

Telstar

Stowupland News

No 329
March 2020

In this issue of Telstar:

- Trim Trail *page 37*
- Sam's Quick Chat *page 35*
- Community *page 42*



LIFESTYLE STORE

Call us on: 01449 674174

SPRING IS ON ITS WAY

And we've got it covered!

Visit our store to find a collection of vintage & contemporary
homeware, art, ladies fashion & accessories
plus lots more goodies!

NEW STOCK IN STORE NOW

There's something for everyone

MONDAY	9.30 - 4.30
TUESDAY	9.30 - 4.30
WEDNESDAY	CLOSED
THURSDAY	9.30 - 4.30
FRIDAY	9.30 - 4.30
SATURDAY	9.30 - 4.30
SUNDAY	10.30 - 3.30



We're at The Barn, Nutshells Tea Room, Stowupland, Stowmarket, IPI4 4AY

EDITOR'S NOTES

MARCH 2020

This is my first edition of Telstar so I hope the transition from Liz to myself has been seamless.

For those who don't recognize my name you may well have known me as Gus's Mum or now Lottie's Mum. Lottie is my Apricot Labradoodle (who is very much in training – she is one crazy pupster!); you will find us on the footpaths around the village.

I have written a column at the end of the magazine, I do hope you will take the time to read it. I will be contributing every month so if you want me to write about something in particular please let me know. We also have a very welcome return of Sam; you can read all about his adventures in this edition.

If anyone in the village has any photos or artwork to adorn our front cover please let me see it. We would love to have a colour cover every month but our budget can only run to two colour covers per year. If any local businesses would like to sponsor a colour cover we would be very grateful. Please contact me or Sally for more details.

Kay

kay.telstar@gmail.com

Front cover photo courtesy of Keith Hyland – thank you.

Telstar is also available as a link on the Parish Council website:

www.stowupland.com

CLUB CONTACT DETAILS

Book Group:	Patricia Hodgkins	01449 672127
Baby and Toddler Group:	Kelly Woolnough	07776 206430
Bowls Club:	Graham Newman	01359 240846
Dance Club:	Mary Durham	01449 672601
Local History Group:	Judy Clarke	01449 615386
Short Mat Bowls:	Pam Fayers	01449 770080
Sports & Social Club:	Andy Parkin	07796 274905
W. I.	Judy Clarke	01449 615386
Community Events	Keith Welham	01449 673185
Mobile Library:		07721 879855
Country & Western:	Pat Murphy	01449 677405
Stowmarket Wildlife Group swtstowmarket@gmail.com	John Thompson	01449 676471

PARISH DIRECTORY

Stowupland Village Website

www.stowupland.com

Parish Council Minutes of meetings and agendas are displayed at the Village Hall notice board (left of main entrance)

Parish Council:

Chairman - Sally Reeves	01449 745739
Vice Chairman - Keith Welham	01449 673185
Philip Deal	07957 623326
Laura Johnson	07826 851030
Paula Murton	07906 677817
Ray Studd	01449 676606
Jerry Voden	01449 770334

Clerk to the Parish Council:

Claire Pizzey

2 Broomspath Road, IP14 4DB

01449 677005

email: parishclerk@stowuplandpc.co.uk

You can contact the Clerk as follows:

Tues – Thurs from 10.00am – 12.00noon

Mid Suffolk District Council:

Keith and Rachel are happy to help you with any District Council matter.

Keith Welham 01449 673185

Keith.welham@midsuffolk.gov.uk

Rachel Eburne 01449 673311

rachel.eburne@midsuffolk.gov.uk

Suffolk County Council

Gary Green 07545 423824

gary.green@suffolk.gov.uk

Police Safer Neighbourhood Team

PC 1443 Stefan Henriksen

Police Station, Violet Hill Road, Stowmarket
IP14 1NJ Tel; 101

stefan.henriksen@suffolk.pnn.police.uk

Good Neighbour Scheme:

HELPLINE No. 07591 539621

Village Hall Bookings:

Hugh Blanch

email stowuplandvhbookings@gmail.com

phone no 01449 612156

STOWUPLAND TELSTAR

10 issues per year.

Joint issue in December/January
& July/August

Delivered to every residence.

We welcome new residents to the village.

Articles for Telstar to:

Kay Easter, 16 Oak rd, IP14 4DP,

Tel: 01449 677261

Email: kay.telstar@gmail.com

Business Advertising:

Sally Wray

01449 676612

Email: adverts.telstar@hotmail.co.uk

Advertising Disclaimer:

All adverts are placed in good faith and the publishers cannot undertake responsibility for work carried out.

Advertisers details are not passed on to other publishers.

Diary Dates:

Neil Langridge

01449 616275

Email: neil@stowman.plus.com

If an event has been organised, whether a one-off or a regular one please do not assume that everyone knows the details, venue, date, etc.

Advertise it in Telstar

Distribution Co-Ordinator:

Cathy & Keith Welham

01449 673185

To the team of distributors who trek the roads and streets of Stowupland each month. Thank You

Produced in the village,
for the village

**DEADLINE DATE:
7th MARCH FOR
APRIL EDITION**

PARISH COUNCIL REPORT

FEBRUARY 2020



The meeting opened with 3 members of the public and 8 Councillors present.

Council Report:

The District Council report can be seen elsewhere in Telstar and in his absence the County Councillor forwarded a generic report in respect of SCC news but no report in respect of Stowupland. Thanks were expressed to both Cllrs Voden and Welham for their efforts that saw the Gladman planning application refused for 70 houses in Gipping Road although an appeal is expected. District Councillor Eburne noted that clarity is required about what exact powers MSDC will enforce when they take over civil parking duties, something that Babergh have voted against.

Matters of Report:

Although the contractor has looked at the ditch by Columbyne Close he is unable to carry out any work until the depth of the water decreases. The interpretation board is now in place and the order has been placed for the installation of the joint noticeboard. Cllrs Studd and Welham have met with the tree surgery contractor to go through the schedule of work and he is hoping to start by the end of February. The fence by the pond at The Retreat has been repaired. Volunteers have been recruited to assist with the forthcoming traffic count on 25th February. All other matters are still awaiting completion.

Parish Council Vacancy:

A new prospective Councillor, Laura Beeson, has come forward and following a short presentation has been welcomed onto the Parish Council.

Public Forum:

One resident was not happy that the Christmas wreath and accompanying card was removed from her daughter's grave without her being informed about it as it was something which she would have removed herself once in due course. The Chairman gave her apologies. She explained that although the resident would have removed the wreath, many tributes are left at Christmas with nobody coming back to clear up. Another resident questioned why there was no dropped kerb where the new safer route meets Maple Road. According to SCC, it was not specified on the plans that they were working from. It was also reported that the drain on Gipping Road situated between Nutshells and the track leading to Thrandstones Meadow is blocked and causing the road to flood. There is also a large pothole in Rendalls Lane by the entrance to Walnut Tree Farmyard and there is a broken spline of wood on the seat of the Jubilee bench on The Green.

Trim Trail:

It was agreed that for grant purposes it might be preferable to refer to the Trim Trail as an Activity Fitness trail as it might attract a more acceptable response.

Footpath Project:

It was agreed to accept the quote of £56,444.00 recommended by the footpath project working group and to make an application for Parish CIL monies to fund the project.

Feasibility Survey:

It was agreed to accept the quote of £4,935.79 from SCC Highways to carry out the feasibility survey which, according to them, could take up to 10 weeks to complete, for a pedestrian crossing facility on A1120 to the Co-Op. The Parish Council contribute £1,000 and SCC Cllr Green will fund the remainder.

Village Noticeboards:

It was agreed to spend up to £100 to re-treat the new village noticeboards to ensure their longevity.

Sub-Committee Reports:

Allotments – The tenant has now been advised of the Council's decision.

