nabhi), is an amazing gift that our Creator has given us. According to science, the first part created after conception is the navel. After it is created, it joins the mother's placenta through the umbilical cord.

Our Navel is surely an amazing thing! All our veins are connected to our navel, which makes it the focal point of our body. The belly button is life itself!

The "Pechothi" is behind the navel, which has more than 72,000 veins. The total amount of blood vessels we have in our body is equal to double the circumference of the earth.

We knew that to lower the temperature to the babies, we put a cotton swab with alcohol in the navel, now we know that with oil, it's better.

Applying oil in the navel heals the dryness of the eyes, poor view, the pancreas, the heels, and chapped lips, keeps the face bright, the hair healthier, for knee pain, the chills, lethargy, pain in the joints and dry skin.

- Apply Neem Oil in your belly button - to get rid of stubborn pimples and acne
- Apply Almond Oil in your belly button- to help achieve a glowing face
- Apply Mustard Oil in your belly button - to get rid of dry, chapped lips. Will also keep your intestines moving to remove harmful bacteria but keep the good. Actually works as a mild detox.
- Apply olive oil or coconut oil - to improve your fertility
- Keep alcohol dipped cotton on your belly button - to cure a cold, flu and a running nose. When a baby has stomach pain, we put a few drops directly in the navel and we give the massage around the navel a few minutes, the pain is cured. Oil works the same way.
- Keep brandy-soaked cotton ball on your belly button - to ease menstrual pain and cramps
- Sesame Oil is used for all types of joint pains. It is also known to strengthen bones. Many parents use in their children every night at bedtime.
- Use an equal amount of Mustard Oil And Ginger Oil For Upset Stomach, Bloating, Nausea and digestive problems.
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- Thyme oil is anti-spasmodic, it helps relax your arteries and veins, lowering blood pressure and stress to your heart. It may also help strengthen and tone your heart muscles.
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- * FOR KNEE PAIN *
At night before bed, put 3 drops of Castor oil in your navel and spread it 1 and a half inches around your navel.
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WHY PUT OIL IN AND AROUND YOUR BELLY BUTTON?

Your Navel can detect which veins have dried up and by putting oil, those nerves open them...

You can keep a small drip jar with the oil required next to your bed and place a few drops in your navel before going to sleep.

Great info!

Going to say will any one try this an report back *NO NAMES WILL BE PRINTED*



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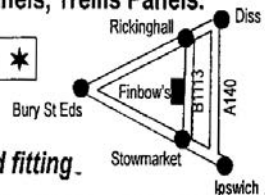
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