

## DATES FOR YOUR DIARY

### Thursday 22nd January Parish Council Meeting

7.30pm Malcolm Cornwell Chair of the Parish. Council on 388142. Villagers are welcome.

### Monday 2nd February Hawstead Community Council Meeting

You would be most welcome. 01284 386876 [www.hawsteadvillagehall.co.uk](http://www.hawsteadvillagehall.co.uk)

### Saturday 14<sup>th</sup> February Quiz Night

Light Supper included. Questions will be on the subject of Romance!

## REGULAR EVENTS

### Fortnightly on Mondays Bingo Club

Jan 26<sup>th</sup>, 9<sup>th</sup> & 23<sup>rd</sup> February at 7.30 pm. Cost £2 includes refreshments and £2 per game. Just come along or contact Sonja on 386876 for more information.

### Weekly on Tuesdays Breathe Easy

A blend of Yoga, Pilates and Tai Chi. £4 a session, 09:30 - 10:30 am  
Contact Sam on 07850207365

### Weekly on Tuesdays Carpet Bowls

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

### Weekly on Thursdays Body Synergy

A blend of Yoga, Pilates and Tai Chi. £4 per session 7.00 - 8.00 pm  
Call Katie Pruden on 07795 282928

### Raising Awareness

See HJ page 9 - Jan 21, Feb 18<sup>th</sup> and the 18<sup>th</sup> March

[www.2regain1self.co.uk](http://www.2regain1self.co.uk)

### Green nights second Wednesday of the month starting on the 11<sup>th</sup> Feb

What is a green Night? An evening of help and advice on how to live a more eco-friendly life.

Editor: Geraldine West 

# Hawstead Journal

For the Village by the Village

January 2009

### Hawstead Community Council News

This time last year we reported that the lights would go on in the hall on the 3<sup>rd</sup> of January! And that the hall was drying out! We had our Christmas lunch in the Metcalfe Arms.

The building seems to have taken root. It still feels special. The kitchen is now complete, tiles and all thanks to Dave Dawson and Bruce Monk. It looks super. They have done a lovely job.

We are in the process of purchasing some new tables thanks to a VAT return from all our DIY purchases. You may have seen John and Simon grinning on the web site photo gallery. Well done to them.

We raised over £300 with our Christmas fund rising. Thirty four people sat down to Christmas lunch for the first time in Hawstead Hall for seven years. I think that we could say that we had a lovely time! New Years Eve was fun too, especially clearing up in the morning.

### Sonja Monk Chair



## HAWSTEAD COMMUNITY COUNCIL—Treasurer's Report

Lateral thinking and a never say die attitude from the committee and the help of a VAT expert, has enabled the community council to obtain a refund from her Majesty's Revenue & Customs in respect of some of the VAT element on the new village hall spend. This has already been earmarked to purchase some new tables for the hall to replace the old ones which have seen better days.

**James Bulbrook**



### Village Lottery

#### DECEMBER'S WINNERS

**1ST 163 R&M HARRISON £17.25**

**2ND 005 R&J MILNS £4.60**

**3RD 049 N GIBBS £1.15**

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

## Church Services at All Saints Church Hawstead

### January



Weds. 21<sup>st</sup> 5pm Benefice Prayers

Sunday 25<sup>th</sup> 1 1am Parish Eucharist

Benefice prayers every Wednesday at 5pm

### Sad news

We were sad to learn of the death of Dick James, who has lived in Whepstead Road for almost three decades. He died last Wednesday, 7th January, after a long illness. His funeral service will be held at the church on Friday 23rd January at 10 o'clock and afterwards at the Manger.

Our thoughts are with his family.

### THE HAWSTEAD JOURNAL TECHNICAL HELP REQUIRED!

We need to get a printer for this journal. I have been making enquiries but am more confused than ever. Whether to go for laser or deskjet, how to estimate the ongoing costs of toner, likely lifespan vs extended guarantee etc.. etc... If you have any expertise in this area or feel able to offer advice please will you call me.

Also, thank you all for your 'bits'. As you see we have a full journal this month. Keep them coming. And if you feel able to help in any way with publishing, proof-reading, distribution, sponsorship, please let me know.

