

STOKE ASH & THWAITE

February & March
Newsletter
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

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Vegetarian Breakfast £4.95

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



Code: whitehorse

Smoked Mackerel £4.45
With Scrambled Eggs

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Scrambled, Poached or Fried

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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

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Freshly Filtered Coffee £2.45

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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 Woes



Welcome to 2022 what a start!! Yes blown out with food & drink. Unfortunately that friend of ours Messer Covid, managed to jump across the gap between the years so friends I ask, in fact I implore you to use your Laughter muscle because we all need fun back into our lives. Laughter changes our mood. Be happy!

I have a important request to make. Our newsletter requires a Treasurer ASAP. Our current treasurer, Mrs A Gamage, has decided to resign shortly. Its not a difficult job involving loads of time but you do need a computer for Online banking and communicating with our advertisers and printers. Please contact myself, K Smith, via e-mail stokeash@supanet.com

I just wanted everyone to know that anyone who has been in contact with me in any way over the last 14 days should stay indoors and contact your nearest test centre. I'm so sorry to every one of my friends and family and those who have been in close proximity to me. I have had symptoms for a few days now and it has just been confirmed. I have been diagnosed with being awesome, good-looking, hilarious and completely nuts. I'm told there is no cure as of yet for all 4 together. When you call, I'll know who has read this to the end. I know a few that won't let me down.

Just to say this newsletter is produced for the benefit of all residents within our area and relies totally on volunteers in all areas, so thank you all. Any profits are ploughed back into our villages. Currently we require more advertisers so your help in spreading the word is important. Any complaints please contact the editor. Thanks for reading this missive. Ken.

Stoke Ash & Thwaite Parish Council – report on meeting held 18 November 2021

The meeting was attended by some 14 parishioners to voice concerns over the Hill Farm, Huggins Lane application for change of use of agricultural buildings to flexible use including dance hall. All those attending were against the application, this view was strongly supported by the Parish Council and an objection on the grounds similar to those submitted to the first application, was sent to MSDC Planning. Notification has since been received from Mid Suffolk Planning that the application has been refused.

Lunch Club - Cllr Gordon Leggett was pleased to report on the return of the Lunch Club following lengthy closure due to covid restrictions. Attendance had averaged 30 so far and those attending had welcomed its return. Please do let Cllr Leggett know if you would be interested in attending – transport can be arranged if required.

Defibrillator – Thwaite. A local parishioner has offered the use of a defibrillator for the community. Final details have as yet to be agreed but it is hoped progress can be reported after the next meeting. In addition Council Members are looking into providing a course on CPR training.

Parking at Roman Way, Stoke Ash – a decision from MSDC as to whether grass guards can be installed on the grass verges along Roman Way to protect the grass and tree roots from damage by parked vehicles is still pending.

Parish Council Vacancies – The Chairman, Cllr Morris, reported that after many years Cllr Michael Fleming had decided to step down from the Parish Council. The Chairman stated that Mike had been a very pro-active member of the parish council and on behalf of the council recorded huge thanks to Mike for all of his work over the years, this was much appreciated and would be hugely missed not just by the council but also the community.

There are now two vacancies in Stoke Ash. Any parishioner, 18 years and over is eligible to be a parish councillor and our members would be very pleased to hear from anyone in the village who may be interested. Meetings are held on the third Thursday evening of each month. Please do contact a councillor or the clerk if you think you may be interested.

The meeting planned for Thursday 16 December 2021 had to be cancelled on the recommendation of the Suffolk Association of Local Councils due to increasing covid cases.

Date of next meetings: Thursday 20 January 2022, 7.30pm and Thursday 17 February 2022 at 7.30pm, both meetings will be held at Stoke Ash Village Hall.

Stoke Ash Village Hall Lottery

£1 per week with weekly prize money of £25
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News from the Rectory

I would like to take this opportunity to keep you updated about what is happening in our churches in these difficult and uncertain times.

We are still working on a ‘**recovery rota**’ – services are held in church and online and subject to change due to government guidance. This means that there may not be a service in your village church every week, but there are **2 services every Sunday** in the benefice - a Holy Communion service and Worship for All. We offer different types of worship and activities to suit everybody, and you can find out where these are by looking in the Village Magazine. For some of you though, transport may be an issue. If this is the case, please provide us with some contact details and we will see if we can set up lifts for you with those already travelling to the different churches.

