

DATES FOR YOUR DIARY

MARCH/APRIL

(in the hall unless otherwise stated)

Parish Council - Thursday 18th March from 7.30 pm -

The meeting will begin with the Village Forum - do come along

Community Council - Monday 12th April

Lent Lunch in aid St Nicholas Hospice - Sunday 28th March at 12.30am for 1pm (see page 6 for more details).

REGULAR EVENTS

Breathe Easy - Weekly on Tuesdays 9.30 - 10.30am

Country Dancing - Last Wednesday of the month 7.30pm - 9pm

Craft Group - Last Wednesday of the month 10.30 am - 1 pm

Carpet Bowls - Weekly on Tuesdays 7.30pm

LATER IN THE YEAR

Village Fete - Sunday 5th September



You are invited to an
Exhibition of Paintings by

Tracey Waghorn and Hawstead's Bill Crockford

to be held at The Edmund Art Gallery (adjacent to the Cathedral shop)
on 9th - 14th April inclusive from 10am to 4.30pm

Works include flower, abstract, life, landscape, aviation and architectural paintings

Admission free

Contact Bill on 388467 if you would like more details

Editor: Geraldine West



Hawstead Journal

For the Village by the Village

March 2010

Hawstead Community Council

The Hall

When the weather improves we shall be giving the hall a good spring-clean and a touch-up where needed! Next month should see the sound system installed and, we hope, the patio extended.

The Fete

The fete planning has begun. We always need people to join in and help with allsorts of things. It is good fun. If you would like to help in any way please get in touch.



Country dancing

Jane Powell is willing to start up an evening of country dance on the last Wednesday of the month, or more often if it is popular. If you are interested, come along on the 31st of March at 7.30pm. It really is very good for you!

Sonja 01294 386876

hawsteadcc@btinternet.com

Sonja Monk

Chair Hawstead Community Council

Hawstead Parish Council

Thursday 18th March

7.30 pm in the Village Hall .

AGENDA *

The meeting will begin with a 15 minute Public Forum

Do come along and raise any issues that concern you

Apologies for Absence

Minutes of the Parish Council Meeting held 4th February 2010

Matters Arising - Hawstead Journal - Parking in Wepstead Road/Bull Lane & Pinford End - Notice Board(s) - APM - Bottle bank - BT adoption of phone

Reports from County Councillor - Terry Clements, Borough Councillor - Nigel Aitkens
Police - PCSO Tate

Community Council - Landscaping around hall - Meeting request

Maintenance of Public Spaces - Field & footpath work - Grass cutting - Play area - Churchyard - Phase 2 of tree cutting around Village Green - Millennium field

Chairman's Report - Cllr Malcolm Cornwell

Emergency Planning - Update by Cllr West

Planning Applications & Approvals - SE/10/0207 Bull Green Cottage, Bull Lane
Erection of single storey rear extension

Areas of village for registration - Agree and appoint solicitor

Finance - Cheques to be issued & approved - Tax claim update - Funding for the Community Council

Risk Assessment

Play spaces for teenagers - Cllr Andy Evershed

Potholes in and around Hawstead roads

Correspondence

Resignation of councillor Sarah Lawson

Brochures for circulation

Date of next meeting - 20th May 2010 - Annual Parish Meeting followed by Annual Parish Council Meeting

Marilyn Bottomley

Clerk to the Parish Council

Hierarchy of the Servants Contd...



Housekeeper

The female equivalent to the butler was the housekeeper, who was always called 'Mrs' by the other servants, regardless of whether she was married or not. She kept the household accounts and hired and fired the lower female servants, who were usually afraid of her.

Valet

The valet helped his master dress in the morning and undress at night. He laid out his master's clothes and brought him hot water, soap and a freshly stropped razor for shaving. If the master was going out, the valet would also prepare his cane, gloves and hat, and respectfully attend him to the door.

Lady's Maid

The female equivalent of the valet. The lady's maid did her mistress's hair, laced her into a tight corset and helped her dress in the morning and undress at night.

