
HAWSTEAD JOURNAL

Editors: Judy & Dave Carter



NEW TO HAWSTEAD!

POP UP RESTAURANT

IN THE VILLAGE HALL

HAWSTEAD COMMUNITY COUNCIL
ARE HOLDING AN

INDIAN SUPPER

ON SATURDAY 26TH APRIL - 7 FOR 7.30pm

CATERED FOR BY AWARD WINNING LOCAL INDIAN RESTAURANT

'VALLEY CONNECTION'

MENU

STARTERS

Onion Bhaji and Chicken Tikka
Poppadoms and Chutneys

MAINS

Chicken Tikka Bhuna
(a tomato based medium-hot curry)

OR

Vegetable Makhani
(a mild, creamy curry)

Served with Pilau Rice and Naan Bread

BRING YOUR OWN DRINKS

Tickets £15 (under 13's £7.50)

ENJOY AN EVENING WITH FRIENDS BY BOOKING A TABLE

For tickets contact *Jo Butt* on 388817 or e-mail: joandstevebutt@yahoo.co.uk

WITH YOUR CHOICE OF MAIN COURSE BY SATURDAY 12TH APRIL

CHURCH SERVICES

MARCH

Sunday 23rd	11.00	Parish Eucharist in Hawstead Church
Tuesday 25th	19.30	Lent Evening Service in Hawstead Church

APRIL

Friday 4th	19.30	Annual Easter Vestry Meeting in Hawstead Church All parishioners welcome
Sunday 13th	10.00	Benefice Palm Sunday Service with donkey procession from Gt Whelnetham Community Centre to arrive at Gt Whelnetham Church for 10.30 am service (no service at Hawstead that day)
Friday 18th	14.00	Good Friday Service of Meditation & Reflection at Hawstead Church
Sunday 20th	11.00	Joint Easter Family Eucharist with Nowton at Nowton Church
Sunday 27th	11.00	Parish Eucharist in Hawstead Church

HAWSTEAD VILLAGE WEBSITES

Hawstead has two websites; one is for the Village Hall – www.hawsteadvillagehall.co.uk – where you can find information relating to booking the use of the hall. The other - www.hawstead-parish-council.co.uk has a wider brief: as the name suggests it is sponsored by the Parish Council and gives details about who's on the council, when the meetings take place – and is a repository for the Minutes of Parish Council meetings (from 2012).

This website is now being developed and extended as a site for all things to do with the village and I have offered to help move things forward. Without a serious personal history in website innovation, I'm nevertheless quite pleased with what I've been able to do so far, due to the ease of operation offered by the underlying design set up by the host company, plus what had already been done in setting it up by Rod Jackson.

I'm writing now to invite your suggestions – and preferably contributions. Right now I'm looking for photographs to illustrate various aspects of Hawstead in a series of photo galleries. There's a few there already – have a look! – but I want more. Have you got original photos which were used in the Hawstead Journal – annual fetes, special get-togethers in the Village Hall, events in the pub, wild flowers and scenery etc – which you'd be prepared to share? Also anything showing our village in the more distant past. I can deal with all sorts of originals – prints, negatives, slides, digital pictures, and black & white is just as good as colour!

If you can help in any way, please contact me either via email: andyparrett@rocketmail.com or phone – 386531. Whether you've got any photos or not, please visit the website if and when you can: I and the Parish Council want it to be a useful resource for villagers – and indeed beyond – and we'd welcome more villager input. I need to add, of course, that this expansion from simply a website of and for the P.C. nevertheless bears the caveat that the Council will have the final say regarding what can be uploaded to it.

Andy Parrett

HAWSTEAD PARISH COUNCIL

A positive measure to make Hawstead's roads safer.

Hawstead Parish Council has voted to implement the anti-speeding initiative known as '**Community Speed Watch**'. The intended result is to reduce, by education, the number of excessively speeding cars through our village, this will safe guard; our children, the elderly, cyclists, those on horseback and as you can imagine the list would be very long.

