

ICE—In case of emergency

East Anglian Ambulance Service has launched a national campaign with the support of Falklands war hero **Simon Weston**.

The idea is that you store the word "ICE" in your mobile phone address book, and against it enter the **number** of the person you would want to be contacted "In Case of Emergency". This could be your next of kin or your doctor. Then in an emergency situation ambulance and hospital staff will then be able to quickly **find** out who to contact and how to get in touch with them.

If you do not carry a mobile phone with you then have your ICE contact details written on a card in your purse or wallet. It's so simple - everyone can do it. It really could save your life and create peace of mind for your loved ones.

Guess who? **Brian Kew**



PLANTS AND PRODUCE

Home produced Hawstead goods for sale
seasonal vegetables and fruit, herbs, plants etc.

HAWSTEAD VILLAGE GREEN

2nd and 4th Saturday in the month

11am. - 1pm.

COME AND BUY!

For more information call Andy and Frances on 01284-386501

Editor: Andy Parrett



Hawstead Journal

For the Village by the Village

July 2005

HAWSTEAD PARISH COUNCIL

NOTICE IS HEREBY GIVEN that an additional PARISH MEETING for the Parish of Hawstead will be held in All Saints Parish Church on Thursday, **28th July, 2005 at 7.30pm**, when a Principal Planning Officer of the St. Edmundsbury Borough Council will be present, by invitation, to speak about his Authority's current policies in relation to any proposals for future housing development within our Parish.

At this Assembly, which is open to the public and the press, any registered local government elector for the parish may attend and ask questions, take part in the discussion of parish affairs and vote on any competent motion which may be tabled at the meeting.

K.J.FAIRBAIRN

Pear Tree House. Pinford End, Hawstead, Bury St. Edmunds, Suffolk, IP29 5NU. Chairman of the Council and Convenor

HAWSTEAD COMMUNITY COUNCIL

The A.G.M. for 2005 was held in Hawstead church on May the 26th. It was well attended.

Joan Cook, Nicki Brown, and Lorraine Stockes resigned from the committee. Karen Caldwell, Ruth Mackay and Richard Steed now make up our committee of nine. Karen lives in the Firs at Pinford end, Ruth has recently moved into Flatts Farm, Bells Lane and Richard has lived in the village for some years in 16 Whepstead Road.

On behalf of the village we would like to say a big thank to Joan, Nicki and Lorraine for all their time and effort so freely given. We are very pleased to have some new people to bring new enthusiasm and renewed vigour. It is a good thing to recycle posts on a regular basis to keep a committee healthy, and at our last meeting it was decided that a person should not be expected to hold a particular post for more than four years.

The Community Council is now as follows:

Chair Sonja Monk, Treasurer John West, Secretary Sylvia Miller, Margaret Crockford, Jane Powell, Karen Caldwell, Richard Steed, Andy Parrett, Ruth Mackay.

Cullum House

We await the outcome of the feasibility study. John Lamb will be reporting back to us on the 14th September. In the meantime we thought it would be a useful exercise to mark out the boundaries of the proposed new hall. We plan to do this in conjunction with the village fete.

The village Fete and Flower show

Each year we ask for help with this, half an hour on a stall would be better than two hours, so if you have never offered your help before, maybe you could this year!! We need you!!!

There will a fete planning get together in the garden of Pound Cottage, the Pound, on Sunday the 24th of July 2.30pm. onwards Should you not have known about this for any reason, just call 386876 or 388841, to offer your help.

A SCHEDULE AND A PROGRAMME WILL BE WITH YOU SHORTLY

LETTERS TO THE EDITOR

Dear Editor,

I regularly receive the in house paper from my last employer, but often the most interesting section is 'Letters to the Editor'. I would like to see a similar section in The Hawstead Journal.

Many people do not like to attend meetings or express their views in public. So a letter to the Editor, even published without a name, can give everyone in Hawstead a voice.

There are numerous issues that could be aired, memories recalled & questions asked, someone in Hawstead may have the answer.

Let me start the ball rolling. A big issue in the Village is a new hall & raising the necessary money. What do you think of a weekly village lottery? A single cash prize of say 25% of the taking. Would it be practical, ethical or legal?

Simon Miller

What a great idea Simon and as you see we have adopted it at once. You can send your letter to the editor via e.mail to Andy at andyparrett@rocketmail.com or Geraldine at Geraldine.upfold@btopenworld.com or telephone Andy on 386531 or Geraldine on 388732

HAWSTEAD JOURNAL

We now have a printer, courtesy of the Hawstead Parish Council.