Footmen

Footmen were the public face of the household and were chosen for their good looks and height. They powdered their hair and wore knee breeches with silk stockings, often padded to make their calves look shapely. Footmen answered the door, delivered letters, waited at the dinner table and polished the silver.

Housemaids

The housemaids did the cleaning. They blacklead the fireplaces and carried pails of coal to make new fires each day. They also made the beds, emptied chamber pots and swept the carpets.

Houseboy

At the bottom of the pecking order, the houseboy waited on the servants.

Rosie

PS I don't know about your household but in ours the only servant missing is the Houseboy - I do the work of all the rest, with the addition of the role of 'Head Gardener'. The pay is lousy too, just like the old days!

Church Services

April

Thursday 1st	11am Maundy Thursday Evening Service	Lawshall Cockfield
Friday 2 nd	2pm Good Friday Service	Gt Whelnetnam
Easter Sunday	8.30am Easter Eucharist	Hawstead
Sunday 4th	9.30am Easter Eucharist 11am Family Easter Eucharist	Bradfield Combust Lawshall
Sunday 11 th	8.30am Said Eucharish	Hawstead
Sunday 25 th	11am Parish Eucharist	Hawstead

The Metcalfe Arms

**There are lots of good things going on at the pub -
not least the food!**

Check out the notice-board outside or call

Sam and Darren on

386321

A. *March comes in like a lion and goes out like a lamb*

Hierarchy of the Servants

There were more domestic servants during the Victorian period than at any other time in history - wealthy Victorians expected everything to be done for them. Each servant in the household had a clearly defined role that fitted into the hierarchy of life below stairs

Butler

The most senior male servant in the household was the butler, who was responsible for the wine cellar and served wine at dinner. He dressed like a gentleman, although he wore a black tie rather than a white one, so diners would not mistake him for a fellow guest.

/Contd...

This month's Journal has been sponsored by
Clive Robinson of Cullum House, Hawstead and of -



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and succeeding for our clients*

Dancing at Dawn

For all of you who in previous years didn't come and see this event
because you

- Had to go to work
- Had to get children to school or
- Just couldn't get out of bed that early!

This is the year for you

**May 1st is on a Saturday and Green Dragon Morris will be Dancing
at Dawn at 5am at the Hawstead end of Bells Lane**

Breakfast will then be cooked served at The Eversheds.

Everyone Welcome.

More details next month.

Fran Evershed

The Farming Year in Hawstead

Having spent many years farming in and around the village we thought it would be of interest to some residents to write a brief update on farming activities throughout the year. What better time to start than the spring when many gardeners are turning their attentions to their vegetable patches and looking forward to a productive season.



Things are no different for the farming community where many farmers will be looking to the spring planting of potatoes, parsnips, onions, green vegetables, pulses, spring oilseeds, spring barley, linseed and sugar beet.

The land in Hawstead is mostly clay and being on heavier land we are very restricted to the type of crops we produce year round. Whilst it is reasonably easy to establish many crops on our soil it is none the less unsuitable for vegetable production on a farm scale.

This spring we will be planting sugar beet and spring barley. We would normally like to have finished drilling spring barley in February and expect to be drilling our sugar beet seed into fine seedbeds in early March but have been held up this spring by the winter's colder conditions and our subsequent inability to get near the fields due to the wet. Our soils are unusually cold for this time of year but things will eventually warm up although it could be a long slog!

Prior to sugar beet establishment the land had to be cultivated and structured to achieve the best possible yields that modern day farming relies upon to make a profit. The long dry autumn of last year allowed us to add beneficial nutrients prior to cultivation in the form of bio solids, salt and potash. We hope these nutrients (and good agronomic management) will help us to achieve the necessary contract yields



This spring we will be applying liquid nitrogen and sulphur to our crops to aid growth and selective herbicides to control invasive grasses which hugely restrict crop yield. We have spent all winter trying to keep slugs and pigeons from devastating our oil seed rape crops. Not easy work!