Cemetery and Churchyard – It was agreed to spend a budget of £100 on the cost of grass seed and labour in the cemetery and accept a quote of £275 to clear the ditch and cut the hedge at the rear of the churchyard. It was also agreed to hold off for a month before seeking quotes for the provision of a new gate at the second entrance of the cemetery and also a quote for removal of the ash tree and shrubs from the frontage of the cemetery and the erection of a length of ranch style fencing along the roadside frontage. This will give all Councillors time to take a look at the site and agree the siting of the gate. It was agreed to send the PCC the minutes from Dec 2004 and Feb 2005 where it was recorded that the churchyard had been closed and the responsibility for it had been transferred to the Parish Council, along with a formal letter of responsibility from the PC.

Community Events – It was agreed that a budget of £100 is made available to fund the afternoon tea at Steeple View. A night of 'Jazz in the Village' may be possible for 10th May; this is being planned by the Village Hall Trustees. Cllr Welham is looking for volunteers to load the beacon for VE Day commemorations on 8th May.

Finance and Policy – It was agreed that £688.19 should be transferred from the Community Events Bank account into the Council's general bank account, that a donation of £500 should be made to the Mid Suffolk Citizens Advice and that £95 is made available to renew the Parish workplace pension.

Planning – It was agreed to provide no comment to 2 individual planning applications and a holding objection to 2 applications from Linden Homes as more clarification is required on the layout of their site and the proposals for public open space and a skylark nesting area.

PC Facebook: It was proposed that the PC set up a Facebook page that Cllrs Deal and Johnson will administer.

Annual Parish Meeting:

Due to the Village Hall being fully booked, the annual parish meeting will need to be a smaller affair and it was agreed to find out if the Church Hall is available on a suitable date in May and to ensure that a booking is made with the Village Hall for 2021.

Community Litter Picks:

Cllr Deal will come back to next month's meeting with some dates for the community litter picks for the rest of the year.

Councillors' Reports

Cllr Murton reported that the sandbag situation is becoming worse despite the PC continuing to chase SCC. They agreed to try adding their concerns to the county council portal. Cllr Welham advised that Tim Gaddis was still willing to deal with the moles on the Green and it was agreed to set aside £150 for this work. He also pointed out that the bus bay on Thorney Green has been marked in a location that requires passengers to walk from the bus shelter along the sandbags to get to the door to the bus.

Cllr Voden reported that he had managed to recruit a new member of the speedwatch team and he will be carrying out the training on the speed gun in house.

Cllr Hayward felt that any bus service that should serve the village should be accessible to all.

Cllr Deal reported that there was an awful lot of mud on the road carried by vehicles leaving the Bloor site. Also, the footpath behind Trinity Walk is very muddy. He also queried whether there was a time limit on members of the public to speak at the PC meeting and he was advised that it was a maximum of 3 minutes.

Cllr Studd advised that he was willing to assist with the traffic count if they were short of volunteers.

Chairman's Report:

Cllr Reeves reported that the Village Hall Trustees have formally rescinded the parking permit for students from the High School as from after the Easter holidays. She also advised that the drain is blocked outside the Village Hall. The dog fouling problem has again reared its head and she has written another reminder to dog owners to be put in Telstar. She also agreed with Cllr Murton about the sandbags and wondered what other councillors felt about the posts that surround the green at Forward Green and whether it is something that Stowupland should also consider.

Correspondence:

Among the correspondence received this month was notification from Concertus regarding their works at the High School, a response from MSDC Enforcement relating to the service station, the County Lines training on 5th March, a copy of the police magazine Constables County and a request from Age UK for a donation.

The meeting closed to the public at 9.20pm.

Sandy Smith

Full Council minutes are available at www.stowuplandpc.co.uk.

Would you like to lose weight?
AND change shape?
AND improve your fitness?
If 'Yes'then here's your answer!

A slimming club with exercise!
Stowupland Village Hall
Tuesdays & Thursday's - 9.30 to 11.00am

Fun fitness, nutritional advice & support
Weigh in, Workout... Or both
Other local classes are available

Call Jo on 07913 922926
Email: jo@josfit4all.co.uk
Website: josfit4all.co.uk

Get your 1st class FREE with this advert

FROM TELSTAR COMMITTEE

Please note that the opinions expressed in letters and articles are not necessarily those of the Telstar committee or the Parish Council. We cannot be held responsible for the accuracy of material submitted for publication, however we reserve the right to include, edit or amend as we think appropriate.

Telstar is 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 these errors may be corrected.

GIDNEY PLUMBING & HEATING

Tap Changes, Ball Valves, Shower Pumps,
Water Softeners, Hot Water Cylinders,
Bathroom, Wet room & Kitchen Installs,
Radiator & Valve Replacements,
Underfloor Heating, Heating System Repairs,
Renovation & New Builds.

24 Hour Emergency Cover
Professional & Reliable Service

07534525263
01449 258254

gidneyph@outlook.com
www.plumbinginsuffolk.com

NRH

PATIOS & DRIVEWAYS LTD

BLOCK PAVING SPECIALISTS

- PATIOS
- DRIVEWAYS
- PATHS
- GARDEN WALLS
- TURFING
- SHINGLE DRIVES

CALL US FOR A FREE ESTIMATE ON:
01359 251833 / 01449 613617
07771 728481

E: BRETTNOELHUBBARD@GMAIL.COM
WWW.NRH.BIZ



DESIGN | PRINT | PROMOTION

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

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

RH Security & Electrical

Over 20 years industry experience

- Full or part re-wires
- Consumer unit upgrades
- Internal/external sockets & lights
- Under floor heating systems
- Recessed lights
- Home cinema systems
- Multi room audio systems
- CCTV (including remote viewing on smart phones)
- Automated gates
- Full public liability insurance

For a free no obligation quotation, please
contact us

Tel: 01449 614020
Mobile: 07909 524552
Email: richard@rhsecurityandelectrical.co.uk
Web: www.rhsecurityandelectrical.co.uk



JOHN BULL MOTORS LTD

**Petrol and Diesel
MOT testing
Servicing and repairs**

**Unit 7B Charles Ind. Estate
Stowmarket**

Phone: 01449 774150

Fax: 01449 675898

Email:

Johnbullmotors@btconnect.com

Computer Repairs



Windows, MS Office,
E-mail, Internet, Graphics,
Broadband.

Solutions resolved in
your own home

One to One tuition.

Phone Shelli of MPM on
07733 262116

Let a local company in
Stowupland support you.



Unisex Salon

For all Salon Services

*Including perms,
colouring, tints, highlights,
cuts, blowdrys, etc.*

*Only the best products from
GOLDWELL are used.*

*Also offering a waxing
service at competitive prices*

**Phone GILLIAN
for your appointment now**

Tel: 01449 766568

Mob: 07795 087670

The Brambles, Mendelsham Green,
IP145RF

*Fed up of running around
after your car?*

Why not give us the inconvenience
– it's part of our service

WE COLLECT & DELIVER

Servicing, Welding,
MOTs arranged
Air-conditioning recharged
General Repairs –
shocks, clutches, brakes etc
All work guaranteed

S & P Meta-care

Est 1990

Contact: Shane
Tel: 01449 771102 or 07802 545737

***Personal Service at
Competitive Rates!***

CHAIRMAN'S COLUMN

I can start my column this month with good news about some of the projects your Parish Council is working on.

We have finally received the quote, from Suffolk County Council, for the feasibility study that is required to see if some type of pedestrian crossing at the Co Op Store is possible. It is to be funded by the Parish Council and our County Councillor Gary Green. The store is also used by a lot of the High School students and we did ask if they would contribute but they declined. We will push Suffolk County Council to get the feasibility study done as soon as possible.

The Safer Route to School has been partly installed across The Green. This part of the route still needs its top dressing of spray tarmac and rolled gravel but this can only be done when the air temperature is high enough. This is planned for May at the same time as works to continue the route through to the school are planned. The Safer Route to School will come out at the school exit on the A1120 and that part is due to be completed by Sept in time for return to school after the summer break. The work needed to be done in this way to ensure that funding was not lost. I have heard lots of comments about the route across The Green, some negative, but I would say to those people wait until it has its final surface and the grass has grown back and it will not then look so stark. On the plus side it is good to see how well it is being used and your Parish Council feel it will be a huge asset to village residents as well as school children.

