

TOSTOCK CHRONICLE

More details and the latest up to date information, including a full colour version of the Chronicle is available on our village website.

www.tostock.pc.org

In these difficult times and uncertainty our beautiful Village and Wonderful Community get together, support each other and find our way through.



Collage created by Flo Jones

Inside....

a snippet of how Tostock residents, rally round and unite. Filled with truly kind, caring supportive people, surrounded by amazing views and wildlife too!

MANY THANKS.....

for the lovely deliveries of homemade cakes and scones which have been so kindly delivered. They have been much appreciated at this time, and everyone looks forward to when we can resume our regular monthly get together at the Tostock Coffee Mornings.



'We're going on a bear hunt!'

Is your teddy bear driving you crazy whilst cooped up at home?

If you are currently residing with a bored bear (or other animal) who would like a view from a prominent window please assist him or her up onto the windowsill.

You may have to enforce crowd control indoors and arrange for teddies to take turns if you have more than one.

Our younger villagers will be able to look out for various bears on their daily exercise around the village!

This Bear Hunt started in New Zealand - the ideas and photos on line are amazing and inventive



Woolpit Surgery will be sending any ordered prescriptions for anyone self-isolating back into Tostock for two named volunteers to distribute, they will arrive in the village with one of the nurses (who happens to live here) about 4 days a week.

If you require assistance with shopping, collecting medication or for any other reason **please contact a member of the Parish Council,** (page 16)

or ask someone to do it on your behalf

We are in contact with many people in the village who are able and willing to assist.



The Gardner's

The village of Tostock has had a public house at the end of the green since King Henry VIII sat on the throne of England it is one of the oldest properties in the village if not the oldest it has stood the test of time it witnessed the plague, Spanish flu and two world wars.

When Jill and I took it over eleven years ago this August it was due to close it had been on the market for over six months with no interest if we had not taken it on Greene King would have boarded it up on the 5th of August 2009 and it would have stayed that way for another four years until it like most other village pubs it would be converted into residential use.

Jill was born in the village and grew up in New Road she came to the pub to meet friends and socialize as have many generations of villagers these actions secured its place at the heart of the community, it is what makes the village,

A few years ago the parish council filed a village plan and the residents of Tostock were asked to fill in a form on the way they wanted the village to progress for the next ten years, one of the questions on that form was (how important is the village pub) I believe from memory it was over 90% in favour but it would now appear it must have been 90% against as this is the current rate of support we are receiving during these difficult times.

To say the least we are disappointed with this turn of events we have invested a lot of our own money and time to preserve the village pub and leave in good shape after we are gone to future generations. As you are aware we sent out a notice to every household in the village two weeks ago with a mock-up of what the pub could look like if it is not supported, this was not meant to scare you but to inform you about cold hard facts the reality is we cannot keep the pub open if we don't receive the necessary income to do so.

For those people of the village that have continued to stand by us and support us we truly are thankful

Steve and Jill Gardner

V.E. Day

Friday 8 May 2020 – Tostock

Remembering those who gave so much so that we could live our lives in peace and freedom, hope and positivity.



We woke up to a beautiful sunny day and, of course, in normal circumstances we would have been gathering on The Green in Tostock to commemorate VE day.

We had made plans for this event some months ago and had some super ideas to enjoy together but obviously with the current lockdown this was never going to happen. So, how could we celebrate in a different way and still make it meaningful? Our plan was to use the front gardens in the lower part of Norton Road (and I know that further up the road there were other gatherings). Residents were invited to bring out chairs and enjoy some time together with a tea or coffee. The beverages turned into prosecco and wine, but I did spy one couple with a tray and a pot of tea! Ruth's family presented us all with fruit scones, with jam and loads of cream. The chatter was brilliant and we all enjoyed the “freedom” and spoke to our neighbours – some for the first time. I had printed off some song sheets with the words of “We'll meet again” and we made a valiant attempt to sing as loud as we could. We even had an encore. Norton Road was really buzzing and the atmosphere was amazing. Whilst maintaining social distancing we all mingled with each other so easily and, for me, I feel blessed to live in this lovely village where I know I am not alone and that we have all been looking out for each other. It turned out to be a very memorable day for us all.

