

Dec 2023 /  
Jan 2024

379

# Tostock Chronicle

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and events online at  
[www.tostockpc.org.uk](http://www.tostockpc.org.uk)

## Changing of the Gardners



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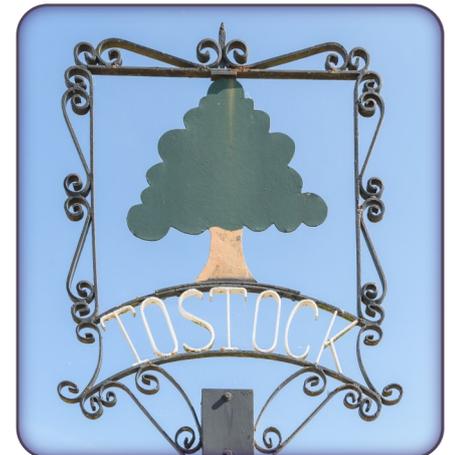
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## Coming Soon

**Boogie Nights** Friday 1st December 2023

**Past and Present Christmas Event**

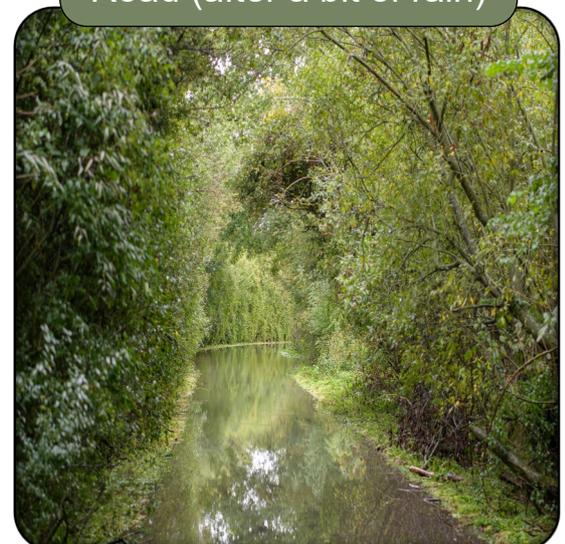
Tuesday 5th December 2023



## New Webmaster

I am pleased to announce that Tom Whitman has taken on looking after the TostockPC website. You can email him on [tostock.website@gmail.com](mailto:tostock.website@gmail.com)

The *new look* Norton Road (after a bit of rain)



## Regulars

**Coffee Mornings** — Every 2<sup>nd</sup> Tuesday of the month from 10.30 am. In the village hall or on the Green.

**Past & Present** — Every 1<sup>st</sup> Tuesday of the month from 7.30 pm in the village hall

**Bingo** — Every last Tuesday of the month from 2.00 pm in the village hall

## Tostock Church Christmas Cards

All Profits go to St Andrew's Church Tostock



**£1 each**

Available from

Jean O'Reilly 01359 270337

•  
Maureen Cytacki 01359 271481

•  
Gail Moyle 01359 270787

•  
Jim Langlois 01359 270456

•  
The Gardeners Arms (Pub)

## MacMillan Coffee Morning

This event raised a staggering £910.00.

Many thanks to all who attended, and to all those who gave so generously.

Thank you, Tostock !

**Di Brewer**

## Mobile Library

The mobile library will be in Tostock on **December 1st** and **December 29th** at the following times -

Perkins Way	15.40 - 16.00
Gardeners Arms	16.05 - 16.25

## Parish Council Meeting

14<sup>th</sup> November 2023

The formal Minutes of this meeting will be published on the website but here are a few highlights:-

Speeding – this had been a cause for concern for several months. The temporary 20mph speed limits in neighbouring villages will, we believe, be extended to Tostock in a month or two. The Parish Council will work with the County Councillor to look at 40mph speed limits coming into the village – from the Leys, along Norton Road and also Church Road.

Village Sign Redesign. A new design for the Village sign had been produced by a resident of Tostock. Councillors have suggested that this proposal should be considered at the Annual Parish Meeting on 9<sup>th</sup> April 2024. They also suggested that if any other designs were put forward they should also be considered.

Dates for meetings in 2024 are 9<sup>th</sup> January, 12<sup>th</sup> March, 9<sup>th</sup> April (Annual Parish Meeting), 14<sup>th</sup> May (Annual Parish Council Meeting), 9<sup>th</sup> July, 10<sup>th</sup> September and 12<sup>th</sup> November. Other meetings may be called if there are urgent matters to be discussed.