On the subject of footpaths, the quotes are in for the work to widen the existing pathways across The Green and provide a new path from Footpath 32 to the Co Op. The Parish Council will select the contractor at their February meeting. The footpaths around The Green are currently not wide enough for buggies or mobility scooters and it is just not safe for residents to walk in the road to access the Co Op. The funding for this project will come from Parish CIL Funds.

Your Parish Council has been in discussion with the transport team at Suffolk County Council about the bus service in the village. This service was due to cease at the end of March of this year but we think we may have found a way to extend it. I can tell you what our discussions have proposed but as I write this in Mid February, to make the Telstar deadline, it has yet to be formally confirmed by Suffolk County Council. The discussions have all been about finding the funding to continue as a subsidised service and we have found some funding in part thanks to Bloor Homes. When the planning application for Trinity Meadows was submitted there were some monies allocated, under section 106 funding from Bloor Homes, to Suffolk County Council for the erection of a bus stop on Trinity Meadows. Given the current bus situation this was a bit of a nonsense and Bloor Homes gave permission for those monies to be used to support a subsidised bus service instead. For which we are very grateful. The plan is, if formally approved by Suffolk County Council, to extend the current service for a further 6 months. This will give us time

to negotiate with First Buses. The hope is that they will be able to provide a service into the village. This will need to be subsidised as they will not run it as a commercial operation. It will depend on cost as to what can be afforded. Several residents have said they would be willing to pay something on top of their bus pass to help maintain the service but I am afraid it is not legally possible under the current bus pass scheme. As soon as there is more definite news I will make sure information is posted at the bus stops.

A small committee of residents and Parish Councillors is looking at the possibility of a Trim Trail route around the village and I know they would welcome some more interested helpers. If you are a runner or into keep fit and exercise, please think about helping; your knowledge may be invaluable, so drop the Parish Clerk an email for more details.

Finally it is great to see so many people around the village walking their dogs. Dogs are great companions and get their owners out and about but they do leave their mark around the village. Please, please pick up after your dogs and dispose of the bag in one of the dog bins around the village or take it home. There seem to be more and more bags being left beside the footpaths. It is great that dog mess is being bagged but please don't leave it behind.

Sally Reeves

Community Challenge

Stowupland

Village Hall

Friday, March 20th

At 7.00PM

Quiz commences at 7.30pm

£2.00 per person

(Teams of up to 6 persons)

Please bring your own drink and nibbles.

**To enter your team phone Cathy or Keith
on 01449 673185**

A Stowupland Community Event





Fancy Dress and Costume Hire

Church Farm

Earl Stonham. IP14 5EE

Tel: 01449 711109

Email:

sallymasquerade@gmail.com

www.masqueradeshop.co.uk



BusyB

Quality Dressmaking, Alterations and Ladies Formal Gown Hire

A professional bespoke service from a friendly local dressmaker, now also providing a hire service for ladies formal wear – call for an obligation free quote.

Find me on Facebook as 'Bev Busyb'
or Google Maps – search for 'BusyB'

Tel: 01449 737618 Mob: 07753 177703

email: busybev@btopenworld.com

www.busybev.co.uk



D. Woolnough Property Maintenance

For all your building requirements
from minor works to extensions
and alterations

**For a friendly, reliable service
please call Dan on
01449 677564 or 07812 753099**

Graduated with The Chartered
Institute of Building in 2002 and
proud to have over 20 years
experience in the construction industry

Are You In Pain? Chiropractic may
help with many problems including
lower back pain, neck pain and related
headaches as well as arm and leg pain

STOWMARKET CHIROPRACTIC HEALTH CLINIC



Michael T E Bailey Doctor of Chiropractic

Registered with the General Chiropractic Council

7 Stowupland Rd, Stowmarket. IP14 5AG

Tel/Fax 01449 612620

www.michaelbailey.net

DISTRICT COUNCILLOR REPORT

FEBRUARY 2020

District Council Budget

The budget and financial strategy will be discussed at Cabinet meeting on 10 February.

It is proposed that there will be a Council Tax increase of 1.66%; this equates to a £2.76 pa, 5p per week, increase for a Band D property. Following Cabinet agreement, the budget will be due for approval at Full Council on 27 February. We have put forward proposals to make Mid Suffolk more sustainable - from housing to transport to biodiversity - and Rachel has been negotiating with the Conservative Administration to include some of these proposals in the budget.

Citizens Advice funding

Mid Suffolk District Council's cabinet has agreed a grant to Mid Suffolk Citizens Advice of £86,700 a year for each of the next three years, starting in 2020/2021.

Full Council meeting

There was very little on the agenda for the January Council meeting. The portfolio holders' reports were published but questions on these was limited to just over 30 minutes, and in future portfolio holders' reports will go to Cabinet meetings instead of Full Council meetings. The only other item on the agenda was the adoption of Botesdale and Rickinghall Neighbourhood Plan.

Planning

On Wednesday 29 January the planning referrals committee had 6 items on the agenda, but only 3 were discussed between 9:30 and 17:55. All three of the applications were for sites which were not allocated in adopted neighbourhood plans, but were identified as sites in the draft Joint Local Plan. All three were recommended for approval by officers who appeared to give more weight to the draft Local Plan than to approved Neighbourhood Plans. Two of the sites were in Thurston; one was approved and the other deferred for further investigation.

The third application was for 70 homes south of Gipping Road in Stowupland and included transfer of Thradstones Meadow to the Parish Council. Both Rachel and Keith spoke strongly against the development, as did Jerry Voden on behalf of the Parish Council. After an hour or so of questions and discussion, the recommendation to approve was lost by 3 votes to 7. After further debate a proposal to refuse the application was seconded and agreed by 7 votes to 3. Reasons included harm to the landscape, sustainability, traffic and safety, failure to deliver safe and suitable access to services and poor public transport services.

Application for 143 homes on land to the west of Thorney Green Road, Stowupland – outline permission was granted on appeal in 2018 and an application for approval of details was submitted last year. These details have been amended and a re-consultation is taking place. If you have any comments on the revised proposals, please let one of your District Councillors know as soon as possible.

Planning enforcement

There is currently a review of enforcement processing and procedures. The long-term aim is to make the enforcement service swifter, more efficient and transparent, and it is hoped that this will be completed by the end of March. However, in the meantime it may take a bit longer to respond to and acknowledge reports of alleged planning breaches.

Climate Change

The Climate Change working group have had some meetings where different aspects are discussed but, disappointingly, few actions or recommendations have so far been brought forward.

Stowmarket Regal

Stowmarket Town Council and MSDC are funding a refurbishment project at the Regal in Stowmarket. Work is due to begin in March and should be complete by the end of the year. During this time films will be shown at the John Peel Centre.

Civil Parking Enforcement

Preparations are continuing for the transfer of parking enforcement from the Police to Suffolk County Council. Enforcement within Mid Suffolk will be managed by West Suffolk DC. There are concerns about funding the scheme and the enforcement of obstructive and dangerous parking. If enforcement against yellow line and obstructive parking on pavements is successful, drivers may park in more dangerous locations. District staff will have no remit to deal with dangerous parking; responsibility rest with the police and they may not be able to give this a high priority.

Suffolk Police and Police and Crime Commissioner

Keith is the MSDC representative on the Suffolk Police and Crime Panel. At their most recent meeting, the Panel approved an increase of 4.69% in the policing element of Council Tax. This is equivalent to £9.99 per Band D property for the year – 19 pence per week.

Suffolk Police are to recruit 54 extra police officers by March 2021; all costs associated with this uplift in staff numbers are being met by a Central Government grant of £6million.

Councillor Keith Welham
keith.welham@midsuffolk.gov.uk
Phone number 01449 673185

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

WADE WINDOWS LTD. Established 1988

Make your House a Home



Full design and installation service. Windows, doors, conservatories, orangeries and roofline now available in any colour.

Local, friendly family business.

