

Telstar



VE Celebrations - Stowupland

Do you remember where you were on VE Day 1945?

The picture above was taken in The Old Iron Room at the old Vicarage in Stowupland to celebrate VE Day. The Local History Group has provided the photo from their archives but nothing more is known about it. Is your face amongst these youngsters about to enjoy their party?

VE DAY 75th ANNIVERSARY

VE Day, or Victory in Europe, was originally celebrated on the 8th May 1945. To the vast majority of people in this country it signified the end of nearly six long years of war. Of course, the war was continuing in other parts of the world for the next few months, and it wasn't until VJ Day (Victory in Japan) on the 15th August 1945 that the war was finally over.

After Berlin was surrounded and there was no hope for Hitler to continue, he took his own life, and that of his wife and dog, on 30th April 1945. His successor was left to negotiate the end of the war and offer the surrender of German forces to the Allies. There was a delay as the Germans were trying to stop too many of the German soldiers falling into Soviet hands. Initially, British Field Marshal Bernard Montgomery accepted the unconditional surrender of German forces in the Netherlands, northwest Germany and Denmark on the 4th May 1945. On the 7th May the Supreme Allied Commander General Eisenhower accepted the unconditional surrender of all German forces and the surrender document was signed to come in to force the next day. Such was the relief in Britain that many people started the party early, on the 7th May, but it was on the 8th when people took to the streets and the full celebration continued. After years of bombing, blackouts and rationing it must have been a tremendous relief to finally see the beginning of the end. It was a bittersweet moment too, the war continued in Japan and many people had lost their loved ones and their homes. Although much of the fear must have dissipated there was still the aftermath of shortages and rebuilding to contend with. Food rationing continued until 1954 and clothing was rationed until 1949. The cost of the war meant that Britain was nearly bankrupt and there was an extended period of austerity.

As we look back over the last 75 years, it is hard to imagine what those times must have been like. Families torn apart as the men went off to war and children evacuated to rural areas. Schooling was interrupted for many city children. When they were able to come back together, many of them had lost their homes in the bombing. All of this whilst living under a cloak of fear.

EDITOR'S NOTES

Welcome to the online May Issue of Telstar. Thank you for taking the time to find us here.

We are experiencing challenging times with many of us being asked to do things out of our comfort zone. Some people are working from home; others are home schooling their children, and some of us having to stay indoors. Whatever your situation, there are always two sides to every coin. Being able to spend quality time with your children is just one. Learning new skills is another. Do let us know how you are filling your time while you are staying home.

I have been finding out more about VE Day. Of course, our planned lighting of the beacon to celebrate the 75th anniversary of VE Day is likely to be cancelled, but you can still hold your own celebration at home.

Kay

You can contact me as usual at kay.telstar@gmail.com.



9th Nov, 1939

Wartime Rations

Issued by the Ministry of Food

The following listing is for one adult (children receive half) per week

- Bacon and ham (3-4 slices/rashers) 4 oz
- Other meats – 2 small chops
- Butter 2 oz
- Cheese 2 oz
- Margarine 4 oz
- Cooking fat 4 oz
- Milk 3 pints
- Plus 1 packet dried milk per month
- Sugar 8 oz
- Preserves every two months 1 lb
- Tea 2 oz
- Egg (shell egg) 1
- Plus 1 packet dried egg per month
- Sweets 12 oz

Other foods such as canned meat, fish, rice, canned fruit, condensed milk, breakfast cereals, biscuits and vegetables were available in limited quantities on a points system. An adult's monthly allowance might provide a tin of salmon or fruit, and half a pound of dried fruit. Bread, flour, fish (if available), offal, game (including rabbit, venison, etc), sauces and pickles were not rationed, but were not always available.

In the following pages you will find a selection of recipes that make the most of the ration allowance.

MEMORY LANE

Cookery (continued)

Class	1st s. d.	2nd s. d.	3rd s. d.
68. Iced Victoria Sandwich (butter Icing)		Pyrex Dish 3/-	2/-
2 eggs, their weight in Sugar, Flour and Fats.			

69. R. J. Read Ltd.—Special Class Cherry Cake		15/-	10/-	5/-
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INGREDIENTS

8 ozs. READ'S SELF RAISING FLOUR, 5 ozs. butter, 5 ozs. castor sugar, 2 to 4 ozs. glace cherries, 2 eggs, vanilla essence, pinch of salt.

METHOD

Cream butter and sugar. Stir in well-beaten eggs. Add sifted flour, salt and sliced cherries. Mix thoroughly, then add vanilla essence with a little milk, if necessary. Bake in moderate oven for about 1½-hours. Regulo Mark 4. 360° Fahr.

CONDITIONS

1. Open to amateurs only.
2. Recipe to be strictly adhered to.
3. One empty 3-lb. READ'S SELF RAISING FLOUR bag to be accompanied with each entry.
4. Judges' decision to be final.

70. Marble Cake		V10/6	4/-	3/-
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RECIPE

6 ozs. margarine, 6 ozs. sugar, 2 eggs, 8 ozs. flour, vanilla essence, red colouring, green colouring, 1 dessert spoonful cocoa (for chocolate colouring), 1 teaspoon baking powder. Cream fat and sugar, beat in eggs, add sieved flour and baking powder. Add tablespoonfuls of various colours so that one runs into the next, into a prepared loaf tin. Bake in moderate oven (374° F.) for about 45 minutes.