## The Gardeners Arms

### ***A New Chapter in Tostock's Heart, Thanks to You!***

Dear Tostock,

As the proud new custodians of **The Gardeners Arms**, we find ourselves overwhelmed with gratitude for the warm embrace we've received from the wonderful community of Tostock. It's been a remarkable journey settling into our new home, and we couldn't have asked for a more welcoming reception.

From the moment we opened our doors, the genuine warmth and friendliness of the locals have made this transition an absolute pleasure. Your smiles, stories, and shared moments have already made The Gardeners Arms feel like more than just a pub—it's become a cherished hub of community spirit.

Our move to Tostock has been a venture fueled by passion and a commitment to creating a space where friends, both old and new, can gather to create lasting memories. The support and encouragement we've received from each of you have only strengthened our resolve to make The Gardeners Arms a place that reflects the heart and soul of this incredible community.

At The Gardeners Arms, we are not just purveyors of fine ales and delicious pub fare; we are stewards of a tradition that celebrates the essence of community. We've been inspired by the stories we've heard, the laughter that echoes through our pub, and the camaraderie that fills the air.

As we raise a glass to toast this new chapter, we want to express our heartfelt thanks to the locals of Tostock. Your openness and kindness have made our journey here truly special, and we are eager to continue building connections, fostering friendships, and creating a haven where everyone feels at home.

So, here's to you, Tostock! Thank you for welcoming us with open arms and making **The Gardeners Arms** a place where memories are made and friendships flourish. We look forward to many more shared moments and the joy of being a part of this vibrant community.

Warm regards,

**Martin & Claire**

**TOSTOCK**  
**BOOGIE**  
**NIGHTS**

**THIS COMING WEEK.....**  
Friday, 1<sup>st</sup> Dec 2023 from 7.30pm  
Tostock Village Hall  
**TOSTOCK BOOGIE NIGHT**  
with BBQ Bangers & Bar  
Tickets £10 per person



Call 01359 272633 or email [tostockvillagehall@outlook.com](mailto:tostockvillagehall@outlook.com) to reserve your tickets.

*Ticket price includes BBQ Hot Dog & Welcome Glass of Mulled Wine or Fizz.*

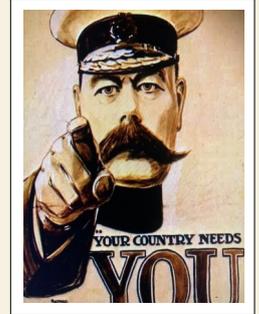
Raising important funds for the Tostock Village Hall Improvement Project

## Tostock Past & Present Society

Our Autumn season continued with a talk by Robert Simmons of the Battlefield Trust on the Battle of Fornham in 1173. Information on the actual battle is sparse but the history surrounding the revolt against Henry II was fascinating.

Our final event of the year displaying pictures of Tostock and its residents from the last 60 years is advertised on the next page in the Chronicle.

For further information please contact **John Parnum** (Chairperson) at [johnparnum@yahoo.com](mailto:johnparnum@yahoo.com)



### Speakers for Tostock Past & Present Society 2024

February 6th	Mike Dean	<b>Who lived here?</b> (notable people in Bury St Edmunds)
March 5th	Jim Langlois	<b>Photography</b>
April 2nd	Barbara McElroy	<b>A Suffolk Bevin Boy, 1943-48</b>
May 7th	Dr Jonathan Belsey	<b>Smallpox in Suffolk - fighting the pandemic in the 18th century</b>
June 4th	Simon Millyard	<b>Trinity House Lighthouses</b>
September 3rd	Bryan Thurlow	<b>Through the Green Baize Door</b> (a life in service)
October 1st	Pip Wright	<b>The Whistlecraft Family of Rickinghall</b> (a tale of poaching, heavy drinking, murder & intrigue)
November 5th	Alison Brain	<b>Funding &amp; Supporting a Ugandan School + AGM</b>
December 3rd	James & Sarah Deering	<b>Does my bum look big in this</b> (Fashion female gentry 1750-1850) *7PM

All talks are held in the Village Hall at 7.30pm, and are open to everyone (non-members £5)

## Tostock Carpet Bowls Club

**Doreen Buckle**

We have played two games in the Bury League this season, winning one, losing one. We have two fixtures booked for **December**:

Monday 4	Cockfield	Away
Friday 15	Stanton	Away, which is in the knock-out cup

**January's** fixtures are:

Tuesday 16	Badwell Ash	Away
Wednesday 24	Thurston	Away

If anyone hasn't tried carpet bowls they are welcome to come along to one of our sessions, carpet bowls is quite popular in our area. Please give me a ring on 270605.