Geraldine 388732

## RURAL NEIGHBOURHOOD POLICE TEAM

The Bury Rural South team have all enjoyed getting out and about in our Mobile Police Station and as some of you will know, we were in Hawstead village hall car park in December. It has meant we have a venue in which to meet residents of our various villages. The mobile station has given us a local venue and has been an excellent way of getting to know people who have no specific problems but come to the van to have a chat and put a face to a name.

### PCSO Debs Carroll-Beer

01284 774100 e.mail [stedsruralsouth.snt@suffolk.pnn.police.uk](mailto:stedsruralsouth.snt@suffolk.pnn.police.uk)

Your local Neighbourhood Policing website is [www.onesuffolk.co.uk/SaferSuffolk](http://www.onesuffolk.co.uk/SaferSuffolk)

## FROM THE ARCHIVE

Records around 1759 (250<sup>th</sup> anniversary of birth of Robert Burns)

1757 Mrs. Brixey (born 1 April 1658) grandmother to Sir John Cullum, buried 16<sup>th</sup> January. 1762 Rev. Mr. Smith, late Rector of this parish, buried 8 January.

Population -

1730-1749 baptisms 187 burials 111

1762-1781 baptisms 243 burials 158

Number of houses in the parish in 1783 was 52 which from a population of 415 gives 8 to a house. Growth of population in the village in the previous 100 years a result of the farmers employing more labourers.

In 1753, the tenant of *Pinford End Farm* is noted to have grown rye-grass, clover and turneps. He also was allowed 2s for every wagon-load of dung or cinder ashes that he took to Bury. The ashes were those of wood and sold to soap-boilers. (The first two acres of turneps in the parish were sown around 1700 by Michael Houghton).

**Anna Glypta**

## WANTED ITEMS FOR SALE OR WANTED

Don't forget you can advertise your unwanted Christmas gifts here!

## Welcome to Hawstead

### Rosemary and Michael Harrison

On January 8th 2008 we moved into the village. It does not seem possible that we have been here now for a year. We lived in London prior to our move and always dreamt of one day living in the country. Well, our dream has come true. We simply love it here and are thoroughly enjoying our new life.

Michael is a retired police officer and I am a retired Registrar of Births, Deaths and Marriages. We have two children - a daughter who lives in London and a son who lives in Kenilworth, Warwickshire. We have a lovely grandson, Henry, who we see as often as we can.

We would like to take this opportunity of thanking everybody who has made us so very welcome since we moved here. We consider ourselves very lucky.

### Rosemary and Michael

## Dressmaking and Tailoring Classes

Would you like a new outfit for the summer?

If so, why not come along to -



Joyce Dainty's

Dressmaking and Tailoring Classes

10 am - 3 pm

These friendly and enjoyable classes are held on Mondays,

once a month in Lawshall Village Hall

The next classes will be on 23<sup>rd</sup> February, 23<sup>rd</sup> March and 27<sup>th</sup> April.

For more information call Joyce on 386314

## What's happening to the Conker Trees?

Several people in the village have expressed concern about the health of some of our Horse Chestnut (conker) trees.

The Horse Chestnut, *Aesculus hippocastanum*, was probably introduced from its native range in the Balkans to Britain about 500 years ago. It now probably numbers about half a million specimens in this country, and is a valuable amenity tree, with an attractive flower and of course its well known fruit.

Over the last few years two major problems have started to affect these trees, these are *Pseudomonas syringae* pv *aesculi*, known as 'bleeding canker' which is a bacterial infection and *Cameraria ohridella*, known as 'Chesnut leaf miner', which is a tiny moth.

The bacterial disease is the more severe of the two problems and appears to cause the death of the tree in most cases. Smaller trees up to thirty years of age are killed more quickly and are less likely to recover. In Suffolk it is estimated that about 40% of trees are currently affected, and based on current knowledge, it seems likely that the majority of these will die.

It is uncertain how this disease spreads, similar diseases are known to spread via water in the soil, but there is some suspicion that this pathogen may be airborne or possible spread by some other vector, such as insects or birds, or on peoples feet.

The symptoms of canker are, death of branches in the crown of the tree, and cracks in the bark of branches and trunk which ooze a brownish fluid. The cambium under the bark is infected and destroyed and if the disease 'rings' the tree it will die rapidly. Larger trees are in some case able to regrow new cambium and bark over the damaged areas and recover but an area of weakness in the tree remains and it is not known yet whether the disease will eventually recur.



