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# EULOGY

It is with much sadness that Stowupland Parish Council learns of the death of our beloved Queen Elizabeth. She was a constant presence in our lives for a great many years giving devoted service to the people of the United Kingdom and the 15 Commonwealth realms. Born in 1926 she has ruled longer than any other Monarch in British history and was a much loved figure not only within the United Kingdom but across the world. She dedicated herself to a life of duty and service to her people through both good and tough times. Over the years her patronages and charities have covered a wide range of issues and helped a great many people at home and abroad.

Whilst we pay tribute to her life as our sovereign, we must never forget that she was also a wife, mother, grandmother, and great grandmother. She always said that the Duke of Edinburgh was her strength and stay but I am sure she was the strength and stay for her immediate and extended family.

We send our deepest sympathy to her family at this difficult time and at the same time give thanks for the years of service and dedication she gave to the nation.

*Stowupland Parish Council*

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# NOTES FROM THE EDITOR

OCTOBER 2022

Welcome to the October addition of Telstar. All of us on the Telstar team have been deeply saddened by the death of our much loved Queen, HRH Queen Elizabeth II.

Her tireless service and devotion to her country and the commonwealth has been a constant for many years as the country's longest reigning monarch. We know her loss will be felt by you all. Our sincere condolences are with HRH King Charles III, and the Royal family.

May She Rest in Peace

Telstar's outgoing and long serving editor Kay has written a thank you message. I'm sure you will want to join me in thanking Kay for her support for the magazine, ensuring it was brought to your doors every month, and to Liz who stepped into the role, and kept the editorial ship going whilst a new editor was sought. I am following in very great footsteps.

It seems a long while since the fantastic victory of the Lionesses over England's arch football rivals, the Germans. Local resident Diane Hand has written a poem about this epic victory, which is included for your enjoyment. I'm sure there must be other talented wordsmiths in the village, and it'd be great to see your rhymes, verse, stanza, limericks or sonnets published in future editions, so please send them in and we'll try to get as many as possible published. I would also like to introduce a monthly recipe, nothing from any published books / magazines, just your tried and tested tasty recipes, and local dishes would be particularly welcome.

24th August saw 6 months since the Russian invasion of Ukraine, which coincided with their Independence Day. The invasion as we know led to the separation of families and displaced people fleeing the conflict. Good hearted people around the UK have been kind enough to offer our Ukrainian friends a home. This led me, as a newcomer to the area, who is only just beginning to find my way around, to wonder what it would be like for a Ukrainian family living in rural Suffolk, so I took the time to find out and met up with Yulia, who with her son, a student at Stowupland High School, have settled in Stowmarket. You can read her story in this month's edition.

Finally, we recognise that some of our residents at the sheltered housing struggle with the print size of the magazine, so we are trialling some large print versions. Whilst we cannot guarantee it, we'd be happy to try and extend this trial to any of our residents who feel they may benefit. You can contact the Telstar team if you'd like one, and we'll see what we can do.

Could I ask that you only request one if it'd really be of benefit as there are additional costs involved. Your Telstar magazine isn't immune from rising costs, with printing price increases and an expanded village population needing more copies, all eating into a limited budget. To meet this challenge, and raise additional funds, the Telstar Team are reintroducing bingo night and quizzes at the Village Hall to secure the future of the magazine, so please support these.

The first Bingo night will be held on Friday 28th October and the first quiz night Friday 18th November (details inside).

**Future dates are:**

**Bingo**

25th November 2022

24th February 2023

31st March 2023

28th April 2023

26th May 2023

**Quiz**

17th March 2023

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# THANK YOU TELSTAR!

Telstar gave me many opportunities to meet new people and establish contact with the contributors of the magazine. It was a very fulfilling experience being the editor.

The best relationships were with the Telstar Committee who supported me throughout my tenure. So, it was a lovely occasion to meet them for afternoon tea as my 'leaving do'. Little did I know that it was to be more than tea! I was told to choose a blank pottery item when we met at Needham's Coffee , Craft & Moore, and I spent a while carefully painting the said piece. It was very enjoyable, and I wasn't the only one to create a pottery masterpiece.

Some careful thought has gone into the naming of the piece, and it had to be Tel-Star! My chosen piece is a pair of gnomes, the male was supposed to be in ITFC colours but turned out a bit more like sky blue, and the lady gnome was pretty in pink. So, Terry (Tel) and I (Star) are immortalised forever in pottery! Now my garden is no stranger to the odd naff gnome but Tel-Star is too precious to put outside in all weathers and has taken pride of place in my living room! Thank you all for a lovely afternoon and the gift and flowers.

Kay



*L-R: Fairy by Liz interim editor, Vase by Sally adverts, Tel-Star, Duck by Keith and Cathy proof reading & distribution.*



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# PARISH COUNCIL REPORT

SEPTEMBER 2022



*The meeting opened with 5 members of the public, 8 Parish Councillors and Councillor Welham representing both MSDC and SCC.*

**Council Report:** The full SCC and the District Council reports can be found elsewhere in Telstar. Cllr Welham advised the member of the public who had presented a copy of a petition to the PC that she can present a petition and speak at a SCC meeting and that he will be happy to talk her through the procedure and advise her of the date of the next meeting. He also reported that he had exchanged comments with SCC Highways about the request to extend the 30mph speed limit along Gipping Road and that he had told Cllr Welham that he does not read all his emails. But this is the only way that the PC are able to converse with officers of SCC other than through Cllr Welham. This needs to be addressed and Cllr Welham will have a meeting with the PC to get this process addressed. He advised that Highways have merged their Community Liaison, Budget and Support functions together and he will be having a meeting with the new officer in the village to talk through all the various highway problems. He has logged the overgrown hedges and obscured 30mph sign at the emergency exit from the Bloor Homes site on Gipping Road. He now has a drawing of the new car park at the High School which appears to show that the pipe carrying water from the ditch at The Paddocks does have an attenuation plate. He has reported the lighting column outside 12 Reeds Way which does not work following some recent works to it. He was asked why SCC does not meet in August and he replied that they are also not meeting in September which was disgraceful. He was also advised of further overgrown hedges at the High School entrance and also on the Linden Home's side of Preston's Hill.

MSDC – He advised that Rachel Eburne will be attending the planning meeting scheduled for 14th Sept for the proposed Ashes and Diapers Farm developments. As he is not a resident, he will not be able to speak himself. Cllr Voden asked when the planning meeting for the 14 homes in Church Road is due to take place and this is currently not known but he will advise Cllr Voden as soon as he knows. There are many points regarding this proposed development which have departed from the outline planning permission that need to be addressed. Cllr Studd asked whether the reported internal enquiry regarding planning was in relation to MSDC or Babergh DC and he was advised that it was Babergh DC.

**Matters of Report:** The order has been placed for the LED upgrade of the street lights and an e-mail has been sent chasing start date. An order has also been placed for the repair of the noticeboards and the bins have been delivered and awaiting fitting.

The Barclays deposit card has just been received and interest has been registered with the Suffolk Climate Change Partnership. SCC Highways have been asked to proceed with the necessary legalities to look at getting the 30mph speed limit extended along Gipping Road and a letter has been sent to the Fish and Chip shop owner asking him to display a notice about the disposal of customers' fish and chip papers. Everything else is either awaiting action or is ongoing.

**Public Forum:** One member of the public advised that when he purchased his house he had no idea that there were enforcement proceedings taking place about the visibility issues but he reported that he has done everything that he is able to do to address the issues by removing the gate and fencing and is also in the process of removing some of the hedging. The Chairman advised that this was a planning/highways issue and certainly not the fault of the householder and she was very grateful for everything that he has done to resolve the problem. Another resident handed over a petition from residents about the lack of speed enforcement along Saxham Street and the increasing number of lorries using the road. She advised that the lorry permit sign is barely visible and feels that changes to the layout of the corner would be helpful. The Chairman advised that the PC were looking to reduce speeding throughout the village but she was not sure whether speed watch would be permitted to monitor speed along Saxham Street as there has to be certain criteria met before they are able to set up. Cllr Welham will be assisting the resident to present her petition to SCC. A further resident asked if they would be able to borrow the audio equipment, bingo machine etc. to run events for Telstar. He was advised that the Telstar representative on the PC would need to submit a report first. He also asked about the dead branches on the trees opposite Laburnum Cottages and wondered if there was anything in the PC Green policy that made residents aware that they were able to pick fruit from trees on the Green. He also asked if there was any progress on the den project and were advised that these were all matters for the Green Committee.