Visit our showroom on site

Tel: 01473 832835 • Fax: 01473 832836

**Web: www.wadewindows.co.uk • Email: sales@wadewindows.co.uk
The Barn, Lower Farm Park, Norwich Road, Barham IP6 0NU**

COUNTRYSIDE RAMBLER

BRIAN WARD

Spring has sprung with many of our delightful early flowers showing in the hedgerows and woodland; snowdrops were magnificent this year, and if the mild weather holds out the primroses, oxlip and celandines will be flowering early. If you are interested in flowers and wish to see wild pasque flowers, a visit to Barnack hills and holes is a must: a nature reserve with SSSI status and a national nature reserve, I advise you to coincide your visit with its flowering time in April/May. There are also rare orchids and silver studded blue butterflies to be seen. The terrain is unusual, hence the name hills and holes. I am writing this in the first week in February; the daytime temperature has been in double figures, amazing for this time of year. Whilst on my rambles I have heard song thrushes in full song and also a mistle thrush singing in woodland. This thrush prefers a tall tree on which it will proclaim its territory with a wonderful vibrant song. It is nicknamed the stormcock as it will sing in any weather.

Some of our garden birds will be thinking about nesting so now is the time to prune or cut your hedges so as not to disturb them. The blue and great tits will often investigate your bird boxes early in the year so make sure they are cleaned out and ready. If you have a garden pond keep a close eye out for frogs and toads as it will soon be spawning time. Buds are now forming on some of the trees and I have noticed green shoots in the sheltered hedgerows. The local rookeries are getting noisy as they are now building and tidying up their nests in preparation to breed. Often the older, wiser pairs will dominate the centre of the rookery and the inexperienced will be on the fringes where their nests are more liable to high winds and predators.

I have been out and about quite a bit; I have seen and photographed an unusual bird and a secretive one. Firstly the unusual bird; a blue-headed yellow wagtail in Norfolk and the secretive one a woodcock at Titchwell reserve, also in Norfolk. I have seen ravens in Suffolk on a few occasions over the past few months. This distinctive crow with its large bill and croaky call note is unmistakable. I suspect we will soon have breeding pairs reported although I have only seen single birds mostly within the same locality.

A first for me was to capture a mole on video; these strong underground dwellers are rarely seen and in daylight, so I was lucky. I was surprised at the speed it travelled on the ground and more surprised when it nose-dived into the soil and disappeared in a flash.

Enjoy the rest of spring and look out for the blossom of cherry and plum, and catkins of pussy willow on your walks.



*Photo of a Song Thrush
courtesy of Brian Ward*



STOWUPLAND U.R.C CHAPEL

NEWS

*Church Secretary: Anne Scarff
Telephone 01449 774792*

Stowmarket URC Anniversary will be on 1st March and we will be joining them on that day. There will not be a service at the Chapel.

Our next coffee morning at the Chapel will be on Friday 27th March 10am to 12noon. There will be an Easter draw at this event. Come and have a chat, cuppa and a cake everyone welcome.

A date for your diary, Saturday 4th April, Jumble Sale 2pm at the Village Hall. If you have any Jumble or Bric-a-Brac, please let any Chapel Member know and arrangements will be made to collect it or alternatively bring it to the Village Hall on the day, after 12noon but before 2pm. Any contributions will be gratefully received. No electrical goods please as the law does not permit us to sell them. Please come and support this event.

Services at the URC Chapel are held each Sunday at 10.30am and we cordially invite anyone who wishes to join us in our Worship. There will be an Easter draw at this event. A warm welcome awaits you.

Our speakers for March are as follows:

- 1st March Anniversary at Stowmarket URC (No Service at the Chapel)
- 8th March Dr Richard Jurd
- 15th March Irene Martin
- 22nd March Clive Herrod
- 29th March To Be Advised

The World Day of Prayer (Formerly known as the Women's World Day of Prayer)

The World Day of Prayer is an international ecumenical Christian laywomen's initiative. It is run under the motto "Informed Prayer and Prayerful Action," and is celebrated annually in over 170 countries on the first Friday in March. The movement aims to bring together all people of various races, cultures and traditions in a yearly Day of Prayer, as well as in closer fellowship, understanding and action throughout the year. This year the service has been prepared by women of Zimbabwe. **Our world day of prayer local meeting will be held at Stowupland Holy Trinity Church on Friday 6th March at 2pm.** The service will be followed by refreshments. Please do come and support this very meaningful service.

Afternoon Fellowship

We recommence our meetings at the Chapel on Monday 9th March at 2.30pm and then on 23rd March. We welcome anyone who would like to join us at our meetings (male or female) Come and enjoy the fellowship also a cuppa.

Joyce Gardiner

March Message

LUKE 24 v8 "Then they remembered his words."

"I remember, I remember, the house where I was born, the little window where the sun came peeping in at morn," is the start of a poem by Thomas Hood. It's a poem I recall from my childhood and one which has always stuck by me. Not that I was born in the house of my childhood, Ipswich hospital had that experience; nor did the sun come peeping in at morn as the sun didn't get to shine on the little window. But some things stick in your mind and this poem has stayed fresh in my mind for probably 50 odd years. The mind is a funny thing and what we recall can change over time. Some memories are really positive moments in our lives and others are ones we would like to forget but can't. Remembering is important. We use the memory of events to register their significance. Events are not isolated but fit together to form a whole picture, the picture of our lives. Remembering allows us to learn from the past or help decide the future. We remember at so many times in our lives such as birthdays, anniversaries, Remembrance Day and Easter to name but a few. Then at the end of life there is often a tribute to the life of the one who has died which includes so much remembered past.

The 26th February was the first day of Lent. Lent is the period of 40 days which comes before Easter in the Christian calendar. Beginning on Ash Wednesday, Lent is a season of reflection and preparation. A time to remember the events leading up to and including Jesus' crucifixion. In observing the 40 days of Lent, Christians remember the sacrifice of Jesus Christ and his withdrawal into the desert for 40 days. Some use this time to give up things in their lives such as alcohol or chocolate, some use the time to do some small thing for others each day of Lent, and some take time to meet together to remember the life of Christ and all that led up to his death on the cross.

May we all remember the sacrifice that our Lord has made for us and look to the future with hope and faith.

Anne Scarff...Secretary to the URC Stowmarket Group of Churches (The group consists of Stowmarket, Stowupland, Mendlesham and Debenham)

ROYAL BRITISH LEGION POPPY APPEAL

Thank you so much to all of those who collected and to those who gave generously to the 2019 Poppy Appeal. I am pleased to report a record year for Stowupland. The total amount collected from house to house and static sites was £1,765.71 which is up quite considerably on previous years.

We are still short of volunteers for the house to house collections and with the increasing number of houses in the village the need for more volunteers is even greater.

If you feel you could give some time to help it would be very much appreciated. You can contact me on 01449 612156 or hughblanch@gmail.com

Thank you once again

Hugh Blanch - Stowupland Coordinator.

Home Help / Domestic wanted

1 or 2 mornings (2 – 4 hours) per week

£10 per hour

01449 672921 (Mornings)



**STOWUPLAND
GOOD NEIGHBOURS**

A volunteer service run by residents for residents

Helpline 07591 539 621

STOWUPLAND PARISH COUNCIL 2020 COMMUNITY EVENTS

Date	Event	Time	Location	Contact
MARCH				
20th	Quiz	7.30pm	Village Hall	01449 673185
27th	Bingo	7.30 pm	Village Hall	01449 673185
APRIL				
4 th	URC Jumble Sale	2.00 pm	Village Hall	
24th	Bingo	7.30 pm	Village Hall	01449 673185
MAY				
2 nd - 3rd	Holy Trinity Flower Festival		Village Hall and Holy Trinity Church	01449 770363
3 rd	Yard Sale	09.00 am	Stowupland	01449 675184
8th	VE Day Lighting the Beacon	5 pm onwards	The Beacon on the Village Green	01449 673185
29th	Bingo	7.30 pm	Village Hall	01449 673185
JUNE				
12th	Quiz	7.30 pm	Village Hall	01449 673185
26th	Bingo	7.30 pm	Village Hall	01449 673185
28th	Holy Trinity Open Gardens		Gardens in Stowupland	01449 613710
JULY				
12th	Cream Teas	2-4 pm	Holy Trinity Church	01449 613037
AUGUST				
9 th	Cream Teas	2-4 pm	Holy Trinity Church	01449 613037
SEPTEMBER				
13th	Walkers Cup – 4 mile walk.	10.00 am – 4.00 pm	Stowupland to Old Newton (and back)	01449 673185
20th	Yard Sale	09.00 am	Stowupland	01449 675184
25th	Bingo	7.30 pm	Village Hall	01449 673185
OCTOBER				
30 th	Bingo	7.30 pm	Village Hall	01449673185
NOVEMBER				
13 TH	Quiz	7.30 pm	Village Hall	01449 673185
27th	Bingo	7.30 pm	Village Hall	01449 673185