CONNECT is a weekly community event for ALL ages held at 4.00pm on Sundays at Thorndon Church, which has a kitchenette, a children’s play area and an accessible toilet. It lasts an hour, and is the perfect way to while away Sunday afternoon, with a mixture of crafts, chat, tea and biscuits. It aims to promote well-being, reduce isolation and create a sense of belonging. There is live worship on Facebook on Sundays at 9.00am and Wednesdays at 7.00pm.

<https://www.facebook.com/groups/SouthHartismereChurches/>

If you **cannot access online worship** we have **Telephone Church** at 11.00am on Thursdays Dial **0333 0164 757**. You will be asked to type in a Room Number **64166851 #** and then a Guest Pin Number **8935 #** and you will hear friendly voices of people from our churches. Or there is Daily Hope, a free national telephone line, available 24 hours a day on **0800 804 8044** which offers music, prayers and reflections as well as full worship services from the Church of England at the end of the phone.

If you would like to have a chat, receive a visit, or know of someone who would, please contact

Reverend Canon Julia Lall rev.julialall@gmail.com 01379 678064

Reverend Lauren Moore (Curate) rev.laurenmoore@gmail.com 07798705876

Blessings, *Julia*

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Stoke Ash & Thwaite Parish Council Spring Litter Pick

Love where
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Great news!

Dates for our litter pick are:

Stoke Ash Saturday 26th February

Meet by the village hall at 10am

Thwaite Sunday 27th February

Meet by the Old School Room at 10am

Litter pickers, bags and Hi viz vests will be available
Bacon sandwiches in the hall afterwards!

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



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It's a New Year, 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

We start the year as we mean to go on, make the plans and be positive and take things as they come with flexibility. We trust that you have all kept well. For your own wellbeing it would be good if you could organise for yourself a Lateral Flow Test two days before the event if you can. These can be obtained 'free of charge' from the chemist or online as per government advice. Masks and hand sanitiser are all available at the Hall.

invitation for

Wednesday January 26th and then February 23rd

The meal is primarily for those over 65 in the Stoke Ash & Thwaite area who would like to meet up with others who may be living alone and would like to have a meal and chat
RSVP to Gordon or Janis on 01379 678450 Mobile 07745 365583
If you require transport please ask. We meet the 4th Wednesday in the month

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

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

**Stoke Ash
Baptist Church**

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

Sunday 10.30am Morning Service
Tuesday 7.30pm Prayer, Share & Bible Focus

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
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STOKE ASH WI

The November meeting was our AGM. Normally a time to look back over the meetings of the past 12 months. There were not so many meetings during this year to look back on, but those that did take place were a welcome chance to at least catch up with one another and feel a little bit normal, albeit with the distancing rules in place. We did manage to learn this year about Stoke Ash in Roman times from Sarah Poppy, the early days of newspapers with Pip Wright and Kitchen Chemistry with Stephen Ashworth. The quantity of talks may have been diminished, but the quality was as high as ever.



The committee and president resigned, the new committee and president were then elected. This was followed by refreshments and a welcome chance to catch up with one another's news.

In December the Christmas Dinner meeting was held on the first Wednesday of the month instead of the second Wednesday and we met at the Four Horseshoes at Thornham. Our meal was, as always, well received and served by friendly and helpful staff. Secret Santa gifts were exchanged and there was an interesting array of treats for everyone. During the evening, we also gave up our knitted baubles that were going to be affixed to our Christmas tree at the church, ready for the Christmas Tree Festival during December. It's amazing how many different ways one knitting pattern can be interpreted! The different colours, patterns and sizes made each one unique.

Luckily, the monthly lunch at The White Horse has generally been able to go ahead, as the pub is strict with the Covid rules, which helps ensure the safety of everyone attending.

Unfortunately, the meeting planned for January has been cancelled, but we hope to be back together again in February.

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.

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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

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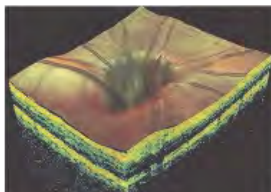
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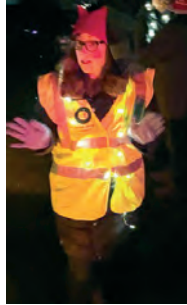
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A Big Thank You to all those who took part in the Christmas Singalong. Here are a few pictures from our 'Deere' herdsman Tony Pulham!