## Tostock Past & Present Society

# TOSTOCK PAST AND PRESENT SOCIETY CHRISTMAS EVENT

Village Hall 5<sup>th</sup> DECEMBER 7.00 for 7.30pm

Tostock slide show 1960's-90's plus some up-to-date pictures



Bring your own festive drinks (& glasses) and a plate of finger food for a shared feast, and enjoy a pleasant evening to look at past pictures of the village and its people. You may even recognise yourself or family members!!!

**Tickets are not required but non-members will be charged £4 at the door**



## Tostock Poor's Estate

If there are any older residents of Tostock (must have been resident for two years) who wish to apply for the Christmas Contribution, could they please contact **Sharon Markell** on 07891 467273 for an application form. All enquiries are treated with strict confidence. Previous recipients need not re-apply.

**NEXT EDITION**

**February / March 2024**

Please may I have your contributions on or before **15<sup>th</sup> JANUARY** preferably in word format, much appreciated.

[kim.mars84@gmail.com](mailto:kim.mars84@gmail.com)

07950 682 499

## 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](mailto:kavalentine677@gmail.com)

**Website** for more details of all our churches - including Tostock - see the national Church of England website [www.achurchnearyou.com](http://www.achurchnearyou.com)

Our benefice Church magazine is also available online at [www.vcnews.org.uk](http://www.vcnews.org.uk)



### CHRISTMAS CELEBRATIONS FOR ALL THE FAMILY!

See next page for times and dates for our Christmas services across the benefice - you should find something to suit your family celebrations.

**Crib services** at Tostock on Christmas Eve and at Great Ashfield on Christmas Day, children are invited to come dressed as Angels, Shepherds or Wise Men.

**Tostock Carol Service** on the 10th Dec - you are invited to bring a gift for a child to put under the Christmas Tree - all gifts will be passed to the Bury Women's Aid Centre.

**Christmas Day Services** are for the whole family and will include some treats! We look forward to seeing you! Happy Christmas and every blessing for the New Year.

Revd Katherine Valentine.

### **CHRISTMAS CAROLS WITH THE SALVATION ARMY BAND**

**St Andrew's Church Tuesday 19th December at 7.30pm**

**All welcome to come and sing your favourite carols!**

**Delicious refreshments. The retiring collection will be split between the Salvation Army and St Nicholas' Hospice.**

### ALL-AGE CHRISTMAS ACTIVITY MORNING

**SATURDAY 2ND DECEMBER 10am-12noon - St Andrew's Church.**

With Norton School Choir, Have-a-go handbell ringing, Christmas Crafts, Christmas Trail and refreshments. All Welcome - come and have fun whatever your age!

There will be a collection in Aid of the Children's Society - Norton School pupils - you can bring your collection candles from school.



# St Andrew's Church Tostock

## DECEMBER 2023 - JANUARY 2024 CHURCH SERVICES

Our beautiful and ancient church is open every day for visitors and private prayer.