Quite simply, this will benefit all road users and those enjoying their gardens and environs as speeding cars are much noisier than slower ones. With this in mind, I am seeking volunteers to assist in this worth while campaign. The criteria; we, as a village, must have at least six volunteers, training to be held in the village hall is free, as is the high visibility clothing. You will also have a free CRB Criminal Record Bureau Check carried out, you will need to give up about one hour a week (once training completed), you must be over 18 years of age and not have an existing criminal record.

May I ask those who are interested to get in touch with me as soon as possible either by email info@robinsonsportfolio.co.uk or mobile telephone, 07796 271716.

More information can be obtained by viewing the official website:

<http://www.suffolk.police.uk/safetyadvice/roadsafety/knowthelaw/speeding/communityspeedwatch.aspx>

The Parish Council's mission statement is

"To make Hawstead an even better place in which to live"

and we are doing all we can to realise this pledge.

Councillor *Clive Robinson*.

Volunteers needed

Also; as many parishioners will be aware, a great many projects are carried out in our village, these can include, Christmas trees placing on the green and in the village hall, placement of the lights on trees, litter picking, bench placement, footpath clearing, gritting, tree maintenance, other maintenance matters, road sign cleaning and vegetation removal, speed watch, leaflet dropping, preparing village hall for functions, general monitoring, etc.

We are always delighted to hear from parishioners willing to lend a hand and join us with these ventures. It is a great way to get involved in village life, contribute to a very worthwhile initiative and it is always a bit of a laugh with real camaraderie.

So if you would like to be notified of forthcoming projects where we need a little help please let me know, either by email to info@robinsonsportfolio.co.uk or call me on 07796 271716 or attend our bi-monthly parish council meeting, or speak to any of our councillors. An idea of what you would like to be informed about and your general skill set would be great.

"Please put your name forward to help your village. I really look forward to hearing from you".

Councillor *Clive Robinson*

MARK'S QUIZ NIGHT



BACK BY POPULAR DEMAND

MARK'S QUIZ NIGHT

FRIDAY 28TH MARCH - FROM 7.30PM
IN **HAWSTEAD VILLAGE HALL**

£2 per person - Maximum 8 people per team

To reserve your Team, please contact me at:

joandstevebutt@yahoo.co.uk

or Tel: 01284 388817

There is limited space so this will be done on a
FIRST COME FIRST SERVED BASIS.

PLEASE BRING YOUR OWN DRINKS AND SNACKS

LOOK FORWARD TO SEEING YOU ALL THERE

Jo Butt

KID'S CRAFT CLUB

One of our projects this year with the youngsters is to make some bunting for the Macmillan Coffee Morning held in the village hall in early October. The Macmillan colours are green and white, so we are looking for donations of any material in these colours. It doesn't matter if they are plain or patterned or any old clothes which could be turned into bunting would be fine. All would be much appreciated.

Some of you may have seen the red, white and blue bunting we made for the Diamond Jubilee celebrations a couple of years ago, which looked fabulous in the hall, we aim to make the same impact!

Please drop off any material at 5 The Pound or contact Jo and she will collect.

388817 or email: joandstevebutt@yahoo.co.uk

KID'S CRAFT DAY

We will be holding another craft day in the village hall on Monday 7th April between 10am – 4pm. If your children are interested in coming please let me know (contact details above).

If your children would like to join the Craft Club just say and they can be added to my contact list.

Thanks

Jo Butt

BUS PASSES IN OUR COMMUNITY

You may not be aware that bus passes are under threat. Many people within our community rely on them to get out and about. Maybe some Hawstead residents who are privileged to have a pass but do not rely on them may consider taking the bus into town at least fortnightly. It is a fine balance between 'flooding' the buses and needing to show the authorities that they are being well used if they decide to do a head count.

