

ST. ANDREW'S CHURCH

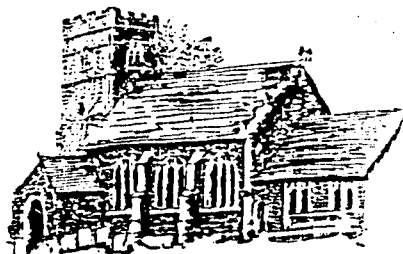
It was good to see so many people at the lunch at the Village Hall just before Easter. Many thanks to the Church Social Committee for organising it and providing the delicious food.

Listed below are the church services for the next two months - a warm welcome awaits anyone who would like to join us in worship.

CHURCH SERVICES FOR APRIL AND MAY

6th April	9.30 a.m.	Joint Benefice Communion Service at <u>Pakenham</u>
13th April	11.00 a.m. 6.30 p.m.	Family Service Open Door - Informal Service
20th April	9.30 a.m.	Holy Communion [B.C.P.]
27th April	9.30 a.m.	Morning Prayer [B.C.P.]
4th May	9.30 a.m.	Joint Benefice Communion Service at <u>Norton</u>
11th May	11.00 a.m. 6.30 p.m.	Family Service Open Door - Informal Service
18th May	9.30 a.m.	Holy Communion [B.C.P.]
25th May	9.30 a.m.	Morning Praise

Ian Hooper, Rector



PAST AND PRESENT SOCIETY

The next monthly meeting on Monday 7th April will be a talk by Mr. Pepper (from Peppers Period Pieces in Bury) on 'History of Cooking Utensils' 8-0pm start.

On Tuesday 8th April Clive Paine will be giving his final illustrated talk on Stately Homes - this time on Great Barton Hall - 7-30pm start.

As part of his course there will be two evening field trips with him in May. The first is a visit to Culford on Tuesday 6th May and the second on Tuesday 20th May to Hardwick and Hawstead, meeting on site. Full details from the Secretary tel: 270395.

The subject of the monthly meeting on Monday 12th May will be 'Contemporary Israel - its people and their problems' by Dr. Frank Flynn starting at 8.0 pm. All welcome to the above meetings.

On Saturday 17th May our Society will be acting as hosts for a Day Meeting of Suffolk Local History Council members. They will be escorted round the village in groups by members and shown points and places of interest in the morning. In the afternoon they will be given a talk by Clive Paine on St. Andrews Church, in the Church itself. The village hall will be the base for the day with a display of our Village Survey and various other exhibitions.

We can only hope for a fine, warm day to help Tostock look its best

-----000-----

There are now several young children in the village and a suggestion has been put forward regarding the formation of a MOTHER & TODDLER group. If anyone is interested please contact Mrs. J. Largent 5, New Road Tostock tel: 270233

-----000-----

CHURCH SOCIAL COMMITTEE

43 residents met on Tuesday 24th March to partake of the 'Village Lunch' prepared by the ladies of the committee. This was a wonderful opportunity to meet and chat with each other in a friendly atmosphere over an enjoyable meal. It is hoped to repeat this successful event in the future. Details will be well advertised in advance. On Saturday 10th May an 'Italian Evening' will be held at Spring Cottage, Flatts Lane. Full details will be advertised on the notice board.

TOSTOCK GARDEN CLUB

At the March meeting in the Village Hall, Graham Boatfield of Otley College gave an interesting talk on 'Unusual Vegetables' How they are grown and how to cook them. We had expected 'The Vegetable Garden' but we were pleasantly surprised by the amusing way in which the speaker developed his theme on this changed subject.

We were also very pleased to see some new members.

Our next event will be an evening trip to Mr. Gayton's garden near Santon Downham. He spoke to us last year and showed colourful slides of his success in transforming a wilderness into a wonder. Details of the actual date in May (possibly 15th) will be given to members in a newsletter.

On Sunday 29th June there will be a joint visit with Rattlesden Garden Club to Mannington Hall - famous for its walled garden and rosebeds - and we anticipate that the cost of the day including the coach will be £7.50. Details will again be included in the newsletter.