We will endeavour to publish the journal each month and to keep to the following monthly cycle. This will be -

1st of each month - articles and content for the journal to be received by the editor

15th of the month – journal to be printed

15th – 18th journal to be distributed

We need your contributions – so let us have your thoughts, ideas, recipes, photographs etc. We would also like to have your ideas about the content—would you like more for children, jokes, a crossword etc.. We would especially like to hear from people who are new to the village and those who have been here for decades.

CASTAWAY TOP TEN

Margaret Cornwell

Stranger on the Shore - Acker Bilk (one of my first favourites)

Ghost Riders in the Sky - Duane Eddy (I found the guitar sound exciting and memories of Church Hall dances)

San Francisco - Scott McKenzie (flower power times)

There's a Place for Us - from West Side Story (I used to cry to this one)

All the Time in the World - Louis Armstrong (an old favourite)

Mull of Kintyre - Wings (love the bagpipes)

Lost in France - Bonnie Tyler (a song to dream to)

Sailing - Crew of the Ark Royal (all those male voices- phew)

Rocking All Over The World - Status Quo (defy anyone to sit still whilst listening)

You're In My Heart - Rod Stewart

My favourite is the last one, as I love the words

Race for Life

Well Done! Sandy and Hannah Dawson, Lorraine Stokes and Holly Gossett who all ran in the 'Race for Life' at Nowton Park on 16th June to raise money for breast cancer.

HAWSTEAD COMMUNITY COUNCIL

Treasurer's report

Income and Expenditure for the year ending April 2005

We started the year with £59,669 and ended it with £61,919. This represents an increase in our funds of £2,250 over the year.

Fundraising

Numerous events over the course of the year including - Cadenza concert, Easter Egg hunt, Plant sale (which itself raised approximately £1,000), Cream tea afternoons, Glyn Hammond's open garden, our annual Fete and flower show, Christmas bazaar and other activities like Bingo evenings etc.

A huge thank you to everyone who has helped in anyway or anyone who has just come along, spent some money and enjoyed themselves.

With the interest earned on our lump sum our total income for the financial year amounted to £8,071. After all our expenses of £5,821 we have a surplus of £2,250. Our total funds are now almost £62,000.

As Sonja has said, work towards the new village hall is progressing quietly and with the healthy figure we have in the bank this gives us a sound base.

CAMBRIDGE UNIVERSITY - LOCAL HISTORY

LAW AND ORDER IN SUFFOLK

After 2 years away, I am pleased to announce that the next course **LAW AND ORDER IN SUFFOLK** will start on Thursday mornings in Lawshall Village Hall 10 a m -12 noon on September 22nd and will run for 10 weeks and we are again lucky to have Clive Paine as our tutor.

Fees will be Senior Citizen £40 and standard rate £45. The University, as with all other colleges, have had to increase their fees this year.

CULLUM HOUSE UPDATE

The decision is ours! Please read this encouraging news

During June members of Hawstead P.C.C., Parish Council and Community Council met again for the second meeting of the Feasibility Study on the future of Cullum House. The Diocese was informed that Cullum House had been used for a Sunday School whilst it was the village school and has also been widely used, indeed relied on, as a meeting place for a good number of village groups for many years. In response St Edmundsbury Diocese offered to assist the funding of a Village Hall to the tune of £75,000.

The Diocese is still proposing to dispose of Cullum House to realise its capital for educational funding, but would be happy to sell it to the village and could provide a mortgage for the purpose. The £75,000 donation could be put towards the purchase of Cullum House for use as a village hall/meeting place or alternatively towards a hall of our choice.

As a result of this development we have asked the Diocese to allow us more time to discover and discuss what the village itself wants. Consequently Cullum House has been re-let for a further six month period.

If we intend to build a new hall the £75,000 would be forthcoming when we have the remaining funds raised; i.e. the Diocese wants to see the funds going directly into a useable hall not into a fundraising fund for however long it takes to gather the rest of the money together. There will be one further meeting of the Feasibility Study Group in September.

There has been a lot of mixed feeling and emotion over the loss of the old hall and the time it takes to raise funds for a new one. Any community would go through such a process in our circumstances. Lavenham has recently been held up as a beacon of success. They have built a new hall costing around £1million. Lavenham is a large village and probably a fairly wealthy one too, but it has taken them 10 years to achieve it.

We have been given a significant boost in funding by this offer. How are we going to respond and act on it? As a village we do need to pull together and make positive decisions. A number of people, particularly Joan Cook, have worked very hard on the proposed hall. An overwhelming majority who had their say supported the plans for the new village hall on the Green. Since then Cullum House has been offered for sale to the village. Does this change your view?