DAIRY DATES

MARCH DATES

Mon	2	Dance Club	7.30pm	Village Hall
Tues	3	Beetle Drive	2.30pm	Church Hall
Tues	3	Coffee Morning	10.00am	Jubilee Court
Wed	4	Baby and Toddler Group	9.30am	Village Hall
Wed	4	Lent Lunch	12.00noon	Holy Trinity Church Hall
Wed	4	Book Group	2.00pm	
Wed	4	Local History Group – “My Family of Criminals” by Jill Wright	7.30pm	Village Hall
Thurs	5	Short Mat Bowls	7.30pm	Village Hall
Fri	6	Church Service for World Day of Prayer	2.00pm	Holy Trinity Church
Sun	8	Country & Western Music	7.30pm	Village Hall
Mon	9	Afternoon Fellowship	2.30pm	URC Chapel
Mon	9	Dance Club	7.30pm	Village Hall
Tues	10	Coffee Morning	10.00am	Jubilee Court
Wed	11	Baby & Toddler Group	9.30am	Village Hall
Wed	11	Lent Lunch	12.00noon	Holy Trinity Church Hall
Thurs	12	Short Mat Bowls	7.30pm	Village Hall
Thurs	12	Parish Council	7.30pm	URC Chapel
Mon	16	Dance Club	7.30pm	Village Hall
Tues	17	Coffee Morning	10.00am	Jubilee Court
Wed	18	Baby & Toddler Group	9.30am	Village Hall
Wed	18	Lent Lunch	12.00noon	Holy Trinity Church Hall
Wed	18	W.I. “Life of a Racehorse”	7.30pm	Village Hall
Thurs	19	Short Mat Bowls	7.30pm	Village Hall
Fri	20	Community Quiz, quiz commences	7.30pm	Village Hall
Sun	22	Country & Western Music	7.30pm	Village Hall
Mon	23	Afternoon Fellowship	2.30pm	URC Chapel
Mon	23	Dance Club	7.30pm	Village Hall

Mon	24	Mobile Library	9.30am	Jubilee Court
Mon	24	Mobile Library	9.55am	The Green
Tues	24	Beetle Drive	2.30pm	Church Hall
Tues	24	Coffee Morning	10.00am	Jubilee Court
Wed	25	Baby & Toddler Group	9.30am	Village Hall
Wed	25	Lent Lunch	12.00noon	Holy Trinity Church Hall
Thurs	26	Short Mat Bowls	7.30pm	Village Hall
Fri	27	Coffee Morning	10.00am	URC Chapel
Fri	27	Community Bingo eyes down at	7.30pm	Village Hall
Mon	30	Dance Club	7.30pm	Village Hall
Tues	31	Coffee Morning	10.00am	Jubilee Court

EARLY APRIL DATES

Wed	1	Baby & Toddler Group	9.30am	Village Hall
Wed	1	Stowupland LHG "Parish Workhouses" by Ray Whitehand	7.30pm	Village Hall
Thurs	2	Short Mat Bowls	7.30pm	Village Hall
Sat	4	Jumble Sale in aid of URC	2.00pm	Village Hall
Sat	5	Pre-school Playgroup Easter Fayre	2.00pm	Village Hall
Sun	5	Country & Western Music	7.30pm	Village Hall

SOME FUTURE EVENTS

April	9	Agape' Supper	7.00pm	Holy Trinity Church Hall
April	13	Holy Trinity Annual General Meeting		
April	29	Stowmarket Wildlife Group: 'Hedgerows, Herbs and Medicines' by Martin Sanford		
May	3	Garage and Yard sale		
May	6	Stowupland Local History Group – "Witches in Suffolk" by Pip Wright		
Jun	28	Open Gardens		

If you wish to attend one of the events listed, and would like help with transport, please contact Good Neighbours on **07591 539621**

PUZZEL PAGE

There are 10 words to find in the Wordsearch

S	C	O	M	M	U	N	I	T	Y
T	P	A	T	T	H	R	U	S	H
R	U	R	A	Z	O	Q	U	A	M
I	B	F	I	T	N	E	S	S	T
D	G	L	E	N	T	G	H	F	R
E	A	Y	X	N	G	L	J	P	A
R	R	N	E	W	S	T	V	A	I
S	D	A	F	F	O	D	I	L	L
K	E	C	O	I	T	W	B	M	C
S	N	O	W	D	R	O	P	L	E

Quick Quiz

1. How many valves are there on a trumpet?
2. What Day follows Shrove Tuesday
3. The character Lara Croft was in which video game?
4. How did Georgie Porgie make the girls cry?
5. How many British Kings have been named George?
6. What is the capital of Georgia?
7. What is the best selling video game of all time?
8. Who said "The greatest glory in living lies not in never falling, but rising every time we fall"
9. 'Here we go Round the Mulberry Bush' is a favourite nursery rhyme, but where can you find a Mulberry Bush in Stowmarket?
10. When do we traditionally eat Hot Cross Buns?

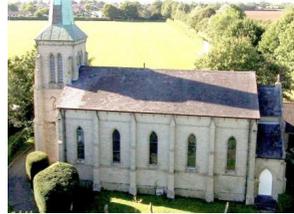
Answers on Page 33

HOLY TRINITY CHURCH

NEWS

HOLY TRINITY CHURCH
STOWUPLAND

Vicar : Revd Brin Singleton Tel. 770921
Churchwardens : Mrs Ann Doubtfire Tel. 770363
: Mrs Sue Hayter Tel. 613710
Email: brinsingleton@btinternet.com



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

Dear Friends;

So the days begin to lengthen and we await the greening of the fields and the return of birdsong from afar. The word Lent simply derives from lengthening – Lenctentid – and Christians use this time to look for renewal in their discipleship, their love and service to God and creation, creatures and people. This year our Lenten study groups across the benefice will follow the five session ecumenical York course ' Superstar' which draws discussion from the musical so named, to Sudoku. Each session hears reflections from four speakers; Carmody Grey, Steve Chalke, Catherine Fox, and Stephen Wigley representing a broad spectrum of Christian tradition. I hope you will want to join us and share our time of refection and renewal: Wednesdays through Lent from 4th March – 1st April 7:30pm Holy Trinity Church Hall Stowupland, and a daytime group meeting in Wetherden – phone Haughley Vicarage or check www.achurchnearyou.com for details.

Perhaps you look to serve village and community in some way and are considering some volunteer work. Our primary schools are always in need of volunteers, and Haughley Primary – Crawford's – is in particular need of school governors. If you have a background in education or feel you can make a contribution to our learning then please be in touch – you don't have to live in Haughley.

Every blessing through our Lenctentid days, may we look to creation's blessing in our love and care for our world and all her peoples.

Brin. 

SERVICES in MARCH

- 1st Mar 9.30am Parish Communion
 4.00pm 1st@4 Service – *church with a difference!*
- 8th Mar 9.30am Morning Worship & **★Trinity Starz★**
 6.30pm Evensong (BCP)
- 15th Mar 8.00am Holy Communion (BCP)
 9.30am Morning Prayer (BCP)
- 16th Mar **Mon** 10.30am Songs of Praise at Steeple View - *All welcome!*
- 22nd Mar 9.30am Worship for All
 6.30pm Parish Communion
- 29th Mar 11.00pm Benefice Service at Haughley

(BCP- Book of Common Prayer)

A PRAYER:

Holy Spirit of God, inspirer of all that is good and true in life, come into our hearts and fill them with your light and strength. Help us to hate all sin and selfishness, and to fight against them with unfaltering courage and resolve; and because we are weak and cannot prevail without your help, clothe us with your power and give us the victory, through Jesus Christ our Lord.