Lynne Jones, Glentor

continued

V.E. Day





THANK YOU

NHS

And All Keyworkers



Every Thursday evening at 8.0clock



THANK YOU

I've been making masks and charging £4 (£2 for material and £2 for charity).

I've been inundated with orders and would like to **thank everyone for their generosity.**

I have collected to date **£160** for charity.

The collection has been split into **£90** to Women's aid and **£70** to smaller assorted charities.

Jane Parnum

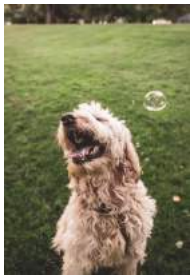
Tostock Village Hall News

June/July 2020

It has been lovely to see so many people regularly walking through the Hall's playing fields and enjoying the outdoor space. In line with current government guidelines, the outside basketball court and the table tennis table can be used whilst maintaining appropriate social distancing.

The fenced playground area currently needs to remain closed, but will be re-opened as soon as we are advised that it is safe to do so.

The temporary closure of the Village Hall also needs to remain in place. Should you have any further queries, please contact Hannah Jones via hannahgracejones@hotmail.com



The playing fields and paths through the wild flower meadow are there to be enjoyed by our four legged friends too. Current advice recommends keeping your dog on a lead in areas with other people to maintain social distancing's required two meters. Many thanks to all dog owners for respecting this, and also for conscientiously cleaning up after their pets and helping to maintain a space which can be enjoyed by all.

TOSTOCK TEA PARTY ON THE GREEN

We look forward to re-arranging the Tea Party on The Green and getting together at a time when it is possible for us to safely meet up again.



A big **THANK YOU** to all the people within our village community who help to maintain the village hall's outdoor space, both as part of the Tostock Tidy days and also the team who regularly mow the playing fields and paths.

Finally, please continue to look after yourselves and your families as we go through these uncertain times together.

Even though I write just a small 2 or 3 page column about Country life it would be very hard indeed for me to totally try to ignore the fact that the Corona virus pandemic does not exist, so there's no sense in me avoiding the fact. This is a devastating world disaster, none of us have ever experienced before, or expected a pandemic like this to spread so rapidly. Almost every person and country throughout the world has been affected. For 2 months now it has caused a complete lockdown over the entire world causing so much despair and disruption which has dramatically changed all our everyday lives, businesses, travel arrangements, jobs, financial losses to us all, so we are all feeling the profound impact on ourselves, loved ones, suffering in our communities, and even our children are affected by it too having to stay away from school and not seeing their friends. So on behalf of Tostock I would like to convey our sympathy and sorrow to all the families of the thousands of lives lost throughout our country, not forgetting the world. I did mention in a previous edition - Number 25 how we are all equal to each other under certain circumstances, well this is one of them such rare circumstances. So now we all need to be strong, stand together and help each other, to stay indoors and keep safe. Any one of us could catch this virus, this pandemic will affect the way in which we think and do things for a long time to come especially when we come out of lockdown, then perhaps we can begin to get back to some form of normality again. On behalf of us all here in Tostock the least we can do is to thank the fantastic NHS workers, hospital staff, nurses, doctors, surgeons, and carers. The thousands of retired volunteers who have returned back to work, essential workers, delivery workers, shops and supermarkets, our local postmen/women, and everybody else still working principally to keep the economy moving. Well done to all these people who have put their own lives at risk to help save others, you are all magnificent.

