



# Members Matter



Issue no. 13

An occasional newsletter for the members and volunteers of the Stowmarket Stroke Support Group

## Chairman's Chunter

Dear All,

Hope you are all well. It looks as if there might be some decent weather and a nice autumn..... but we shall see!

We have received an extremely generous donation from the Rookery Club, thanks to Peter and Pat B. We thanked them in one of the museum (MEAL) meetings, but I am sure you will give them and the Rookery Club your own thanks and a round of applause.

We have now been meeting indoors at MEAL since August, with several activities, such as quizzes, a chat about sentimental things we value, and a Name that Tune game that triggered lots of memories. Best of all, we had a visiting speaker, when Chloë, our London correspondent, came to tell us about her Speech and Language Therapy course and life in the City during lockdown. Her talk was really interesting and informative.

We are currently preparing the programme for the rest of the term, which you will shortly receive - or may already have!

We hope to return to the Salvation Army Hall sometime during October. We still haven't got a definite date, but we will let you know by phone or letter as soon as possible. Until then, keep safe, and we all look forward to seeing you.

Alan (Written on behalf of Bryan)

## A BIG FUND RAISING THANK YOU TO ROOKERY BOWLS CLUB & STOWMARKET STRIDERS RUNNING CLUB

We are happy to inform members of two very generous donations to our Group funds.

£600 from The Rookery Bowls Club, courtesy of Peter Barnes, and raised through the Club's August Bank Holiday Monday open day.

£850 from Stowmarket Striders, thanks to the nomination by Sue Hunter, we were one of three local charities chosen for their fund-raising events over the last year and were awarded a cheque at their Presentation evening on 8<sup>th</sup> September.



Sue and Derek receiving a cheque for £850 from Stowmarket Striders.

## Easy Courgette and Bacon Pasta Bake

1 tsp olive oil  
150g diced smoked bacon  
4 courgettes, coarsely grated  
1 garlic clove, crushed  
Handful grated parmesan  
1 small tub low-fat crème fraîche  
300g tagliatelle



Heat the olive oil in a large frying pan and sizzle the bacon for 5 mins until starting to crisp. Turn up the heat and add the grated courgette to the pan. Cook for 5 mins or until soft then add the garlic and cook for a minute longer. Season and set aside.

Cook the tagliatelle according to the pack instructions and scoop out a cupful of cooking water. Drain the tagliatelle and add to the frying pan with the bacon and courgette. Over a low heat toss everything together with the crème fraîche and half the Parmesan adding a splash of pasta water too if you need to loosen the sauce. Season to taste and serve twirled into bowls with the remaining Parmesan scattered over.

## The Harvest of the Hedges Thought for the Moment

The corn has all been gathered in and now in every lane  
the hedges have their harvest-tide and bring forth again  
nuts and fruits in rich abundance on the tangled sprays –  
swelling in the yellow sunlight of the mellow days.  
Bramble thickly matted with its red and purple load.  
Scarlet hips like fairy lamps strung out along the road ...  
Mauve and red and rosy globes on leafless branches borne-  
Berries on the spindle bush and haws upon the thorn.

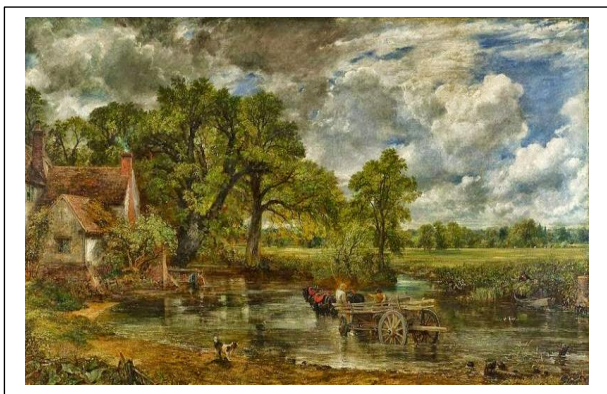
## Many happy returns to:-

Pat Barnes & Carol Studd on 29<sup>th</sup> September  
Sarah Fallon on 1<sup>st</sup> October  
Alan Moore on 14<sup>th</sup> October  
Sally Cracknell 20<sup>th</sup> October  
and Dave Talley 24<sup>th</sup> October.  
Enjoy a great day!



## Our History

John Constable painted 'The Hay Wain' 200 years ago in 1821, which influenced the modern school of landscape and romantic painters. The exact location of which can still be found today at Flatford in Suffolk.



## The Tail End

It is very reassuring to witness and hear about the group's plans for future face to face gatherings. This got me thinking about the wonderful work that goes on behind the scenes by our dedicated group of enthusiastic volunteers. Nothing happens unless they take the trouble to make it happen. They don't buy a programme of events off the internet. Folks must be approached to come along to entertain, stimulate or impart knowledge. Outings are planned, after safety assessments have been completed, bookings made, volunteers' availability agreed. All this requires financial support, which comes from the volunteer's network of contacts. The volunteer officers ensure that everything, complies with a host of regulations, financial good housekeeping and a modern outlook.

Thank you to the contributors to this and all the previous Member Matters News. Our thanks to Shirley who continues to produce a much-admired publication. Please continue to submit items to: [mike.perryh@gmail.com](mailto:mike.perryh@gmail.com) OR 18 Danescourt Ave., Stowmarket, IP14 1QD.