**Track from Green Farm to Columbyne Close:** Cllrs discussed whether the PC should seek the views of the owners of properties along this track as to whether they should consider closing off the egress between this track and Columbyne Close to vehicles. Due to the risk of damage to The Green by vehicles turning to come back down the track, it was felt that residents should not be consulted and the opening between the two roadways should remain.

### **Sub-Committee/Working Group Reports:**

**Bio-Diversity and Wildlife** - Following a meeting of the group at the beginning of August, it was noted that the area between the Retreat Pond and the bench should be allowed to naturalise and not be mown except for a 1.5m width bordering the footpath.

Volunteers have started clearing the pond in readiness for the silt to be removed and that suitable logs should be left in a pile for insects and invertebrates to colonise. The landlord has allowed access to measure up the fence at The Retreat. It was also proposed that native daffodils and cowslips should be planted on the bank in front of the Retreat and the footpath side of the ditch at Birch Close. These proposals were agreed.

**Cemetery and Churchyard** – It was proposed that the PC agree a budget of £600 to be funded from CIL money to purchase 3 silhouette soldiers from the Royal British Legion which will be on display throughout November. Two will be placed in the Cemetery and one in the Churchyard.

**Environment** – The Green Sub-committee proposed the replacing of the yellow hydrant by the butchers, that 3 holes by Corner Farm should be filled with topsoil and the footpath sign by Corner Farm should be replaced. They also requested that the PC should chase Power Networks in relation to the ivy growing over the power sub-station. AWA will be advised of the hydrant and the 3 holes by Corner Farm and also the ones on the corner of Thorney Green Road. They were also asked to pencil in some volunteer days for next year.

**Planning** – There is a planning application for approval of reserved matters in relation to the proposed development of 18 properties opposite the primary school and it was agreed that the PC should object to this on various grounds. It was agreed to support applications for change of use of land at Park Farm from agricultural to dog walking use and also for the application for a rear extension to a property in Highfield Road. The final application was for a distribution and storage unit in Old Newton and as it was felt that this would not impact on Stowupland and it was decided to offer no comment. MSDC have granted planning permission for the erection of a wind turbine in Mill Street.

**Play Park** – Cllr Bridges proposed that the grass cutting contractor be asked to weed spray around the hardcourt basketball area and that a tree surgeon be instructed to look at the trees in the play park. Both these proposals were agreed.

**Transport, Travel and Safety** – Cllr Voden proposed that the PC should agree in principle to acquiring a speed indicator device, solar panel and spare battery and that the speed watch officer seek a firm quotation for these items and any other optional extras and to see about the removal of the current posts which will not be big enough for the new equipment. He also proposed that the speed watch officer should prepare an operational procedures document and agree with SCC proposed sites for the device and ascertain any extra costs. He advised that they are now down to 3 on the speed watch team and they have been delayed from carrying out any speed watch checks due to his ongoing health problems.

**Trim Trail** – It was agreed to accept the quote of £46,558.08 plus vat from A E White to construct the path along the edge of The Green but would need to contact them again about the length of footpath from the fish shop as this is not detailed in the quote received.

**Councillors' Reports:** Cllr Studd reported that many of the trees planted by Bloor Homes on the land adjacent to Gipping Road have died and will require replacement and also some on Linden Homes site. Cllr Murton advised that the bus shelter near Birch Close has some graffiti on it. Cllr Voden requested more help with the Walkers Cup event as he is unable to attend himself. He also wondered what the cost of the street lighting would be for the Parish with the recent hike in electricity prices.

**Chairman's Report:** She advised that she had had a meeting with the Parish Tree Contractor and identified some broken trees in the Cemetery.

**Clerk's Report:** It was agreed that the PC agree that the 2 litter bins on Thorney Green are added to the MSDC bin emptying schedule at a cost of £74.35 per annum. She also advised that the plaque has been fitted to the bench.

**Correspondence:** There were 3 items of correspondence this month. One from Stowupland Falcons requesting permission to play this season's games on The Green. This was approved with the usual provisos of good behaviour and clearing up after each game. The 2nd was from SAA to confirm that the PC will continue to opt into the external auditor appointment arrangements and the final letter was from a resident requesting a dog bin to be provided near The Drift on Saxham Street.

*The meeting closed to the public at 9.22pm.*



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# CHAIRMAN'S COLUMN

This month I want to concentrate on the subject of speeding through our village. As the number of homes in the village and surrounding area continues to grow it follows that there are more vehicles on our roads. I know that speeding on our village roads is a concern for a lot of you and over the last couple of months I have tried to keep you up to date with what your Parish Council and residents are doing to try to impact this issue.

Your Parish Council has now identified a Solar Powered Speed Indicator Device (SID) that will be manageable enough for the high volume of traffic on the A1120. Initially the plan is to purchase one unit that will be moved around to three different locations in the village. These locations must be approved by Suffolk Highways as safe for volunteers to be able to move the SID. The SID can only stay in one location for 4-6 weeks and then it must be moved to a different location as fixed position SIDs are no longer supported by Suffolk County Council as effective. Suggested locations are in front of the Village Hall on the A1120, opposite the butcher and on the B1115 near the allotments. Posts to hold the solar panels and the device will need to be erected by Suffolk Highways. If the SID proves to be effective in slowing the traffic, then your Parish Council stands ready to purchase a second device. As I have said before it is not about the money it has been about finding a SID that can cope with high traffic volumes. The funding for this will be from Parish Infrastructure Levy Funds. This project can only work thanks to Paul Murton and Jon Johnson who have kindly volunteered to move the device from location to location. As ever your Parish Council is extremely grateful to all those who volunteer to help in our village.

I know that residents in Saxham Street have signed a petition about speed through Saxham Street and their organiser is talking to County Councillor Welham about presenting that petition to Suffolk County Council.

A formal application has been made by your Parish Council to extend the 30mph limit the full length of Gipping Rd with funding in place to pay for it. A request for this has been refused in the past but with more homes along that road and Trinity Meadows now nearing completion it made sense to try again.

Lastly, I ask for your help as a matter of urgency. Due to ill health the Speedwatch team have not been able to get out this year. Previously they were out and about on a regular basis and their presence was effective in slowing traffic. What is now needed are more volunteers to give up a couple of hours a month to join the team. The team go out to different locations in the village for just an hour at a time. The more volunteers we can get the more times Speedwatch can be visible and deter speeding in our village. We also need someone willing to organise the team.

Your Parish Council provides all the equipment including hi viz jackets. What we need you to do is provide some time. Speeding affects us all whether we are pedestrians, cyclists or other motorists so PLEASE help us to get Speedwatch up and running again. Your Parish Council can't do it all alone. If you feel you can help keep speed down through your village or want more information about what is involved then please contact either the Clerk or me. The contact details are always in the Telstar.

We all lead very busy lives and whilst it is easy to blame others for speeding, I would ask all residents to be aware of their own speed in through our village. When I was on the Speedwatch team it always surprised me how many drivers, that I recognised as residents, were exceeding 30mph. We all have a role to play so help us if you possibly can please.

*Sally Reeves*

## **COUNTY COUNCILLOR'S REPORT**

**SEPTEMBER 2022**

**Full Council** - Council did not meet in August. The next meeting of Full Council will be on 20 October.

**Cabinet** - Cabinet did not meet in August. The next meeting is on 13 September.

**Footpath Resurfacing** - Back in June, I reported the poor standard of resurfacing works to various footways, including Oak Road, Broomspath Road and Hornbeam Road.

I received a response last week acknowledging that repairs are needed, and the contractor has been notified.

**Electric Vehicle Charging Points** - The council has secured funding of around £2.75m to carry out a Local EV Infrastructure (LEVI) pilot scheme.

With additional contributions such as commercial funding, the project will see a total investment of around £2.75m. This will be used to develop the county's EV charging network by:

- Installing PV solar power and battery storage upgrades to approximately 10 existing sites
- Installing community EV charging, PV solar power and battery storage at over 30 further sites in urban and rural areas
- Identifying key commercial sites for 7kW, rapid and ultra-rapid chargers, which will benefit the local community.

**Traffic Diversions** - A start on works to replace safety barriers and carry out drainage improvements on A14 has been delayed and no new date has been provided so the planned diversion of traffic via A1120 (through Stowupland) and A140 will not take place until later in the year.

**A1120 near The Pippins** - The sunken area of surfacing was attended to and a new surface applied. However, the road has sunk again, and I have again reported the issue to SCC.

**Gipping Road 30mph request** - I have been in contact with David Chenery for an update and programme for assessing the request and traffic regulation order procedure.

**Overgrown Hedges and Verges** - I have again reported the lack of visibility for pedestrians at the High School entrance and emergency access at Trinity Meadows. The 30mph sign near the emergency access is almost completely covered by vegetation.

