

DATES FOR YOUR DIARY

(in the hall unless otherwise stated)

Community Council - Wednesday 8th December - 7.30 pm

Parish Council - Thursday 18th November - Public Forum at 7.30 pm

Barn Dance and Autumn Supper - The Barn, Larkfield - Saturday
20th November - 7.30 pm Contact Jane Holliday 386442
(See October HJ)

The Parish Conference - Monday 22nd November - from 4 pm
(See October HJ)

Advent Drinks - Church Farmhouse - Sunday 5th December - 12.00 -
3.00pm Donations in aid of the education of midwives in Sierra Leone.

Village Quiz Night - Friday 10th December - 7 for 7.30 pm

(Book your team of 6 with either Sonja 386876 or Rosemary 386157)

An Evening of Carols - Tuesday 14th December - The Barn, Larkfield

Christmas Lunch - Thursday 16th December 12.30 for 1 pm

(Book your place with Sonja 386876)

Pantomime - Mother Goose - Monday 3rd January - 12 Noon

(Book your tickets with Geraldine 388732)

REGULAR EVENTS

Breathe Easy - Weekly on Tuesdays 9.30 - 10.30am

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

Carpet Bowls - Weekly on Tuesdays 7.30pm

2011

St George's Day Celebration - Saturday 23rd April 2011

Ruby and Her Horses - Saturday 9th June

A Children's Party - date tba

A Village Pantomime - December date tba

Hawstead Journal - Contributions to Geraldine West, Editor Kellycroft,
The Green, Tel 388723, email geraldinewest@waitrose.com

Editor: Geraldine West

Hawstead Journal

For the Village by the Village

November 2010

HAWSTEAD COMMUNITY COUNCIL

It's that time of year again. We shall be putting the trees up soon. There will be one outside the hall to cheer us again. We have just bought some new lights for indoors.



The village Christmas lunch will take place on Thursday 16th December, if you are at home that day, please join us. Don't forget to let us know by the 1st December. Barwells will be supplying the turkey again.

The village quiz night on the 10th December is getting quite booked up, but still room for a few more.

Last year we did not purchase any pantomime tickets as it was getting difficult to allocate them. This year we have tickets for the 3rd January for the midday performance of Mother Goose. These tickets are free to all children in the village. So be there and we will have a great time!

There will be some wreaths for sale from the second week in December; maybe you could ring to order one. If anyone would like to help to make them, please get in touch.

The next meeting of the Community Council will be on Wednesday 8th December at 7.30pm. You are always welcome to join us.

Sonja Monk
Chair, Hawstead Community Council

Hawstead Parish Council

next meeting in the village hall

Thursday 18th November 2010

7.30 pm

As usual the Parish Council Meeting will begin with a public forum during which any Parishioner can raise concerns or suggest a topic for discussion.

Items on the Agenda will include -

Reports from the Chair of Parish Council, Clerk to the PC re financial position, Chair of Community Council, the County and Borough Councillors and the Police

Changes to the Byelaws

Risk Assessment

Maintenance of public spaces

Tree management

Play spaces for teenagers

Easement - Village Green

Land Registration

Village Parking

Grit Bins and supply of salt

Welcome Pack

Parish Council website and notice boards

Hawstead Journal

Planning Applications

Correspondence

Hawstead Parish Councillors are -

Malcolm Cornwell - Chairman - 388142

Andy Evershed - Deputy Chairman and Tree Warden - 386501

John West

Ros Alexander

Christobel Carr

Karen Caldwell

Michael Harrison

Clerk to the Council - Marilyn Bottomley - 789303

QUITE A LOT IN COMMON

In 1940 the Channel Islands became the only part of the British Isles that was invaded by the German army and these islands remained under the control of the Nazis for five years. After the initial shock of seeing enemy troops arriving in Guernsey the civilian population settled down to a tedious life of strict food rationing, the confiscating of their domestic radios and a ban on public meetings. Church ministers approached the military governor for permission to lift the ban on church services and he agreed to allow the islanders just one service on Sundays in a single church. All Christians irrespective of denominations would have to share the same service.

So once every Sunday Christians of all denominations, from Catholics to Quakers, gathered together for a simple service. To their surprise these services became spiritually enriching, it became a time of powerful prayer and the denominations found they had much in common.