71. Six Suffolk Rusks		4/-	3/-	2/-
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The recipes in the above copy are from the Village Archives. Can anyone remember taking part in the Stowupland Flower Show? It would appear that there were monetary prizes for the best cakes! These cakes date from: 1964 was Madeira cake, 1959 was Marble, Cherry and Victoria, 1957 was fruitcake and ginger. It seems the same recipes were used for a number of years.

Let us know if you have any memories from taking part in the Flower Show or baking a cake for it!

DOWN TO EARTH

Now is the perfect time to take refuge by escaping into the tranquillity of our gardens. In times like these, our gardens will be our sanctuary.

There cannot be a more jubilant month in the gardener's calendar than May. The whole garden is full of unstoppable energy. The garden changes daily - almost hourly - with growth and more intense colour from alliums, tulips and the first bearded irises. You can see new flowers opening every time you step outdoors.

For me, nothing celebrates the glorious month of May more than the wonderful froth of cow parsley. It is, I suppose, technically a weed but it is a most beautiful one and at Columbine we love it. We have it growing in our orchards, moat banks and under pleached lime trees planted with some of my favourite white tulips 'Spring Green' and 'White Triumphator'. It makes a lovely dreamy display. Cow parsley are umbellifers and are a good thing to have as they attract a range of beneficial insects, such as hoverflies and ladybirds into the garden.



Pleached limes underplanted with cow parsley and tulips 'Spring Green' and 'White Triumphator'

DOWN TO EARTH (CONT.)

I am busy planting my tomato plants that I sowed back in early April, into grow-bags in our greenhouse and in the ground in the polytunnel. I first make a strong bamboo support structure like mini scaffolding, to tie the plants to as they grow. This ensures the plants never break under the weight of the fruit. I always plant tomatoes deeply so the stem is buried right up to the first pair of leaves. I do this because more roots grow from the buried part of the stem and that anchors it more securely and provides more food and water for the plant. There are two ways of growing tomatoes, cordon and bush. I grow mine as cordon tomatoes and these are trained up canes or string and are pruned by pinching out all the side shoots that grow at 45 degrees between the stem and leaves. Bush tomatoes need no pruning at all but take up much more space. We grow many varieties here at Columbine, including 'Gardener's Delight', 'Sungold', 'Costoluto Fiorentino' which is a delicious Italian type and the wonderfully named 'Green Sausage'.

Towards the end of this month, when all risk of frost has passed, you can plant out tender plants and summer bedding. Fork over the planting area, removing any weeds and work in a little compost - the nutrients in this will be enough. If you do not have any compost, a little tomato feed will do, but the operative word is 'little' - too much nitrogen will result in large plants with lots of green leaves but very few flowers.

Summer wouldn't be complete without dazzling displays of flowers in containers and hanging baskets and now is the time to plant them up. Not just bedding plants and tender exotics but all those frost-tender vegetables such as courgettes, runner beans and sweetcorn sown last month, can be planted outside at the end of this month too.

Here are some more jobs you can be doing:

Open greenhouse doors and vents on warm days but close them at night to retain the heat.

Check for nesting birds before clipping hedges.

Continue to tie in sweet peas.

Harvest asparagus.

Keep on top of weeding by regular hoeing.

Earth up potatoes.

Prune forsythia and flowering currants after flowering.

Support all herbaceous plants while they are still small.

Continue sowings of lettuces, radishes, beetroot, carrots and salad leaves.

Until next month - enjoy your garden.