Please let me have details of other areas where overgrown vegetation is a hazard to road users, particularly in places where there are significant pedestrian numbers.

**Locality Budget** - I still have some funds available and would welcome requests for funding projects from local community groups and sports clubs.

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The image features a colorful illustration of four diverse children (two girls and two boys) standing on a path in a park-like setting with trees and a sun.



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# **DISTRICT COUNCILLORS' REPORT**

**OCTOBER 2022**

## **Cabinet Meeting on 5 September**

Cabinet will be considering financial monitoring reports. Mid Suffolk expects a £782,000 underspend in the current financial year. £500,000 of this will be kept in a reserve to deal with any inflationary pressures. The inflation impact is particularly expected on staff costs, the waste service and the leisure centre. Electricity costs for the latter are expected to more than double.

The Council's housing service already carries a deficit due to inflation and materials for repairs increasing in some cases by 130%.

## **MSDC Biodiversity Action Plan**

As part of their Biodiversity Action Plan, Babergh and Mid Suffolk District Councils have been working with specialists to map existing tree coverage and habitat networks across their districts.

The aim is to identify and protect existing places where biodiversity is thriving, while also locating areas with low coverage or gaps where it could be strengthened. The survey found that just over 8% of Mid Suffolk is covered by trees, ranging from 6% in the Stow Thorney ward to 12.8% in the Claydon and Barham ward.

Increasing tree coverage will help tackle biodiversity loss and climate change. No specific planting projects have yet been identified.

## **What's Next for Stowmarket**

A new pop-up exhibition coming to Stowmarket will showcase a range of projects and proposals that will shape the future of the town. The 'What's Next for Stowmarket' exhibition, will take place from Thursday 22 to Saturday 24 September at the John Peel Centre, and will include projects and developments including proposals for a new sport, leisure, education, wellbeing and leisure hub on land surrounding Stowmarket High school, an update on Gateway 14 and plans for a new Skills and Innovation Centre at the site, the Stowmarket Culture Group and plans for a new creative wayfinding project in the town.

There will also be an opportunity to hear about exciting developments at the John Peel Centre and Old Fox Yard as well as from organisations including the Virtual High Street and the Mid Suffolk Disability Forum.

## **Solar Together Suffolk**

Solar Together Suffolk, a group-buying scheme which has helped over 1,500 homes in Suffolk to install solar panels and batteries, is open for new registrations. The scheme helps homeowners feel confident that they are paying the right price for a high-quality installation from pre-approved installers, whilst increasing their independence from the grid and reducing their carbon emissions.

Solar Together Suffolk is supported by Suffolk County Council and all local borough and district councils, including Mid Suffolk District Council.

### **Cleaning up pavements**

MSDC is one of three district councils who have succeeded in gaining a total of nearly £60,000 in funding to remove chewing gum stains on pavements.

### **Planning Enforcement**

We had a virtual meeting with the Chief Planning Officer and Head of Planning Enforcement last week to consider how best to deal with current enforcement issues, some of which date back for a year or more. We will be looking at each of these cases with the Parish Council.

### **Local Planning Issues**

**Church Road (DC/22/02091) – 14 homes, and Church Road (DC/22/03761) – Reserved Matters application in respect of outline approval to application 1884/16.** We have met with the Planning Case Officers and expressed concerns about aspects of the applications, not least the inconsistency between the two applications and the significant differences between the outline permission and the reserved matters application. We have also explained why it is essential that the two applications are considered by committee at the same meeting. However, the outline application is provisionally programmed for 28 September but no date is given for the outline application.

**Magnolia House, Gipping Road** – We discussed our concerns about the lack of visibility and asked again that no decision be made on **application DC/21/05988** – erection of garage and front porch extension – until the visibility improvements are secured. Keith has since met with the owners, and they have put forward proposals to improve visibility and it is anticipated that this matter will now be resolved.

**Bloor Phase 3 – construction of car park on land outside the site and access to and from Gipping Road.** Keith has reported to Planning Enforcement that these works, which appear not to have planning permission, have been carried out.

### **Communities and Wellbeing**

This service area has recently been reorganised with managers appointed for: community grants and development; leisure, sport and wellbeing; community safety and resilience. Locality officers have been appointed; each will be available to a group of parishes to provide advice on a range of issues. The Locality Officer for our ward is Joshua Holmes.

### **Locality Funding**

We still have funds available and would welcome applications from any local club or organisation in need of funding towards the cost of a local project.

*Councillor Keith Welham*  
*keith.welham@midsuffolk.gov.uk*  
*Telephone: 01449 673185*

*Councillor Rachel Eburne*  
*rachel.eburne@midsuffolk.gov.uk*  
*Telephone: 01449 673311*

# GOOD NEIGHBOURS

## ANNUAL GENERAL MEETING

2 pm, 12th October 2022

Small Meeting Room

Stowupland Village Hall

It's about time we had an Annual General Meeting to discuss how the Good Neighbour Scheme has been functioning for the last two years. Anyone can come along to find out who we are, what we do and, if interested, become a volunteer.

Volunteering would not need to be a regular commitment – just an occasional hour (or less) subject to your availability. Please, if you have any spare time, we would be happy to hear from you. Either ring me on 01449 673185 or come along to the meeting on 12th October

Refreshments will be available.

Cathy Welham



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#### Contact details:

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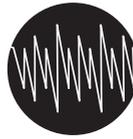
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# STOWMARKET – A UKRAINIAN VIEW

Telstar met with Yulia, who with her son, a student at Stowupland High School, have settled in Stowmarket under the UK Governments Homes for Ukraine (HfU) Scheme, with one of the many marvellous individuals around the UK who have opened their homes to those escaping the conflict.



Yulias home is in Odessa, the port city, which at the start of the invasion, was a prime target for Putin. Because of this, and unsure how the war would develop, she made the incredibly difficult decision to leave her husband and parents and come to the UK to ensure the safety of her son, having heard of the HfU scheme from a Ukrainian friend who lives in Middlesborough. Whilst initially wanting to be near her friend, safety was the first priority, and she was matched under the scheme with a Stowmarket resident, and arrived in May this year.

Yulia had no idea where she was coming to and interestingly the Ukraine name for England is Anglia, so landing in East Anglia did beg the question, where are South, North and West Anglia? But that's a question for another edition. Thankfully Yulia speaks very good English, and was able to secure employment with Tesco's, which enables her to have some independence and care for her son. She says her manager at the store has been incredibly supportive, setting up a group for her compatriots which meets regularly, resulting in a community offering support to other Ukrainian nationals in the area.

Asked what she likes about living in the area, firstly she said the friendly people, which is no surprise. Next the towns amenities, shops, cinema, cafes, industry for employment, and the fact it's a compact town, making it easy to get around, so preferable to a big city. She likes the green spaces, although did agree that it was greener when she arrived in May than it is now. She feels like the people are responsible for the area in which they live, ensuring it remains clean, and there's a real sense of community. She has been able to make new friends through the Ukrainian support group, and through her UK host and very much enjoyed being part of the Jubilee celebrations earlier in the year. As for the Suffolk accent, she finds it tricky to understand sometimes but mostly thinks its charming. To get around they were gifted bikes, which enables Yulia to get to work, although her son gets the school bus to get to the high School. Her son has settled in OK at the school.

Back in Ukraine he was learning German, and given the choice of learning either English or German, opted for German, despite it being a subject he disliked, as all the children are at the same level, and you can't fault that logic. The children at the school have been kind and supportive, but the language barrier has been challenging. There are other Ukrainian children at the school, but none lives locally. He does however make use of 'The Mix' the Stowmarket based charity which supports young people in the area. The school year is very different to Ukraine, who have a much longer holiday in the summer, so our shorter one is a bit of a shocker. Like parents everywhere Yulia worries about the time her son spends on electronic devices, but they do have positives. Communication with family back home is so much easier now, with not only verbal but also visible conversations making being apart that bit easier. Understandably the thing Yulia mostly dislikes about being in Suffolk is the reason why she's here.

It didn't seem right to not mention the Eurovision Song Contest, where Ukraine triumphed, over tough competition from the UK. She generally finds it's become political, less about the music and more about voting for friends. I'm sure there are many of us that wouldn't disagree with that view. As the UK is hosting the event next year and with many planning Ukraine themed parties, traditional food will need to be considered so Borscht, a beetroot, vegetable and meat soup (leave the meat out for vegetarians) and Varenyky, a potato dumpling which can be savoury or sweet, could be on the menu. Popular fillings are cottage cheese for savoury and cherries for the sweet. Probably best to google recipes. The making of homemade bread is very much a staple of rural Ukraine. Discussing food, and the differences in the 2 countries, soup is much more widespread as a main meal in Ukraine, which is a custom from the days of the Soviet Union. Yulia thinks we cook more fresh vegetables, and use less salt, and sugar. Ready meals are not popular in Ukraine, and families will cook from scratch a few days in advance, so the need to use freezing as a method of preservation, something which she has noticed is popular in the UK, isn't widely used in Ukraine.