The expected disputes over ideology never occurred. When the allied armies landed in Normandy in June 1944 the islanders thought that they would be freed from occupation in a few weeks but the army commanders decided to wait to liberate the heavily defended Channel Islands until the end of the war. During the final year of the war food on the island was desperately short as not only Nazi warships but also merchant ships carrying food kept well away from the war zone around the Channel Islands. By December 1944 Guernsey islanders were within weeks of starvation. Whilst some islanders were filled with despair and hopelessness the group of Sunday church worshippers began to pray steadily for deliverance. In early 1945, with five more months of the war still left, a ship load of food from the Swedish Red Cross arrived in Guernsey at night in a neutral ship, all its lights blazing to show that the ship was from a neutral country.

The food was distributed to the islanders with complete fairness. Not only had there been an answer to prayer, it seemed that the different congregations had more in common than at first had been thought. Something for us to think about perhaps.

Richard Blackwell



HAWSTEAD NEIGHBOURHOOD WATCH

I'm still about and busy working in Hawstead

— so watchout!

Orange and Walnut Layer Cake

Preparation 1 hr Cooking 30 min

This year's alternative Christmas cakeGrand Marnier-soaked and delicious!!

Ingredients

275g (9 ½ oz) unsalted butter
275g (9 ½ oz) golden caster sugar
5 large eggs, beaten
275g (9 ½ oz) self-raising flour
1 tsp baking powder
Finely grated zest 1 large orange
85g (3 ½ oz) walnuts, toasted for 8 minutes and finely ground

For the cream cheese icing

125g (4 ½ oz) softened unsalted butter
350g (12 oz) full-fat cream cheese
250g (9 oz) icing sugar, sifted
Finely grated zest 1 orange
1 tbsp orange juice
3 tbsp Grand Marnier
175g (6 oz) walnuts, toasted & chopped
Strips of candied orange peel to decorate

Method

Preheat oven to 180 C, 160 C fan, 350F, gas 4. Place the butter and caster sugar in an electric mixer and beat on high until light and fluffy. Gradually add the eggs, beating well.

Sift in the flour and baking powder and fold in using a spatula. Divide between two bowls. Add the zest to half the mixture, the walnuts to the other half, and then fold both.

Take two 20cm (8in) deep sandwich tins, both greased and base-lined. Place the orange mixture on one and the walnut mixture in the other and smooth the surfaces of each. Cook on the middle shelf for 30 minutes.

Remove the tins from the oven, cool for 10 minutes, then turn onto a wire rack.

To make the icing, beat the butter until very soft, add the cream cheese and the icing sugar and beat until smooth. Finally add the orange zest and juice and beat until smooth.

When the cakes are cold, cut each into 3 horizontally. Place a layer of walnut sponge on a plate and spread with icing. Place a layer of orange sponge on this and sprinkle with 1 tbsp Grand Marnier. Spread more icing and continue layering, finishing with the orange sponge. Spread the rest of the icing over the top and the sides.

Decorate the sides with the walnuts and decorate the top with the strips of candied peel.

Rosie Greengrass



Our thanks to
Doug and Joyce Dainty
for sponsoring this month's Hawstead Journal.



Good food being served at the Harvest supper

A warm welcome is extended to all for
the **Barn Dance** at the Barn, Larkfield, on 20th November in support
of St Peter's Church, Nowton
and an **Evening of Carols** on 14th December - refreshments/light
buffet/raffle etc - all proceeds to charity
Contact Jane on 386442 or email jsholliday@btinternet.com

Christmas is Coming

our geese are getting fat!

Why not consider an oven-ready Hawstead Goose for your Christmas dinner?



Expected weight approximately 10lb

Cost £3.95 per lb.

Contact Andy and Fran on 386501

See Hawstead villagers Christine Gossett and Tam Alexander in Suffolk Opera's

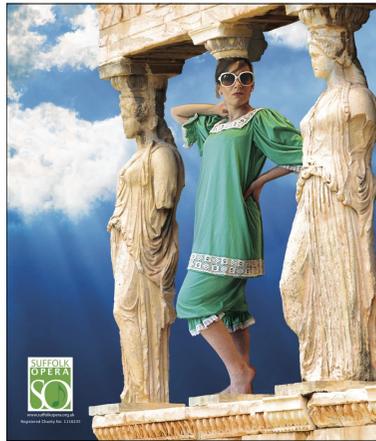
LA BELLE HÉLÈNE

at the Theatre Royal, Bury St Edmunds
Thurs 18 - Sat 20 November 2010
Clare Presland soprano, Anthony Flaum tenor
Music by Jacques Offenbach

This three act opera by Offenbach is a wonderful comedy which takes place in Ancient Greece. It is centred around unhappily married Héléne and her love for a shepherd (handsome and youthful Prince Paris of Troy in disguise).