**TOSTOCK** services are highlighted below

DECEMBER 3RD ADVENT SUNDAY		
8am 10am	Holy Communion (BCP) Family@Church CHRISTINGLE	Norton Pakenham
DECEMBER 10TH 2ND SUNDAY OF ADVENT		
9.30am 11am 3pm <b>3pm</b>	Family Communion Family Communion CAROL SERVICE <b>CAROL SERVICE</b>	Great Ashfield Pakenham Stowlangtoft <b>Tostock</b>
DECEMBER 17TH 3RD SUNDAY OF ADVENT		
<b>9.30am</b> 3pm 4pm 5pm 6.30pm	<b>Holy Communion (BCP)</b> CAROL SERVICE NORTON VILLAGE CAROL SERVICE CAROL SERVICE CAROL SERVICE	<b>Tostock</b> Hunston St Andrew's Norton Great Ashfield Pakenham
DECEMBER 24TH CHRISTMAS EVE		
<b>3pm</b> 11.30pm	<b>Crib Service</b> Midnight Communion	<b>Tostock</b> Norton
DECEMBER 25TH CHRISTMAS DAY		
9.30am 9.30am 10.30am <b>11am</b> 11am	Family Festival Communion Family Festival Communion Crib Service <b>Family Festival Communion</b> Family Festival Communion	Hunston Pakenham Great Ashfield <b>Tostock</b> Norton
DECEMBER 31ST 1ST SUNDAY OF CHRISTMAS		
<b>10am</b>	<b>Benefice Communion</b>	<b>Tostock</b>
JANUARY 7TH EPIPHANY SUNDAY		
8am 10am	Holy Communion (BCP) Family@Church - EPIPHANY	Norton Pakenham
JANUARY 14TH 2ND SUNDAY OF EPIPHANY		
<b>9.30am</b> 9.30am 11am	<b>Holy Communion (BCP)</b> Morning Worship Family Communion	<b>Tostock</b> Great Ashfield Pakenham
JANUARY 21ST 3RD SUNDAY OF EPIPHANY		
9.30am 11am 11am <b>6pm</b>	Holy Communion (BCP) Morning Worship Family Communion <b>Evening Prayer &amp; Praise</b>	Pakenham Norton Great Ashfield <b>Tostock</b>
JANUARY 28TH 4TH SUNDAY OF EPIPHANY		
9.30am 9.30am 11am <b>11am</b>	TOAST Family Communion Holy Communion (BCP) <b>Morning Worship</b>	Great Ashfield Norton Hunston <b>Tostock</b>

## St Andrew's Church Tostock



Although it is only November and we have not quite reached the Church's season of Advent, which is the preparation for Christmas, our thoughts and plans are all turning towards Christmas.

Today (Nov.14th) the Coffee Morning was a great success with new people joining us, and £137 was raised for Church funds. Thank you to everyone who came to enjoy the friendly atmosphere and contributed so generously.

The next Coffee Morning will be on Tuesday December 12th, when we make a special effort on behalf of a Charity. This year there were several suggestions -The Children's Hospice at Quidenham and Macmillan to begin with !

On Sunday December 10th the Carol Service will be held at 3pm in Church, when gifts are collected for the Bury Refuge. Please mark your gift with the age of the child. At this Service, we hope there may be some special "visitors" ! Many years ago, our Church had beautiful angels carved in the roof, painted in bright colours. They are no longer there for us to see, but as angels are an important part of the story of the birth of Jesus, could anyone (of any age ) draw, paint, make, an angel to visit Tostock this Christmas ? Please put your name on your angel and bring them to church on Saturday Dec 9th, when all the decorations will be put up.

On Tuesday December 19th at 7:30 the Salvation Army Band will be coming to play Carols for us, always a very special evening, with refreshments. Do come along and join in the Carols!

The Church Christmas Bazaar is to be held on November 18th so will be over by the time the Chronicle and Church News are published, but everyone is working hard to make sure we have a great day.

Many people will be sad to hear that Mary Pettit has died, aged 95. She and her late husband Ken have been long-time residents of the Croft and were well-known in the village. Mary's Funeral took place on November 20th at the Church.

The floodlights for December are sponsored by Maureen and John Cytacki, for all friends and family at Christmas

Happy Christmas and a peaceful New Year to everyone!

**Jeanne O'Reilly**

### **Services at Romney Cottage, The Green, Tostock.**

All are welcome to this informal worship where we sing and pray together for our village, and enjoy refreshments afterwards. Usually on the third Monday morning of the month at 10:00 am.

**Carols and readings: Monday 11th December 11am** (note later time) followed by Christmassy refreshments .

**Songs of Praise: Monday 15th January 10am**

# Tostock STEM Day Report

from our special  
**Junior Reporter**

I hope you enjoyed STEM day.

What was your favorite part? Mine was making the catapult [especially eating the chocolate]. I hope they will do it again! I also enjoyed making the bubbles. Have you made any at home yet?

Next year John was thinking of bringing the rockets back, I really hope he does!



Thank you to the lovely ladies working in the kitchen, I loved the pink wafers!

A big thank you to all the volunteers who helped with STEM day.

I had a really fun day!