Kate

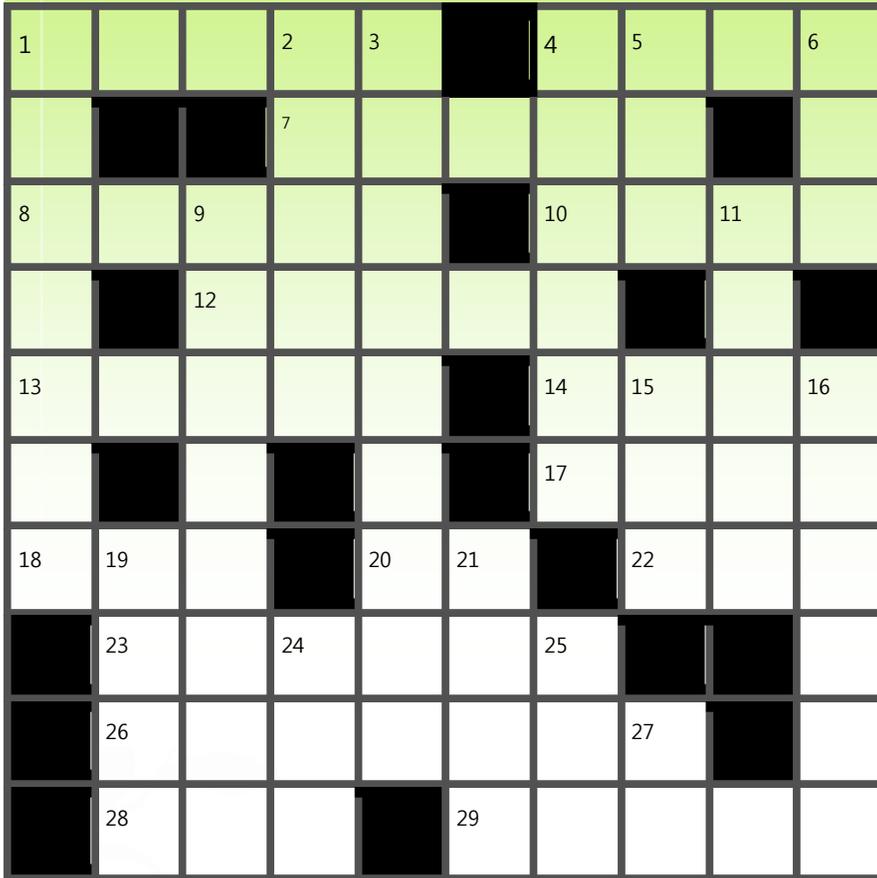
QUICK QUIZ

1. What popular TV programme features a building known as Nonnatus House?
2. In 1990 who won an Oscar with his left foot?
3. Who wrote The War of the Worlds?
4. After working for the BBC for over 30 years, which Radio 2 presenter left to join Scala?
5. Who hosts University Challenge on TV?
6. In the TV detective series called Endeavour, the Detective Inspector has the same name as a day of the week. What is his name?
7. Another TV detective, called Jimmy Perez is stationed on an island. What is the name of the programme?
8. The longest running Musical in London is what?
9. Twenty black horses running along a New Zealand beach at dawn. Who is the advertiser?
10. A multi Oscar winning film about the atrocities of war in Vietnam, featured an iconic guitar piece of music played by John Williams called Cavatina. What is the film called?
11. What was Harold Wilson's wife's name?
12. Who painted The Girl with the Pearl Earring?
13. Who followed Gerald Ford as President of the USA?
14. Who wrote Ivanhoe?
15. Who created The Statue of David in Florence?
16. What does NATO stand for?
17. Who is the current Foreign Secretary?
18. Wood Blewitt, Common Inkcap and Parasol are what?
19. What was Capability Brown's first name?
20. Who was the Jewish moneylender in The Merchant of Venice?

Solutions to the Quick Quiz and Crosswords appear at the end of the Telstar Newsletter May issue.

[Print friendly version of the Quiz Pages available here.](#)

CROSSWORD



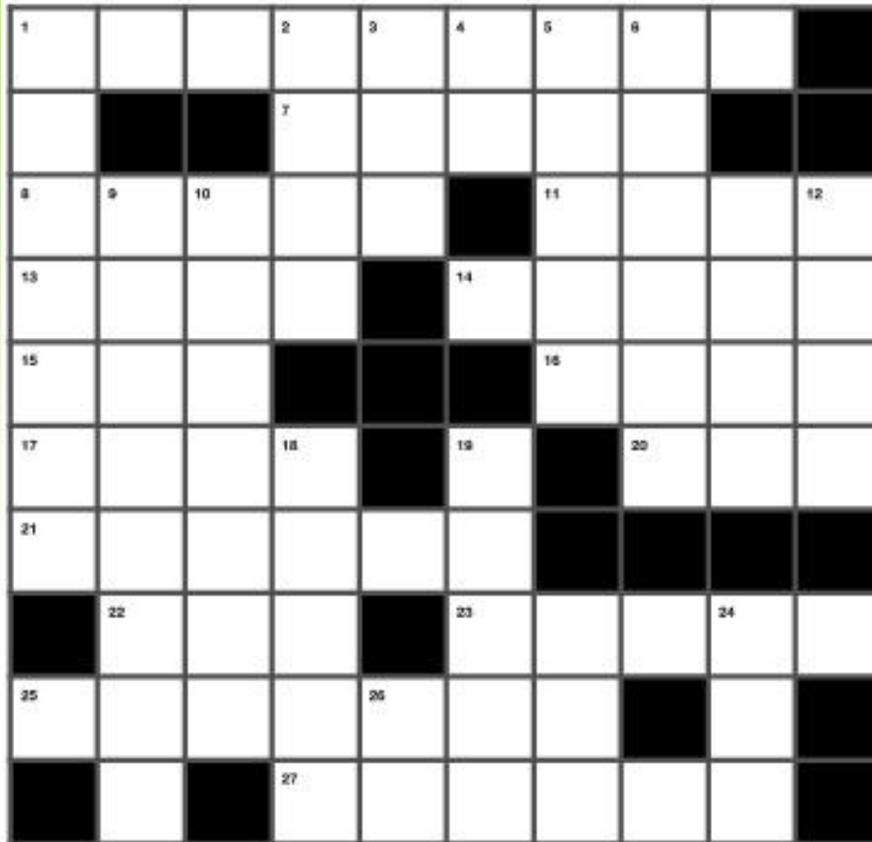
ACROSS.

- 1 You sometimes have to put these on the table (5)
4. The twin who did the slaying (4)
7. It was not an OXO cube that drove people crazy, but this did (5)
8. This man holds up the whole world (5)
10. If you sow you will eventually do this (4)
12. Wooster was definitely in this class (5)
13. We all like to go spending on one of these (5)
14. If you find a good 16 down, you could get a good one of these cars (4)
17. You must be this to make a last will and testament (4)
18. The fifth note of the scale in tonic sol-fah (3)
20. The symbol for Titanium (2)
22. Parents used to join these to help their childrens school (3)
23. Another word for the smallest (6)
26. The North Sea is good at this (7)
28. Initially part of Australia (3)
29. One of rivers in this area (5)

DOWN.