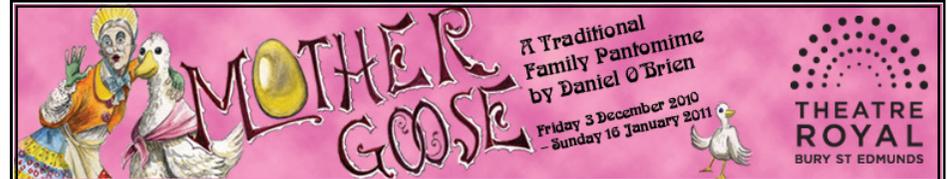
We follow the lives of these mortals, intertwined with the Gods, as they go about their everyday existences. It is a make-believe world where the old and the new seem as one and the passions of the heart timeless.

To book a place phone 01284 769505 or [email booking@theatreroyal.org](mailto:email_booking@theatreroyal.org)
Tickets £7.50 - £20.50 (Group concessions available)



Autumn comes to Hawstead

I am looking for sponsors for next year. If you would like to sponsor one month's production of the Journal - £25 - please contact Geraldine on 388732 or email geraldinewest@waitrose.com.



An eggcellent Pantomime with eggstra jokes and a gaggle of tap dancing goslings!! Based on the tale of the Goose that Laid the Golden Eggs, Mother Goose is a panto classic, full of jokes, japes and mayhem for all the family. Mother Goose isn't a bad woman at all. She's worked hard all her life to look after her geese. But times are hard and her geese have got old and stopped laying eggs.

What to do? What to do?

We are to take a party to see

Mother Goose at the Theatre Royal

on Monday 3rd January at 12 noon

A last treat for the children before school starts again.

Why not come along?

Adults £14.75 and children go free!

To reserve your places call Geraldine on 388732

'La Famille Holliday'

together with supporting team of one terrier and two enthusiastic young friends, completed the 18 mile walk along the BSE to Clare cross country route - and no, it's definitely not a straight run - across ploughed fields, three sides round a field, n'er a house in sight for what seemed like hours - and yes, back to see the one and only dwelling you had seen an hour ago - yet we finally strode into Clare, only to realise that we had what appeared to be another mile along hard pavement in order to reach our 'rendez-vous' point at the other end of town - those last metres certainly presented the hardest 'boot-prints'.

This was in aid of The East Anglian Air Ambulance and was also supported by a stalwart team of all ages from Brown & Co - all in all, to date, the sum of £650 has been raised and more is pledged.

Jane Holliday

Church Services at All Saints Church Hawstead

November

Sunday 28th Parish Eucharist 11am.

December

Sunday 12th Said Eucharist 8.30am.

Sunday 26th Christmas Eucharist 11am.

Bethlehem to Bacton

A farmyard in Bacton, near Stowmarket, is transformed every year into a Bethlehem street scene, complete with animals and an irate inn-keeper. Local folk dress as bible characters and tell the story of the birth of Jesus in simple everyday language. It is a magical experience, mainly because of its simplicity and sincerity. Performances are on Saturday and Sunday evenings in December. Tickets £5 adult, £3 child with details how to find the farmyard on tickets. Auditions for the parts are taking place now. Fancy taking part, then book early as it is very popular. Telephone 01449 780143.

Richard Blackwell

FUNDING AVAILABLE

University Campus Suffolk Grant Scheme

Groups and individuals can bid for between £50 and £250 to support activities that benefit members of the community in Suffolk.

Activities may include:

- local community events
- the operation of community/charity groups
- clubs with an educational nature
- sports facilities/activities
- special equipment for community groups, schools and colleges
- student activities (community engagement or extra curricular activities)
- promotion of the arts; and
- adult education.

The **deadline** for applications is 3 December 2010. All projects must be completed by 31 July 2011.

For more information please contact UCS by phone on 01473 338000 or by email at community@ucs.ac.uk

Faster broadband for Hawstead

We can vote online to request that BT chooses this area for the installation of superfast fibre optic broadband services. BT will select the five areas which have the largest percentage of votes by December 31 2010. The areas selected will also receive a donation of computer equipment worth £5000 for a local community project.

