

Virtual pub

Come and join the regulars at the virtual community pub – soft drinks are available! The fifth session will be hosted by Lucy and Toby on Saturday 2nd May. Come early to get a seat.

Email: davepenny@hotmail.com to include you on the next opening times and ‘directions’.

Fresh coffee and pastries

The Coffee Station will be at the Hemingstone Hut, with social distancing, of course, during lockdown. One of the things we are all missing is popping out for that fresh coffee or nice hot pastry especially if we are out for a walk and there is a nice café on our route.

So, after checking the government guidelines to make sure I am allowed to do this, starting on Saturday 2 May The Coffee Station will be at Hemingstone Hut from 9am until 12ish every Saturday and Sunday with a range of beverages and snacks.

So if you are missing your Paddy & Scott’s coffee, your Teapigs tea a nice hot chocolate with a freshly baked croissant or pastry, or maybe you prefer a nice cold drink and a bag of Fairfield’s crisps then pop along

John at The Coffee Station.

Hemingstone sunflowers- how are yours growing?

Let us know – use the hashtag [#hemingstonesunflowers](https://twitter.com/hemingstonesunflowers).

Don’t forget: prizes will be awarded in September for the tallest sunflower, the largest head diameter and the best creative posts on social media. Good luck!

Take care and remember to keep following the government guidelines.

And finally

Who is the mystery Thursday bugler?

Hemingstone News

Rainbow Edition

Welcome to this possibly unique edition. Thank you to the community for their contributions.



The combination of lockdown and the warmest April on record have encouraged a great number of us to go for regular walks and cycles or take up jogging, many of us discovering parts of our local area we have never taken the time to explore. The improving air quality and the reduction in traffic noise have allowed us to fully appreciate the peace, sights and sounds of our natural environment. There is a growing realisation that these forms of exercise are refreshing for body and soul and foster our physical and mental resilience.

Rainbows and Swallows

Now entering the fourth week of Lockdown, I cannot be alone in spending much of my time in the garden taking the time to look, watch and listen to the wonders of nature – alongside, of course, some back-breaking work grubbing out dead wood, digging and planting in preparation for what mother nature will provide once our hard work has been done.

In a rare moment of ‘freedom ‘ from the confines of our property, feeling like a child sneaking away whilst no one was watching, I found myself, camera in hand, walking down Main Road. Such a delight to see rainbows! Yes, rainbows. Rainbows in support of the NHS - beautifully made and positioned outside their makers’ homes. And slogans like: ‘Stay Home and Drink Wine’. How these efforts brought a smile to my face – and I am sure to many others passing by.

On arriving home, I went down to ‘The Clump’, our recently planted (3 year-old) woodland area. It was late afternoon and still very warm. As I sat on the bench reflecting and struggling to come to terms with all the serious illness and death of so many people globally, two small shadows passed overhead. A pair of swallows, ‘our swallows’, had come back to us and to the cart lodge they have made their home for the past two seasons. Amid this overwhelming crisis, there are moments of such wonder in nature. Hopefully, soon, with our prayers and the skills of multi-disciplinary teams everywhere, there will be pots of worldwide health at the end of the many (NHS) rainbows.

Chris

Help is still at hand

Need some shopping or another errand? Call:

- Sharon (07733 974487)
- Tony (07912 293886),
- Jamie (07976 011903)
- Mark (07946 377650)

They’re all working from home in Hemingstone and are happy to help you.

Need your dog walking? Then call:

- Amelia (01449 760641)
- Faye (07578 545705)

If you’re struggling with preparing food, Paul and Emma will bring you dinner (07870 192904).

If you would just like to chat to someone, no reason required, then phone:

- Alex (01449 760641)
- Jood or Dave (01449 760367)
- Mark (07946 377650)

If you need your bicycle servicing, Dave will help. (01449 760367). .

If you’re not already on it, then why not join the Hemingstone Neighbourhood local information WhatsApp group. Call or text Jamie (07976 011903) with your mobile phone number.

An account of Shopping in Lockdown!

I decided that I had to christen my PPE that came in the post-all of it and a pink mask!

I made my way to Lidl at Stow where by this time it was late afternoon. I felt that all the strange folk that live in Stow would have gone home for high tea and I would be able to 'christen' my mask without too many folk being frightened alive!

The car park was pretty empty so I donned my pink mask, rubber gloves and, anti bac spray in hand, I made my way to the trolley bay, wiped my pound coin (why?) then sprayed the trolley handle (again why? -I had rubber gloves on), then gingerly made my way inside.