LENT LUNCHESES 2020:

We hope you will join us for the Lent Lunches again this year on Wednesdays from 4th March. The lunches consist of a choice of soups, plus cheese and rolls, tea or coffee. There is no charge, but your voluntary contributions will go charity. We look forward to seeing you!

The '**1st @ 4' SERVICE** is a relaxed and popular, family orientated '*Church With A Difference*' with some snacks afterwards!

Trinity Starz is for children of primary school age and provides fun activities at Holy Trinity. The children join in the first part of the service and then we go through to the church hall to enjoy bible stories, prayer and crafts until the main service finishes. Parents/ carers are welcome to join us with their children or stay for the main service while children enjoy the activities. Children can be collected at the end for refreshments. We hope you will join us!

WEEKLY COFFEE CHURCH:

Holy Trinity Church has an **Open Church Coffee Drop-In Session from 2pm to 4pm each Wednesday and is open to all.**

Come on in to the church hall for a free cup of tea/coffee and a chat, to wait for children coming out of school, perhaps for a quiet prayer, maybe just to enjoy your Parish Church, or to enquire about church activities etc. All Welcome!

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.

LENT LUNCHESES

In Holy Trinity Church Hall

A simple meal of soup, rolls, cheese and tea or coffee

Wednesdays 12.00 – 1.30

4th, 11th, 18th and 25th March and 1st April

No charge; voluntary donations will go to charity

Holy Trinity Church Annual General Meeting 7pm Thursday 16th April 2020

You are all very welcome to join this public meeting to review the church's activities for 2019.

In addition, if you are on the Church's electoral role you can also be eligible to be elected onto the Parochial Church Council (PCC).

For further information, please contact the Reverend Brin Singleton or Ann Doubtfire or Sue Hayter (Church Wardens)



LOCAL HISTORY GROUP

Neil Langridge - 01449 616 275 - neil@stowman.plus.com

The time approaches for members to renew their subscriptions in April, but please note that the group is aligning the subscription year with the calendar year and from 2121 subscriptions will be due on 1st January. This will mean that your subscription for 2020 will be for just 9 months and will be £9.

Now we are in 2020 we would like to remember the local history exhibition organised by Jack and Ena Carter in 1970. We do have some items in the archive connected with the exhibition including the visitors' book and the original descriptive labels for the artefacts that were exhibited in the village hall. Interest in local history was not the popular pursuit it has become today, and the exhibition can be seen as quite ground-breaking. We can only imagine the many hours of work that the Carters spent putting the whole thing together. Did you go to the exhibition? Did you or a member of your family contribute something to be included? Have you any photos taken at the time? If so, we'd love to hear from you!

We have been invited by Suffolk Local History Council to give a short talk accompanied by a display at their Society's Day at Blackbourne Hall Elmswell on Saturday 7th March. Sandra will be talking at 11.30am on "*Ena, Stowupland's local historian*". As a member society of SLHC members of our group can attend the day. The programme can be found at:

https://slhc.org.uk/jon_p/wp-content/uploads/2020/01/SocietiesDay2020.pdf

Report of February Meeting – History of Stowmarket Operatic and Dramatic Society

David Lilley proved an entertaining speaker on the history of our local dramatic society. Its origins were as far back as 1910 when a group known as the Stowmarket University Extension Players was formed. It became the Stowmarket Operatic Society in 1922 at its first home, The Institute in Ipswich Street later known as The Palladium. Their repertoire was light opera including Gilbert and Sullivan. An early performance of "Highwayman Love" before an enthusiastic audience that demanded encores of every song didn't end until midnight! The Society has had a succession of temporary homes including The Constitutional Club, the Church Hall and the U.R.C. hall before settling at The Regal when it was purchased by the Town Council in 1981. None of these venues have been completely ideal for the Society's needs but they have stayed at The Regal ever since, recently also putting on performances at The John Peel Centre. However, with the cinema closing for 9 months this year for upgrading to three screens, they will be using the John Peel Centre more. The S.O.D.S will be celebrating their centenary in 2022 and David is in the process of putting together a book as part of the celebration. We hope to invite David back in the future for one of his other talks.

March

Stowmarket resident Jill Wright probably never guessed when she began researching her family history that she would find amongst her ancestors some of the town's most notorious criminals, including an arsonist who was transported to Australia. However, some of her more reputable family members ran Stowupland Crown from about 1930 to 1970.

April

Before the opening of the Stow Union House of Industry in 1780 every parish in the Hundred of Stow would have had to make provision for its own poor, most often by making a payment for those in need but also by providing a house where those in poverty could be housed. Stowupland certainly had such a poor house.

Suffolk place name quiz

The answer to last month's clue "lofty but hiding a crooked deal". - Hadleigh
This month's clue is - Heavyweight goes to bed.

We meet at 7.30pm in the Village Hall. Visitors are always welcome, and refreshments are available. Admission is £1 for members, £3 for non-members. We look forward to seeing you.

Stowupland Village Hall

Excellent facilities - competitive prices



Our Village Hall is just the place for clubs and groups to meet or for special functions, such as parties, receptions and exhibitions.

There is one large room suitable for 140-300 people depending on the event. A small one seats up to 20 people. There is a well equipped kitchen, ample parking and a licensed bar, plus a new audio-visual system included in the standard hire charge.

Interested? Look on our website at www.stowupland.com/village-hall.
Call or email Hugh Blanch, our booking secretary to arrange a viewing or make a booking.
Tel: 01449 612156. email: stowuplandvhbookings@gmail.com

JUMBLE SALE

at Stowupland Village Hall

Saturday 4th April at 2pm

**Cakes - Draw - Bric-A-Brac - Tombola -
Books - Refreshments etc**

Admission 20p

Proceeds to Stowupland Chapel

TREE SURGERY SERVICES



*Finding it a little hard to reach
those awkward trees and shrubs?*



**20 years experience in tree felling, surgery,
trimming and shaping**

**'No Obligation' quotations available
Full Public Liability Insurance**

Contact: Martin Flack Tel: 01449 770440

Reduce your Accountancy costs

Call Sarah Place Accountants

Professional efficient Accountants with over 15 years experience

**Accounts • Book-keeping • Payroll • Sage
VAT & Tax Returns**

01284 747 139



F. G. BROWN – OPTICIANS
Denmark House, 41 Bury Street,
Stowmarket.

Tel:- 01449 612812/674030

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

Optomap retinal examination

Colorimetry

**A wide range of competitively priced frames
and spectacle lenses**

Contact lenses

Prescription and non-prescription sunglasses

Your sight care is our priority

President Colleen welcomed everyone, with a special mention for our new member, Elizabeth. The records for November and December were read out, agreed and signed. Members were reminded that the 2020 subs should be paid by February. Helpers and bakers are needed for the garden club teas on the 25th. Tickets are available for the Trinity Park Federation Council meeting in March, as are tickets for the spring Group meeting to be held in the Scout Hall, Stowmarket. Colleen then introduced Gillian Clarke, to speak on "creating happy". She told us of her "burn out" a few years ago, the reasons why, and how she got over it by making life changes. From that, she became an emotional health coach to help others who undergo similar traumas. Following refreshments, birthday posies were presented, then the results of the 2019 competitions were announced, with Mary Coltart the winner for both and receiving the salver and cup to hold for the year, and shopping vouchers.

This year's first competition was – "a happy poem" - 1st.Linda F., 2nd. Brenda, 3rd. Mary C., Garden flower – joint 1st. Linda S. and Brenda, 3rd. Sandra. The evening finished with the chocolate tombola.

Stowupland Pre School are holding an

EASTER FAYRE at STOWUPLAND VILLAGE HALL

on **SUNDAY 5TH April 2020 from 2-5pm.**

Craft and gift stalls, children's activities, raffle and cake!

We are also looking for other stall holders.

Stalls are available for £15.