A mention and thanks for all the good deeds throughout Tostock giving us a good community spirit, particularly **Steve and Jill at The Gardners** for setting up the **shop and the Takeaway meals**, and also our neighbours both looking after us well. By the time you receive this issue of the Chronicle I am not sure whether or not we will still be in lockdown or least starting to come out of it so what I thought I'd do is give you all a **picture gallery** of some of **my photos I've taken in and around Tostock** over the last 5 years. Hope you will enjoy at least some of them. **Good Luck and stay safe**



Keith Ollett's Wood



Wood Close



Private Ground



Allotments



My Back Garden



Shirley's Church Road



Ancient Meadow opp The Leys



Looking towards A14 , Beyton



Little Owl Oak tree ride towards Rectory Farm



Lionel's Sunflowers(allotments)



Baby Green Woodpeckers Mr Bowman's Park House



Lilac 5 Wood Close



Tom Stocking's Suffolk Sheep



Wood Close



Charles Bowman's box



Mrs Villar's back paddock



Mr & Mrs Villar's
Front paddock



Private Land



My Back Garden



Wisteria 6 wood close



Looking towards Val Kemballs
The Leys



Norton Road looking back to
Wood Close



Wood Close

This Barn Owl is my special personal tribute to **Roger Lister** who suddenly passed away recently. A true gentleman and great person to whom I shall sadly miss. It was a great pleasure in knowing him. Roger did a great deal for this village, particularly with the Art Show.

Penny and I would like to convey our condolences and sympathy to Rosemary and the family at this very sad time. This Owl is Roger's own Owl taken in 2018 sitting in their tree one of many they both attracted to their own box on their private property.

I feel privileged and grateful to have been given the opportunity to go there – thank you.





St Andrew's Church Tostock

(Benefice of Pakenham, Norton & Tostock with
Great Ashfield, Hunston & Stowlangtoft)

Rector: Revd Katherine Valentine Tel 01359 235095

Email: kavalentine677@gmail.com (new email!)



Website: for more details of all our churches - including Tostock - see the national Church of England website www.achurchnearyou.com

Our benefice Church magazine is also available online at www.vcnews.org.uk

JUNE- JULY 2020

At the time of going to press all our church services are suspended and the church building is closed, in accordance with national guidelines during the corona virus outbreak.

However those of you who have been able to include a walk to the church in your daily exercise will have seen the Prayer Tree in the church, where you can tie your prayer leaf onto the tree - bring your own pen if you can! It has been very moving to see the response to this prayer station, and makes it clear that prayer is very important to many people. During this time of crisis and lockdown, when so many of the ways we would normally express our feelings are closed to us, many people of all ages have found that prayer is a positive action they can make.

It is our intention that the Prayer Tree will remain in place until we can open our churches again. It may have to grow some more branches but it is our intention that everyone's prayer is included.

ONLINE SERVICES.

Did you know we have a benefice You Tube channel? You can just enter "Pakenham Benefice' into a You Tube search to see the latest offering from our own benefice as well as some of the music and services we did for Easter - and there should be some new services coming on there for the rest of June -as long as my technician (son!) doesn't go back to London!

You can also look at your own parish's A Church Near You website - just google 'A Church Near You' and put in the name of your own village.

Our church benefice magazine is not being printed this month, and is only available online. However if you, or someone you know, would like a paper copy of my letter for the month, and the prayers and Bible readings for June, please get in touch and I will arrange for them to be sent out on the post.

Sunday Services and Daily Prayers are being streamed live from both the Cathedral and the Bishops, and you can access these via the cathedral website <https://stedscathedral.org>, or the diocesan website: <https://www.cofesuffolk.org/> or you can look at the Church of England website <https://www.churchofengland.org> to join in services from churches around the country.

Here are 2 prayers that some of you may like to use at home. The first comes from a much longer prayer called St Patrick's Breastplate. As well as giving comfort in times of trouble or danger, it reminds us of the many kindnesses that we can give, receive and give thanks for. The second is a prayer for all who work in the medical and caring professions.

A prayer when we are feeling lonely or afraid (from St Patrick's Breastplate)

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger. Amen.



A prayer for medical and nursing staff - remembering our own local hospital, doctors surgeries and nursing homes.

O Lord Jesus Christ, who went about doing good and healing all manner of sickness: give strength, wisdom, and gentleness to all your ministering servants, our physicians, surgeons, nurses and carers; that always bearing you presence with them, they may not only heal but bless, and shine as lamps of hope in the darkest hours of distress and fear; who lives and reigns with the Father and the Holy Spirit, ever one God, world without end. Amen.