/Contd...

- ◆ 400g beetroot cooked in their skins for 45 mins -1 hour until tender, peeled and roughly chopped
- ◆ 1 litre vegetable stock. Good quality stock cubes will serve well.
- ◆ Salt and freshly ground black pepper
- ◆ 1 tbsp balsamic vinegar
- ◆ **To serve**
- ◆ 1 tbsp freshly grated horseradish of from a good quality jar
- ◆ 1 tbsp crème fraiche

Gently cook the onion and leek in the oil in covered pan until soft. Add the vegetable stock, bring to boil, season with a little salt and pepper and simmer for 30 mins. Add the beetroot, remove from the heat and blend in a liquidiser until smooth, then strain through a fine meshed sieve. Cool the soup down, then refrigerate for a few hours until well chilled. Once chilled check and re-season if necessary as the flavour changes a little once cold. Stir in the balsamic vinegar to taste.

Mix the crème fraiche with the horseradish and serve a spoonful on top of the soup in chilled soup bowls. Looks great in pale green soup bowls

Serves 4-6 people

Joan Cook



IN PRAISE OF THE HUMBLE BEETROOT

Earliest recollections of this summer vegetable are not inspiring. It would appear regularly, limply sliced and doused in Sarson's acid vinegar at any high tea involving salad. Firm reminders about not dropping the, by now, deeply magenta vinegar onto the tablecloth removed any lingering vestiges of pleasure that went with its eating.

In the sixties and seventies in the hotter climes of Australia the beetroot's sophistication grew, as did the size of the beet. Cooked and peeled the large slippery, purplish spheres were neatly diced then put into a mould and covered with a lemon jelly dissolved in hot vinegar and left to set and chill in the fridge. On a hot summer's night the cool sweet earthiness of the beetroot combined with the sharpness of its jelly added to the enjoyment of many a barbecued chop or snagger.

Now, it has been discovered by celebrity chefs and health gurus alike. The beetroot's deep colour giving it properties that help to fight cancer and after years of neglect the cooks are finding delicious ways of popularising this vegetable. Its young leaves appear in the bags of supermarket prepared salads and in winter it is taking its place amongst the roast vegetables. But for something really special on a hot summer's day try serving **chilled beetroot soup with creamed horseradish**. If you are not growing your own beet root buy a bunch fresh from Bury market (or the stall on the Green) Tinned stuff just will not do! Oh and don't be tempted to replace the oil with butter when cooking the leeks and onions as butter will solidify as you chill the soup and leave unsightly blobs floating on the cold soup.

Chilled beetroot soup with creamed horseradish

- ◆ 1 small onion, peeled and roughly chopped
- ◆ 1 small leek, roughly chopped and washed
- ◆ 1tbsp vegetable or olive oil

Cullum House update - contd

Now is the time to make your views on the future of Cullum House known. Please speak to any member of the parish council or community council. We are here to listen and to try to get things done. Please do let people know how you feel, every villager does count and the parish council and community council need to know.

Feel free to badger us and please come along to meetings to discuss the future. We will do our best to get it right but as always we need feedback and for people to come to meetings otherwise you won't necessarily have the decisions made as you want them to be.

James Carr tel. 386245

ALL SAINTS CHURCH - HAWSTEAD

SERVICES JULY

Sunday 24 th	11am	Parish Eucharist
Sunday 31 st	6pm	Evening Worship

AUGUST

Sunday 14 th	8.30am	Said Eucharist
Sunday 28 th	11am	Parish Eucharist

EVENING PRAYER

An opportunity for silent/contemplative prayer, and to pray for the parish and benefice is held every **Wednesday in the church between 5 - 5.30pm**. All are welcome.

The church is open every day from 9am to 5pm

For all other Services in the Benefice please see Church Notice board



SUFFOLK HISTORIC CHURCHES TRUST

24th Sponsored Cycle ride

This year Dave and Sandy Dawson have kindly offered to raise money by cycling around as many Churches as they can on Saturday 10th September.

The trust makes grants for repair and restoration of churches and chapels of all denominations. Half of the money raised by Sandy and Dave will go directly towards the maintenance of our own historic

Church and half to the Trust.

Please sponsor them so that this lovely building may continue to be used and enjoyed for years to come.

If there are any other cycling enthusiasts who would like to join in and raise money please contact me, Sylvia Miller, for a sponsor form on 01284 388841.



The Blue King and the Pit—Contd..