Overall, it is clear that Yulia and her son have made the most of a difficult situation, and have settled well into life in a rural Suffolk town. Yulia has even managed to find the time to volunteer at 'The Mix'. However, returning home to her husband and family is never far from her thoughts. We all hope that the situation in her home town does not deteriorate and she is able to be reunited with her family soon and that peace is restored to the whole of Ukraine without delay.

# POEM & RECIPE OF THE MONTH

## THE LIONESSES

Our Lionesses did us proud,  
In front of a capacity crowd,  
Down Wembley Way with bags in tow,  
To the final they did go.

They took to the final, destiny unknown,  
Hoping to win the greatest crown,  
Germany always a hard team to beat,  
Our girls knew it was no easy feat.

Down the middle, left and right,  
With only the goal in their sight,  
Sub Ella came on, Kiera sent her a pass,  
Nothing could stop that Lancashire lass.

Into the net the crowd going mad,  
What a great goal, all England we're glad,  
Up and down the country, banners held high,  
All Germany could do was watch and sigh.

Then the Germans decided it wasn't over yet,  
Off they went and put one in the net.  
but our girls fought back, another sub,  
Chloe Kelly,  
Up and down the country, people glued to  
their telly.

Goal No 2, fantastic shot,  
Chloe, you really are hot, hot, hot,  
Well done girls, that's all we can say  
England thanks you for making our day.

Now you young Lions, freshen up your manes,  
It's time for you to up your games,  
Time for you to be put to the test,  
We know you can only do your best.

*Diane Hands*

## *Recipe of the Month*

This makes a great alternative breakfast, and I try my best to make it healthy, but you can change any of the healthy choices for full fat to suit your own taste. The ingredients are for 1 person, so just increase to for the number of people you're serving. You'll need a frying pan, that can also be used in an oven.

### **Ingredients.**

½ onion (finely chopped)  
½ half red pepper (finely chopped)  
1 400g tin chopped tomatoes  
1 or 2 eggs (depending on how hungry you are)  
½ - 1 teaspoon harissa seasoning or  
1 - 2 teaspoons of Harissa paste.  
Fry light  
30g low fat Greek style salad cheese  
(crumbled)

### **Method.**

Pre heat oven to 190 C (170 C fan oven).  
Spray pan with fry light and add the onion and pepper. Cook until softened.  
Add the chopped tomatoes and heat through.  
Add the Harissa seasoning /paste and stir through.  
Make a well in the mixture and crack in the egg(s).  
Crumble over the cheese, and pop in the oven for 15 to 20 minutes (until eggs are cooked but still runny).  
If you're trying to be healthy, just eat, otherwise serve with your favourite bread (and butter).  
*N.B if you like your food spicier, you can also add some chilli flakes.*

*Andrew Bingham*

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## STOWUPLAND COLLECTION POINT

If any individual, school, church or business would like to become a collection point for the Eco Future Group in Stowupland please contact Stowmarket Eco Future Group directly. Contact details can be found in their article.

Please don't leave your recycling on the editor's doorstep as I'm unable to help with this.

*Ed.*

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# ST EDMUNDSBURY MALE VOICE CHOIR

SEMVC

## CHOIR ENJOYS A COLOURFUL EVENING OF SONG AND FUN

A popular choir in Bury St Edmunds recently held their annual "Neville's Night" evening, in commemoration of Neville Rogers, a former member who sadly passed away several years ago. Neville was an iconic character in the choir, who always attended rehearsals wearing a colourful shirt. So, following his passing, the choir decided to celebrate him each year by having an evening of fun, where choir members are encouraged to wear colourful shirts and bring along friends and family to listen and join in the fun.



Requests were taken from the audience and the songs duly delivered with great enthusiasm. Between songs, the musical director, Mark Jefferson, also regaled the assembled with humorous anecdotes and amusing memories of concerts and events. After refreshments, the friends and families were invited to judge the members with the brightest shirts and this was won by Andrew Bonner, wearing a stunning purple number.

## GIVE THE CHOIR A TRY

St Edmundsbury Male Voice Choir has performed a number of times at the Elmswell Blackborne Centre, and have thoroughly enjoyed doing so. We are a very happy choir but we are also quite progressive and are looking for new members. If this in any way appeals to you or you think you might like to give it a go, then you can contact Nick Gane at [semvcgane@hotmail.com](mailto:semvcgane@hotmail.com) or on 01284 700347, or visit [www.semvc.com](http://www.semvc.com) for more information. There is no obligation, no auditions and no need to read music. The choir meets for regular rehearsals every Thursday evening at Howard Community Academy, Bury St Edmunds IP32 6SA.



# IMPORTANT CONTACTS

## **Citizens Advice**

[www.midsuffolkcabp.org.uk](http://www.midsuffolkcabp.org.uk) - 01449 676060  
or 01449 676280 - 5 Milton Road South,  
Stowmarket, IP14 1EZ

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Gas Leak - 0800 111 999  
Water Leak - 0800 771 881

## **Good Neighbour Scheme**

HELPLINE: 07591 539621

## **Member of Parliament**

Jo Churchill - [jo.churchill.mp@parliament.uk](mailto:jo.churchill.mp@parliament.uk) -  
Constituency Office, 10 Hatter Street,  
Bury St Edmunds, IP33 1LZ - 01284 752311  
House of Commons - 02072 198487  
<https://www.jochurchill.org.uk/>

## **Mid Suffolk District Council**

[www.midsuffolk.gov.uk](http://www.midsuffolk.gov.uk)  
Keith Welham - [keith.welham@midsuffolk.gov.uk](mailto:keith.welham@midsuffolk.gov.uk) -  
01449 673185  
Rachel Eburne - [rachel.eburne@midsuffolk.gov.uk](mailto:rachel.eburne@midsuffolk.gov.uk) -  
01449 673311

## **Police**

<http://www.suffolk.police.uk/contact-us>  
<https://www.suffolk.police.uk/advice>

## **Police Safer Neighbourhood Team**

PC 14443 Stefan Henriksen - Police Station,  
Violet Hill Road, Stowmarket, IP14 1NJ  
[stefan.henriksen@suffolk.pnn.police.uk](mailto:stefan.henriksen@suffolk.pnn.police.uk) - Phone: 101

## **Samaritans – 116 123**

## **Stowupland Village Website**

[www.stowupland.com](http://www.stowupland.com)

## **Parish Council Website**

[www.stowupland.suffolk.cloud](http://www.stowupland.suffolk.cloud)

## **Suffolk County Council**

[www.suffolk.gov.uk](http://www.suffolk.gov.uk) 01449 673185  
Keith Welham - [Keith.Welham@suffolk.gov.uk](mailto:Keith.Welham@suffolk.gov.uk)  
SCC - General Contact No. 0345 606 6067

## **Schools**

Stowupland High School -  
[www.stowuplandhighschool.co.uk](http://www.stowuplandhighschool.co.uk) - 01449 674827  
Freeman Community Primary School -  
[www.freeman.suffolk.sch.uk](http://www.freeman.suffolk.sch.uk) - 01449 612067

## **Vets**

Cedarwood - 01449 676966  
Stowe Vets - 01449 613130

# DIARY DATES

## OCTOBER

MON 3	Evening Village Hall	Dance club
TUES 4	9.30 Jubilee Court 9.50 Green	Mobile Library
WED 5	9.30 pm Village Hall	Mother and Toddler group
WED 5	2 - 4 pm Village Hall car park	Mobile post office
WED 5	7.30 pm Village Hall	Local History Group – “Haunted Pubs”
THURS 6	2 - 4 pm Village Hall car park	Choose Refills mobile shop
THURS 6	7.30 pm Village Hall	Short mat bowls
THURS 6	7.30 pm URC Hall	Parish Council Meeting
FRI 7	7.30 pm Cricket Club	Quiz Night
SUN 9	7.30 pm Village Hall	Country & Western music club – Peter Shaw
MON 10	evening Village Hall	Dance Club
MON 10	7.30 pm Village Hall	Village Hall trustees meeting
WED 12	9.30 am Village Hall	Mother & toddler group
WED 12	2 - 4 pm Village Hall car park	Mobile post office
THURS 13	7.30 pm Village Hall	Short mat bowls
SAT 15	10 - 12 Holy Trinity Church Hall	Coffee morning
MON 17	Evening Village Hall	Dance Club
WED 19	9.30 am Village Hall	Mother & toddler group