Because the disease has taken off so rapidly across the country it is not easy to get reliable information on the best way to deal with infected trees. There are several on the corner of the Green by the bus stop which are infected and I will arrange for these to be removed in the near future, as it appears there is little chance of them recovering. The latest advice is that the wood should be burnt rather than chipped, as the chipping process may actually disperse the bacteria into the air and increase the likelihood of infection of nearby trees. Chainsaws, boots etc should be disinfected after working on diseased trees.

sort is to let them dry out completely, which is what this method does perfectly.

To serve the Pavlova, lift it from the baking sheet, peel off the paper and place it on a serving dish. Then just before serving, spread the whipped cream on top, arrange the fruit on top of the cream and dust with a little sifted icing sugar.

**Serve cut into wedges.**

**JM**

### Raising Awareness Events in the Village Hall

We created Raising Awareness events so that we could share with people that it is possible to prevent illness as well as recover from ill health. Learning how the body really works and what it needs to stay strong and vigorous into old age returns the power to you to make informed decisions. We were inspired to create this event because of our own experiences of recovery from very serious illnesses.

Topics for Jan Include:-

- \* Why this is not a good time of the year to be loosing weight.
- \* Being kind to your pancreas. It does more than help regulate blood sugar
- \* The Low Glycaemic Index and the Sugars that are bad for your health
- \* How to make foods more digestible and kind to your pancreas, see a demonstration of a simple technique to make grains and seeds digestible.

The next events are on Jan 21<sup>st</sup>, Feb 18<sup>th</sup>, Mar 18<sup>th</sup> Cost £3 pp

**Chris Puckey and Katrina Patrick**

### ANSWERS TO THE QUIZ

- 1) How long did the Hundred Years War last? **116 years**
- 2) Which country makes Panama hats? **Ecuador**
- 3) From which animal do we get cat gut? **Sheep and Horses**
- 4) In which month do Russians celebrate the October Revolution? **November**
- 5) What is a camel's hair brush made of? **Squirrel fur**
- 6) The Canary Islands in the Pacific are named after what animal? **Dogs (canines)**
- 7) What was King George VI's first name? **Albert**
- 8) What color is a purple finch? **Crimson**
- 9) Where are Chinese gooseberries from? **New Zealand**
- 10) What is the color of the black box in a commercial airplane? **Orange (of course)**

What do you mean, you failed? **Me, too!**

Pass this on to some brilliant friends, so they may feel useless too.

**NG**

## Pavlova

This is a delicious pudding from Australia, which is very difficult to make if you don't have the right recipe but dead easy if you do! Served with sharp fruits to counteract the sweetness of the meringue, it is truly one of the greats. Of course, this can be made with just one kind of fruit - for instance, strawberries. In the winter, sliced bananas and chopped preserved ginger, or slices of fresh mango with passion fruit are good.

*Serves 6 (or 2 depending on your appetite)*

### Ingredients

3 large fresh egg whites

6 oz (175 g) caster sugar

For the topping:

10 fl oz (275 ml) whipping or double cream, whipped

12 oz (350 g) prepared mixed soft fruits, such as raspberries, strawberries and redcurrants

a little icing sugar



Pre-heat the oven to gas mark 2, 300°F (150°C).

You will also need a lightly oiled baking sheet, lined with silicone paper (baking parchment), which peels off very easily.

Place the egg whites in a large clean bowl and have the sugar measured and ready. Now whisk the egg whites until they form soft peaks and you can turn the bowl upside down without them sliding out (it's very important, though, not to over-whisk the egg whites because, if you do, they will start to collapse). When they're ready, start to whisk in the sugar, approximately 1 oz (25 g) at a time, whisking after each addition until all the sugar is in.

Now take a metal tablespoon and spoon the meringue mixture on to the prepared baking sheet, forming a circle about 8 inches (20 cm) in diameter. Then spoon round blobs next to each other so that they join up to form a circle all around the edge.

Now, using the tip of a skewer, make little swirls in the meringue all round the edge, lifting the skewer up sharply each time to leave tiny peaks.