In the evenings of Tuesday and Wednesday in the week leading up to Christmas, parish councillors and volunteers gathered firstly at the barn in Limetree Farm and then, next day, at the Walnut Tree car park. There they dressed up as elves, to assist Santa in the dispensing of mulled wine, sausage rolls and minced pies to villagers from Santa's decorated trailer as it progressed through the villages with amplified Christmas music and carols. Small presents were given to young children and those who had dressed up in a 'christmasy' or nativity costume were awarded with an extra chocolate Santa Claus. Two small children at the top end of Stoke Ash dressed up for the occasion and appeared at an open window, even though they were subject to Covid isolation. Sausage rolls and minced pies were kindly gifted to the villages by Anne and Shane of the Stoke Ash White Horse pub.



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
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Arthritis Action new groups

I wanted to get in touch to let you know about the new groups we have coming up this year, and how they will be changed a little so as to help as many people living with arthritis as possible. As Covid is still around we are currently unable to safely return to our face to face groups for the time being, so we have devised a new plan for our online ones. These, as before, are held via zoom and will be open to people of all areas so that it offers more choice for the dates and times that people can attend, and gives the opportunity to learn from as many different people as possible about how they can best manage their arthritis. I have listed below the upcoming groups for January and February, they are both online via zoom, or in conference call format for those who don't have access to the internet. These are also all free to attend and don't require any membership or subscriptions.

I would be very grateful if you could share them amongst your network, friends or family, anyone that would be interested or needs help with their arthritis. And if anyone would be interested in joining any of these they can do so by either contacting our main office email info@arthritisaction.org.uk, calling us on our main office number 020 3781 7120 (manned Mon-Fri 09:00 – 17:30) or by contacting me directly (please always feel free to share my details if anyone would like to get in touch). The groups will have a topic each month to help steer the conversation, but we can always answer other questions or discuss different topics in them as needed.

If you have any other questions please don't hesitate to ask, I would also be happy to hold presentations and talks for those who might be interested in learning a little more also. Thanks again for your time and I hope that some of the people you share this with will get in touch and join us at a group soon.

Feb

03/02/2021 - Online Arthritis Action Group – Topic: Eating well @2pm

04/02/2021 - Conference Call @2pm

11/02/2021 - Online Coffee Morning @11am

14/02/2021 - Online Arthritis Action Group – Topic: Eating well @2pm

15/02/2021 - Evening Online Arthritis Action Group – Topic: Eating well @6pm

23/02/2021 - Online Arthritis Action Group – Topic: Eating well @2pm

28/02/2021 - Evening Online Arthritis Action Group – Topic: Eating well @6pm

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Citizens Advice



I keep seeing on the news that my bills could be going up soon. It's making me really worried, especially as I spent more on Christmas than I should have done. How can I get my spending habits back on track in 2022?

A lot of people will be asking themselves this question right now. The good news is there are lots of things you can do to be more in control of your money and better prepared for the future.

Firstly, find out exactly what money you have coming in and going out each month. Be realistic about what you need for essentials like food and travel. Then you can set yourself a budget that you can stick to - take a look at the budgeting tool on the National Citizens Advice website to help you do this. This can be found at citizensadvice.org.uk/debt-and-money/budgeting.

If any of your bills do go up in the coming year, you can go back to our budgeting tool anytime to create a new plan and stay in control. The website also has tips on how to reduce your regular living costs which you may be helpful if you find you have more money going out than coming in at any point.

If you've been using credit cards, your overdraft or store cards for your spending, it's understandable if these debts are causing you worry. It's important to prioritise paying your rent or mortgage, plus energy bills and Council Tax. Not paying these has the most serious consequences. If you need further support on this, our advisors can explain which bills you need to prioritise and the support available for paying these and other bills. We can also make sure you're getting all the income you're entitled to, such as benefits or government grants.

Citizens Advice Mid Suffolk can provide advice on this or any other issue, including debt, employment, benefits and family law. You can contact them on 01449 676060 or use the contact form at midsuffolkcab.org.uk/contact-us. For more information and our opening hours go to midsuffolkcab.org.uk.

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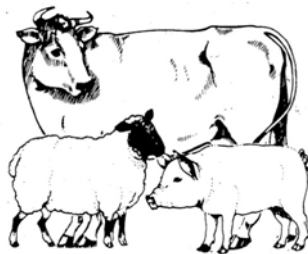
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A poem from a rescued grey.....

Will you take me home with you? I can't promise I'll be good
No one taught me how to act,

Or behave as a parrot "should". My first owner didn't treat me right
He said I was "bad".