WED 19	2 - 4 pm Village Hall car park	Mobile post office
THURS 20	1.45 pm Bowls Club	Roll-up
THURS 20	7.30 pm Village Hall	Short mat bowls
SUN 23	7.30 pm Village Hall	Country and Western Music Club – Black Steel
MON 24	Evening Village Hall	Dance Club
WED 26	9.30 am Village Hall	Mother & toddler group
WED 26	2 - 4 pm Village Hall car park	Mobile post office
THURS 27	7.30 pm Village Hall	Short mat bowls
FRI 28	10.00 - 12.00 URC chapel	Coffee morning
FRI 28	7 for 7.30 pm Village Hall	Community Bingo
SUN 30	7.30 pm Village Hall	Country & Western music club – Gary Leonard
MON 31	7.30 pm Village Hall	Dance Club

## NOVEMBER

WED 2	9.30 am Village Hall	Mother & toddler group
WED 2	2 - 4 pm Village Hall car park	Mobile Post Office
WED 2	7.30 pm Village Hall	Local History Group “Suffolk Artists”
THURS 3	2 - 4 pm Village Hall car park	“Choose Refills” mobile shop
THURS 3	7.30 pm Village Hall	Short mat bowls
SUN 6	7.30 pm Village Hall	Country & Western music club – Countryholic
FRI 18	7.30 pm Village Hall	Quiz Night (see page 50)

MSDC General Contact No. 0300 1234000

**Mobile Library** - 07721 879855

### **Parish Council**

Sally Reeves - Chairman - 01449 745739

sallyreeves@stowuplandpc.co.uk

Laura Beeson - 07918 808387

laurabeeson@stowuplandpc.co.uk

Donna Bridges - 07736 348335

donnabridges@stowuplandpc.co.uk

John Hayward - 01449 674717

johnhayward@stowuplandpc.co.uk

Laura Johnson - 07826 851030

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Debra Melhuish - 07979125904

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Paula Murton - 07906 677817

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Kevin Stevens - 07747 605042

kevinstevens@stowuplandpc.co.uk

Ray Studd - 01449 676606

raystudd@stowuplandpc.co.uk

Jerry Voden - 01449 703717

jerryvoden@stowuplandpc.co.uk

Clerk to the Parish Council - Claire Pizzev

parishclerk@stowuplandpc.co.uk - 01449 677005

2 Broomspath Road, IP14 4DB

Parish Council Minutes of meetings and agendas are available on the Parish Council Website

[www.stowupland.suffolk.cloud](http://www.stowupland.suffolk.cloud)

### **Village Hall Bookings**

Lisa Tunbridge - Phone - 07862740830

stowuplandvillagehallbookings@gmail.com

### **Village Clubs**

Baby and Toddler Group -

Kelly Woolhough - 07776 206430

Book Group - Patricia Hodgkins - 01449 672127

Stowupland Bowls Club - Graham Newman -

01359 240846

Community Events - Keith Welham - 01449 673185

Country and Western - Pat Murphy - 01449 677405

Dance Club - Mary Durham - 01449 672601

Local History Group - Jerry Voden - 07951 086383

Short Mat Bowls - Pam Fayers - 07713026696

Sports and Social Club - Mark Dye - 07799 662491

Stowupland Cricket Club

[www.stowuplandcricketclub.co.uk/](http://www.stowuplandcricketclub.co.uk/)

Stowupland Falcons Football Club -

stowuplandfalconsfc.co.uk

Stowupland Sports Centre -

info@stowuplandsportcentre.co.uk - 01449 672531

Stowupland Wildflower & Biodiversity Group -

Keith Welham - 01449 673185

Stowmarket Wildlife Group - John Thompson -

swtstowmarket@gmail.com - 01449 676471



# LOCAL HISTORY GROUP

By the time you are reading this you will have missed Nicky Reynold's talk on **"Soil Sisters, the Women's Land Army"**, but if you couldn't be with us for the full experience look out for Jerry's report in next month's Telstar. Our next talk is on **October 5th** from **Ed Nicholls** about **Haunted Pubs**. Unfortunately, whilst Liz and Annie will provide the usual refreshments there won't be any alcoholic beverages available.

Neil has now produced a comprehensive calendar of events taking us through to mid-2023. Brief details can be seen on the events calendar on our website with more information added closer to the date. Unless stated otherwise, events take place on the 1st Wednesday of the month. Entrance fee is £1 for members and £3 for non-members. Here's an outline of the upcoming events programme:

## **5th October – Haunted Pubs, by Ed Nicholls.**

Pubs always attract more than their fair share of ghost stories!

## **2nd November – Suffolk Artists from Gainsborough to Becker, by John Day**

John Day of the East Anglian Traditional Arts Council will talk about the county's lesser known artists as well as Constable and Gainsborough.

## **7th December – Dads army, the history of a TV legend, by Dave Steward**

For our end of year talk we look back at one of TV's best loved comedy series, its stars and locations.

## **1st February – Stowmarket Market Disputes, by Hannah Salmon**

In 1338 Richard de Amoundeville claimed the ownership of the market, St Osyth Priory, the rightful owners contested this claim.

## **1st March – Titanic Survivor by Elspeth Rushbrooke**

Violet Jessop of Great Ashfield survived the sinking of the Titanic, just one event in her exciting life. There will be copies of Elspeth's book on Violet for sale at the meeting.

## **5th April – AGM followed by The Rise and Fall of Stowmarket National School, by Gill Marchant**

In 1812 an appeal went out to set up a school in each parish. Stowmarket responded to this appeal and built a school that ran until 1913.

## **3rd May – The Thorney Green Road Dig, by Cotswold Archaeology**

Of course, in these days it goes without saying that events may have to be cancelled at short notice, though we always endeavour to have an alternative topic.

**If you have any questions or comments, please contact Jerry Voden  
01449 703717: [secretary@stowuplandlocalhistorygroup.org](mailto:secretary@stowuplandlocalhistorygroup.org)**

## **Our August talk was by Lisa Harris and retold here by Jerry: -**

The theme of this month's talk was **the Museum of East Anglian Life to the Food Museum**. This sounded a bit like a debate topic. Discuss: why the need for change and as this is in Stowmarket why does it involve Stowupland?

Lisa Harris came to explain the reasons for the change. Our members and guests enjoyed her explanation of a subject that has caused a big talking point in the community of Stowmarket and the surrounding area. As Sandra wrote in last month's Telstar, without the hard work of local people we may not have had such a valuable resource on our door step. Local farmers and historians Jack and Ena Carter, from Gipping Farm, Stowupland, were among a number of stalwarts from the Suffolk Local History Council who in the 1960s wanted to preserve and ensure future generations understand the methods of farming used by their forbears to put food on their tables.

Lisa explained that from these beginnings the museum we have today has grown. It now covers 80 acres with an inventory of around 40,000 items. The collection is unbelievably diverse including buildings, agricultural implements and family memorabilia through to a number of working animals and rare breeds and now allotments. This also includes Abbots Hall which dates back to 1709 and houses some of the exhibits between the walled garden and the Museum grounds. She explained that the opening of the Museum café had been delayed due to unavoidable delays on the high seas.

Lisa told us about lottery funding which has given a chance to upgrade several buildings on the site and make them working exhibitions, for example the black smiths area has been upgraded to a working area, traction engines have been rebuilt so they provide working attractions and additional funding has been used to catalogue the inventory. This was essential to ensure the stocktake is correct and then to transfer them to the museum records system.

2017 represented a key milestone in the museums history as it was the 60th anniversary of the opening date. Discussions between staff, trustees and public took place exploring ideas for marking a key change in the museum history. It was agreed that a change of direction was needed and as part of this process the management committee looked at a possibility of a change of name, and the Food Museum was chosen.

This would create the opportunity to revamp some of the exhibitions, focusing on how various food was grown and produced for the population. It was hoped this would increase footfall as research at the time showed there was no other museums dedicated to food exhibitions in the country, our East Anglian Museum of Food would be unique. So, after consultations with the public the name change was brought in from April 1st 2022, on display were a number of new exhibitions relating to various food cultures around the country.

It became clear that not all in the local area were in favour of the name change, however the majority seemed to approve. At the end of Lisa's talk it was nice to hear an interesting Q &A session and there were comments for and against, but as with any debate about change do go along and judge the results for yourself.