Now place the baking sheet in the oven, then immediately turn down the heat to gas mark 1, 275°F (140°C) and leave it to cook for 1 hour. then turn the heat right off but leave the Pavlova inside the oven until it's completely cold. I always find it's best to make a Pavlova in the evening and leave it in the turned-off oven overnight to dry out. It's my belief that the secret of successful meringues of any

The Cameraria moth lays eggs which produce tiny caterpillars which burrow inside the leaf causing brown patches. In severe cases this may cause the tree to be weakened as it cannot photosynthesise adequately. The leaves may fall prematurely which further weakens the tree. It appears that the moth on its own is unlikely to actually kill trees but by stressing the tree it could cause it to be more susceptible to other infections. It has been suggested that the moth could be controlled by raking up and burning the fallen leaves where the moth will be overwintering, but in most situations this is not a viable option.



**Andy Evershed**  
**Village Tree Warden**

### Postcript on Horse Chestnuts

I have always considered the beautiful Horse Chestnut on the stretch of village green in front of our house, to be 'my' tree and I will be heart-broken to see it succumb to disease. Whether it has the bacterial infection that Andy mentions in his piece above, I am not sure, but it certainly has the leaf miner and lost a lot of its leaves very early last autumn. Although it is indeed an onerous task, we collected and burnt as much of the autumn leaf-fall as possible and I have been looking into other ways of helping this lovely tree to survive.

These trees, probably most trees, do not like winter drought, so it is worthwhile watering them if, as recently, we have a prolonged dry spell. They do of course need copious amounts of water, preferably from a rain-water butt, if it is to be of any benefit.

Spraying the tree - or as much of it as you can reach - during the morning or early evening, with a solution of 2 tablespoons of apple cider to 2 litres of water at regular intervals, especially now when new growth is beginning, will deter infestations (insects don't like the taste apparently!) and watering the area around the tree with the same mixture will help to balance the ground's pH and supplement the plant's iron intake, making it stronger.

If you have one of these amazing trees in your care, then please do what you can to help it to survive.

**Geraldine West**

## BOOK REVIEW

### Exploring Suffolk by Bus-pass

By Pip Wright

Published by Pawprint Publishing

95 pages paperback



For people of a certain age, the milestone of a particular birthday brings the possibility of a bus pass. Last year, the range available to bus passes was extended across the country, allowing you to cross county borders, and it's free. You may have read of the intrepid travelers who made the journey from Lands End to John O'Groats by bus pass. Although not in the same league, Pip Wright from Stowmarket has published a book for Suffolk, including destinations such as exotic Diss and Thetford north of the border into Norfolk.

This is not a book for commuters, or those in a hurry, but for those who want to explore the picturesque villages and out-of-the-way places. The book does not avoid the warts and difficulties, such as break-downs, unexpected changes in timetables and punctuality. Thirty five journeys are detailed, the author calls them "expeditions". Four trips from Bury are included, one of which is from Bury to Sudbury, then to Clare via Long Melford and returning to Stowmarket. This takes over three hours on the buses. Any time spent exploring the towns and villages is on top of this, so this journey can be an all-day event.

The text describes the towns and villages and makes suggestions for little walks and sites worth a visit. For example, the trip from Ipswich to Orford allows time for a visit to Sutton Hoo. Also, since bus stations are in the centre of towns, you don't have any parking problems. The high position of seats on the bus, especially double-deckers, lets you see over hedges and walls and spot sights you would otherwise miss. The author found the buses to be clean and the staff friendly and helpful, in particular for those taking toddlers in buggies or dogs.

The longest trip is an endurance test starting and finishing at Framlingham (Wednesdays only), covering nearly 200 miles and taking almost nine hours. The plus side of this trip is that it allows you to solve the problem of going north, for most bus routes in Suffolk travel east-west. So, if you get confident, you can construct your own journeys, using parts of this expedition.

If you have a day to spare for sight-seeing and exploration, this is a book for you. Take your car to the starting point and enjoy the experience.

## Val Halla

## QUIZ

Come on you brilliant minds!

(Passing requires only 4 correct answers)

- 1) How long did the Hundred Years' War last?
- 2) Which country makes Panama hats?
- 3) From which animal do we get cat gut?
- 4) In which month do Russians celebrate the October Revolution?
- 5) What is a camel's hair brush made of?
- 6) The Canary Islands in the Pacific are named after what animal?
- 7) What was King George VI's first name?
- 8) What color is a purple finch?
- 9) Where are Chinese gooseberries from?
- 10) What is the color of the black box in a commercial airplane?

Remember, you need 4 correct answers to pass.

Check your answers on page 9 (no cheating!)

### Christmas Wreath Making session in the Village Hall

Organised by Joyce