Yours Bella.

**Bella Franks**



**ST ANDREW'S CHURCH**  
NORTON IP31 3NB

**JOY**  
to the world

*You are invited to a*  
**CHRISTMAS CONCERT**  
*with the*  
**TUDOR ROSE SINGERS**  
*and*  
**Horringer Singers**

**Saturday 9<sup>th</sup> December 2023 at 7.30pm**  
Festive Refreshments including Mulled Wine  
will follow the performance

All Welcome

Donations to St Andrew's Church

For further details please contact:  
Martin Wood at [all.etal@tiscali.co.uk](mailto:all.etal@tiscali.co.uk) or 01359 242367



## Christingle Service

six  
CHURCHES  
UNDER ONE ROOF



**EVERYONE!** Join us at 9.30am to help make the Christingles. Delicious breakfast refreshments will also be available before and after the [family@church](mailto:family@church) service which starts at the new time of 10.00am. See you there.



Venue: St. Mary's Church, Pakenham  
Date: Sunday 3 December  
Time: 9.30 for 10am start  
Refreshments before, after and more!

**six**  
CHURCHES  
UNDER ONE ROOF  
[family@church](mailto:family@church)

BENEFICE OF PAKENHAM WITH NORTON, TOSTOCK, GREAT ASHFIELD, HUNSTON & STOWLANGTOFT

# Tostock STEM Day



After a 4 year break the Tostock STEM day took place on Saturday 21st October at the Village Hall. There were 22 children aged from 6 to 12 who took part in 7 different STEM fun activities including making a balloon car, snake firework, giant bubbles, making a catapult, understanding locks, magnets and human body. Everyone enjoyed themselves, a quick survey at the end showed that balloon cars were the most popular.

A big thank you to all the volunteers who supported John in this event as without them it couldn't take place. I suspect the volunteers enjoyed themselves as much as the participants.

The plan is to run another STEM day next year with some new and popular old activities included.



John Parnum





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## Fun Friendly Stretch Pilates



Cavendish Hall,  
Thurston IP31 3RU  
Monday 9:30am  
Tuesday 10:00am

Tostock Village Hall  
Norton Road  
IP30 9FT  
Wednesday  
9:30am

with  
*Kirsteen*



Would you like a fun, informal, relaxed fitness session to start your day? If yes, this class is for you.

There will be floor work - Please bring your own mat.

£6 for  
60 min class

[Kirsteen\\_ellis@hotmail.com](mailto:Kirsteen_ellis@hotmail.com) 07913 088630

St Andrew's Church, Norton

IP31 3NB

invites you to:

## An Autumn Concert



on:

Saturday 11th November 2023 at 7.30pm

to hear:

## Alastair Blay & Friends

With music from Schubert to Lennon

Refreshments available  
Donations to St Andrew's Church

FOR FURTHER DETAILS PLEASE CONTACT:

Penny Mathieson: [penny.mathieson@btinternet.com](mailto:penny.mathieson@btinternet.com) or 01359 232472

Martin Wood: [ali.etal@tiscali.co.uk](mailto:ali.etal@tiscali.co.uk) or 01359 242367

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*Andrew Bingham*

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## TOSTOCK TENNIS CLUB

WELCOMES NEW MEMBERS

### COMMITTEE 2023

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

COMMITTEE MEMBERS -  
JOHN AND LIZ ADAMS AND NIGEL KAINES

### MEMBERSHIP FEES 2022-23

FAMILY MEMBERSHIP	£40
COUPLES MEMBERSHIP	£25
ADULT (SINGLE) MEMBERSHIP	£15
CHILDRENS MEMBERSHIP (U16S)	£5
GUEST COURT FEES – ADULTS	£2, CHILDREN £1

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

BANK DETAILS - ACCOUNT: 01082391 AND SORT CODE: 30-91-49  
PLEASE STATE YOUR NAME AS REFERENCE

IF YOU WOULD LIKE ANY FURTHER INFORMATION ABOUT THE CLUB OR WOULD LIKE TO CONTACT US, CALL OR EMAIL -

ELIZABETH DUNN (01359 270270) - [EJD1@TALKTALK.NET](mailto:EJD1@TALKTALK.NET)  
OR

SUSIE WALTON (07793 406076) - [SUSIEWALTON85@GMAIL.COM](mailto:SUSIEWALTON85@GMAIL.COM)

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## Tostock Village Hall News



The Village Hall Committee held its last meeting on Tuesday, 17<sup>th</sup> October at 7.30pm. Our next meeting will be on Tuesday, 23<sup>rd</sup> January 2024.