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Sunday Lunch at The Metcalfe Arms

For those 'not in the loop', the Metcalfe Arms has recently had a change of landlord and landlady. Sam & Darren have recently returned from Tenerife to take up the reins, supported by Kevin from the Red Rat brewery and joined by Chef Ben who is running the kitchen.

As frequent visitors to the pub, we thought we would celebrate Conor's 15th birthday with their Sunday lunch and good or bad, share the experience with fellow Hawsteaders.

I am delighted to say that lunch was a complete success. From start to finish, we could not fault the experience. The welcome is very friendly, the menu caters for all tastes and the food was first class. Ben even made some alterations to our dishes to account for some allergies.

A final welcome surprise was the bill, which like the food was easily digested - a welcome change from some other pubs / restaurants in the area.

In conclusion, I would like to encourage everyone in the village to give it a go and support our local pub. Sam & Darren are planning various events such as quiz nights and live music over the coming months and it would be a real shame for them not to receive the support they deserve. Word of mouth & personal recommendations are the most powerful advert for any business, so go on, help spread the word.

Sarah Jackson @ Jofaca House.

Hawstead Journal

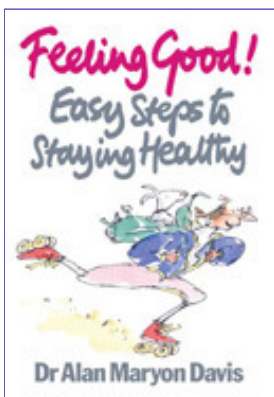
Do consider contributing to the Hawstead Journal, email me at geraldinewest@waitrose.com, call me on 388732 or drop a note through the door at Kellycroft, opposite the village hall.

And no, you are not seeing double, this month is the March edition, last month should have read 'February' - I was getting ahead of myself!

Q. What does the abbreviated saying mean: mcilalagolal

Answer elsewhere in this HJ

Rosie



Book Review

"Feeling Good! Easy Steps for Staying Healthy"

by Dr Alan Maryon Davis

publisher - Age Concern Books

The punch line is in the opening paragraph - Optimism helps you to live longer! The book is a very sensible, low key, and good humoured look at old age by a doctor who is getting pretty old himself. But don't be turned off if you are young - much of it still applies to the young who wish to stay healthy.

The basic meaning of his message is to take plenty of exercise, give up smoking which is hurrying so many to the

grave, avoid salt and eat wisely. Some commonsense advice like watching your weight and avoiding stressful situations, are sympathetically given - advice embroidered with humour and understanding.

There is a section on easy levels of exercise that anyone can do, and valuable advice on avoiding health problems whilst travelling abroad. Taking two aspirins before you embark on long holiday flights will reduce the chance of deep vein thrombosis and the curse of jet lag can be minimised by quickly adopting the meal times and sleeping times you would have had at home, preferably on the way home before arriving at Heathrow.

The pages contain wise advice on vitamins, surprising advice on the best defence against arthritis and osteoporosis, whilst praising the importance of Omega 3 tablets.

On page 171 there are notes on women's health precautions and the notes on bowel health and the liver are of interest to everyone. Even retired people can be victims of stress which is a hidden destroyer of our relationships and happiness and insomnia which can be a misery, not just for young business people but for those of us who are getting on in years.

Clearly explained, common sense advice on these problems can be found in Dr Maryon Davis's easily read book. The book is designed to be read in easy stages. The paragraphs are well spaced in largish type and they lend themselves well to becoming a reference book long after you have read it in bed one night. I am no lover of gloomy books on family medicine and this cheerful and welcome book, laced with good-natured joking has found a welcome place on my bookshelf.

"Feeling Good!" By Age Concern Books costs £9.99 and can be ordered from any bookshop or at www.ageconcern.org.uk if you have a computer.

Richard Blackwell

The Farming Year in Hawstead Contd...