Please contact Stowupland Pre School on 01449 678550 to book your stall.



BRITISH BEAUTY

HELLO! I'm Emily!

I offer a quirky, quaint and character filled experience here at British Beauty. I am located upstairs in The Crown Stowupland -

Yes that's right, British Beauty is a spa with a bar!

Your time is precious, and I'll do my very best to deliver a superior service in traditional Suffolk surroundings.

It's your time, not just your treatment time –
striving to offer excellence, a safe space to talk and a place that celebrates you from the moment you step through the door.

With ten years of experience, I make sure that you are heard and listened to so that your treatment is exactly what you want and need.

As the ancient Greek philosopher Epictetus said,
*"We have two ears and one mouth – so we can listen
twice as much as we speak".*

I look forward to seeing you soon!

Em x



@britishbeautysuffolk **click 'book'**



07432 699919 (Phone / Text)



@britishbeautysuffolk_ **click 'book'**



info@british-beauty.co.uk

Website coming soon!

STOWMARKET U3A

Have you heard of the U3A? If you haven't, it is an organisation for retired or semi-retired to have an opportunity to learn in a friendly and relaxed atmosphere. Stowmarket U3A meets every third Wednesday at the Stowmarket URC to listen to an informative talk and share a cup of tea or coffee. Recently, we have had talks about the work of Colchester Zoo and Hearing Dogs; in the future we have talks planned about growing roses, astronomy and 'Friends against scams' by the Nat West Bank. There are also small interest groups that meet in members' homes or other venues eg bridge, table tennis, patchwork, geology. Membership costs just **£15** a year.

If you would like to know more, please see our website www.u3astowmarket.org.uk or contact our membership secretary Diane Plester tel. no. 01359 271652.

FREE PLANTS

We are going to split up a number of plants and offer these to the village.

The plants are as follows:

hostas; peonies; agapanthas; calla lilies; nerines.

We would be happy to give these to anyone this spring.

Contact John and Shirley Mollett, 5, Sycamore Road.
Telephone 775369.

Quick Quiz Answers:

1. Three
2. Ash Wednesday
3. Tomb Raider
4. Kissing them
5. Six
6. The country – Tbilisi or the US State – Atlanta
7. Tetris (495 million)
8. Nelson Mandela
9. Milton House, Stowmarket
10. Good Friday

COMMUNITY BINGO

ALL CASH PRIZES

FRIDAY 27TH MARCH
AT STOWUPLAND VILLAGE HALL



Doors open at 7.00pm Eyes down at 7.30pm

EVERYONE WELCOME
(OVER 14' S ONLY)



Stowupland High School Community Sports Centre

Church Road, Stowupland, IP14 4BQ

Whether you're trying to meet new like-minded friends, engage in a sporting activity, lose weight, tone up or simply maintain what you already have – why not join us at your local Community Sports Centre?

We have a Fitness Suite including - The Fitness Zone, Fixed Resistance Weight Machines, Free Weights and Stretch Mats. All this is available for only £15 per person per month.

Stowupland Sports Centre boasts a Sports Hall, Gymnasium, Outdoor Pitches and Courts - all for public hire. We host a variety of classes including Karate, Pilates and Zumba.

There are many outside clubs that also use the Centre, including Table Tennis, Badminton, Martial Arts and Football. All the clubs enjoy success in their own right and are always looking to take new members.

Opening times:

Monday – Friday 5pm-10.30pm

Saturday 9am-2pm

Sunday 10am-2pm

For further information please contact our sports centre staff:

Phone: 01449 672531

Email: sportscentre@stowuplandhighschool.co.uk

Website: www.stowuplandsportscentre.org.uk

SAM'S QUICK CHAT

Hi everyone. This is Sam. You might remember my Baby Talk and Sam's Chatter where I used to send in stories about my life with Mummy, Daddy and little sister Jessica. Well I am nearly 10 now and thought I would tell you what I am up to today.

I have joined a running club called Stowmarket Striders. Every Tuesday we meet at Stowmarket Leisure Centre. There are two groups - Wacky Racers and WKR. WKR is the older group and they do complicated stuff. I am in Wacky Racers and we do some tiring training. I enjoy it and it is helping me run better. You have to be at least 9 years old to be a Junior Strider. I joined because Mummy is a Strider and I wanted to try it. My new year's resolution is to get my first marathon miles with Striders.

Mummy has done 50 marathons. You might have seen her story in the newspaper. She wanted to get to 50 marathons before her 50th birthday. She surprised us all with a trip to DisneyWorld where she ran her 50th marathon. She is now trying to do 50 marathons while she is 50. She has already done two last weekend. I would like to do a marathon one day, I think.

Mummy's first run was at a 5K parkrun when I was 4. She has now done over 100. I have been running 5K parkruns too and started when I was 7. I do not run them every week. Every time I do a parkrun it gets a little bit easier. We do them all over the place. Some are muddy, some are hilly, some are flat, along the sea front.

I got my 10 parkrun t-shirt before I was 8. I am now trying to get to 50 parkruns before Daddy. I am on 35 and he is on 32. Jessica does not like running. She walks and grumbles a lot and she is so slow I get grumpy. I am not allowed to run off as I have to stay near Mummy or Daddy. It is so annoying. Jessica did try really hard to get to her 10 parkruns. We got a white running t-shirt each. I don't think Jessica will do any more.

Jessica, Daddy and I have also joined a karate club. We do it with Englands Karate School in Stowupland High School. In our karate club there are four groups - the Little Ninjas, the Juniors, Advanced and the ultra mega hard class. Jessica is in juniors, I am in advanced and Daddy does the ultra mega hard class. Stephanie, our instructor, trains us hard but we all enjoy it. Daddy is very tired after his lesson and does a lot of moaning and groaning afterwards.

It's a school day tomorrow so I will write again soon.

Love Sam



C.M. Hayward

Electrical Services

Lothlorien, Church Road,
Stowupland, Stowmarket,
Suffolk. IP14 4BH

01449 678213

Mike Hart Garden Care

General Garden Maintenance



Mowing Strimming Trimming
Lawns hedges and beds
One off tasks or regular visits
Contact Mike on 07794 233069

Eastern Frames

Bespoke Framing Service

Greeting Cards & Photo Frames
X-Stitches Stretched & Framed

Fast & Reliable Service

www.EasternFrames.co.uk

Red House Farm,
Station Road
Haughley.

Tel. 01449 675897
Monday – Friday
9.00am – 5.00pm
Saturday
9.00am – 12noon



Acorn Kennels



Jodi Palmer
Acorns
Wash Lane
Mendlesham
Stowmarket
Suffolk
IP14 5TD

Tel:
01449 767160
07754 851789

For friendly
personal care

Fully Licensed and Insured

Opening Hours
Mon – Sat
9.00am to 12.00pm
Visitors welcome other times
by Appointment



STOWUPLAND TRIM TRAIL

A small group of people have started looking at a possible route for a trim trail around the village, but we need more residents to get involved and help plan the details. We hope to provide a route that will encourage walking and running, and we also hope to provide fitness equipment at various locations on the route.

We need people who have used similar trails, people who enjoy walking and running, and people who might walk or run more if better linked-up routes were available. Money should not be a problem; the Parish Council has funds from recent housing developments with more to come and funds should be made available through MSDC too.

What we are short of is a few enthusiasts who would be prepared to give up a couple of hours a month to help plan the scheme. We don't need a committee; we just need a focussed group to see this project through.

Our Trim Trail, or Fitness Trail, could be the first village trail with fitness equipment in Mid Suffolk. Please come along to the Village Hall meeting room at 7.30 on Wednesday 18 March to have an input into this exciting project.

For further information, please contact Claire by email: parishclerk@stowuplandpc.co.uk or telephone Keith Welham on 01449 673185.