If you have any matters relating to the village hall or its playing fields that you would like to be discussed, please email [tostockvillagehall@outlook.com](mailto:tostockvillagehall@outlook.com). For all booking enquiries, please email [tostocktvh@hotmail.co.uk](mailto:tostocktvh@hotmail.co.uk)



### IMPORTANT NOTICE

**Tostock Village Hall Playground** - there is a need to carry out some important maintenance work to improve parts of the ground surface inside the play area at the Village Hall playground. **Ahead of this work, we have had to fence off some of the equipment in the playground. PLEASE NOTE** that these areas will remain out of use until the work is completed.

Friends of  
Tostock  
Village Hall



**Would you like the opportunity to win up to £100?**

... by joining the Friends of Tostock Village Hall 100 Club, you could!

More information to follow in the next Chronicle.

# BIG THANKS

A **Community Working Party** was held on Saturday, 11<sup>th</sup> November to help with the ground maintenance of the Village Hall's outside areas.

A very BIG THANK YOU to all who were able to offer their support on this day, as well as the other volunteer help that the hall receives – this help and support makes a real difference.

## TOSTOCK

### BOOGIE NIGHTS

**Friday, 1<sup>st</sup> Dec 2023 from 7.30pm,  
Tostock Village Hall**

**Tickets £10 per person**

Book in advance: email [tostockvillagehall@outlook.com](mailto:tostockvillagehall@outlook.com)  
or call 01359 272633

*Ticket price includes BBQ Hot Dog & Welcome Glass of Mulled Wine or Fizz*  
Raising important funds for the Tostock Village Hall Improvement Project

## Tostock Village Hall News (cont..)

### Village Hall Improvement Project

As outlined in the last Chronicle, the plans for the proposed improvements to the village hall are being finalised to be submitted for planning. If approved, the plans will represent a wish-list of required work to the hall which may then need to be completed in a phased approach depending on how much funding we can secure



Watch this space for updates on the improvement project developments, including copies of the submitted plans. In the meantime, however, if you have any further questions, please do not hesitate to email us via [tostockvillagehall@outlook.com](mailto:tostockvillagehall@outlook.com)



Many thanks to ALL for respectfully remembering to

**PLEASE KEEP DOGS ON LEADS AT ALL TIMES**

when walking through or using the Village Hall's paths and playing fields



## MOVEMENT IS MEDICINE

Cavendish Hall  
Thurston IP31 3RU  
Monday 11:00am  
Tuesday 11:30am  
Thursday 5:00pm

Tostock Village Hall  
Norton Road  
IP30 9FT  
Wednesday  
11:00am

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May we take this opportunity to wish everyone a ...

**Merry Christmas and Best Wishes for a Happy New Year**

## Tostock Village Hall

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**01359 270605**

or email [tostocktvh@hotmail.co.uk](mailto:tostocktvh@hotmail.co.uk)  
to reserve it for your event

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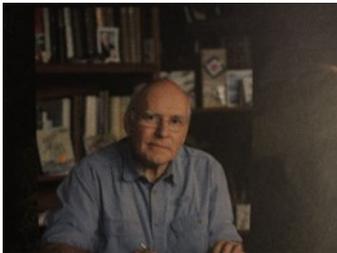
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**Afternoon Coffee**



I put too much brandy  
in my coffee ...

Throughout my entire lifespan, I can count on both hands the number of famous celebrities that I have met, shaking hands, or being in conversation with. Just before he became King I met and shook hands with Prince Charles at the annual Sandringham Flower Show. As I am a member of the Scout Association Movement to this present day. On three separate occasions I met the movements chief scout of the U.K. First at Gilwell Park Scouts headquarters – 1967 with Sir Charles McClean, 1980's Major-General Michael Walsh at Ipswich and more recently in Bradfield Park, Bury St Edmunds district scout ground the present Chief Scout Bear Grylls. In the mid eighties at my works hatchery some local VIP's, amongst them was our local MP Sir Eldon Griffiths. On arrival of entering the property he immediately came across to me and shook my hand before meeting the hierarchy. Whether he recognised me from the Scouts or other functions from around town, I shall never know. Not forgetting our own Tostock celebrities, because of the Owl Project, I was fortunate enough to meet the Late Air Marshall Sir John Kembell and Lady Val – my best wishes go to her. Also their son-in-law who went onto become the Lord Mayor of London and recently received a Knighthood – Sir Charles Bowman and Lady Samantha in which I feel honoured.