A judgement was made. Commemorative containers were ordered and distributed to the lesser minions. BUT, little did the Overlord know, the Black King's spirit was still there at Termination Point.

He came to hear of the plan. 'If I can get to those Blue King containers and put my magic spell on them, the resting place with the contents will be turned away and everyone will have to pay handfulls of gold dust to store the contents elsewhere'.

So the Black King wizard waved his magic wand over all the commemorative containers and the gallocastic collecting squad refused to take the containers away. A judgement was issued by the Overlords that a fine of 10 points of gold dust be levied to all the lesser minions that refused to use the Blue King container only for things that can be recycled.

The lesser minions formed a group and shouted at the at the Overlords - 'Why'. 'Because,' the Overlords calmly replied 'there is a heaven out there beyond the sight of all lesser minions, a place that costs the "earth*". They want lots of gold points when we visit them.' We being gods-in-waiting, don't want you to be relieved of all your gold points'.

The chief Overlord took from his compounder his staff and smit the Black King wizards aura. Rest and goodwill descended. Blue King fairies became abundant. Termination Point shone like a mirror in the clear sunlight. The minions grouped and huddled and bubbled and they decreed that the Black King fairy should go to the other place but the Blue King fairy should eat 'only that which could be eaten again'.

One by one the Overlords vanished into another time-warp where cobblestones and cathedrals were at war. The lesser minions lived happily ever after. But I know the Black King wizard's spirit is never far away and that gold points deposited all over the kingdom will vanish, sometimes forever.

NB— *"earth" a round muddy thing with lots of water and grass and sand and.....

The Blue King and the Pit

by

K.J. Blowing



Once upon a time in a castle to the west of area four, a meeting took place, finally and for all time, to decide what the Blue King Fairy and all the subservient fairies should eat. After what seemed millennia of discussion the Overlords passed judgement. In their castle by the Blackening sea a decree was about to be issued, when through the leaded window a flash of mega proportions emitted terrifying light and trubs.

'Oh, what's that' said the Chairman of the Overlords. He was calm and his consternation was delivered with the urgency of moonbeams.

But there was urgency. The wizard of the Black King was hanging by his finger tips on the edge of the leaded window, which had blown shut in the ensuing gale. 'Help' shouted the Black King wizard. A minion, who was later sacked, rushed to the window to release the Black King wizard's fingers. Alas on release the Black King fell 400 feet to his death on the rocks of Termination Point.

'Lets get on with the meeting' said the member for Best Trufford. 'We need to 'make decisions. What do WE want the Blue King fairies to eat?' The member for Borstid, an environmentalist, said 'Deal me out I've got to get down there and wash those rocks. That Black King fairy has caused a bit of a prob with pollution. He's fly tipped himself all over Termination Point'.

'O.K.' said the Overlord 'Get down there'.

A member from who knows where said 'I've got a suggestion, let's feed the Blue King with all the things that can be used over and over again'.

'Brilliant' said the Overlord, as he stared out of the window at the minion cleaning the Black King wizard from the rocks of Termination Point.

'We could take all the Blue King waste, sort it and use it all again'.

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ROAD CLOSURE

TEMPORARY CLOSURE OF PART OF HORSECROFT ROAD, BETWEEN
HORRINGER AND HAWSTEAD

1 August to 7 August 2005

This closure is required to enable Suffolk County Council to carry out surfacing works. The alternative route for southbound vehicles will be via Whepstead Road and Bury Road - Rectory Road, Whepstead - Bull Lane, Pinford End - Hawstead Lodge Road. The alternative route for northbound traffic will be via Park Lane - Nowton Road - Cullum Road - and the A143 Out Westgate.

Any enquiries regarding these measures should be made to Mr T Howe, Environment and Transport Department, West Area Highways, Shire Hall, Bury St. Edmunds, Suffolk IP33 1RX. Tel: 01284 352405.

INTERNET TIP !

REGISTERING YOUR COMPUTER FOR NEIGHBOURHOOD WATCH

Suffolk Police have advised that if you wish to receive newsletters from the Police or Neighbourhood Watch via e-mail, this is the correct procedure:

1. Go to the website: www.suffolk.police.uk
2. At the Home Page, look to the right and choose NEIGHBOURHOOD WATCH. The area for Hawstead is 'RURAL'
3. Go to POLICE DIRECT and near the bottom click on 'REGISTER'
4. Give your e-mail address and make up a password, preferably a different one to other passwords you may already be using for other purposes

Hawstead Village Green



Barbeque at the Metcalfe Arms

