

THE VOICE

OF
CEDARS
PARK

COMMUNITY MAGAZINE

November 2018



IN THIS ISSUE: Andy Ottley performing live at the Aviary this November

EDITORIAL



This year we mark the centenary of the end of World War 1. On Remembrance Sunday 11 November 2018, people all around the country will be reflecting on the lives that were

changed irrevocably, and those that were lost.

Some 65 million men were mobilised across Europe during World War 1. Nearly a third of them – some 21 million – were wounded. Another 8.5 million were killed and some 7.7 million were taken prisoners of war. All of them had family and friends whose lives were changed forever by the events of 1914-1918.

The red remembrance poppy has become a familiar emblem of Remembrance Day due to the poem "In Flanders Fields" written by Canadian physician Lieutenant-Colonel John McCrae. After reading the poem, Moina Michael, a professor at the University of Georgia, wrote the poem, "We Shall Keep the Faith," and swore to wear a red poppy on the anniversary. The custom spread to Europe and the countries of the British Empire and Commonwealth within three years. Madame Anne E. Guerin tirelessly promoted the practice in Europe and the British Empire. In the UK Major George Howson fostered the cause with the support of General Haig. Poppies were worn for the first time at the 1921 anniversary ceremony. At first real poppies were worn. These poppies bloomed across some of the worst battlefields of Flanders in World War I; their brilliant red colour became a symbol for the blood spilled

in the war.

This marks a poignant tradition each year to remember all those millions of individuals who gave their todays for our tomorrows. Perhaps we should all reflect on how we would react to the same situation they faced? Would we, of this modern age, compare favourably with those ordinary men and women that made huge sacrifices?

Should we, of this modern age, perhaps give thanks that we aren't facing those terrible choices that our grandparents and great grandparents faced in the war to end all wars?

Looking forward, join us on Sunday 25th November for our Christmas Fayre at Cedars Park Community Centre 12-4pm, raising money for The Williams Syndrome Foundation. Plenty of stalls, Santa's Grotto, Cedars Park Primary School Choir, Face painting, Cedars Park Preschool Crafts and singing, Festive Food and Drink, Raffles and so much more.

Also for all the Elvis fans we have the fantastic Andy Ottley on the 24th November at The Aviary 7-11pm.

Until next time....

Please forward all your news, photos and advertising to:

Editor: Janine Griffiths 01449 257303
thevoice@cedarsparkcic.co.uk

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The Voice - Revised advertising prices from February 2019

	Per Issue	Cost for 5 issues 5% discount	Cost for 10 issues 10% discount
Full Page	£45.00	£213.75	£405.00
Half Page	£25.00	£118.75	£225.00
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The Aviary Presents...

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At Cedars Park Community Centre

Saturday 23rd February

Raising funds for a New Sensory Garden

7pm-11pm • Adults Only

£5 per ticket • Bar Open • Raffles

**To purchase your tickets contact
Janine or Pete in The Aviary or ask
Michelle at Cedars Park Preschool**

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Polka Dots & Petticoats

If you love vintage style, Polka Dots and Petticoats is for you!

Specialising in vintage style dresses and petticoats, as well as accessories, lighting, home and giftware, this local business was established by Stowmarket resident Jackie Slade over 5 years ago, and brings customers the best choice of products alongside exceptional customer service.

Catering for women of all ages and from dress sizes 8-26, they offer both the convenience of online shopping on their website 24/7, as well as a unique and exclusive shopping experience by appointment at their stunning Dress Room at Combs Tannery here in Stowmarket.

More and more ladies are discovering and embracing the vintage style and it's easy to understand why. Here's what Jackie had to say:

"Vintage style is timeless. It's classic, boosts body confidence and boy, does it make you feel wonderful. Flattering, feminine and ultimately glamorous, it's a world away from the jeans, leggings and more casual clothing we have become used to as a society today. Vintage dresses are designed and cut to make all women look and feel beautiful. They accentuate your curves, give you a waist (even if you think you don't have one!) they skim over your tummy and hips beautifully, so that any lumps and bumps you may feel self-conscious about disappear. It doesn't matter if you have a large or small bust, if you are curvy or a certain height – they suit all figures. What's not to love?

It is sad that I often meet ladies who visit our Dress Room who just don't feel confident enough to wear this style on a day-to-day basis. Many of them really want to, but when they are surrounded by people who don't share a love of vintage, or they feel they are the wrong size, shape or age, it can seem like an impossible step to put that dress on and be the one to wear something different,



something outside your comfort zone. This can also be coupled with an inner fear that someone might make a derogatory comment, give you a look as you pass by, or that it just won't suit you, it's enough for many women to talk themselves out of it.