- 1.The skeleton of a vehicle (7)
2. A textile seller (6)
3. If you are arrested then you are this person (9)
4. A type of cloud (6)
5. The leader of the pack (3)
6. This goes with a tuck (3)
9. The favoured dogs of the poacher (8)
11. Johnny English was not a very secret one of these (5)
15. The blood of a tree? (3)
16. Someone who trades in goods (6)
19. A sign that could be good or bad (4)
21. A violent religious cult (4)
24. A difference of opinion? (3)
25. This could go off with a bang(3)
27. Maybe the hardest board game? (2)

CRYPTIC CROSSWORD



ACROSS

1. Black wood could start this old bus.(9)
7. If parents don't agree the couple must go.(5)
8. Initially opposite North precedes that you can, for this animal coating.(5)
11. Put student driver badge in the pot to arrange things.(4)
12. Pick and choose from this surface.(4)
13. Sounds like the French word for "enter" to give a serving tool.(4)
14. Fawly loses one and goes to East initially, to get this European city.(5)
15. Initially far too much.(3)
16. Loves labours ?(4)
17. Iron and part time army symbolically gets cheesy.(4)
20. Lose the potassium symbolically from this fixing to get a refusal.(3)
21. This chalk marks the material.(6)
22. A Scottish knife loses its head to annoy.(3)
23. Rhymes with a spoken test, but the ears have it.(5)
25. The horses in the farmyard have an attic.(7)
27. Abbreviated divorcee needs looking after to go further.(6)

DOWN

1. Leaving dock to get rid of garments.(4 3)
2. Sounds like fibbing again but gives assurance.(4)
3. Take 5 from the place of tears to get this popular beverage.(3)
4. Mr. Jangles also had an aroma.(2)
5. Give Mr. Capone something for his iPad.(5)
6. Half of this is a wrestling hold.(6)
9. Major road circulatory title.(8)
10. An R.A. unit and a social networking tool have this common.(7)
12. Repeat final letter of fisherman's tool to get the actual weight of his catch.(4)
18. Not quite the end of a limb.(5)
19. A Fletcher would add a point and feathers to this to make a weapon.(5)
22. An Australian term for a pick-up truck.(3)
24. The first of 23 across to initial identity would give succour.(3)
26. Remove river crossing from the city of "Dreaming Spires" to get this beast of burden.(2)

HOLY TRINITY CHURCH

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

Dear Friends

Taking every opportunity to pass on advice and information whilst keeping folk safe and at home is a challenge and our Newsletter deliveries, being rightly suspended, has now gone online. So too our Church's ministry, so let me begin by publishing the latest update I have regards pastoral services, daily and Sunday worship, now all online.

Church of England advice:-Last updated Tuesday 24 March 2020

Our Archbishops and Bishops urge everyone to follow the instructions given by the Prime Minister to stay in their homes in a national effort to limit the transmission of the coronavirus (COVID-19).

It means all Church of England churches will remain closed in line with the Government's instructions. There will also be no Church weddings or baptisms.

Funerals at the graveside or in crematoria can still take place, but only in line with the Prime minister's Statement.

With public worship services not taking place, there are a number of live streaming and broadcast services available to view.

<https://www.churchofengland.org/more/media-centre/church-online>

Or follow the link on our own AChurchNearYou page for Holy Trinity

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

Do try and connect with the growing number of church communities live streaming. I found accessing Sunday Communion from our own Diocesan Mother Church on Mothering Sunday a moving and encouraging act, the organist led the hymns and the cameraman helpfully held up the words for us to join in at home.

If you would like to share daily prayer our Bishops are live streaming daily on their open Facebook page

<https://www.facebook.com/BishopsCofEsuffolk/>

It is good to see how many folk gather in this virtual way, as you can view numbers watching and many leave comments of thanks and encouragement. So do try and access this virtual fellowship and worship in these times and offer your prayers for all affected by and working to halt this Pandemic. Here a timely reminder of the first commandment, and the Laws summary.

“Love the Lord your God

with all your heart and with all your soul and with all your mind and with all your strength . . .

Love your neighbour as yourself. There is no commandment greater than these.”

And to close, don't forget at this time the Vicar is in! So do call if you'd like to chat or share concerns. There are a great number of volunteer groups offering services from virtual company to arranging essential supplies, but if you feel you're not connected or just would like to share some time in conversation, do ring. If I can't sort out your needs I might know someone who can.

And if you're part of the great growing wave of NHS volunteer support, thank you, and thank you to all our NHS health professionals, health advisors, local and national administrators and leaders. Remember their message, each one of us has the power to turn back this Pandemic:- To protect the vulnerable amongst us, please do not leave your home except for essential trips.

See following digital resources under development and currently available along with Q&As.

<https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-churches>

Stay home, protect the NHS, save lives.

Grace and blessing to you all

Rector: Brin

**Litter Pick
16th May
CANCELLED**

STOWMARKET & AREA FOODBANK

Stowmarket Foodbank are short of certain tinned products: tinned potatoes, packets of smash, tinned cooked meats such as stews or curries and anything with a long date.

The Centre is open during the following hours

- Tuesdays: 9 am – 1 pm
- Wednesdays 9 am – 1 pm
- Thursdays: 9 am – 1 pm
- Fridays: 9 am – 1 pm

Drop off donations during their opening hours at Hillside Community Centre, parking is available.



“Providing individuals and families from Stowmarket and the surrounding areas who are in crisis with emergency food parcels”

COUNTRYSIDE RAMBLER

BRIAN WARD

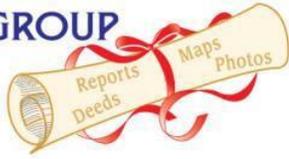
I hope you are all keeping safe and well. These are stressful times for all of us but we must remain positive for the future. I feel it will be a changed world when this is all over, in many respects.

My personal therapy is to walk. My wife and I try to walk 2-4 miles every day along our local footpaths, of which there are many. We may have met you on our rambles, I certainly have met many dog walkers and family groups exercising in the open air. I hope we can all continue to do this if only at a safe distance from others.