This is a difficult time for many people, and I have been heartened by the many acts of neighbourliness and kindness that I have witnessed in these last few weeks. We are fortunate to live in such a supportive communities. We are all having to find new ways to keep in touch - or sometimes rediscover old ways! One benefit of going out for a daily walk has been the conversations had with people doing the same - albeit at a distance! It is lovely to just have a chat with someone sitting out on their doorstep. Please know that just because the church building is closed that this does not mean the church is closed. I am still available to talk to if you have any questions or just want a friendly listening ear - by phone or email above, and I, the church-wardens and the PCC will do our best help,

With every blessing and my prayers, Revd Katherine Valentine.

St Andrew's Church News



The Church has been closed since March , at Easter the porch was decorated with flowers , but the traditional lilies were unattainable .

There have been many visitors to the porch to hang their prayers on the Prayer tree , but there is still more space for others . We hope that perhaps by July there may be a change in the rules and that we can again open the door to the parishioners .

It is so sad to report the death of our wonderful Church treasurer ,Roger Lister . He has taken care of the church finances for many years, enabling us to do so much to provide better facilities in the building , and to donate to many Charities .We shall miss his involvement in so many Church and village activities as he and Rosemary organized the Art Exhibition for many years .We send our love and condolences to Rosemary and family .

The Church flood lights for May were sponsored by Margaret Pamment , to remember with love John's Birthday on May 24th .

The lights for June are sponsored by Gillian and Keith Temple-Nidd to celebrate the birth of two Great -grand daughters ,both born on April 11th, Iris Marienud and Mila Rose .

The lights for July are sponsored by Shirley and Andy Nice to celebrate their Wedding Anniversary . Thanks to all the kind people who sponsor the Church lights .

We have recently celebrated VE Day and on August 8th VJ Day will be remembered ,when the war in the Far East finally ended . The Flag pole on the Green was erected in 1995 by Colonel Peter Dean who lived at Foresters in New Road .

He had been a prisoner of war in Burma and Japan ,and The Flag pole was dedicated to all forces who served in the Far East . Colonel Dean spent a number of years working as the British Military Attache in Japan after the War to improve relations between Britain and Japan .

The flag will be flown on August 8th here in Tostock .

Jeanne O'Reilly



McMILLAN COFFEE MORNING

FRIDAY SEPTEMBER 25TH

IF WE CANNOT MEET HERE IN THE HOUSE, I AM SUGGESTING THAT I MAKE A LOAD OF CAKES, (MAYBE SOME PEOPLE WOULD LIKE TO MAKE SOME TOO!)

DISPLAY THEM OUTSIDE ON TABLES WITH DONATION BOX, SO PEOPLE HELP THEMSELVES.

I SHALL BE SITTING OUTSIDE AS WELL!

'OAK APPLES' LEYS ROAD. Phone. 01359 271127 or 07985542178. DIANNE



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COFFEE
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Roger Lister

Penny, SallyAnn and myself are very touched and comforted by all the kind messages and gifts the wonderful people of Tostock have sent to us.

Thank you all very much.

It has been a traumatic time but knowing so many people are thinking of us has been a great help.

Due to the present circumstances we will be having a brief family graveside service on

Friday 5th June at 11am.

When everything is back to normal we will be celebrating his life with a Memorial service

in St Andrew's Church.

Rosemary

TOSTOCK TIDY DAY

JUNE TOSTOCK TIDY DAY CANCELLED

On 14 March we held our first tidy day of 2020 and we were planning the next one on **13 June**. As I write we are under Coronavirus lockdown and will have to cancel the June tidy day to ensure we all keep safe. The next tidy days remain planned for **22 August** and **17 October**.



Clearly what happens later in the year is dependent on returning to normal and further reminders will be put out closer to each of the dates. Hopefully you will be able to come and support us and get involved.