Just for a moment though, consider this: it doesn't matter what anyone else thinks, it DOES matter how YOU feel. If you get the odd look, it is probably because that person is thinking how fabulous you look and that they wished they had the confidence to dress like that. You don't need an occasion to dress up.

As the well-known quote says 'Life begins at the end of your comfort zone' – so step out of yours, hold your head high and don that dress – because life is too short to wear boring clothes."

Polka Dots and Petticoats base their ethos on helping women to feel confident and good about themselves.

With a customer Members Club boasting over 250 members across the UK who have formed lifelong friendships, meet up in local groups regularly and support and encourage each other on a daily basis, Polka Dots and Petticoats is so much more than just another retailer.

Whether you just fancy dipping your toe in the vintage world, or whether you are a regular wearer of vintage, an appointment in the Dress Room is a must. Jackie will welcome you personally and make you feel very comfortable – no pushy sales and no obligation to buy! You have the Dress Room to yourself for the whole hour, with refreshments, free parking and as much or as little help as you need, all at no cost.

The website offers over 700 products ranging from dresses, petticoats and bags, to candles, bath bombs and lighting. All online orders are gift wrapped as standard – making receiving your order like receiving a present!

And with a children's range and their own label vintage wedding dress range just launching, it's a little bit of vintage heaven that shouldn't be missed!





Christmas Fayre Raffle Sunday 25th November

If you would kindly like
to donate a gift to our
Charity Raffle

then please drop it in to
Janine at Cedars Park
Community Centre

All raffle proceeds will
be donated to The
Williams Syndrome
Foundation

Thank you!

CHILDREN'S COMPETITION

Design our Christmas front cover for
our December edition and win prizes
as well as your picture on the edition.
Entries to be sent to Janine Griffiths
thevoice@cedarsparkcic.co.uk or post
to Cedars Park Community Centre,

Pintail Rd, Stowmarket,
Suffolk IP14 5FP

All entries must be received
by 16th November



The Aviary Christmas Menu

Cedars Park Community Centre, Pintail Road
Stowmarket, Suffolk IP14 5FP Tel: 01449 257 303

STARTER

Winter Vegetable Soup (v) - served with fresh bread

Duck & Orange Pate - served with toasted sourdough
bread & caramelised onion chutney

Crab Mayonnaise - served with toasted sourdough bread
Pear, Stilton and Walnut Salad (v)

MAIN COURSE

Traditional Roast Turkey - served with chipolata wrapped
in bacon, sage & onion stuffing, roast potatoes & seasonal
vegetables in a rich gravy

Slow Cooked Lamb Shank - served with roasted new potatoes
on roasted cherry tomatoes & courgette's in a red wine jus

Leek & Stilton Pudding (v) - served with roasted new potatoes
& a beetroot salad

Teriyaki Salmon - served on a bed of stir fried
vegetables and soft noodles

DESSERTS

Traditional Christmas Pudding - served with brandy sauce

Black Forest Bavarian

Plum Frangipane - served with mascarpone cream

Chocolate Soup - topped with ice cream and served
with amaretti biscuits

3 Courses £19.99 - Available from 26th November

Booking Essential - Pre-order and a £5 per person deposit
required at time of booking (non refundable)

POET LAUREATE

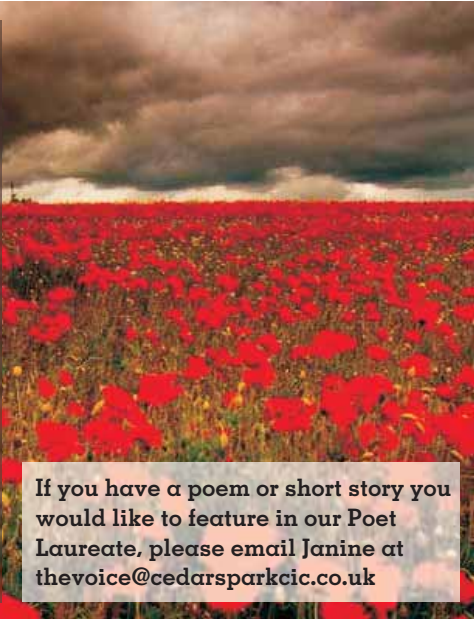
In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

Written by John McCrae



If you have a poem or short story you would like to feature in our Poet Laureate, please email Janine at thevoice@cedarsparkcic.co.uk

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Catching up over afternoon tea



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Do you enjoy talking to people and have a passion for helping older people in your community?

