

DATES FOR YOUR DIARY

(in the hall unless otherwise stated)

Community Council - Meeting Monday 22nd August - 7.30 pm All are welcome to attend.

Parish Council Meeting - Thursday 15th September - Public Forum 7.30 pm. Please come along and see your Parish Council making decisions on your behalf.

Village Pantomime 'Cinderella' - 6th, 7th and 8th January 2012

Village Fete - Sunday 4th September

REGULAR EVENTS

Breathe Easy - Weekly on Tuesdays 9.30 - 10.30 am

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

Carpet Bowls - Weekly on Tuesdays 7.30 pm

Reading Group - Monthly 1st Wednesday 7.30 pm



We will be going to the pantomime again this year to see

Dick Whittington and his Cat

at the Theatre Royal Bury St Edmunds

On Friday 30th December at 6.45pm

The price of tickets for adults will be in the region of £15, perhaps less if we get enough people in our party.

Children will be paid for by the Community Council.

Please let me know as soon as possible if you would like tickets.

Geraldine - 01284 388732 geraldinewest@waitrose.com

Hawstead Journal. Contributions to Geraldine West, Editor - Kellycroft, The Green, 388723, geraldinewest@waitrose.com by 7th September.

Hawstead Journal

For the Village by the Village

Editor: Geraldine West

July and August 2011

Hawstead Fete

Flower and Produce Show

Sunday 4th September

from 2.00 pm

There will be all the traditional stalls -

Books, bric-a-brac, produce and preserves, tombola, the last penny, play your cards right, bowling for a pig, splat the rat, guess the weight of the cake and a raffle.

Children's fancy dress

This will be judged by Margaret Cornwell at 3pm.

Children's face painting and craft demonstrations.

Vintage cars and tractors. Fun Tug of War.

Live music

Refreshments - tea/coffee, cream teas, cake

and a barbeque (with vegetarian option)

Flower and produce show

displaying Hawstead's ability and creativity.

This will be judged by Peter Fisk and Dicke Colson.

Prizes and trophies will be awarded at 2.30 pm

Many of the exhibits will be auctioned at 4.30pm.

The fete will be opened by the Rev Jayne Buckles

COME ALONG AND ENJOY



Hawstead Fete Flower and Produce Show



It's that time of the year again and the usual 'willing' volunteers have put forward their names (or had it done for them!)

Without the help of the villagers there can be no fete, so..... What can you do? If you are prepared to help out on a stall during the day, or have an idea for something new and exciting that we could be doing, please let any member of the Community Council know as soon as possible.

We still need several more volunteers to bring our ideas to life and I'm sure you can think of something we've missed. So please contact any member of the Council to help ensure this year's fete meets all expectations.

We need help with the following:

Coconut shy, Play your cards right, Splat the rat, Tug of war (subject to demand - **not** serious), Refreshments/Pancake stall, Tombola, Bar-B-Q, the auction.

We also need a First Aider with a current certificate.

Assistance required on the morning of the fete with the Fruit & Flower

We are also in need of items to supply the following stalls:

- **Bric-a-brac** - Please either deliver to Ethel at No 2 Bull Lane, or Nancy at Bridge Bungalow, Pinford End. Please only donate things that are likely to sell, as we had to throw away a lot of unsalable items last year.
- **Tombola** - Prizes to Margaret Crockford Pound Cottage, The Pound.
- **Refreshments** - Cakes on the day please, but let us know if you are willing to make one or more beforehand. Please call Sonja 386876/Rosemary 386157
- **Raffle prizes** - To Pat Baker, Shepherd's Cottage, The Green

Goods can also be dropped off at the village hall on Tuesday evenings.

Go on, make it your year to help keep the fete alive and kicking.

James Bulbrook

Chairman Hawstead Community Council

Tel 388583



The Metcalfe Arms

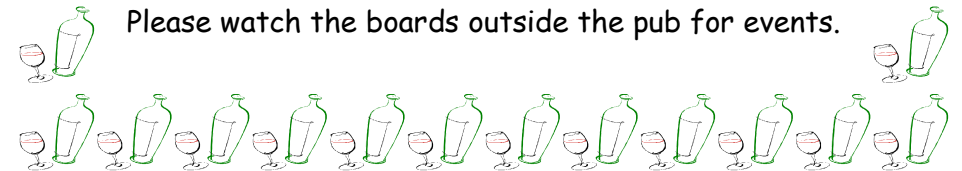
is open again under new management.