MAYDAY MORRIS

Mayday Morris

Green Dragon Morris will again be celebrating Mayday in Hawstead

Thursday 1st May 5am

at the Village Green end of Bells Lane

Andy and Fran will then serve a fantastic Hawstead breakfast at

1, Fyletts Manor Cottages

All early risers welcome



Green Dragon Morris

For more information email evershed1@tiscali.co.uk
or telephone 386501

THE METCALFE ARMS UPDATE

Work appears to be well underway on our new village café/cycle shop. All appears to be on track for an opening during the second half of April.

A number of staff have been appointed, including shop mangers.
Look out for a banner outside and a mail drop with more information nearer the time.



SUFFOLK WALKING FESTIVAL 2014 - 10TH MAY - 1ST JUNE

Now in its seventh year, the Suffolk Walking Festival is bigger and better than ever before, with nearly 80 guided walks planned, covering the whole of the county. We have a lovely mix of short strolls around medieval villages and market towns and longer rambles through the gentle landscapes of Suffolk, through Areas of Outstanding Natural Beauty and along the glorious Suffolk coast.

The Discover Suffolk Challenge Walk this year follows The Angles Way, which meanders for 90 miles along the Suffolk/Norfolk border, through the picturesque Waveney Valley and the sandy landscape of The Brecks. Do one day, two days or all six, the choice is yours, but as always, there will be treats and prizes for those completing the whole route.

Our themed, guided walks throughout the three week festival have some wonderful titles such as: 'Across the Marshes to the Castle', 'A Point to my Ramblings', 'Tiptoe Through the Heather' and 'Prickles' Story Walk'. You can Walk the Burma Road, learn about the Maritime Heritage of the Ipswich Waterfront, walk through Rolling Fields and a Cutting Garden and even try a free taster session of Nordic Walking.

Some include refreshments – a cream tea perhaps, or a glass of local wine and all of them are a fun and sociable way to learn about the lovely county of Suffolk. We will also be celebrating the 20th anniversary of the Stour Valley Path with a series of walks covering the length of the path over six days, with the Dedham Vale and Stour Valley Project.

We invite you to make the most of what Suffolk has to offer in abundance: pretty countryside, lovely villages, warm hospitality and a fascinating history.

More information and the full programme of walks can be found on the festival website
<http://suffolkwalkingfestival.co.uk/>

PEOPLE WHO BELIEVE ACHIEVE

If this heading has caught your attention and you are over 50 and interested in improving your general fitness please let me know as a fitness trainer has contacted me who would like to run sessions in the village hall.

judy@mmgd.co.uk

The Hawstead Journal was kindly sponsored this month
by Joyce & Doug Dainty of Old Forge Cottage.

Thank you for your contributions this month. Our next Journal will be May 2014.
Please forward anything you have by 2nd May 2014.

If you would like to sponsor the Journal for one month, please contact Judy.

Judy Carter - Oakhill House, Pinford End, judy@mmgd.co.uk
Tel: 01284 386512 or judy@mmgd.co.uk

SPINAL INJURIES

SOMETHING TO THINK ABOUT.....

The Spinal Injuries Association offer support to individuals who become paralysed and their families from the moment a spinal injury occurs, and for the rest of their lives, by providing services and publications which enable and encourage paralysed people to lead independent lives.

Every year in the UK over 1,000 people experience a spinal cord injury and there are an estimated 40,000 spinal cord injured people in the UK alone.

If you would like to help this worthwhile cause why not organise a Fish and Chips Supper on Friday May 16th?

Please see poster below for details of how to become involved.



“Hold a Fish and Chip Supper to help spinal cord injured people rebuild lives after injury”

Great British Fish and Chip Supper – Friday 16th May 2014

Want to eat Fish and Chips, while raising money for charity? Hold a fish and chip supper on Friday 16th May 2014 whilst raising awareness of spinal cord injury and supporting SIA's vital services.

You can hold a fish and chip supper in your own home, at work or hold a larger supper at your local community centre.