We have some wonderful walks locally that go in all directions, to The Creetings, Old Newton, Stonhams, Mendlesham, Gipping and beyond. Most of the walks are through arable land, but we are fortunate in our area to have considerate farmers who leave a wide headland and are not overzealous clearing out the ditches and streams, this means we are blessed with primroses, cowslips and violets along our route. The hedgerows with good mixed species give us blossom and berries, also habitat for our wildlife to thrive. As we ramble along our footpaths we must have respect for the crops, after all this feeds us. Also please follow the country code regarding livestock and gate closing. On our walks we have seen, hares, rabbit, roe deer and many species of birds. Just to stroll and listen to their tuneful chirps, twitters and song is a pure delight.



Talking to an employee of the Bloor homes site, I was informed they have incorporated hedgehog runs between the houses, also bird nesting sites along with log piles for invertebrates and reptiles, I applaud this company to keep conservation in mind. No doubt as the site gets more established the wildlife will return and thrive.



May 2020 Newsletter

(Please share with friends and neighbours)

Continuing isolation measures mean Pip Wright's talk on **Suffolk's Witches** has been **postponed**, but here are a few thoughts to keep you spell bound till we can meet again.



Although Pip and Joy have no stories of any Stowupland witches in their Book **Witches In and Around Suffolk** they do tell of several in surrounding villages, especially in Bacton.

Much of the details we have today about witches come from 17th century documents relating to the Witch trials by the Witch Finder General, Mathew Hopkins. Neil Langridge tells me that it is well documented that Hopkins visited Stowmarket; 'his expenses were documented in the Churchwardens Accounts'.



Whilst researching Stowmarket pubs Neil and his co-author found that Hopkins likely stayed at The Fox and Hounds in Bury Street (at that time called the Crown, not to be confused with the Crown in Crown Street, or Stowupland's Crown Inn).

But allegations of witchcraft were not limited to the 17th century. Margery Jourdemaine, The Witch of Eye, was accused of sorcery in 1411 but she was burned for treason because at that time there was no law prohibiting witchcraft, **'Magic was merely a cause for wonder and very much accepted in this part of the world.'**

And more recently the Rev A.G.H. Hollingsworth noted that in the 1800's the 'supposed witches' Nan Bugg and Betty Wineforth lived in Ipswich and Stowupland streets in Stowmarket.



THE CROWN by Neil Langridge

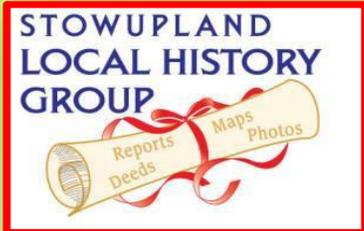
As I write this The Crown is closed for an indefinite period maybe for the first time in its 270 + years as a pub.

When I was researching the history of the pubs of Stowmarket, Combs and Stowupland along with Brian Southgate it was rather disappointing the we couldn't definitely state how long Stowupland Crown had been an inn. Villages don't generate as many historical administrative documents as towns and there was a lack of early rate books that may have carried us further back. The core of the building dates from about 1600 but with major eighteenth century alterations.

For most of the 19th century censuses, directories, parish records and other sources gave us a fairly good pictures of the owners and occupiers of The Crown. We know that it came into the ownership of Cobbolds the Ipswich Brewers in 1805 when the then owner John Aldrich disposed of all his pubs in Stowmarket and the surrounding villages. Aldrich was the son-in-law of brewer John Cobbold and he was in debt to his father in law.

Members of the Aldrich family had been owners since about 1752 when John's grandfather William Aldrich bought the building from a Stephen Bacon. This transaction is recorded in the manorial documents of the Manor of Thorney Hall although it is not stated whether it was at this time an inn it is likely that it was.

This William Aldrich had started out as an apothecary in Stowmarket but on inheriting several of the main inns in Stowmarket including The Queens Head and Greyhound from his father-in-law William Bunn he turned to brewing. Bunn had acquired these inns in the 1730s and Aldrich added to this estate buying more of the local pubs and likely bought The Crown as a going concern.



May 2020 Newsletter

(Please share with friends and neighbours)



The following lessons are from **Margaret Catchpole's** school book from 1913. She wrote on the first page; **'A little thing is a little thing but faithfulness in little things is a great thing'.**

Lesson 1 September 19th 1913

1. A timetable of the work to be done during the week should be kept.
2. The work should be so arranged that time should be allowed for shopping and exercise during the week.
3. In tuesday the washing should be done.
4. On Wednesday, mangling and ironing should be done
5. On Thursday is a good day for cleaning bedroom

Lesson 3 - Care of a bedroom

Daily care

1. Open all doors and windows wide
2. Open the bed, hanging the clothes over the chair to air. Place night-dress to be aired
3. Sweep up all pieces on the carpet and all the surroundings
4. Clean washing stand
5. Make the bed
6. Dust beginning at the top removing all ornaments

Weekly care

1. Shake all the mats
2. Sweep carpet thoroughly, if linoleum polish it
3. Wash all china
4. Dust the furniture and polish
5. Replace the mats
6. Before sweeping take the curtains down
7. After the dust has settled dust the room and arrange the room
8. Put up clean curtains if necessary

Timely advise on how **To treat hysteria -?**

When a person suddenly loses control of her feelings and actions in consequence of mental excitement or shock.

Treatment – avoid sympathy, speak sharply and firmly. Apply a mustard leaf to the back of the neck.