Coffee Morning

at Stowupland Chapel

Friday 27th March 10am - 12noon

Coffee/Tea, Cakes and Draw

Andrew Bingham

INDEPENDENT FUNERAL SERVICE

Stowmarkets Independent Family Funeral Service

24 Hour Personal Service • Private Chapel of Rest • FREE Parking



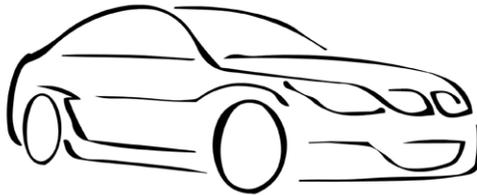
Telephone: **01449 771666**
www.andrewbingham.co.uk



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

Golden Charter
Funeral Plans 

FAST TEST STOWMARKET



MOT~SERVICING~AIR~CON

Contact: Adam Bennett
Tel: 01449 770902

Address:
Unit 4, Tomo Business Park,
Tomo Road, Stowmarket,
Suffolk, IP14 5EP

Fast Test can service all makes and models of cars and light commercial vans, as well as welding repairs, computer diagnostics and Air-Con re-gassing.

Fast Test can also offer a lift home or to work in the surrounding Stowmarket area or a courtesy vehicle.

STOWUPLAND BOWLS CLUB

Hello all readers of Telstar and a belated Happy New Year to you from the Bowls Club.

There is very little to report at this stage of the year but we can say that our Groundkeeper and his Team of helpers have been working diligently on the green as and when necessary during the winter period and the bowling surface is looking good for the time of year. We should not wish the time away but we are all looking forward to rolling the first wood, probably late April.

In the meantime, and at the time of writing this, there is an intention to enclose a flyer in the Newsletter inviting the inhabitants of Stowupland to take up bowling. It is self explanatory but in case you do not see a copy and happen to be interested in the possibility of playing outdoor bowls, please call our Chairman Frank Boxall on 01359 244591.

We are able to offer the loan of bowls, footwear and, of course, tuition.



Stowupland Open Gardens 28th June 2020



**On behalf of Holy Trinity Church, we are
planning to hold this event again this year.**

**All previous gardeners have been contacted
but we are seeking new gardens to make
this event even more successful**

**Please contact Sue Hayter on 01449 613710
for more information**

CHIMNEY SWEEP

ECO SWEEP CHIMNEY SERVICES

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



Power sweeping



TEL. 01359 232335

COLNE ROOFING

Stowupland

Jon Johnson



Specialising in:

- New roofs
- Re-roofing
- Repairs
- Lead work
- Gutter maintenance



References upon request

Contact details:

07917 548441

colneroofing@gmail.com



EVERY TUESDAY 7-8 PM

STOWUPLAND VILLAGE HALL

DANCE FITNESS CLASS FOR ALL LEVELS



Contact me
07502464778

 Zumbawithloosee

WWW.zumbawithloosee.co.uk



THE BEST PRESCRIPTION FOR A HEALTHY HAPPY LIFE

What is Paracise?

A 45 minute exercise class that will enrich & enhance your life:
It's a gentle yet effective workout that flows smoothly & will improve mobility, flexibility & balance

Stowupland Village Hall
Thursday's at 11.15am
Cedars Park Community Centre
Wednesday's at 7.45pm
Norton Village Hall
Monday's at 6.00pm

£5.50 a class or £16.50 a month by S/O

For more details please contact
jo@paracise.com or 07913 922926

FREESTYLE FITNESS YOGA IN STOWUPLAND

If you're looking to gain some flexibility, feel stronger and energised and improve your balance, then Fitness Yoga could be the class for you!

I'm Jo. I've been teaching fitness classes for the past 9 years and have gained lots of experience during that time. I love teaching Fitness Yoga because it is so accessible for people of all ages and abilities. I use yoga postures to teach three main elements of flexibility, strength and balance, all fundamental to keeping our bodies functioning at their best.

The class is primarily a workout for the muscles and differs from traditional yoga in that there is no meditation element. Class members are encouraged to breathe into and through poses and to be aware of where a pose is working them. There is a limited use of yoga terminology, rather more anatomical direction, for example flexion and extension. I will always try to let participants know the benefits of a particular posture and what it is achieving.

Everyone works at their own level. There are always adaptations that can be made, so if you have an existing injury or ongoing physical complaint, it should be possible to work around this.

During class we start with a mobility warm-up to encourage blood flow into the muscles and to get our heart rates up a bit. The class will not make you overly sweaty, but you should feel warm as you are working!

The class is a full body workout, strengthening legs with squat/lunge type postures, finding mobility through the shoulders by use of arm movements and stretches and using and working on core with exercises for abdominals and back. Many people are tight in their hips from sitting down jobs or rounded through the shoulders from leaning over a desk or computer. Doing Fitness Yoga certainly helps in these areas.

We always finish with lots of stretching!

So what are you waiting for? Our class is local to you. We meet in the dance studio at Stowupland High School on a Friday evening 6.45pm-7.45pm (term time only). Classes are only £6 a session. Block book payable once you've given it a try.

For more info give me a text or call on 07912649328
jo@johnnybeales.co.uk

COMMUNITY

I have been reading the Telstar for over nine years and look forward to its arrival. I like to know what's going on in the village and it's always handy to keep at hand as a reminder of any events that I might want to participate in. I enjoy reading the Countryside Rambler; Brian's enthusiasm for nature really rubs off. I always looked forward to Sam's page too and I'm pleased to say he is back! Of course there are all the regular pages that are informative and uplifting. However, I never really thought about the effort that went into producing and delivering the Telstar to our doors. Liz Voden, my predecessor, took the helm for five and a half years and has helped me enormously during the transition, thank you very much Liz.

So, how did I come to be in the hot seat? Well, I'd like to say it was on merit but truthfully I was the only one who volunteered! My friend had egged me on saying that I'd be good at this; I hope I live up to her, and your, expectations. She said something that touched a nerve "everyone should do a little for their community".

I have done some volunteer work in the past. I was told I would not get paid; I would get very little thanks, but if not us, then who? You will get no thanks for binning a piece of rubbish that's blowing about on The Green but you will get that warm, fuzzy feeling knowing that you have done the right thing. So, we can all contribute to our community even if it's a small thing like that or becoming a member of the Parish Council. There are plenty of opportunities to help out. I have said volunteers get no thanks but that is not entirely true. What I mean is that there are many unsung heroes who do great things in our community. However, the welcome and gratitude I have received has been lovely. Not only from my colleagues on the Telstar committee but from many of the contributors too.

To make this magazine work for all the community I would love to have some feedback about the kind of things you would like to see in your magazine. Please get in touch and let me know about your clubs, sports and activities. If you can write a few words about the things you enjoy in our village that would be great. There is very little for the young people who live here and come to our schools. I would very much like to put that right. Sam's Quick Chat is just the first stepping-stone towards that goal. So, to all you students out there, let me know what you would like to see in the magazine. It would be great if you want to have your say and write a column. If you don't want to write yourself, let me know what you would like me to write about and I will do my best to fit your wishes.

If anyone wants me to cover an event just invite me along. It would be lovely to have some pictures too, so, if you have anything we might be able to use, please send it to me. The Telstar is distributed to over 1,100 homes in our community. It's part of our lives and our village. You are only an email away from a warm, fuzzy feeling. Contact me at kay.telstar@gmail.com and do your little bit for the community.

M & M Butchers

Mark Hammond

Suppliers of high quality meats, poultry,
game and award winning sausages.

Local Meats * Home Cooked Pies
Home Cooked Hams
Dry Cured Bacon & Gammon
Selection of Homemade Burgers
Big Selection of Specialist Cheese

Local Delivery

Opening Hours

Monday & Tuesday 7.00 am to 1.00 pm
Wednesday Thursday Friday 7.00 am to 5.00 pm
Saturday 7.00 am to 12.30 pm

The Green Stowupland Suffolk
IP14 4AR

Telephone :
01449 677720

**STOWUPLAND
GARAGE AND YARD SALE
SUNDAY 3RD MAY
FROM 9.00am**

Register your yard now

Sell all that stuff you don't need anymore

Much easier than a boot sale

COST: only £7.50

**Phone 01449 675184, Dave or Julia Brown,
evenings only, to be included**

CLOSING DATE TO REGISTER SALE SITES: 5TH APRIL

**All proceeds to EACH
(East Anglian Children's Hospice)**