

DATES FOR YOUR DIARY

Hawstead Community Council Meeting - Monday 2nd March

7.30pm in the hall. Villagers are welcome

Parish Council Meeting - Thursday 19th March

7.30 pm in the hall. Villagers are welcome

Village Green Working Party - Sunday 1st March

10.30 am - Bring your gardening gloves and tools with you

REGULAR EVENTS

Bingo Club - Fortnightly on Mondays

Next meetings 23rd Feb, 9th and 23rd March

Breath Easy - Weekly on Tuesdays

A blend of Yoga, Pilates and Tai Chi. £4 a session, 09:30 - 10:30

Starts 6th January. Contact Sam on 07850207365

Carpet Bowls - Weekly on Tuesdays

7.30 - 9.30 pm - Cost £2 including tea and biscuits + joining fee

Craft Workshops - Last Wednesday of the month

2.00 - 4.00 pm Call Ruth on 388085

Green Nights - 2nd Wednesday of the month

7 pm An evening of helpful advice on how to live a more eco-friendly life

Body Synergy - Weekly on Thursdays

7.00 - 8.00 pm A blend of Yoga, Pilates and Tai Chi. £4 per session

Call Katie Pruden on 07795 282928

THE HAWSTEAD JOURNAL

I wonder if you have thought about what you could contribute to the Journal, perhaps on a regular basis - items of news, anecdotes, jokes, nature notes, things you want or would like to sell, poetry, book reviews, photos, recipesetc. Please email your contributions to me, before the end of the first week of each month, at geraldinewest@waitrose.com, post them through the door - Kellycroft, The Green, opposite the village Hall, or telephone me on 388732.

Geraldine

Editor: Geraldine West



Hawstead Journal

For the Village by the Village

February 2009

HAWSTEAD COMMUNITY COUNCIL

Our first attempt at entertaining in the hall, the Burns Night Supper, seemed to go well. It was worth all the effort. We are very grateful to everyone who helped or used their special talent to make the evening so enjoyable! The art work really did set the scene. The stag was a very special addition. Sylvia remembered just in time that there was one in the village at a secret location! So he was driven up to the hall and given a much needed wash and brush up. He had not seen the light of day since 1961! I hope that he can join us again sometime. The music and singing was just right. One comment I heard of was 'Would the pipes be too loud for the hall?' Oh no not *loud* it will be much worse than loud!

The tartan we used to swag the curtains and decorate the tables, was generously donated by Simone and Adriane Warne who now live in Bryres Farmhouse.

The Valentine quiz is almost fully booked.

It would be nice to start a craft group in the meeting room just once a month. If you have, like me an unfinished project that has been waiting for you to finish it this could be your chance for inspiration. There will be a mention of this from Ruth Mackay elsewhere in the journal.

Next **big** task on our calendar is the plant sale on Saturday the 16th of May. This will be the fifth time we have done this. We could make more of it by serving breakfast, morning coffee, or soup. You name it – we will try anything!

We are looking forward to the summer and cream teas on the green.

Sonja Monk

Future Developments & the Hawstead Journal

Every home in Hawstead has, or has the potential to have, a phone line, that also means access to the internet although not necessarily broadband. It has just been announced that by 2012 every home in the country should have access to high speed broadband.

To make use of this technology we must make the investment in some kind of suitable computer equipment and then pay an Internet Service Provider to be able to join the club. Just how many homes in Hawstead have already taken the plunge and now enjoy the pleasures of surfing the web and communicating by e-mail, I suspect quite a large proportion. So what else can be done with all this expensive equipment, can I make just one suggestion. What would you say to reading the Hawstead Journal on your computer? Just think of the advantages and savings, little or no printing costs, no more volunteers trudging round the parish in all weathers to deliver the Journal to every home, etc. etc. The Journal could be e-mailed to those who sign up or it could be posted on the village web site for everyone on the web to read. What about those who do not have a computer? Copies could still be printed and distributed by the publishers or neighbours could print a copy for those without access.

Would you be interested in receiving an electronic Hawstead Journal?

Please let me know your views, e-mail me on simon.j.miller@talktalk.net

Simon Miller

FOR THE HARD OF HEARING

Suffolk Hearing Support Service run a social club for hard of hearing people called "Hard of Hearing Club". It is run at the Deaf Centre, Northgate Street in town. It has its own car park. The club is run every 4th Wednesday of the month between 10.30am and 12.30pm. No need to book, just turn up!

For those people wishing to go but have no transport, then Dial A Ride can be used. Should anyone want further information then telephone Suffolk Hearing Support Service on 01473 583561 and they will be happy to answer your questions. For example, you may be interested in information on Lip Reading classes to supplement your hearing aid. Don't think you are too old or too young for this course, it is suitable for all ages.