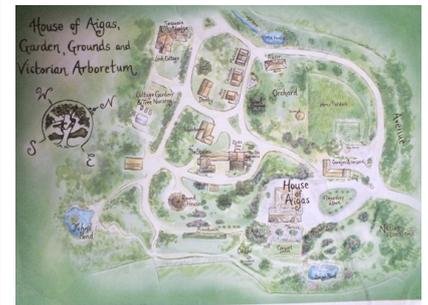


John and Lucy's family home - Aigas House

The greatest entertainment star which was my lifelong idol – the American Country Singer, the legendary Slim Whitman at Cambridge Corn Exchange in 1990, At that time aged 80 and still singing, it was his final U.K. tour where I met him and shook his hand after the show – one of the greatest moments of my life, unfortunately I had no camera. Last but not least I want to introduce to you and make this a feature for this edition. He is a most influential, and friendliest, warm -hearted person who I have ever met with a great sense of humour. He is Sir John Lister-Kaye, who is he you may ask ? So let me explain, I first met him at the Aigas Field Centre, Beauly, Inverness-shire. It was in 2017 Penny and myself decided to have a holiday there, and John was our host so that's why for this edition I want to share with you the whole Aigas experience but please don't think I am bragging or boasting and regard it a privilege and pleasure. Sir John Lister-Kaye is one of Britain's best-known naturalists and conservationists. He is the author of nine books on wildlife and the environment, including "At the Water's Edge, and has lectured all over the world. He has served prominently in the RSPB, the Nature Conservancy Council, Scottish Natural Heritage and the Scottish Wildlife Trust. In 2003 He was awarded an OBE for services to nature conservation. He lives with his wife Lady Lucy and family among the mountains of the Scottish Highlands, where he runs the world-famous Aigas Field Centre. I personally have high regards for Sir John and rate him on the same par as Sir David Attenborough. The pioneering Aigas Field Centre first opened in 1977, now 45 years in running. Its Scotland's first and foremost centre for nature study and wildlife holidays, from where qualified and dedicated rangers will lead you to

Cont..

The wild highlands and islands to seek out and understand the unique and celebrated natural environment of this special part of the world. You can join one of their week long holiday programmes, which cover a range of different interests, or allow them to create a tailor-made experience on a time frame that suits you however, they are so much more than a staging post for your daily adventures. To stay at Aigas is in itself a unique pleasure they call it the Aigas experience. You arrive at a private family estate. Here is the map of the estate.



All the photographs that you see in this article I have taken are all within the estate. Tucked into a natural bowl on the sunny side of Strathglass – a beautiful wooded and secluded glen through which the River Glass flows from high mountainous peaks of Glen Affric to the estuarine mud flats of the Beaully Firth. Around the Victorian house of Aigas are attractive gardens and a fine arboretum. Nestled amongst the towering sequoias, cedars and other exotic trees is your lodge, a comfortable woodland hideaway with wildlife all around. Where you are treated as a guest of the family, Sir John greets you every morning and evening, nothing is too much trouble to make your stay special. You will dine in the great hall



every night with home-made and hearty fare. The fires are crackling and the candles are lit as you discuss your days adventures and look forward to tomorrow, the hall is used again in the mornings for your breakfast.

Macintosh Lodge where we stayed and the great hall. The staff are friendly, well trained and like Sir John they have a great sense of humour too, as well as guiding you during the day they will be there in the evening to pour you a glass of wine or to help you identify that particular beetle or fungus you've found.



On the estate itself they have pine martens, badgers, beavers, and otters in the loch, red and roe deer, foxes running wild and the Scottish Wild Cat captive breeding programme. Their private network of nature trails and wildlife hides are yours to use as you like. Many of the guests like to go for a wander around the loch before breakfast, for some quiet contemplation in the hope of a fishing Osprey or crossing paths with roe deer, fox or pine marten.