Thanks to Annie and Liz for providing the refreshments and Lisa for coming to give such an informative presentation.

.....

As I write this, I am looking forward to a visit to Stowupland Hall, with the kind permission of Plain English. Although Stowupland Hall is no longer a significant land owner and food producer, for at least 150 years its various owners were significant employers of local agricultural labourers.

In the 1820's Stowupland Hall was offered for sale as a 'new-build brick-built mansion'. Its first owners were the Freeman family. Thanks to them we have diaries detailing work they did on their house and garden as well as farming practises of their time. These diaries which are held at the Food Museum give the reader an interesting glimpse into life in the first half of the 19th century. The Freeman school and Holy Trinity Church were built on land formerly owned by the Stowupland Hall Estate.

From the 1870s to the 1920's the Hall was owned by the Harwood family and it was during this time that the Stowupland Flower Show and Fete began to be held in the grounds of the hall, it continued to be held there till the 1960s. Newspaper articles and programmes of these shows tell an interesting story of social change.

From the 20s to the mid-40s, Thomas Carter (Jack Carter's father) was in the hall and farming much of Stowupland. On Thomas' death the estate was bought by Robert Black. When he sold to Thomas Chaplin in the 60s the estate comprised 280 acres including a bungalow and 8 cottages. During the 80's the estate was bought and farmed by Alexander Anderson but on his death the farm land was sold off and by the turn of the century the house and surrounding land and garden had been bought by Plain English. The outbuildings that had originally been agricultural barns have been skilfully renovated and are now used as carpentry workshops.

These workshops are easily visible on the corner of the A1120 and Rendall Lane but the hall itself is harder to see unless you are walking past.

### "UPLAND HALL,"

Situate in the parishes of Stowupland, Stowton, and West Crofting, about 2 1/2 Miles from the flourishing Market Town of Stowmarket, consisting of a

### WELL-APPOINTED MODERN MANSION,



# DOWN MEMORY LANE

Did you have gardening lessons at school? I know I didn't. I wonder what crops these primary school children are growing at Stowupland Primary School. Unfortunately, it is probably not possible to recognise the children or the teacher but could it be Mr Wright or maybe Mr Foord, so 1960 or 70s?



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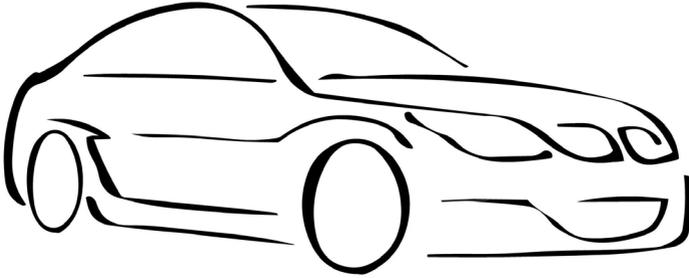
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# DOWN TO EARTH

KATE ELLIOTT

I am always surprised at how slowly autumn creeps in. Flowers still have their glowing richness that the first frost or wet storm - and one of these two is almost guaranteed this month, if not both in the same week - will brutally snatch away are filled with russets and crimsons, purples and oranges and the refreshed grass often has an emerald intensity that is lost in the dry days of summer (especially the summer we've just had). It is an earthy time with the smells of fruit, wood smoke and falling leaves.

Autumn is a radiant, glowing time of year here at Columbine. Rain and wind are the greatest enemy because everything is becoming more fragile with leaves and flowers hanging on by threads.

But whatever happens to the autumnal foliage, it is my favourite season for grasses. In autumn all the rich colours are gathered in their stems and leaves and they can seem to be burnished with gold in a way no other group of plants can possibly match. Grasses have that rare quality in a plant - they sound so good. They catch the breeze as it passes through their leaves, turning it into music.

I love the stipa family. *Stipa gigantea* as its name suggests, is big but never overwhelming because the stems are so delicate and do not screen plants growing behind.



*Stipa arundinacea* or pheasants grass is a marvellous plant. What makes it special is the leaves, shot with pinks and russets and the hairy flowers that flop and fall everywhere. However, it does have a habit of suddenly dying seemingly for no particular reason.

*Stipa tenuissima* is delicate and good for a container or front of a border and has amazing longevity. It's feathery heads are silkily irresistible. The miscanthus family always perform - they are tough and need very little support. They are very upright and elegant which makes them good for the middle or back of a border.

At the moment I have two favourites amongst the delicate grasses. *Deschampsia* 'Golden Dew' is like a mini stipa but its flowerheads jangle with gold and will take much more moisture. The other choice is perhaps more delicate and elegant and that is *Molinia caerulea* 'Windspeil'. It has oaten heads on 6ft tall golden stems that gently move with the wind.

Now is the ideal time to plant or move deciduous trees, shrubs and hedges even if they are still in leaf, as they have finished growing and the soil is still warm so the roots will begin to grow immediately. It is essential of course, to give them a really good soak afterwards and to keep them well watered for at least the first year.

## Here are some more jobs you can be doing this month:

- Lift and pot up tender perennials to protect over the winter.
- Plant drifts of spring bulbs informally in a lawn including crocuses and daffodils.
- Raise pots up onto pot feet to prevent waterlogging over winter.
- Finish picking runner beans but leave a few pods to ripen fully so you can save the seeds.
- Plant out spring cabbages.
- Plant amaryllis bulbs in pots on a warm windowsill for flowers by Christmas.
- Rake up fallen leaves from lawns, borders, driveways and paths to make leafmould.
- Empty ceramic and glazed pots that aren't frost proof and store in a shed over winter.
- Collect up hoses and store indoors over winter so they don't freeze and split.
- Cover salad plants with cloches to prolong cropping.

The beginning of October is my gardening new year. Summer is over. The harvest is in. Time to take stock, plan, prepare and start again.

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# COUNTRYSIDE RAMBLER

BRIAN WARD

As I write this the weather is still warm and very pleasant, but we must expect the cooler evenings as autumn approaches. As I drive around East Anglia it is strange to see green grass in some areas and parched lawns in others; I suppose it must be down to localised rainfall. The insects seem to have vanished this summer, with only a few butterflies and dragonflies on the wing. I do not keep track of the moth population but I presume they must be affected by the extreme dry weather and therefore the bats which are obviously nocturnal will lose their food source, so a very worrying time for nature.

On a brighter note, I had noticed hedgehog droppings in our garden, but never seen the culprit until today. I was moving some wood and plants in the garden and, lo and behold, a sleeping hedgehog was discovered. I carefully returned the items and left it in peace. I have now moved my manmade hedgehog house to the



vicinity and hope it will take up residence. I have also put out some food, so hopefully it will stay. We live in a new build so I was surprised to see it. The only assumption I have is that I built a small stream in the garden and I believe it came in to get a drink, as most of the local ponds and ditches are dry. Hedgehogs obtain a lot of their moisture from the earthworms they consume, but with it being so dry their food source must be mainly beetles.

We also have a local hare which I have spotted at night. It will trigger our security lights and eventually run along the path or go into the long grass. I suspect it may have leverets hidden away as the harvest is all in and this rough area of grass is a safe place for the young. It has amazed me how quickly wildlife has adapted to the new surroundings and buildings and, if developers do their bit to encourage our wildlife such as erect bird and bat boxes, log piles and healthy natural trees, we can all benefit from the wildlife that is ready to share the space we have moved into.

The blackberries are fruiting quite well this year despite the drought. They are a vital food source for many of our birds and mammals. Some of the other fruiting trees and shrubs are dropping their fruit due to the lack of rain; let us hope the hawthorn, rowan and other berries are here when our winter thrushes arrive.

Take care and enjoy every sunny day as autumn approaches.

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# FREEMAN COMMUNITY PRIMARY SCHOOL



By the time you read this article, we would have started a new academic year at Freeman CP School. However, we could not start the new year without saying farewell to our Year 6s, who will be beginning the next stage of their education at High School. They had a very busy end to their time at Freeman as you will discover below.

## Leavers' Activity Week

As the Year 6s were not able to have their usual week's residential trip in the Autumn, we arranged an activity week for them instead towards the end of the summer term which culminated in a three-day stay at Whitwell Hall Country Centre in Norfolk.



They started the activity week gently with a private screening of the new animation film 'Bad Guys'

at the Regal in Stowmarket. They loved having the screen to themselves and thoroughly enjoyed the film. On day 2 they had a morning of laser tag at Planet Laser in Bury St Edmunds followed by lunch. And then for the final three days of the activity week, they stayed at Whitwell Hall Country Centre in Norfolk.