September 25th 1914

Reasons for keeping accounts

1. Avoids debts
2. Acts as a cheque (sic) upon undue expenditure
3. One can see in what respect too much money has been spent
4. It is easier to provide for a reserve fund
5. Accounts are useful in case of dispute
6. One can see what various things were bought and how long they have lasted
7. It encourages thrift and economy

Answers to April quizzicals (from Ena Carter's Archives)

1. Onehouse
2. Bury St Edmunds
3. Playford

The two thatched cottages were

- ◆ **Elm Farmhouse (B1115)** - behind the 1820's clay block front extension
- ◆ **Belvedere (A1120)**– before the thatch was removed

And finally, all the 4 buildings have been or are places of worship

May's quizzicals

1. Tea between mash and meat
2. One over the eight has merit

STAY SAFE and hopefully we can all meet together again soon. In the meantime, any queries or comments please

Contact Sandra (Chair SLHG) - 📞 01449 673 296

or sawalker2000@hotmail.com

or by Facebook

or our Website; www.stowupland.com/history-group

STOWUPLAND LOCAL HISTORY GROUP BY NEIL LANGRIDGE

I am used to writing about events and people from history that shaped the Stowupland we know today. But now we find ourselves living through an event that will affect the country and our community in ways that cannot yet be foretold. No doubt it will be analysed by historians of the future. On a positive note we have seen people coming together in many ways to help whenever they can and to support those in the vulnerable category. The number of volunteers has surprised many who have doubted that the country still had the spirit that saw us through many past crises. It's still early days but I hope by continuing our reports in Telstar we can help you **KEEP CALM AND CARRY ON.**

Our April meeting had to be cancelled along with most of the other village events and we do not expect to be able to meet again until July at the earliest. Sandra has produced a short newsletter that was distributed to members via email. For May this newsletter will be uploaded in this online edition of the Telstar, we hope we

SAM'S CHAT

Hi this is Sam,

I am writing this while in the lockdown. No school, no swimming, no parkruns, no striders.

What me and my family have been doing during the lock down is a walk every day. Sometimes me and Jessica go on our bikes and Mummy and Daddy run to try to keep up with us. We have found footpaths and places around Stowupland and nearby that we haven't found before. We have been looking for rainbow pictures in windows as well. We made our own rainbows and other colourful pictures and rainbow hands. We also discovered a trail in Cedars Park. The trail is an Easter trail with 13 posters on different lampposts and each poster has a Disney Character. Every morning we have been doing an online exercise class.



It was my 10th birthday just after the lockdown started so I was not at school. I was going to have a party at an Escape Room but sadly because of the lockdown I wasn't allowed to go. An Escape Room is where you go in a room and work out clues to get you out. It is a bit like Crystal Maze on TV. Instead I stayed at home all day playing with my presents and making Lego. At the end of the day my friends had a surprise for me playing an online game. It wasn't quite as good as everyone was shouting and they couldn't hear what I wanted to play. I did get to show everyone my storm trooper cake and they all sang happy birthday to me. It will be Jessica's birthday soon. I hope we will not still be in lockdown so she isn't sad.

There are no parkruns but every day we do a walk around the village or a bit further which is normally about 5K/3 miles, the length of the parkrun. I am doing pokemon and also we look for What3Words places. I will talk about What3Words next time.

I did also do a bit of running training from Junior Striders. The coaches email us some training plans. Mummy and me ran around the football pitch on the Green doing one of the training plans. Mummy is meant to be doing marathons this year for the Brain Tumour charity but sadly some of these have been cancelled. Instead she is running around the garden. She is doing a challenge called the Dopey Challenge around our garden. It is a run in Disney World that she did for her birthday. She will be doing it in our garden at Easter a 5k, a 10k, a half marathon and a whole marathon. She is doing this because granddad Bob (grandBob) died of a brain tumour.

I haven't been doing school at school. I have been doing school at home. I have been doing sport on the trampoline and the other work on my computer or on paper. We have also been having a few online meetings with my teachers. It is very confusing sometimes because my teachers keep saying to hand things in before I need to do them and I can't see where anything is. I help Jessica with her work sometimes as Mummy doesn't really know how Google Classroom works and I do. I am still managing to see my friends on a Google Meet so I am not really sad that we are not allowed to go to school.

I haven't been doing karate at the school where we normally do but I have been able to do online classes using an app called Zoom. Our instructor Stephanie sets it up and we can all see her and she can see us. We sometimes do this outside in our garden. We even did one lesson in our PJs and Daddy was dressed up as a monkey.

I hope everyone stays healthy and safe and hope everything is fine when you read this.

Love Sam



An Ode to Isolation.

This busy frantic techno nation

Is now in strictest isolation

Far from the madding crowd are we

The afternoons with time for tea

Keeping distance from each other

Apart from friends, sister and brother

But nurses, doctors and para meds

Try to ensure there will be beds

Garden Waste by Mid Suffolk District Council

Service suspended until further notice.

We ask that you please compost your garden waste at home, or if that's not possible, please store it in your garden until we can get this service back up and running again.

Please do not place this waste in your general rubbish bin. [Find composting offers.](#) [click here](#)

We will not be invoicing for garden waste during this stoppage period, and subscriptions will be amended to compensate.

Although occasional bonfires aren't against the law, we would always encourage residents to be considerate of others and find alternative ways to dispose of their waste, such as composting, in addition to looking at ways to reduce waste or storing recyclables and non-toxic waste temporarily. Particularly at this time, as COVID-19 can cause respiratory issues. [Find further guidance on smoke and smell nuisances](#) [click here](#)

Stowupland Good Neighbours

A volunteer service run by residents for residents

Helpline 07591 539 621

Good Neighbours is still open for business! We are here to help our vulnerable residents and have a team of friendly volunteers who can collect medication and shopping.