Some of you may have noticed the reduction in mud on the roads over the sugar beet lifting season. We have changed our handling and storage of the harvested crop by loading lorries using an elevator system straight from the fields edge rather than carting sugar beet down the roads to a concrete pad. This has reduced tractor and trailer road activity during the autumn/ winter period by approximately 90%.

We hope to update you on the farming year in the autumn following the harvesting of crops.

Rupert Brown

Once in a blue moon

Have you heard the saying 'Once in a blue moon'?

Have you ever seen a 'blue moon'?

There was a blue moon on 31st December 2009.

Why was it a blue moon?

A blue moon is the second full moon in a calendar month.

For a blue moon to occur, the first of the full moons must appear at or near the beginning of the month.

The average span between two full moons is 29.5 days.

It is very rare to have a full moon on New Year's Eve.

The last time it happened was in 1990.

There won't be another blue moon on New Year's Eve until 2028.

December 2009 had two full moons.

The first full moon was on 2nd December.

The second full moon was on 31st December.

This is the modern definition of a blue moon.

Sometimes you can have two blue moons in the same year.

This happened in 1999 when there was a blue moon in January and another one in March.

On average, there will be 41 months that have two full moons in every century.

So you could say that 'once in a blue moon' actually means once every two-and-a-half years.

Richard Blackwell



RURAL NEIGHBOURHOOD POLICE TEAM

Police have received reports of a man obtaining personal information by claiming to be a member of 'the accident investigation bureau' in London. Police are urging members of the public to be cautious when dealing with unsolicited callers both telephone and personal callers - don't answer personal questions and never give out information about yourself or your bank details. Always ask callers at your door for identification.

The next SNT tasking meeting is on Wednesday 7th April 2010 at 2.00pm in Great Barton Village Hall. Do come along if you would like to discuss any local issues and help set priorities for the Police and partner agencies.

Burglary of outbuildings is still being committed in the area. Please do not be complacent, secure as best you can all outbuildings with good quality locks, security mark any property particularly power tools and garden machinery/equipment also record any serial numbers you have. Please do ring us with details of any suspicious vehicles or persons in the area.

PC 704 Ruth Horton

Visit your local Neighbourhood Policing website

www.onesuffolk.co.uk/safersuffolk/stedmundsburyruralsouth

If you wish to report criminal activity in your area anonymously please ring the Crime Stoppers number 0800 555111



**A CHARITY LUNCH
FOR ST NICHOLAS HOSPICE
ON SUNDAY 28TH MARCH
from 12.30pm in
HAWSTEAD VILLAGE HALL**

**THERE WILL BE GOOD SOUP, FRESH BREAD AND FINE
CHEESES**

**BOOKING IS NOT ESSENTIAL BUT IT WOULD HELP US CATER
PLEASE CALL ROSEMARY ON 3868157 OR SONJA ON 386876**

**All donations will be most appreciated
Bring your family and friends**

LIMONCELLO

An intensely lemony Italian liqueur.

Serve ice-cold as an after-dinner digestif

Servings: makes about 1 litre

Level of difficulty: Easy

Preparation Time: 15 minutes, plus 1
month infusing

Cooking Time: 5 minutes



Ingredients

200g caster sugar

150ml water

Zest and juice of 6 unwaxed lemons

700ml eau-de-vie (colourless fruit liqueur) 40-80% proof, or vodka

Method

1. Put the sugar and water in a saucepan over medium heat. Stir to dissolve the sugar. Bring to the boil, then simmer briskly for 3-4 minutes until the bubbles look syrupy. Leave to cool.
2. Add the lemon zest and juice to the syrup while it is still slightly warm. Then add the eau-de-vie or vodka.
3. Pour into sterile bottles or jars and seal.
4. Leave in a cool, dark place for 1 month, shaking every day for the first week. After a month the lemon liqueur will be ready to drink. Strain into clean bottles.
5. Put in the freezer for several hours before serving. The liqueur is best served in frozen shot glasses.

Really yummy!

Rosie