Stephen and Becci would like

to welcome you all to the pub.

They have promised a real village pub with lots of activities and with Stephen's 13 years' experience as a chef ensuring that the food is good.

Please watch the boards outside the pub for events.



HELP!

We have large numbers of Giant Rabbits. Can you give one (or two) a good home? If so, please ring Ruth and Jo Mackay on 01284 388085.

LIP READING

Are you getting hard of hearing ? Or would you like to learn how to communicate with people who are deaf or just have poor hearing? Then come and learn lip reading! The Suffolk Deaf Association will be holding Lip Reading classes again this autumn in the Deaf Institute at 28 Northgate Street, Bury St Edmunds. They will start on Monday evenings from 12th September at 6.45 pm. Enquiries to the lip reading teacher Ann Orpin on 07939 567846

QUANTITY OF TIMBER LOGS FOR SALE

If anyone from the village is interested in buying a quantity of timber logs (approx. 2CM) please contact John West on 07769 290649, 01284 388723 or john@johnwestfinance.co.uk. The wood can be inspected by arrangement. It is to be sold for the best offer received by 31st August. Buyer must collect. Proceeds for Hawstead Parish Council funds.

Stock up now for those long winter evenings!

Help for Japanese tsunami victims

Earlier this year, Kirsten (9) and Rhian (7) O'Brien (Hill House), were moved by the news of the Japanese Tsunami and wanted to help those in need. As they both enjoyed mountain biking with their dad in Thetford Forest, they decided to undertake a sponsored ride. They bravely (or foolishly - depending upon opinion) agreed to attempt a 40 mile cross country ride. To ensure success, the girls decided that some practise/fitness training would be necessary (or was that Dad). This started with a 20 mile initial ride, followed by two 25 miles trips before they felt confident prior to the challenge.

On the 9th July after a hearty breakfast they set off for Thetford at 6.30am. By 11 am they had completed 20 miles and doing really well!

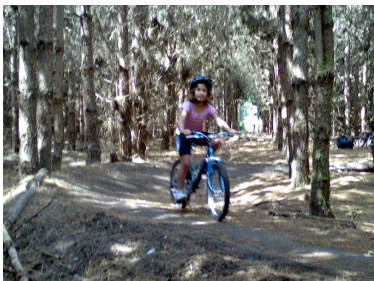


By lunch they had completed 26 miles by which time Dad needed a beer - oops I meant rest, whilst the girls enjoyed a healthy lunch break to take on board chocolate, bananas and more chocolate! After making the most of the play area at High Lodge, the team set

off for the last leg. The afternoon slowed down as the pain set in, but a final push saw ALL 40 miles completed by 6.15pm, with several tender bottoms and an extremely proud Dad .



Due to the time lapse between the initial



idea and the ride, the crisis in Africa has arisen, and the girls have decided to donate their money to CAFOD for their appeal. They have currently raised £522.00.

If anyone would like to add to this total and donate, please contact us (Neil & Denise) on 386011. Thanks. **Denise**

Our thanks to
Rod and Sarah Jackson
of 'Jofaca', The Pound.
who have generously sponsored this month's Haw-
stead Journal

Are you interested in Computer / IT training?

We are planning to run computer training sessions in the Village Hall on weekday afternoons from September. If you are interested, please will you let me have the following information -

- Which afternoons would suit you best - Mondays, Wednesdays or Thursdays?
- How frequently would you like the lessons - weekly, fortnightly, monthly?
- What is your present skill level - beginner, intermediate, advanced, etc?
- What would you like to learn about or improve - wordprocessing, Skype, digital photography, internet (shopping/research, networking) etc?
- How much would you be happy to pay for a 1 hour lesson?

Please provide any other information that you feel might be relevant.

Geraldine

388732

geraldinewest@waitrose.com

HAVE YOU LOST YOUR BUFF ORPINGTON?

A young Buff Orpington Cockerell has been found and is being cared for. If he belongs to you and you would like him back, please contact Sarah on 388348.



The Hawstead Peloton - London to Cambridge

Beep beep beep - oh no, surely not! Five a.m. on Sunday morning and the alarm is going off. I must be mad - I only got in from work at half past one this morning. It's all Rod's fault, it was his idea...

As part of a drive to get fit (Hayley already is) and at the same time raise a bit of money for good causes, Rod, Clive, David, Hayley and myself (Henry) decided to take part in the London to Cambridge bike ride.