There are four wildlife viewing hides providing different wildlife opportunities, the first one built by Johnny Kingdom (tv wildlife presenter) in 2007 to watch for beavers and otters, and fishing osprey on the Aigas loch.

*Continued next Issue..*

## Contacts in our Community

### Tostock Parish Councillors

Jane Storey (Ch)	jane-storey@btconnect.com
Vanessa Malcom (VCh)	vjmalcomtpc@outlook.com
Roger Cross	roger.cross64@icloud.com
David Blundell (VH)	tostock.design@btinternet.com
Sarah Cobbold (Poors)	sascobbold@icloud.com
Michael Bauly (Poors)	
Paul Callow	paul_callow@hotmail.com
Julian Kearsley	juliankearsley@btinternet.com
Glenn Lebbon	glenn@oakparkproperties.co.uk

### Village Officers

Tree Officer	Vacant
Footpath Officer	Roger Cross
Litter Picker	Oliver Holland

### Poor's Estate

Sharon Markell	01359 271190
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### St Andrews Church

Rector		
Katherine Valentine	kavalentine677@gmail.com	01359 235095
Church Wardens		
Jeanne O'Reilly		01359 270337
Barney Harrison	barneybees@hotmail.com	
Bell Ringers	Sue Marriott	01359 270143

### Village Hall

Chair		
Graham MacDowell	crispincottage@hotmail.com	
Hall Bookings		
Doreen Buckle	tostocktvh@hotmail.co.uk	01359 270605

### Clubs

Bingo	Diane Brewer	01359 271127
Book Club	Julie Harrison	01359 270247
Brownies	Krystie	07975 556448
Carpet Bowls	Doreen Buckle	01359 270605
Cribbage	Jim Langlois	01359 270456
Crochet	Sarah Reader	reader-family@tiscali.co.uk
Past & Present	John Parnum	
Rainbows	Krystie	07975 556448
Tennis Club		
Elizabeth Dunn	ejd1@talktalk.net	01359 270270
Susie Walton	susiewalton85@gmail.com	07793 406076

### Village Map

<https://tostockpc.org.uk/our-village/tostock-village-map/>

### TostockPC Website

Tom Whitman [tostock.website@gmail.com](mailto:tostock.website@gmail.com)

More details and the latest up to date information can be found on our village website.

[www.tostockpc.org.uk](http://www.tostockpc.org.uk)

## Community Services

**Emergency Police/Fire/Ambulance 999**

### Utilities

Energy power failures & Emergencies	08007 838866
Anglian water	08457 145145

### Health

Woolpit Health Centre	01359 240298
Out of Hours	111
West Suffolk Hospital	01284 713000
BMI Hospital	01284 701371
St Nicholas Hospice	01284 766133

### Advice

Relate	01284 767305
Samaritans (free call)	116 123
Drugs Hotline	0800 253 253
Citizens Advice Bureau	01284 753675

### Police

Non-emergency	101
Crime Stoppers	555

### Councils

Suffolk County Council	03456 066067
Mid Suffolk District Council	0300 1234000

### Education

Thurston Community College	01359230885
Norton Pre-school	01359 232736

### Pub

The Gardeners Arms	
<b>Martin &amp; Claire Pub</b>	01473 354 758

### Leisure

Cineworld	0330 3334444
Theatre Royal	01284 769505
Apex	01284 758000
Picture House	01284 754477

### Travel

Bus Timetable	<a href="http://www.suffolkonboard.com">www.suffolkonboard.com</a>
Rail	0845 7484950
Dial a Ride	01440 712048

*The Tostock Chronicle is a bi-monthly newsletter for the people of Tostock, published by the Tostock Parish Council, and partially funded by advertising*



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## Christingle Service

six CHURCHES UNDER ONE ROOF



**EVERYONE!** Join us at 9.30am to help make the Christingles. Delicious breakfast refreshments will also be available before and after the family@church service which starts at the new time of 10.00am. See you there.



Venue: St. Mary's Church, Pakenham  
Date: Sunday 3 December  
Time: 9.30 for 10am start  
Refreshments before, after and more!

six CHURCHES UNDER ONE ROOF  
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*and*  
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**All Welcome**

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For further details please contact:  
Martin Wood at [ali.etal@tiscali.co.uk](mailto:ali.etal@tiscali.co.uk) or 01359 242367