Staying in dormitories in the main hall, they participated in various activities over the three days. They made boats which they later raced down the stream at the bottom of the Estate. They designed their own t-shirts using either freehand or templates based on the wildlife found at Whitwell which they were then able to take home as a souvenir. They also enjoyed a scavenger hunt, building shelters and had a visit from Norfolk Wildlife Encounters who introduced them to some birds of prey. They had a fantastic three days and it finished off the activity week perfectly.



## Jubilant!

The Year 6s also participated in a drumming workshop as part of Stowmarket's Jubilant! Festival. Jubilant! was a Stowmarket Culture Group project which aimed to connect schools, children and young people with cultural activities delivered by experienced creative practitioners.



The workshops culminated in a performance at the John Peel Centre where parents and carers were able to attend and watch them perform as part of the festival. Mrs Cockle said the children sounded amazing and nearly lifted the roof with their 'jubilant' performance!



### **Year 6 Leavers' party**

On the last Friday of the summer term, the Year 6s parents organised a leavers' party on the school field after school. They had arranged lots of activities including a bouncy obstacle course, giant Jenga and Connect 4 and water pistol fun to end the evening!



The children (and staff!) had a fantastic time and it was a fitting end to their time at Freeman. We wish them all the best at High School.



### **And finally.**

We mentioned in our last article about Reception and Year 1's upcoming visit to the RNLI centre in Aldeburgh which linked to Reception's topic of the seaside and Year 1's History and English topic of Grace Darling. Prior to the trip we held a non-school uniform day to raise money for the RNLI for the Reception and



Year 1s to take with them and present to the centre at Aldeburgh. The whole school raised £210 which was a fantastic amount and the RNLI were very appreciative of our support. The staff at Aldeburgh were very informative and the children enjoyed seeing how big a lifeboat was in real life. They asked lots of sensible questions and their behaviour was excellent. Both classes had a thoroughly enjoyable day. A big thank you to the RNLI for being such good hosts and for parents, carers and staff being so generous with their donations.

*'From tiny acorns do might oaks grow'*

## TOOLS WITH A MISSION

I'm a local collector of unwanted tools for a charity known as Tools With A Mission (TWAM), which is based in Ipswich. I've been doing this for around 20 years now and I get calls from all around the Stowmarket area. Sometimes it's someone wishing to donate a sewing machine, DIY equipment or gardening tools that they no longer use; on other occasions I have been asked to arrange collection of a shed full of tools, everything from bench-mounted lathes to sets of spanners, chisels and screwdrivers. Tools need to be in usable condition; new handles can be fitted to rakes, hoes, forks, spades and all sorts of hand tools; and saws and chisels can be sharpened.

There are collectors all over the country; many of the tools are brought to the refurbishment centre in Ipswich, where they are prepared for sending out to third world countries, usually in eastern or southern Africa, where people are trained in a skill such as carpentry, plumbing, motor mechanics, building, agriculture, sewing and needlework.

When ready to send abroad, tools are loaded into shipping containers and transported to an east African port where they are handed over to a local TWAM representative who arranges delivery to TWAM projects.

Good, fairly recent, textbooks in key subjects, and children's and adult's reading books of good quality are also sent abroad for schools and libraries. Materials for making clothes and knitting wool are gratefully received. If you have any you could donate, please let me know.

I store everything that has been donated in our garage until there is enough for a TWAM van to come and collect. Please give me a ring (673185) if you think you have something which you wish to donate, and we can arrange a drop off at 2 Rambler Cottage.

Keith Welham

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The Summer holidays are over and the children are back at school. The evenings are pulling in and it is dark quite early. We have had a few showers to liven up our grass but there is still a long way to go.

I have just heard the sad news of the passing of our Queen. Our thoughts and prayers are with the Royal family at this sad time.

Suffolk Historic Churches Ride and Stride took place on Saturday 10 September when the Chapel was open to sign in riders and walkers from 9am to 5pm.

Services are held at the URC Chapel each Sunday at 10.30am and you are cordially invited to join us in worship. A warm welcome awaits you.

### **The Speakers for October are as follows:**

- 02 Oct Keith Scarff (Harvest Festival United Service with Holy Trinity Church at the Chapel at 10.30am)
- 09 Oct David Atkins
- 16 Oct Howard Cracknell
- 23 Oct John Webb
- 30 Oct Allison Fenning

*Joyce Gardiner*

### **MINISTER'S MESSAGE**

We plough the fields, and scatter the good seed on the land, but it is fed and watered by God's almighty hand: he sends the snow in winter, the warmth to swell the grain, the breezes and the sunshine, and soft refreshing rain.

At this time of year, in churches and schools our thoughts turn to Harvest Festivals, and the singing of our favourite harvest hymns, and woe betide a minister if they do not include a particular harvest hymn. One harvest hymn that I would call a Marmite hymn, because it is loved or hated in equal measures. I have had equal complaints, whether I have had it at a harvest service or not. That hymn is "We plough the fields and scatter". The hymn comes from Germany, written by poet Matthias Claudius, and was published in 1782 and set to tune *Wir pflugen* in 1800 by Johann A. P. Schulz. It was translated into English by Jane Montgomery Campbell in 1861.

In 1777, Matthias Claudius had become ill and returned to Christianity after leaving it in his 20s. During his illness he wrote a number of poems of which, 'We plough the fields and scatter' was one. In 1782, a friend invited him over for dinner and asked him to bring one of the Christian poems he had written. It is said to have been based on Psalm 144 and originally had 17 verses. The poem was then published as a peasant's song. From there, it was published across Germany in a number of hymn books. The majority of these cut down on the original 17 verses with the publishers often deciding to start with the 3rd verse which started with We Plough the Fields and Scatter.

In 1862 in England, Jane Montgomery Campbell, who was proficient in the German language, started to translate a number of German hymns into English. She translated the hymn into English as "We Plough the Fields and Scatter"; however, she did not make a strict translation from the original German but ensured retention of the hymn's original focus of giving thanks to God for the harvest. She taught the hymn to the children at the Church of England parish school in London where her father was the rector. (Perhaps this is why not everyone likes it as we had to sing it so many times at school and even church harvest services.)

Today this hymn is predominantly used as a hymn to give thanks to God for the harvest. This year our harvest may not be as abundant as usual with the lack of rain but we still have a lot to be thankful for.

Happy Harvest, Robert

*Reverend Robert Sheard Minister of the Stowmarket group of Churches. The group consists of Stowmarket, Debenham, Mendlesham, Haughley & Stowupland)*

## **COFFEE MORNING**

**Friday 28th October 2022**

**Stowupland URC Chapel 10am – 12noon**

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# HOLY TRINITY CHURCH

## NEWS

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Churchwardens : Mrs Ann Doubtfire Tel. 770363  
Mrs Sue Hayter Tel. 613710

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<https://www.achurchnearyou.com/church/2082/benefice/>



Dear Friends

The last Sunday of October offers us the prayer 'Almighty and Eternal God, you have kindled the flame of love in the hearts of the saints; grant to us the same faith and power of love that we may be sustained by their example and fellowship'.

And in that prayer, we mark the lives of our own dear departed, those whose love and friendship has sustained us in their living, and in which we, after their death, continue to take to our hearts after their example and fellowship. By this pattern of remembrance and example, the pain of our grieving turns to thanksgiving for the blessing of having shared the good of their living, enabling us to continue the good they exemplified for us.

And so, in the festival days of All Saints and All Souls we name both the great and good of faith, the Saints, and our own goodly dear departed, all Souls. This year then we will invite those to whom we have ministered through bereavement to our All Souls services, the afternoon of Sunday 30th October, Stowupland Holy Trinity 3pm and Haughley St Mary 4:30pm.

If you're remembering those who died in previous years, or those whose funerals were held beyond our benefice you may like to attend our services and can arrange to hear their names read, by writing their names on our All Souls Lists, which will be available in our churches through October, or by phoning the Vicarage Haughley for me to take note their names.

During the services there will be opportunity to light candles as the names of our dear departed are read, and we hope the service will be a source of comfort and hope as well fond remembrance. Do be in touch if you would welcome a visit from our pastoral team.

*Yours in Christ, Brin.*

Rector at [achurchnearyou.com](http://achurchnearyou.com) Haughley with Wetherden and Stowupland  
01449 770 921

### Services in October 2022

2nd Oct	10.30am	Harvest Service
9th Oct	9.30am	Worship for All

16th Oct	9.30am	Morning Prayer
23rd Oct	6.30pm	Parish Communion
30th Oct	11.00am	Benefice Communion at Wetherden
	<b>3.00pm</b>	<b>Memorial Service</b>

**A PRAYER FOR THE BEREAVED:**

Grant, O Lord, to all who are bereaved, the spirit of faith and courage, that they may have the strength to meet the days to come with steadfastness and patience; not sorrowing as those without hope, but in thankful remembrance of your great goodness in past years, and in the sure expectation of a joyful reunion in the heavenly places; and this we ask in the name of Jesus Christ our Lord. Amen.