Rosie Greengrass

Church Services at All Saints Church Hawstead

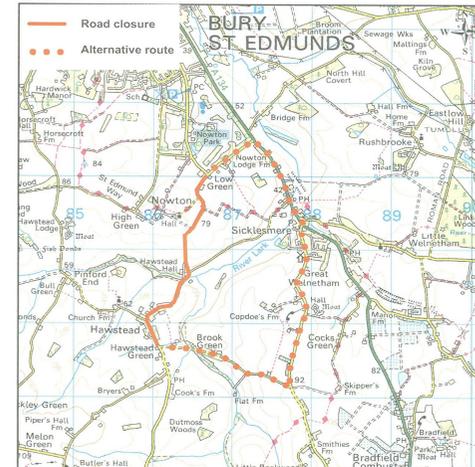
March

Sunday 8th 8.30

Sunday 22nd 11.00

Benefice prayers every Wednesday at 5pm

ROAD CLOSURE



Please be advised the C684 Bury Road, Hawstead / Nowton between the U7413 Bells Lane, Hawstead and the U7405 Nowton Lodge Road will be temporarily closed from 16th February to 9th April 2009 for SCC carriageway repairs.

During the closure the alternative route will be via the U7413 Bells Lane-C685 Stanningfield Road - A134 - U7405 Nowton Lodge Road and vice versa.

As advised to the Parish Council

Village Lottery

NOVEMBER WINNERS

1st 130 Rex Carr £16.95

2nd 075 P Tyrell £4.52

3rd 141 T Rushen £1.13

If you would like to take part in the lottery,
please contact Sylvia on 388841

FROM THE ARCHIVE

The death on February 25, 1939 is announced from Durban of Mr. Harry George Price Metcalfe.

The second son of the late Mr. and Mrs. H. G. P. Metcalfe, of Hawstead House, near Bury St. Edmunds, George Metcalfe left England as a boy to live with relatives in South Africa, where he remained all his life. He was an engineer, and was during the whole of his career associated with the Cape and South African Railways. Before going to Durban 10 years ago he was for many years stationed at Pretoria, where he had a large circle of friends. He was a great sportsman and was both a first-rate cricketer and footballer. In later years he had been a hockey enthusiast, and was the "father" of the Durban teams. There was no sporting event of importance in the district that did not have his assistance and advice. Like his grandfather, the late Henry Christopher Metcalfe, of Hawstead, a distinguished officer of the old 91st (Argyll and Sutherland) Highlanders, he was a born soldier. Long before the Great War his tunic was a mass of medals of the various native campaigns he had taken part in. In the South African War, though only a lad, he joined Baden Powell's police, and was with that distinguished general throughout the siege of Mafeking. In fact, one of his treasured mementos was a letter from Colonel (now Lord) Baden Powell thanking him for his assistance in making the only gun used by the besieged forces. Later he was severely wounded, being shot through the shoulder, and was invalided home in 1899, returning to South Africa in the following year. Immediately the Great War was declared, Mr. Metcalfe at once joined his regiment and proceeded with the South African force to the conquest of German South West Africa. Mr. Metcalfe was a widower. He married Miss Gertrude Hickley, a member of a well-known Cape family, but she died 10 years ago.

There were no children.

Anna Glypta

Hawstead Village Green

Just after Christmas a small but determined group of villagers spent a Saturday morning working on the village green, removing some encroaching bramble and trimming trees. We had a great time and by lunch time the vegetation at the side of the green at the end of bells lane was cut back from the edge of the road and overhanging branches had been removed. The trimmings from the trees were piled up towards the back of the woodland strip to allow nesting places and cover for birds and insects. The front of the area was cut into 'scallop' that will provide sheltered sunny spots for plants and butterflies.

Looking after our green is the Parish's biggest item of expenditure, but due to Countryside Stewardship payments it also generates income. By taking care of the green in a way that will maintain its rare plant community, we qualify for a useful payment from Defra. The Parish Council employs contractors to cut the paths and take the hay, but there are bits and pieces that need extra attention now and then. This is what we were doing back in January, and on March 1st we intend to have another volunteer work party, starting at 10.30 am, to carry on the good work.

The intention is to continue working along the Bells Lane verge and also to remove some dying trees at the junction with Whepstead Road. Hopefully we will be able to have a little fire and brew up the kettle!

So, if you fancy a bit of gently exercise, bring yourself along with a pair of loppers or a sickle, and a packet of biscuits and get stuck in to help preserve the village environment!

All are welcome.

Andy Evershed

WEATHER IN HAWSTEAD

Rain.....



Suffolk Libraries Direct

For those of you who like a good read, have you ever tried using Suffolk Libraries Direct (www.suffolklibraries.co.uk)? It's a fantastic service and you can usually get all the latest books pretty quickly by reserving them on-line (sometimes even before they're published).

My method for selecting new books is to read the new book reviews in the Times on Saturday. If there's anything I fancy I go straight onto Suffolk Libraries Direct and reserve it. Sometimes they come through very quickly - other times you have to wait a bit. But it costs you nothing! You get an e-mail when the book comes in and then just fetch it from the library.