Following the success of last year's summer evening visits to three Tostock Gardens we intend to follow the same pattern and view three or four quite different plots this year. The date is Thursday 17th July and we are still looking for volunteers who will allow us to see and enjoy the fruits of their labours. DON'T BE SHY!! Please contact the Hon. Secretary D. Copeland tel:271591.

DATES FOR YOUR DIARY

APRIL

- | | |
|------|--|
| 7th | Past & Present Socy. History of Cooking Utensils
Mr. Pepper |
| 7th | LIBRARY |
| 9th | Ladies Group - Theme - A GOOD READ |
| 21st | LIBRARY |
| 22nd | ANNUAL PARISH MEETING - Village Hall - 7-45pm |

MAY

- | | |
|---------|--|
| 12th | Past & Present Socy. Contemporary Israel |
| 14th | Ladies Group - Theme - A HAPPENING IN THE PAST |
| 15th ?? | Garden Club Outing |
| 17th | Suffolk Local History Group Meeting - all day |
| 19th | LIBRARY |

AMCOR · COALITE · LION · T COAL · MAN · BRITISH FUEL · CELTIC ENERGY · COAL
H. Bush & Son
 Your Local Independent Solid Fuel Merchants
 The Best, Regular and Prompt Delivery Service for High Grade Quality Fuels
 Our Fuel and Delivery Service is Better and could be less than Fetching your own Pre-packs, we supply Pre-pack Fuels
 The "Old Station" Coal Yard - Cockfield
 Tel: 01284 828236 Mob: 0589 287386
 Open on Saturday mornings between 9am and 1pm during the winter period
 TOWER · ALL BRITISH FUELS EXCEPT 1 OVOID · AIMCOR



Stowmarket Mobile Library

Tostock: Perkins Way	3.45-4.05
Tostock: Gardener's Arms	4.10-4.30

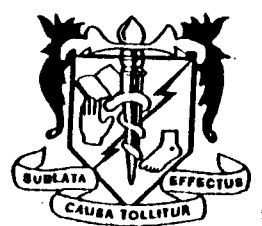
CHIROPODY PRACTICE

AMANDA STONER MSSCh MBChA
 JOHN McGEORGE MSSCh MBChA

95 Poplar Close
 Honington
 Bury St Edmunds
 Suffolk
 IP31 1LJ

Tel 01359 268351
 Mobile 0585 837544

SURGERY AND HOME VISITING
 BY APPOINTMENT



Decorating and Household Repairs

undertaken by
Conscientious Tradesman
 100% Trustworthy and Reliable
 Excellent References
 Ring for Free Quote



Gary Mills

Tel: 01359 271309

This circular was sent by Mid Suffolk District Council in February - too late for this winter but enquiries can be made for the future.

ENERGY EFFICIENCY ARTICLE FOR PARISH/TOWN COUNCIL NEWSLETTER/MAGAZINE

- **Are you cold at home?**
- **Are you worried about your next fuel bill?**
- **Do you want to be more energy efficient?**

Here are five ways to save energy and save money:

- **Shut the curtains at dusk. This will ensure that the heat stays inside your home to heat you and not the outside. Do not hang them over the radiators as this will prevent the heat going into the room. Either line the curtains or hang up an old pair behind them to increase their thickness.**
- **Make sure your hot water tank is well insulated. You can buy a tank jacket from most DIY shops for about £10 -15. You will recover the cost in reduced fuel bills in about a year. The recommended thickness of the jacket is at least 50mm (approximately 2inches).**
- **Set your hot water tank thermostat to 60°C. Any higher than this and you are wasting energy and money. It should not be set lower than 55°C for health reasons.**
- **Invest in a low energy light bulb and install it where you usually have the light on for the longest time in your home. You will recover the cost in lower electricity bills in less than a year.**
- **If you receive benefits, you may be eligible for a Home Energy Efficiency Scheme Grant. Believe it or not, there is no catch. You pay nothing and can receive free loft insulation, draft proofing, a hot water jacket and energy advice. Ring (Freephone) 0800 181 667 for further information. (If you are not in receipt of benefits but are over 60 years of age, you will qualify for a grant at a lower rate).**

For further information on energy efficiency, contact Mid Suffolk District Council on (01449) 727110.