SIA will provide a fundraising pack containing hints and tips, recipes, invitations and donation envelopes. By inviting 8 friends and asking them to donate an additional £5.00 means you will raise at least £40.00 from your supper but we will also give you additional fundraising ideas to raise even more money for SIA.

In 2014 SIA is celebrating its 40th anniversary and so we want to make the batter matter and raise £25,000 from everyone holding suppers. Last year we raised £12,500 from the suppers.

The money raised from the suppers will help the Spinal Injuries Association offer support to individuals who become paralysed and their families, from the moment a spinal injury occurs, and for the rest of their lives by providing services and publications which enable and encourage paralysed people to rebuild lives after spinal cord injury.

Every year in the UK over 1,000 people experience a spinal cord injury and there are an estimated 40,000 spinal cord injured people in the UK alone.

Community Fundraising Manager, Elizabeth Wright, says, “The Fish and Chip Supper is a wonderful opportunity for a great evening with friends and family. We are also encouraging people who work to hold a Fish and Chip Lunch in their work places to raise even more funds. You may be even a local community group wanting to run a fun evening with your group.

For more information or request a fundraising pack call Elizabeth Wright on 0845 071 4350 or email fundraising@siafishandchips.co.uk or visit www.siafishandchips.co.uk



SUFFOLK FOSTERING SERVICE

There are currently around 750 children in care in Suffolk, the majority of these are in foster care, and placed with our own registered foster carers.

Suffolk County Council wants all children in its care to have a permanent, safe home in which they will be loved, nurtured and thrive. For some this will be with members of their family, while for others the best option will be for them to be adopted or be with a permanent fostering family.

Suffolk Fostering Service needs carers for children of all ages, but is particularly interested in hearing from people able to care for sibling groups or children over the age of 11.

Foster carer Jackie says 'Being a foster carer gives me a huge sense of pride in what I am doing – to make such a difference, and to be part of, and share, a child's life is so gratifying'

Contact the Fostering Service on: **0800 328 2148** or visit www.suffolkfostering.com

Suffolk Adoption Agency is currently looking for families particularly for brothers and sisters to grow up together in pairs or groups of three; children over three and disabled children of all ages.

Building a family through adoption is rewarding, and is an opportunity to make a very significant different to someone's life

Contact the Adoption Agency on: **0800 389 9417** or visit www.suffolkadoption.com



**WANTED:
FOSTER CARERS
FOR SUFFOLK
SIBLINGS**

If you are looking for a new challenge, have the patience flexibility and desire to support children in care and have the space in your home to help keep brothers and sisters together then **Suffolk Fostering Service** would like to hear from you.

**CONTACT US NOW OR
FOLLOW US ON FACEBOOK
TO FIND OUT MORE: **

0800 328 2148
WWW.SUFFOLKFOSTERING.COM

Everyone who works for, or with Suffolk's Fostering Service is committed to safeguarding and promoting the welfare of children and young people. We need and welcome foster carers of all backgrounds and ethnicities who will share this commitment



**WANTED:
FOSTER CARERS
FOR SUFFOLK
TEENAGERS**

There are 400 children aged 12 or over in care, can you help just one of them?

If you are looking for a new challenge, have the patience flexibility and desire to support young people in care and would like the opportunity to receive a weekly allowance of between £390 and £1,096 then **Suffolk Fostering Service** would like to hear from you.

**CONTACT US NOW OR
FOLLOW US ON FACEBOOK
TO FIND OUT MORE: **

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Hawstead's Open Gardens

Bank holiday Monday 26th May

This will be a great day.

There will be tea and cakes of course, and books and plants for sale in the village hall with a variety of other things happening in village gardens.

These may include 'alternative' refreshments, more books and plants for sale, art and photographic exhibitions, music, the occasional history lesson and who knows what else.

Those who opened their gardens in 2011 agreed that it was a very enjoyable day.

Proceeds will go to charity.

We need a few more gardens to be open to make this event viable.

Please will you consider opening your garden.