So, in the interim stay safe and if you have any questions or wish to suggest tasks which could be done as part of this initiative please contact: - jimlanglois@btinternet.com



TOSTOCK TENNIS CLUB WELCOMES NEW MEMBERS



COMMITTEE 2020-2021

CHAIRMAN- FREDDIE WALTON
TREASURER/MEMBERSHIP - ELIZABETH DUNN
SECRETARY - SUSIE WALTON

COMMITTEE MEMBERS - JOHN AND LIZ ADAMS AND NIGEL KAINES

MEMBERSHIP FEES 2020-21

FAMILY MEMBERSHIP £40
COUPLES MEMBERSHIP - £25
ADULT (SINGLE) MEMBERSHIP - £15
CHILDRENS MEMBERSHIP (U16S) - £5

WE WOULD ENCOURAGE FEES TO BE PAID BY BACS BUT CASH AND
CHEQUES ARE ALSO ACCEPTED.

BACS DETAILS: ACC: 01082391 AND SC: 30-91-49
PLEASE STATE YOUR NAME AS REFERENCE

GUEST COURT FEES APPLY - ADULTS £2 AND CHILDREN £1

**IF YOU WOULD LIKE ANY FURTHER INFORMATION ABOUT THE CLUB
OR WOULD LIKE TO CONTACT US. PLEASE CONTACT:**

ELIZABETH DUNN (01359 270270) - EJD1@TALKTALK.NET

OR

SUSIE WALTON (07793406076) - SUSIEWALTON85@GMAIL.COM



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Thursday, Friday
9am - 2pm
Saturday 11am - 5pm

Services	Adult	Student
Make Over	£10	£30
Eye brow Threading	£15	£10
Face Threading	£25	
Lashlift & Tint	£30	£25
Tint	£8	£5

Hair blow dry/
plaits/braids/ buns £15 - £100
Depending on hair length.

Bridal Make Up £80 - £280
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Face painting £3 - £40
Depending on the Event & size of facepaint, Halloween, summer fair etc.

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DING DONG AVON CALLING!



My name is Mel and I'm the local Avon rep living in Tostock.

Due to current circumstances brochures are not available .

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www.avonuk.com/store/melsmakeupbag

And place your orders, please text/call or email me with your address and I will drop off.



Mel

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Useful contacts in our Community

Tostock Parish Councillors

Chair: Pip Fletcher
ViceChair: Julian Kearsley
David Blundell
Graham MacDowall
Nick Cytacki
Peter Boland
Olivia Boland
Marie Johansson
Jane Storey

Footpath Officers

Adrian Malcom & John Cytaki

Tree Officer

VACANT

Litter Picker

Jim Langlois

Suffolk County Council

Jane Storey

St Andrews Church

Rector: Katherine Valentine
Friends/Warden: Jeanne O'Reilly
Bell Ringers: Sue Marriott
Poor's Estate: Sharon Markell

Village Hall

Chair: Graham MacDowell
Hall Bookings: Doreen Buckle

Pub

The Gardners: Steve & Jill Gardner

Clubs

Past & Present: Sarah Scully
Tennis Club: Elizabeth Dunn
Susie Walton

Book Club: Julie Harrison
Carpet Bowls: Doreen Buckle
Toddlers: Julie Harrison

Media

Tostock Chronicle: Shirley Nice
Sarah Reader

Jim Langlois- Photography

Website:

Diane Mathews

*Anyone wishing to add their email, please get in touch.

Services

Health

Woolpit Health Centre 01359 240298
Out of Hours 111
West Suffolk Hospital 01284 713000
Samaritans 01284 750000
Drugs Hotline 0800 253 253
Dial a Ride 01284 724545

Travel

Bus: www.travel-galloway.com 01449 766323

Parish Council email: clerk@tostockpc.org.uk Sharon Burman

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Leisure

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NEXT EDITION: Is for

August/September 2020

Please may I have your contributions

on or **BEFORE 19th July 2020**

preferably in word, much appreciated.

shirley.nice@btinternet.com

www.tostock.pc.org