U.R.C CHAPEL

Church Secretary: Anne Scarff

Telephone 01449 774792

What beautiful weather we are having, it does make the lockdown easier to deal with although by the time you read this hopefully we will be 'unlocked.' We are the lucky ones here in Stowupland because most of us have gardens and of course we can walk on the Green. So many neighbours are rallying round and helping each other. I have been particularly blessed with my neighbours and their helping hands and with the offer from others also.

Colleen Rose and Mary Coltart are busy with practical help, using their skills to make scrubs for the NHS. Well done Colleen and Mary. We all have skills which we can use to help others even if it is only a phone call to have a chat.

Joyce Gardiner

“I hereby command you: Be strong and courageous; do not be frightened or dismayed, for the LORD your God is with you wherever you go.”

Joshua 1:9 New Revised Standard Version (NRSV)

Who would have thought that I would once again have to learn how to use a Hoover (other makes are available) or rediscover the mysteries of dust and dusters? For in the past I have been fortunate in having a lovely lady do my housework. But times they are a changing and, in times of necessity, these things come back onto my job list. There have been other changes too in that I have set aside a regular slot for exercise. You would think that for a retired PE teacher that would be the norm, but I admit that under normal circumstances I have allowed other things to get in the way. I bet there is not a soul out there who would sigh “poor old thing”, unless in sarcastic monotones. I am indeed a fortunate one. I am genuinely comfortable self-isolating, provided I can get some fresh air. Doubly lucky to have a garden which is relishing the time I have to spend on it and some good walks close by. Of course, there are things I do miss like meeting friends and family, but they are a price we must all pay in order to keep as many people as safe as we can.

Noel Coward’s song “There Are Bad Times Just Around The Corner “ was written following the Second World War after he noticed a change in the national mood where after 6 years of what he referred to as “forced cheeriness in the face of imminent disaster” Britons were once more allowed to be miserable again. Coward, believing this ability to moan to be a key part of Britishness wrote this song to celebrate that change. As we are in the grip of the Coronavirus pandemic there have been changes in our communities and the people we pass (at a distance of 2 metres). Many of the changes are ones which I hope we will cling to so that we don’t return to “being miserable again”! There is the community spirit where people are offering help to each other, particularly helping those who need shopping. There are people making regular contact by phone to ensure people are OK. Out walking I have noticed that there are very few people on their mobiles and many more willing to look you in the eye and say a cheery greeting. We are recognising and applauding the people for whom work must go on, particularly all those wonderful people in the Caring professions. More and more ways are being offered to explore ways to keep youngsters occupied without the need for a computer. And, for us who miss our Sunday services there are a host of on-line ones available, or ones to print off for those without a computer.

There have been things we really miss by being isolated and those we must cherish when they return again. Then there are the positives that have come out of all this and these we must hold on to into the future. And finally, our thoughts go out to those who have died and those who have lost a loved one and been unable to mourn. Remember that God is with us throughout this difficult time and he is crying with us.

Anne Scarff: Secretary to Stowmarket URC Group of Churches (The group of churches being Stowmarket, Stowupland, Mendelesham and Debenham).

EDITOR'S POSTSCRIPT

I must, first of all, thank all our contributors for taking part in this online experiment. This is not the ideal for Telstar but the best way that we can reach out to our fellow villagers in these restricted times. We will resume the printed magazine as soon as restrictions are lifted. If you have found your way here, please consider your neighbours who may not have access to the Internet and print them a copy if you can deliver it safely to them.

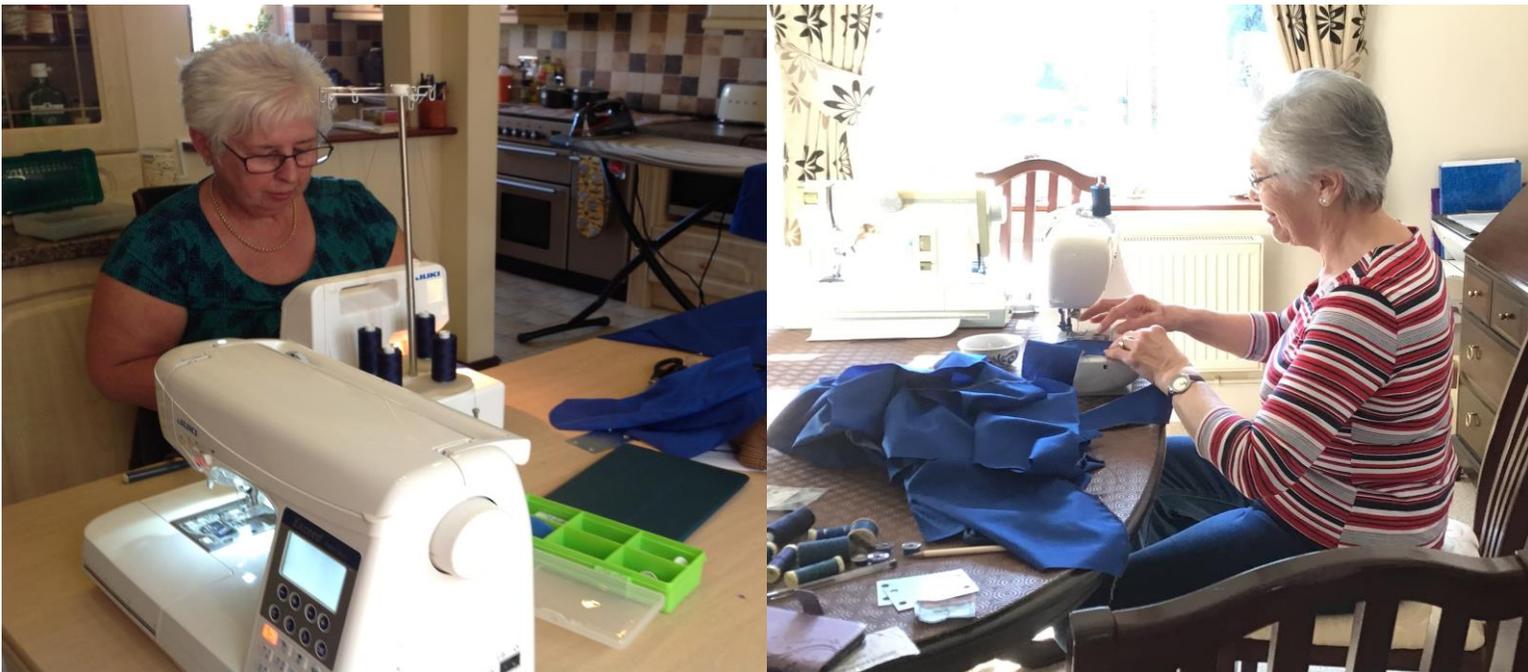
I have been on social media and out and about (with a social distance) and asked what people have been doing to occupy themselves in lockdown. There has been mention of paint jobs that need doing, plenty of gardening and the pressure washers have been out cleaning patios and driveways. I think we will be the best kept village by the time lockdown is over! The ducks up at Trinity Meadows are getting fatter and there is the waft of baking on the breeze. Some have been taking advantage of the peace and quiet to listen to their favourite music. I have compiled a happy playlist on Spotify. We are so lucky to live in such a nice place for our daily exercise, and lucky too, that we have technology that connects us to our friends and families. We have been able to have video chats with our whole family, sometimes four generations at once! There are villagers busy making PPE for the NHS and some making knitted hearts to be given to patients and their families.