Here at Age UK Suffolk, we believe it's important that older people in Suffolk know how and where to access all of the help and information that is available to them.

Age UK Suffolk provide many services, including telephone befriending, aimed at older people who are lonely or isolated. We also have our Information and Benefits Advice line for people who have questions about the challenges of ageing, but may not know where to turn.

Unfortunately, many of the people who most need our help, are not aware that the help is available to them, and don't come to us, until there is a crisis – by being there for people earlier, we can help to prevent a crisis, with support over application for benefits, home adaptations, a diagnosis of dementia, or just simply someone to talk to.

WE NEED YOUR HELP!

We are trying to reach more of the people who need our help, by raising awareness of the services we provide.

To help us do this, we are recruiting a network of Community Links Volunteers – people who are willing to become links within their community.

Your role as Community Links Volunteer will be to share information about Age UK Suffolk with older people, their families, carers and local groups, and also to feed back to us the wants and needs of older people in your neighbourhood in order to help us to improve our services.

If you have a few hours a week to spare, enjoy talking to people and are passionate about improving the lives of older people in your community, please get in touch! Contact Lucy Evans on 07525 817984 or community.links@ageuksuffolk.org



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Quiz Night

On 22nd September there was a Quiz Night held at the community centre arranged by Peter Worthington and I have to say that it was one of the most difficult, in places, thought provoking and hilarious nights out that I have had for a long time.

Peter is extremely good at organising these events and as always, did a sterling job. It is a great shame that they do not get a better response from the residents. (There were 11 teams this time) but the hall is big enough to take more people. The cheese and biscuit spread that he organised as well was excellent. He and Janine must have worked hard to get it all



sorted out. Thank you, both of you.

The funds raised this time were donated to the CPRA and as Treasurer, I cannot thank them enough for £355 that was given to us at the end of the evening and I am sure that the monies will be used sensibly.

Thank you again for a "fun" night with laughs and groans included. I must go and get to brushing up on "musical" intros as I personally was sadly lacking in that area.

Carol Ward - Treasurer CPRA

TREETOPS

**Childminding/breakfast club
For children attending Cedars
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**The club is available from
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Trinity Primary School

Wow, what an amazing start to the new academic year for Year 3 and 4. The year started with an escape box challenge, where the children had to solve clues to open the boxes in six different rooms. All the boxes were themed around their new learning topic of the Anglo-Saxons. It was a race against the clock and all the children enjoyed a sweet treat at the end.

This activity has motivated and inspired the children to want to learn even more about the Anglo-Saxon history in our local area. The children have visited the local Anglo-Saxon village and archaeological site at West Stow to see for themselves how our ancestors lived.



For more information about the school please call 01449 770462 or visit www.trinityprimaryschool.com.

Contact Details:

**Community Engagement Officer
PC 1443 Stefan Henriksen
Stowmarket Police Station, Violet Hill
Road, Stowmarket, IP14 1NJ**

Tel: 01473 613888 ext 3401

Email:

CEOstowmarket@suffolk.pnn.police.uk

Facebook: @StowmarketPolice

Twitter: @PoliceStow



Cedars Park Preschool - 07531 981117

HALLOWEEN FUN!

The children have been exploring pumpkins and seasonal squash with the added excitement and stories of Halloween - costumes, parties and of course trick or treating! We made pumpkin soup and tried roasted pumpkin seeds and pumpkin! We created webs and made spiders too!



The Friends of Cedars Park Preschool Committee were successful in their locality budget application for an AED (Automated External Defibrillator) at the Cedars Park Community Centre. The defibrillator is now in place on the outside wall of the centre. It's one of those things that we hope is never

needed but may save a life one day.

WAITING LIST

Our preschool places waiting list is open for January, April & September 2019.

OPEN EVENTS FOR JANUARY START

We will be holding an information evening for parents/carers on Monday 19th November at 7pm at Cedars Park Community Centre. Open event visits will be held on Tuesday 20th November 10am - 11am and Thursday 29th November 1pm - 2pm.

If you would like to attend any of these events, please contact us on the 07531 981117 or honeycombscedarspark@gmail.com

Children in Need is fast approaching, and we'll be spending the day at preschool in our pyjamas (any excuse to wear our pyjamas all day really!!) The children will be baking biscuits and we'll be doing lots of activities about being kind and how we can help other people. We'll also be taking part in lots of spotty activities too!