He never forgave me for that first bite After that, he was always mad
He shoved me back into my cage, And I started to scream. Then he hit me in
rage and my life became a bad dream.

So, now I scream and yes, I bite. I'm angry and misunderstood. But, please
take me home with you, Love me and I'll be good please let me come home
with you And spend some time with me, I can be sweet again, I know. Take
me home, and you'll see. My next owner swore at me, I learned to say things
back So now my words are crude and rude, please cut me some slack. If you
let me come home with you I'll learn some nicer speech If you are kind and
give me the time I'll change my vulgar screech I'm really just a baby, And so
misunderstood.

Please let me come home with you, I can learn to be good My next owner just
HAD to have me. She thought I was "way too cool". But now she doesn't have
the time for me. She's busy with boys in school that's why I began to pluck,
I'm not pretty any more. I won't be much of an ornament If that's what you're
looking for I may never grow new feathers.

My chest may always be bare. but my soul, I know, could heal itself If I only
had someone who cares, My last owner died and left me, She said she made
plans. But she never followed through on them, And I've fallen into bad hands
Please take me home and treat me right.

And let our friendship grow. Please let me come home with you, This time
it will work, I know. Please overlook my failings, Please end this pain and
strife.

Please, please take me home with you, And I'll be your friend for life.

Editors shelf

Stoke Ash Social Club

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

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Pictures from Christmas tree festival in the church in December.



Dr Barbara Vaudrey

One of Stoke Ash's long-term residents, Dr Barbara Vaudrey, has died at the age of 99. Barbara was born on 29 October 1922 in Walthamstow. She attended Loughton High School before becoming a pupil at St Felix School, Southwold. In 1940 she was evacuated to Tintagel, Cornwall, along with the rest of the school, as the Dunkirk evacuation got under way. It took 12 hours by train.

In 1942 she enlisted in the Auxiliary Territorial Service and learned to maintain anti-aircraft guns, height and range finders, dial sights, and binoculars. She was organised and resourceful and figured out how to do things that usually required more strength than she, and many other women, had. Towards the end of the 2nd World War, she did make-up and made soft props for The Stars in Battledress – an organisation of entertainers who were members of the British Armed Forces.

After her war service, her mother instructed her to “get a degree and the means to support yourself” so she began studying medicine. She qualified from London University in 1953 despite discrimination which existed in those times. She began working as a house physician at Barnet General Hospital before becoming its house surgeon. She then worked in general practice medicine in north west London from 1955-1969, before working as a locum GP in Norfolk and Suffolk until 2004. She was also an assistant police surgeon for Suffolk County Constabulary from 1974-1987 and medical officer for a boxing club.

In her early career in Dublin, Ireland, she worked with impoverished mothers who had many children, sometimes 10 or more, and she became a strong advocate for the benefits of contraception. She also did two locum stints in Canada during winter time. She worked as a doctor into her 80's. She was a member of the Royal College of General Practitioners and was on its faculty board between 1975 and 1988, the British Medical Association, and the British Association for Advancement of Science.

Barbara married Oliver Claude Vaudrey on 10 July 1954 and together they had three children, Bill, Joe and Caroline. Barbara had many interests including sewing, embroidery, lacework, knitting and mending (especially darning socks, which she did into her mid-nineties). She also enjoyed painting and attended art classes during the 1970's, reading until her sight deteriorated, sailing, the card game patience (which she played three times a night every night for many decades), making pickles and jams, carpentry, metalwork and learned

hedge-laying when she was in her 80's. Shaped by her early life, Barbara always maintained a make-do-and-mend attitude and hated waste of any kind. (This was demonstrated by her taking an empty ice-cream container to every WI lunch at the White Horse pub in which she collected any left-overs from the plates of her fellow diners!)



Within Stoke Ash, Barbara was a member of the Parish Council from 1972-1988 and served as Chair from 1981-84. She was a founder-member of the current Stoke Ash WI, serving on the Committee from 1970-84 and as Chair from 1971-72. She was also a former member and President of a local Royal British Legion branch. She wrote an article on nature for this magazine for many years under a pseudonym, was it Kate Day?!

Dr Barbara Vaudrey died on 17 December at Hartismere Place Care Home in Eye, leaving her children, 5 grandchildren and 2 great-grandchildren.

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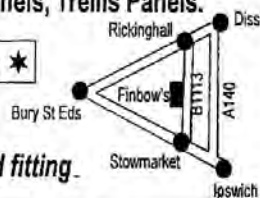
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