*...Whom we love, but see no longer...*

There will be a **Memorial & Thanksgiving Service** in Holy Trinity Church, Stowupland, on **Sunday 30th October at 3.00pm**: a service where we remember loved ones who have died.

There will be an opportunity, if you would like, to light a candle in memory of your loved one(s). Many find this a very helpful occasion.

All are welcome to come no matter how long ago you were bereaved.

**FOOD BANK BOX:**

If you would like to donate items for the Food Bank to help those in need of a helping hand, there is a box at the back of the church for you to leave your items. Thank you!

**CHURCH HALL HIRE:**

Please remember that the well-appointed Church Hall is available for hire at reasonable rates, and would be ideal for children's parties and small groups/meetings. For more information, please contact Sue Hayter on 01449 613710. Thank you.

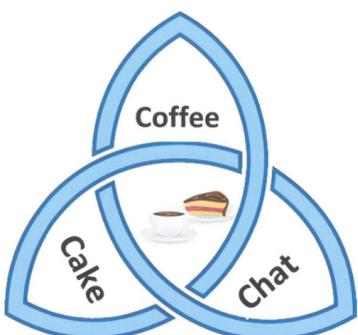
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Making home improvements can be stressful, but there are a few steps you can follow to help it go smoothly.

First, find a Trading Standards 'approved trader'. It's also worth checking if they're a current member of a trade body. Trade bodies have codes of practice and can help resolve problems if things go wrong. Ask who they're registered with and then check the trade body's website.

For any gas and electric fixes, only use certified traders - it's dangerous to use someone who doesn't know what they're doing. You can check the Gas Safe Register at [gassaferegister.co.uk](http://gassaferegister.co.uk) for a list of traders and use a registered electrician from [electricalcompetentperson.co.uk](http://electricalcompetentperson.co.uk) who can certify their own work.

It's always helpful to get references or recommendations where possible. Ask your friends, family or neighbours if they know of anyone they'd recommend. You can also ask the person you hire for examples of work they've carried out in the past. Try to avoid contractors who won't give references - it's a sign they could be dishonest.

When you find someone, ask for a written quote - this is different to an estimate. A quote is legally binding and the tradesperson can't change it without a good reason - for example, if you ask for extra work to be done. It's worth comparing quotes from several contractors to make sure you're getting a fair price.

Next, get a written contract. This should cover exactly what you're paying for and everything you've agreed on, including timings, payments, who will pay for materials and any subcontractors if needed. When it comes to payment, it's best to opt to pay in stages rather than upfront. Try to pay by card if you can - this can give you extra safeguards if something goes wrong.

Finally, make sure your trader is fully insured. Keep copies of receipts and your written contract. These will be important as evidence if things go wrong. It's also helpful to take photos of any problems if they arise.

If you have a problem with a contractor and you're not sure what to do, call the Citizens Advice consumer helpline on 0808 223 1133.

Citizens Advice Mid Suffolk can provide advice on other issues, 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](http://midsuffolkcab.org.uk/contact-us). For more information and our opening hours go to [midsuffolkcab.org.uk](http://midsuffolkcab.org.uk).

# STOWMARKET ECO FUTURE GROUP

Greetings from Stowmarket Eco Future Group.

**Email:** [stowmarketecofuture@gmail.com](mailto:stowmarketecofuture@gmail.com)

**Website:** <https://stowmarketecofuturegroup.co.uk>

*(Please do look at our website – there is too much going on to say it all here!)*



#LoveWhereYouLive

## What's on?

### Collection of hard to recycle items\*:

Our regular collections are **2nd Sunday (please note change) and 4th Thursday** each month

**2nd Sunday (9th October) at Red Gables 2-4 pm**

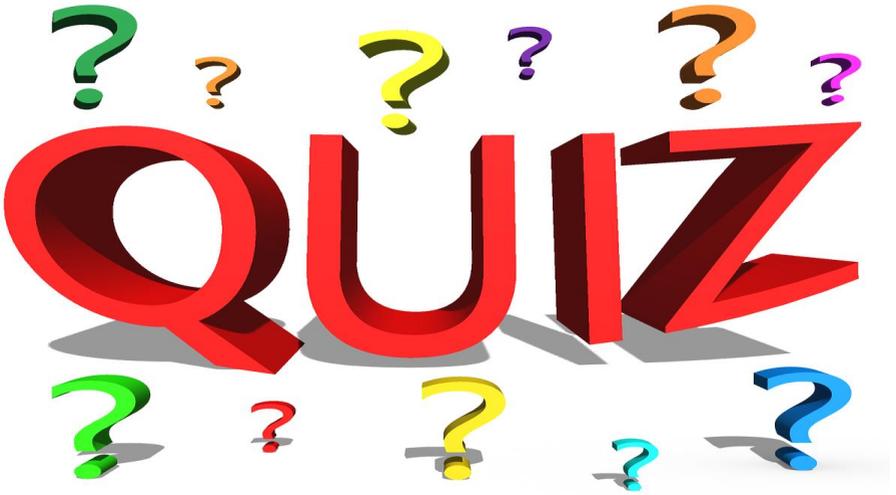
**4th Thursday (27th October) on Market place 9:30 to 11.30 am.**

*(\*coffee pods, pet food pouches, medicine blister packs, pens, dental products, tetrapaks – see website for details)*

**Repair café.** The second Sunday is also the day for our new venture which starts on **Sunday October 9th from 2-4 pm at Red Gables** and will be for sewing and knitting repairs initially. Our team will be happy to fix for example: hems, torn seams, holes in clothing, missing buttons or help with your knitting or crochet project. The idea of Repair Cafes is to encourage and enable people to repair items rather than throw them away, reducing waste and saving money. Refreshments will be served. No charge but donations welcome. More details are available on our website. We'd love to hear from people willing to do or demonstrate other types of repairs. [stowrepaircafe@gmail.com](mailto:stowrepaircafe@gmail.com)

**Every Garden Matters – How to save the world one garden at a time** our exhibition at the food Museum closes on 8th October. One of the groups that contributed items was the **"Craftivist Collective"** (website: [craftivist-collective.com](http://craftivist-collective.com)) which inspired us to hold a craftivism day on 17th September. It's a great alternative way of campaigning in a gentle way.

Craftivism is for "everyone from skilled crafters to burnt out activists, introverts, highly sensitive people, people struggling with anxiety and those people who want to challenge injustice in the world but don't know what to do, where to start or how to prioritise their energies and time". It works on the principle that says "If we want our world to be more beautiful, kind, and fair, can we make our activism be more beautiful, kind and fair?" Obviously, people enjoy making, but craftivism starts from concern for an issue and working out a way to engage respectfully with the power holders, encouraging them to make positive changes for good. Strategy first, crafting second. The process of making is important too, it allows us to slow down, think clearly and reflect on the issue and its complexity. Feelings of powerlessness, sadness or anger are channelled into being proactive rather than reactive. The items created are beautiful and complex, crafters put their own ego aside, and make something which represents fully the goodness that they are trying to achieve. **It would be great to set up a local group – volunteers needed!!**



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**Distribution Co-Ordinators** – Keith and Cathy Welham – 01449 673185  
Colin Vickridge and Keith Welham are our proof-readers and Jerry Voden chairs meetings of our team. The entire team are unpaid volunteers.

Telstar is distributed by a team of volunteers who deliver the magazine to over 1,200 homes in Stowupland. The magazine is produced every month, with the exception of December and January, which is a combined copy that gives our trusty team of volunteers a well-earned Christmas break!

Telstar is funded by grants from Stowupland Parish Council and Mid Suffolk District Council as well as income from business advertisers.

***Telstar – for the community, by the community.***

## **From the Telstar Committee**

Please note that the opinions expressed in letters and articles are not necessarily those of the Telstar Committee. We cannot be held responsible for the accuracy of material submitted for publication. We reserve the right to include, edit or amend as we think appropriate. Telstar is produced in good faith but errors or omissions may occur during the process of production. If this is the case, please let us know so that errors may be corrected.

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**Community**

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**NIGHT**

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**STOWUPLAND VILLAGE HALL**

**Doors open 7.00 pm**

**Eyes down 7.30 pm**

**Everyone Welcome (over 14's only).**

**Bring your own drink and nibbles**