To vote visit bt.com/racetoinfinity

What is the difference between http and https?

It's all about security. http stands for hyper text transfer protocol. The 's' in https, stands for "secure".

Websites and web pages that begin with http:// are talking to your browser using regular 'unsecured language'. In other words, it is possible for someone to "eavesdrop" on your computer's conversation with the website and any information that you provide will be insecure.

If the web address begins with https:// your computer is talking to the website in a secure code that no one can eavesdrop on.

So only enter sensitive information....such as a credit card details on websites with an https address.

Simon Miller

So what have we learned in 2,065 years ?

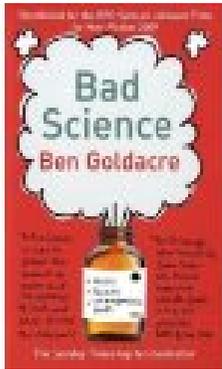
"The budget should be balanced, the Treasury should be refilled, public debt should be reduced, the arrogance of officialdom should be tempered and controlled, and the assistance to foreign lands should be curtailed lest Rome becomes bankrupt. People must again learn to work, instead of living on public assistance."

Cicero - 55 BC

Evidently nothing has changed

Book Review

Bad Science by Ben Goldacre



This book may interest you (there's a website too*)

If you are Guardian reader, you may already be familiar with Dr. Ben Goldacre, as he has a Saturday column in that paper. His book "Bad Science" was published in Sept 2008 and has proved very popular, having been within the top ten in the Amazon bestsellers list at some time in the intervening period, (currently 157). For

"Science", we should read "Medical Science": Ben is a trained doctor, so naturally his experience, and hence his writing concentrates on this branch of science.

Most days in the news there will be an item which reports on a new study in a medical journal which suggests progress in one field or other in health care. Usually these studies refer to drugs, techniques etc which have been subjected to trials amongst the human population, the results of which suggest a direction for healthcare to take. Sometimes the news item may refer to a 'review' in which case the authors will have looked at as many clinical trials as they can find (usually from around the world) and they come to conclusions about the effectiveness of a particular treatment for a certain condition as a result of a statistical analysis between these reports. As with other areas of science, this process is systematic, rigorous and "evidence-based", and the method for communication is primarily through professional journals.

Dr. Goldacre tells us a lot about the evidence-based process, including how difficult it is to be completely rigorous about testing in trials: a standard method is to compare what is being tested against a 'placebo', which in the case of drugs could be referred to as a sugar pill. The trouble is that there is a factor to be considered called the 'placebo effect' - it has been found that to a certain extent, people respond positively to the treatment of a sugar pill!

The book sets the scientific method against a number of adversaries: the 'alternative therapy' movement, nutritionists, some of whom are named and

Contd.....

criticised at length, the pharmaceutical industry and the mass media. He is greatly frustrated by protagonists of homeopathy etc. and nutritionists being unable to produce convincing evidence and accuses them of cherry-picking ie only citing studies which support their own claims. International pharmaceutical companies are taken to task because they are extremely reluctant for commercial reasons to release any data which shows their products to be under-performing, particularly with reference to competitor products. And he is scathing about the mass media: "my basic hypothesis is [that] the people who run the media are humanities graduates with little understanding of science, who wear their ignorance as a badge of honour."

"Bad Science" is straightforward, thought provoking and in my view, as a non-fiction book, a 'good read'. Ben Goldacre has a very colloquial style, and I fancy that, in conversation, you might have difficulty getting a word in edgeways! (That's just an impression I have: he does give public presentations, but I haven't been to one.) You don't have to agree with him of course, but he presents some very convincing evidence.

*www.badsience.net

Andy Parrett

Horse Chestnut Trees

Do you have a Horse Chestnut tree in your garden?

If so there is an important job for you to do this autumn

As many of you will know, the Horse Chestnut trees, which have been an important part of our landscape since the 16th century, are under attack from a variety of diseases, one of which is the Leaf Miner Moth.

Although in itself the Leaf Miner Moth is unlikely to cause the death of the tree, it is likely to so weaken it, that it will have no resistance to the more serious Bleeding Canker, which will kill it. The Leaf Miner Moth over-winters as a pupae in the tree's fallen leaves.

If you remove and burn the fallen leaves in the autumn, you will destroy the pupae. Do this efficiently and it will eliminate the moth population the following year enabling the tree to retain its strength and therefore its resistance to other diseases.

Geraldine West