I've just read a fascinating book by a French lady called Agnes Humbert. It's called "Resistance - Memoirs of Occupied France". First published in French in 1946 it is her account of the part she played in the early resistance to the Germans after the invasion, her arrest and her subsequent experiences in the German prison system and eventual liberation by the Americans. Gruelling in parts, it's ultimately a celebration of what determination and a positive outlook can achieve.

Richard Milns

Nothing Changes

'I believe that banking institutions are more dangerous to our liberties than standing armies....If the American people ever allow private banks to control the issue of their currency, first by inflation, then by deflation, the banks and corporations that will grow up around the banks will deprive the people of all property until their children wake-up homeless on the continent their fathers conquered.' **Thomas Jefferson 1802**

And Snow.....



SPICY DAL AND CARROT SOUP

This delicious, warming and nutritious soup uses split red lentils and carrots as the main ingredients and includes a selection of spices to give it a "KICK" it is simple to make and extremely good to eat. Just what is needed for a cold February, just add some buttered toast!

Place in a large saucepan

- 4oz of red split lentils
- Two opinions, chopped
- 1 can of tomatoes
- 2 cloves of garlic, chopped
- 12 oz of carrots sliced
- 1 ½ pints of veg stock
- 1tsp. of chilli from a jar

Cook until the carrots are soft. Meanwhile, heat two tablespoons of **veg ghee or oil** in a small pan, add one teaspoon each of ground **cumin** and **coriander** plus a ½ teaspoon of **turmeric** and fry for 1 minute. Remove from the heat and add 1 tablespoon of **lemon juice** and salt to taste.

When the carrots are soft

Liquidise the soup in batches, return the soup to the saucepan, add the spice mixture with a further ½ pint of **veg stock** and simmer for 10 minutes.

To this add ½ pint of milk, taste and adjust the seasoning if necessary.

Serve hot with chopped coriander and a swirl of yoghurt. This is enough for six servings; it of course can be frozen.

Sonja Monk



Try to have a little fun
each day.
...it's important

Take an occasional risk



RURAL NEIGHBOURHOOD POLICE TEAM

Hang on to your money As usual the fraudsters are using various scams - some of them quite ingenious - to get hold of our credit card or bank account details. The rule is - NEVER ever give anyone any information about your bank account or your credit card, however convincing they are.

Car-jacking scam Potential car-thieves have taken to sticking a 'document' on the windscreen or rear window of cars. The driver gets in, puts the keys in the ignition, notices the item and gets out of the car. The car thieves steal the car. So the message is, if you need to get out of your car, take your keys with you.

Have you had anything stolen? We have recently recovered a large amount of stolen property. If you have lost property, please contact us and arrange to view the items. We will want to know the date of your burglary, what you lost and if possible the crime number you were allocated.

Book a place on one of this year's Bike Safe courses

If you would like to improve your motorcycle riding skills to become a better and safer rider, you may be interested to know that places are available on Suffolk Constabulary's Bike Safe motorcycle workshops. To find out more, including course dates [go to the Bike Safe web page](#) or call Kevin Stark on 01473 613598.

Stay safe on the roads

Whether you drive a car, ride a bike or walk, be careful in these difficult weather conditions.

If your neighbours have been engaging in criminal activity, report them anonymously at Crime Stoppers number 0800 555111

PC Debs Carroll-Beer

01284 774100 e.mail stedsruralsouth.snt@suffolk.pnn.police.uk

Visit your local Neighbourhood Policing website is www.onesuffolk.co.uk/SaferSuffolk

Welcome to Hawstead



Conor & Jessica

Hi, the editor has kindly given us the opportunity to introduce ourselves through the Journal. Apologies to anyone who has already been bored by our story!

We, the Jackson's, come in four different varieties. Dad (Rod), Mum (Sarah) and Conor & Jessica. We moved into Jofaca House in the middle of 2008 so whilst not strictly new, we certainly are when compared to the tenure of most Hawsteaders.

Rod is a company director for a large international company which no-one has ever heard of called Randstad (told you!) whilst Sarah works in the office of nearby Howard Middle School. Conor (13) and Jessica (11) attend Thurston Community College and Beyton Middle School respectively.

We moved from Berkshire in mid-2007 when we got tired of our then village, Crowthorne, being absorbed by 2 neighbouring towns. After a short spell living in a rented barn in Great Barton we were convinced by local estate agent extraordinaire Clive Robinson that there was only one village worth living in and that was it - all eyes focused on Jofaca House and the move to Hawstead began.

In his younger days, Rod was a bit of an IT geek and can still be found most evenings, staring at a computer screen planning world domination. These skills can often be put to more constructive use helping others who are having problems with their computers, so feel free to ask and time permitting, he would be delighted to try and help.

Rod & Sarah : 01284 388605





Burn's Night Supper
to celebrate the
250th Anniversary
of the birth of Robert Burns
What a great time we had!
(More pics on
www.hawsteadvillagehall.co.uk)