All five bikes were safely loaded onto Hayley's car the night before (while I was ploughing through the night sky back from Cyprus) so all I had to do was fall out of bed, climb into some ridiculous lycra nappy, eat some breakfast and jump into the car.

Hayley volunteered to drive, so it was round to Rod's house to pick up the other athletes. Everyone was in good spirits, despite the time. Clive was a little confused because his watch said half past five and he thought it was nearly time to lock up the office and go for a beer. The drive to London was as planned and after a few last minute adjustments to the bikes we were soon ready for the off.

Only 58 miles to go - no problem! As the least fit member of the team I am soon puffing and panting like a good 'un, but my buddies are kind and don't go racing ahead. There are five scheduled stops en route. If someone has taken the trouble to organise refreshments it is clearly our duty to stop and have them.

The first stop and a banana beckons. I think the 15 miles must have used up that small bowl of Alpen I had earlier. Next stop a cup of tea and a doughnut..... carry on Mrs B.

By this time we had left the main road and London traffic behind us and our rippling muscles were nicely warm. The first stop was outside the White Hart in Roydon and, astonishingly, we rode off again without any of the party actually entering the establishment!

Starting School?

Next September children in the area will either be starting their first school or moving up to a new one. The Scripture Union have been publishing books for children for many years. They have published a series of colourful booklets for young people about to start school or moving up to their next school. The books give sensible information and the comic-style pages offer clear advice on that all-important first day in the school.

"Life Actually" is for the older youngster starting at our Upper Schools. "Its Your Move" is for younger kids who are starting Middle Schools. "Get Ready Go !" is aimed at the youngest children who make the giant step into their very first school. You can buy them on-line at Scriptureunion.org.uk or at St Andrews Bookshop on St Johns Street, Bury. Price is about £3.00 each. I have a limited quantity of "Its Your Move" which I will sell for £2.00 each if you phone me on 01284 386493

Best wishes

Mr R. Blackwell

Zumba has hit Lawshall!

On Sunday evening I was browsing the internet to find out about the latest fitness craze Zumba and couldn't believe there was a class running on a Monday evening 7.30-8.30pm in our neighbouring village of Lawshall (at the village hall)! So I went along this week and it was great fun. It costs £5 for the class and there is no need to book.

"Zumba Fitness® was created in the mid-90s by Colombian native Alberto "Beto" Perez, a celebrity fitness trainer and choreographer for International pop superstars. Inspired by the traditional cumbia, salsa, samba and merengue music he grew up with, Beto paired his favourite pulsating Latin rhythms with the red-hot international dance steps his clients loved and Zumba Fitness® (Spanish slang for "to move fast and have fun") was born!" (www.zumbafitness.co.uk)

Its a good workout without really realising it, and a great laugh! If you fancy shaking your hips about and enjoying yourself for an hour I urge you to come along. Its great being on our doorstep without having to travel into town.

Katie Pruden

P.S My number is 07795 282928 if you want to meet beforehand

A new thatched roof for Shepherd's Cottage



Before



During



The Workers

Ray Flack and Ray
Caley

R and R Thatchers



After



Rod and Clive struggling to keep up...

Stop two was in a field in Widford - a big WI style tent with vast amounts of food. This is where the cake eating began in earnest, and where Henry decided that bike riding was actually quite enjoyable...

Stop three saw more bananas disappear, followed by ice creams at stop four and more cake at stop five. One could be forgiven for thinking that the trip was mostly about food, but in between times, some very serious cycling took place. The route was certainly not flat and some testing hills (I have now seen Rod sweat) were followed by some delightfully fast descents.

Henry and Clive kept up a steady pace, looking for all the world like twins in their matching pink attire and happy smiles. Speedy David was usually some distance ahead, but at intervals we would find him waiting patiently for us to catch up. Rod and I were mostly the middle men. It was good to see Rod enjoying his new toy (sorry, bike), and seeing him push himself while protesting that it was all very easy certainly brought a smile to my face.

All too soon we were dodging the traffic in Cambridge and the finish line was in sight. The support crew of Sarah, Jess, Suzie, Rory, Lucy and Annabel was waiting in the sunshine. A good ride was had by all, although some bottoms were probably happier than others!

Henry Brewis

The Village Gardens of Hawstead



We raised £385
for the Hospice -
HCC has made this
up to £500



Our young fundraisers
raised over £35

Some of our Hosts and their gardens



What a good time we all had..... We will be doing it
again next year so you have plenty of time to get
your gardens up to scratch!



And the weather!