The fun began! Firstly, I did not need any shopping. Secondly, I didn't dare look at anyone for fear of bursting out laughing (at myself of course) then my specs steamed up with the hot air rising from the mask so I couldn't see what I was pretending to shop for! I picked up black grapes thinking they were blueberries, only realising when I was in the queue and the mist had cleared. Stood looking at least 8 sorts of muesli and granola and thinking I could treat my brother, I then walked off no-decision made. It was then that I decided that the mask christening was complete as the bloomin' thing had lifted both of my hearing aids out and they were hanging down the side of my ears! I got in the queue, put the wrong pin in the card machine, got me rubber glove caught in my purse zip as I put my card away and made my way back to the car, discarding then a four fingered glove on the car floor, the dogs looking at me as if I was a nervous wreck.

Strange though, because I did have this confidence that I was safe 'cos I had this pink mask on, I am sure I still did not take any risks!

VE CELEBRATION FRIDAY 8th MAY

This year sees our May bank holiday moved from a Monday to Friday 8th May. What difference does this make? I hear you ask, when I, like others, haven't a clue what day of the week it is.

However, those of us who find ourselves without work, furloughed or unfortunately having lost our jobs, can only look to what is and what could be, and to those of us who keep the country fed, the farmers, the food processors, the food sellers and the medical crew who care for us, whether the NHS or private sector: to all those "on the front line".....what must it have been like at the front line 75 years ago?

VE DAY on Friday 8th May marks 75 years since the guns fell silent at the end of the War in Europe. Let us reflect on the enormous sacrifice, courage and determination of people from all walks of life who saw us through this dark and terrifying period. There should be an international celebration from 8th – 10th May. Due to Covid-19 the cancellation/ postponement of the celebrations over these 3 days is right and proper to keep us safe and healthy.

The VE Day Committee is still encouraging solo pipers and town criers to continue to mark the occasion from a safe and suitable location....do we have any budding folk out there in Hemingstone?

At 3pm on the 8th May there

will be a "Toast to the Heroes of WW2" from the safety of your home: So stand up and raise a glass of refreshment of your choice; "To those who gave so much, we thank you". Let us in Hemingstone pay tribute to the many millions at home and abroad that gave so much to ensure we all enjoy and share the freedom we have today.

Let us celebrate! Dust off your union jacks and fly your flags! Decorate your houses and salute the Heroes of WW2! There will be a cycle-past instead of a fly-past starting around 1pm on Ashbocking Road near Hare and Hounds corner. Join us for as long as you like en route. Guidance on safe cycling distance is 20m between parties. Get on your bike and navigate the boundaries of the village – from Hare and Hound corner, past Swiss Farm, to Rectory Road, up to Bulls Road then on to the Green and back via Henley Cross Keys pub.....a good cycle to salute the heroes of WW2.

Online church services

There are now weekly ZOOM Church Services on Tuesdays at 10am, Fridays 7pm and Sundays 10am. To access these services email reader.ruthdenningan@gmail.com.

Ruth will happily add you to the invitation list. Just email her and she will send you a link which you click on to join the service of your choice. There is no need for you as the participant to download Zoom.

Forthcoming special services

Friday 8 May : VE Day Evening prayer at 7pm - Focus on Peace

Sunday 17th May - Rogation Sunday: A time to ask God's blessing on the crops. Please send in a photograph via email. For example: water (ponds, rivers), crops growing, trees, hedgerows, animals, birds, and more, so that we can structure an uplifting service of praise and thanksgiving around them.

21 May - Ascension Day service and **31 May** - Pentecost service

Getting bored of Cooking?

With the freezer jam-packed with food, are the children still eating you out of house and home? Are you juggling working from home, home-schooling and preparing 3 nutritious meals a day? A change of scene is as good as a rest!

Friday night has become "Take-away" night in our house. It feels like a real treat to sneak out, collect our pre-ordered take-away and enjoy a meal in the comfort of our home that someone else has cooked!

Fish 'n' Chips – we highly recommend the Chip shop at Debenham (only a 15 min drive from the village). Also Chippies open in Needham and Fircroft (just off Henley Road)–check out their websites for opening times.

"The Filling Station" was our second choice – burgers like you've never had before! Chicken, beef, pork and veggie option too, with sides of fries, onion rings etc. Advanced orders only. To order phone: 01728 564156 . Open Thurs, Fri, Sat and Sundays 5-8pm. Check out their facebook page [facebook.com/7BMeadoworks/](https://www.facebook.com/7BMeadoworks/)

The Otley White Hart Pub. From their website it appears they are "travelling around the world" – check their website see which country they are in each week. Friday is Curry night and Saturday it's Pizza night – apparently their pizza is the best!

The Highwayman on the A140 is cooking on a Wednesday night – check out their website too.

The Crettingham Bell - take a look at their facebook page ... It appears they are offering a Tuesday night meal, Fishy Friday and also cooking on Saturday night (Curry seems to be popular!) 5ltr mini kegs of beer available to collect: Victoria/Albert Ale £20.00 4.30-8.30pm. To place your order ring 01728 685419.

Please continue to support your local businesses and hostelrys as they battle to survive during these difficult times.

[The Chef]