If you would like more information about preschool, would like to arrange a visit or to put your child's name on the waiting list please phone 07531 981117 or email honeycombscedarspark@gmail.com
Michelle, Lou, Tracy, Tiff, Lis, Nicki, Tash, Lisa, Debbie, Denise, Sara, Beth, Lynn & Bonnie

School's Out Club - Cedars Park



October half term holiday club was fun with baking and cooking, craft activities including sand art, making pom poms and then there was the giant spiders web – in fact several giant webs were created throughout the week!

CHRISTMAS HOLIDAY CLUB

Thursday 20th December, Friday 21st December 2018
& Wednesday 2nd January 2019

Full day from £35 .00/½ day from £17.50/

Hourly rate from £4.00 (depending on age)

To book please call 07531 981117 or email

honeycombscedarspark@gmail.com

Please note: The community centre

will be closed between Christmas and New Year



WINNER - The winner of the Halloween fun word search from the last issue is Freya – aged 9. She was able to find 15 out of the 16 words relating to Halloween from the puzzle grid. Well done Freya, enjoy your treat!

STAFF VACANCY

Playworker – Monday to Friday (Term time)

7am – 8.45am / 2.45pm - 6pm

To support children during breakfast and after school club, help set up and pack away. Enhanced DBS check will be required.

Please email honeycombscedarspark@gmail.com for more details.

The post is exempt from provisions of the Rehabilitation of Offenders Act 1974 (Exemptions) Order Act 1975.

If you would like more information about School's Out Club, and to receive an information and registration pack please contact us on 07531 981117 or email honeycombscedarspark@gmail.com

Michelle, Lou, Tracy, Tiff, Denise, Tash, Nicki, Lis, Lisa, Beth & Debbie

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Karaoke
NIGHT

Christmas Family Karaoke

Saturday 22nd December, 7-11pm
at Cedars Park Community
Centre



'AWARD WINNING'
ANDY OTTLEY

AS...

ELVIS

Saturday 24th November,
7pm-11pm

at The Aviary, Cedars Park
Community Centre,
Stowmarket



Tesco Help for Heroes



Tesco Stowmarket held a collection at the weekend for Help for Heroes and raised £1080.66. We would like to thank all those that helped us to achieve this.

Thank you! Amanda De Smith - Community champion

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Stowmarket and District Camera Club

Affiliated to the PAGB through the East Anglian Federation



We started our new season on 10 September and welcomed members from last year as well as 'returning' members and several new potential members.

The first competition of the season was the Cracked Lens competition on 24 September which is always judged by the members. The trophy goes to the Projected Digital Image (PDI) that is voted the best on the night. There were a lot of entries this year but the winner was Roy Ward with 'Sunset on the Lake'. 2nd was Jonathan Brown with 'Dedham Vale' and 3rd was Graham Hawes with 'Through the Eye'. Congratulations everyone.

On 8 October we had our 'Open 1' competition which was judged by Nigel Rea ARPS. We had a good attendance on the night with 30 members and guests and there were 96 prints and mages for Nigel to judge. He did this very efficiently and also gave some good suggestions on how some images might be improved. In the monochrome print section Nigel awarded full marks to Roy Fidler for 'White Hot Iron' and 'Morning Mist', to Jonathan Brown for 'Rye Harbour' and to Roy Ward for 'Victorian Hi-tech Office'. In the colour print section full marks went to Roy Fidler for 'Printing, Victorian Style' and to Roy Ward for 'Presbytery at Ely'. In the PDI section only one member, Chris Hale, got full marks for 'Liverpool Cathedral'. Nigel's timing was impeccable as he finished his judging at 9.40pm, in time for us to vacate the building at 9.45.

Well done to all the 'winners' and also to the judge!

Next meetings:

Monday 22 October: Club Night – print mounting, PDI sizing, still life and the EAF CD.

Monday 12 November: 'Lifting the Lid on How' a talk to be given by Jamie Hall.

Monday 26 November: Open Competition 2 – to be judged by George Buxton.

Monday 10 December: Ray Giffin Trophy for wildlife to be judged by Howard King.

Friday 14 December: Christmas meal at The Mix.

You don't have to be an 'Expert Photographer' to be welcomed as a member of the Club. All you need is an interest in photography. Our aim is to encourage you to develop your interest and skills, as well as to provide a place to meet a range of friendly people who share your interest.

New members are always very welcome at the club. All you need is a camera – any camera and a real interest in using it. Our members use DSLRs, mirrorless, compacts and bridge cameras. Regular meetings are held at Stowmarket Community Centre, Hillside, Stowmarket, IP14 2BD, usually on the 2nd & 4th Monday of the month between September & June. We start arriving at around 7:00pm for a 7:30pm start and a 9.45pm finish. We'd love to see you there, so why not join us?