I know that many people, who would rather avoid going to the supermarket, are having difficulty getting an online delivery. Do try to help out your neighbours if you can.

I will end this newsletter with a few words of thanks, and I believe I speak for the whole village:

Thank you to those who work in the NHS, the Carers, the Teachers looking after key workers children, the Supermarket deliverers and their colleagues in store, the Milkman, the Postman, the Binmen and all those white (or otherwise) van men who deliver to our doors.

To the children who have adorned our village with Rainbows and, to all of you who do help their neighbours, who keep 2 metres away, work from home and most of all, stay at home. Thank You!



Mary Coltart (left) and Colleen Rose (right) busy at work making scrubs for the For the Love of Scrubs Appeal 2020. The fabric was donated by Liz Cowling.

And finally a few words from Rev Brin (a little late for Easter, but appropriate)

Holy Week and Easter.

Through Passiontide and Holy Week, Daily Prayer offered us the Litany, which rings true for our nation indeed all nations in this time of dearth and pandemic, for so it reads 'from famine and disaster; from violence, murder and dying unprepared, good Lord deliver us.' As well prayers for Church and Nation it calls us in humility to look to our part. Many of us may be restless in our selves thinking we should be doing more, hearing of all the good works carried out for us from Administrators, Health Professionals, our Armed Forces, and volunteers from every walk of life and in every neighborhood. Yet Stay at Home, is our calling at this time, and as we applaud our NHS their plea to us is to stay at home, our Queen asks of us to stay at home, to protect the NHS, staying at home is the necessity of our time, it Saves Lives. So don't listen to that inner voice that sees others as doing more important work, they will tell you they can only save lives if you stay home, staying at home saves lives, that is the most important thing we can do, and they all applaud you for it.

This year our journey through our Holy Three days of Easter, Triduum, may yet lengthen into weeks and months as we watch in prayerful waiting through our passion of suffering before we join the Easter Gospel with Mary to run through the early dawn bearing news of empty wards and call the disciples from their barred doors. But to shorten the trial until that New Day Dawns we are too called Stay Home, Protect the NHS, Save Lives.

I pray a safe Easter to you all, let us wait patiently for deliverance.

Brin.

PUZZLE PAGE SOLUTIONS

Quick Quiz Solution

1. Call the Midwife
2. Daniel Day Lewis
3. HG Wells
4. Simon Mayo
5. Jeremy Paxman
6. Fred Thursday
7. Shetland
8. Les Miserables
9. Lloyds
10. The Deer Hunter
11. Mary
12. Johannes Vermeer
13. Jimmy Carter
14. Sir Walter Scott
15. Michael Angelo
16. North Atlantic Treaty Organisation
17. Dominic Raab
18. Fungi
19. Lancelot
20. Shylock

CROSSWORD SOLUTION

C	A	R	D	S		C	A	I	N
H			R	U	B	I	C		I
A	T	L	A	S		R	E	A	P
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S	P	R	E	E		U	S	E	D
I		C		C		S	A	N	E
S	O	H		T	I		P	T	A
	M	E	R	E	S	T			L
	E	R	O	D	I	N	G		E
	N	S	W		S	T	O	U	R

CRYPTIC SOLUTION

C	H	A	R	A	B	A	N	C	
A			E	L	O	P	E		
S	A	B	L	E		P	L	A	N
T	R	A	Y		B	A	S	L	E
O	T	T				L	O	S	T
F	E	T	A		S		N	O	T
F	R	E	N	C	H				
	I	R	K		A	U	R	A	L
H	A	Y	L	O	F	T		I	
	L		E	X	T	E	N	D	