For more information see our web site www.stowmarketanddistrictcameraclub.onesuffolk.net



Litter and Dog Mess on the Community Centre Field

Once again, I am receiving complaints from local residents about the amount of litter and dog mess left on the field behind the community centre. I totally agree with those residents who have complained as the actions of a minority of individuals are ruining the facility for the majority of users of the field. This is totally unacceptable and there are no excuses for this to happen.

Children seem to be the main culprits for dropping litter. Can parents please remind their children, if they are using the field, to either put their rubbish in one of the outside bins at the community centre or take it home and place it in their own bins?

There was an incident in early September, where children, who appeared no older than 14 years of age, were seen drinking alcohol on the field. The Police were informed and will be in the future if further incidents of this nature continue to occur.

With regards to the dog mess there is a dog litter bin just outside the community centre, located by the public foot/cyclepath, alternatively, please take your bag of dog mess home and put it in your black bin.

Thank you for your co-operation.

Dave Muller
Centre Manager



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1st & 3rd Stowmarket (Phoenix) Scouts

Christmas Post Service



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Stowmarket (Inc Combs Ford) PLUS Stowupland and Onehouse and you will be supporting a local youth group?

Post your cards together with just 25p per card into one of our collection boxes and we will make sure they are delivered in time for Christmas.

You can find our post boxes from Friday 23rd Nov 18 at:



"Stowmarket Library"
"Stowmarket Rugby Club"
"Mid Suffolk Leisure Centre"
"M&M Butchers (Stowupland)"
"ZarKeys (Meadow Centre)"
"StowHealth" "Combs Surgery"
"Baldwins" "Hughes" "Tesco"
"Co-operative (Combs Ford)"
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Hughes Electrical supports Museum of East Anglian Life

Hughes Electrical store in Stowmarket has gifted the Museum of East Anglian Life in the town a new TV after hearing that visitors to the museum were watching historical documentaries on a TV so old it was worthy of its own display.

A chance discussion with Mid Suffolk District Council's Open For Business Team highlighted that the Museum was investing in its displays in a long-term revamp that will enhance the visitor experience and enable much more of the collections to be seen. Rob Barnes, Manager at the Hughes branch in Stowmarket was shocked that such old equipment was still in use and vowed to look in to opportunities to help the museum out. Rob said "I was talking with an Officer from the Council about the Vision for Prosperity work to improve the town who happened to mention the old TV at the Museum, and that even one of our oldest ex-rental units would be an improvement on what they had. We have a small budget for community projects and it seemed like a brilliant opportunity to give something to everyone in Stowmarket at once. Now the Museum's visitors can experience these historic films of Suffolk's heritage in the best quality audio and video quality."

Hughes is an East Anglian based company with stores in over 42 locations across the UK, and has been trading in Stowmarket for many years. Hughes have continued to offer the best value electrical equipment. In fact, customers are reminded that there is currently a sale on and can visit www.hughes.co.uk to see the latest deals. This donation to the museum adds to a long history of community support, as the store is also the main supplier for Stowmarket Relief Trust charity helping people of Stowmarket on low budgets, as well as supplying and supporting the John Peel Centre for Performing Arts.



The museum's development is being centred around the story of agriculture and food production. As well as more animals, the museum plans to bring more of its objects out of storage and on to public display. The video is great visual exhibit in the Bobby Building that enhances the all-weather appeal of the attraction.

The museum's Director Jenny Cousins said "The museum is a charity with big ambitions but tight budgets. We're embarking on a programme of incremental changes that will bring the story of food production to life. The films on show are a fascinating look back at our community and how food was made. But we've always watched it on a small screen which isn't ideal for a full class of school children to be able to see properly. Thanks to Hughes we now have a great mini cinema to help people appreciate the story of Suffolk. On behalf of myself and the trustees, I'd like to thank Hughes."

The Museum is open daily from the end of March to the end of October and is signposted from the A14. SatNav users should follow directions to **IP14 1DE** or search for 'Iliffe Way'.

**For more information visit
www.eastanglianlife.org.uk**



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Darts Update

As the darts season continues its with regret I have say we still haven't had a win. We have suffered more defeats against The Queens, Royal William and Thurston Fox and Hound. Although, we have had some close matches, it just hasn't gone our way on the night. We are still looking at relegation!!!

Our Thursday teams are doing well though, with the 'A' team sitting second in the league and the 'B' team are mid table in singles but second in the doubles league. It's still so early in the season, anything can happen.

Good luck teams...



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