Kind regards

Geraldine West

01284 388732 - geraldinewest@waitrose.com

on behalf of Hawstead Community Council

GLYN'S OPEN GARDEN

on Sunday 8th June

The Garden at

THE GREEN COTTAGE,

THE GREEN, HAWSTEAD

will be OPEN between 2 - 6pm

Admission £4 Adults, Children FREE

Home Made TEAS available

Proceeds to

MARIE CURIE CANCER CARE

*COME ALONG AND ENJOY THIS
BEAUTIFUL GARDEN IN SUCH A
PEACEFUL SETTING*

HAWSTEAD WINE CLUB - JANUARY AND FEBRUARY

The January meeting was a roaring success with Andy and Angela Parrett offering a selection of French wines from a variety of regions. These wines were relatively inexpensive and primarily purchased from the Intermarché supermarket. It proved to HATS members that there certainly are some bargains to be found in France! A very enlightening and fun evening.

In February Judy and David decided to offer English wines from a local vineyard, Chilford Hall, which in contrast to the above were expensive! The general consensus was that the quality was good (with the odd exception), but most members would not wish to pay the extra!

We meet again on March 27th at 8pm in The Meeting Room. If you would like further details please contact Judy Carter at judy@mmgd.co.uk.

HAWSTEAD CARPET BOWLS CLUB

On Tuesday 12th February we held our AGM. We were very pleased to welcome two new members to the Club and all agreed that we had enjoyed the past year's games. The year ended with our Christmas meal at the Rushbrooke Arms which was a lovely evening.

During 2013 we played three matches against Lawshall Carpet Bowls Club and this year we have so far arranged two matches against Lavenham, one against Stanningfield and one against Lawshall. These are friendly matches and we have a really great time.

We meet on Tuesdays at 7.30 p.m. in the Village Hall and anyone who would care to join us would be very welcome. You don't have to be able to play – we will be happy to teach you. If you are interested, please come along on Tuesdays and join us. We play 7 ends, have a very welcome tea and biscuits break and then play another 7 ends. It is great fun and I think our laughter carries across the village green!

Rosemary Harrison

HAWSTEAD READING GROUP

We have had two meetings since the last journal - the January meeting being held at my house where we discussed *The Girl Who Fell From the Sky* by Simon Mawer.

Marion Sutro is the daughter of a diplomat - half French and half English. She is recruited from her desk job to go under cover and parachute into wartime France. Her task is to find an old family friend who is a nuclear physicist engaged in the race for a new and terrifying weapon and is of urgent significance to her superiors. Even with her training Marion struggles through Occupied Paris and realises that war changes everything and neither love nor fatherland may be trusted! Most of us enjoyed the book although as an exciting adventure story felt it failed to deliver a satisfactory ending.

Our February meeting was held at Sonja Monks where we sat in her cosy lounge and enjoyed wine and homemade muffins! Our book for discussion was *"Every Last One"* by Anna Quindlen. The Lathams are an American family who have it all - health, wealth and a vibrant family life. Then for one of her sons a process of unravelling begins and after Mary Beth starts to focus on him she finds that her comfortable life is shattered in a single moment! A devastating portrait of family life and a testament to the power of a mothers love and determination!

There were mixed feelings about this book - it seemed quite pedestrian at first but by sticking with it the shock events that happen overnight kept most of us hooked to the end!

Our next meeting will be at 7.30 pm on Wed 5th March at Judy Carter's.

Ann Gibbs (01284 765332)

REGULAR EVENTS

Breathe Easy	Weekly on Tuesdays 9.15 - 10.15 am
Carpet Bowls	Weekly on Tuesdays 7.30 pm
Reading Group	1st Wednesday of the month 7.30 pm (held in members' homes)
HATS (Wine Club)	Last Thursday of the month 8.00 pm
Hawstead Oil Buying Group	Orders placed end of each month (contact Jacquie Milns 388813 email: sales@rjmcars.co.uk)

HAWSTEAD PARISH COUNCIL MEETING DATES

*Meetings held at the Village Hall unless otherwise stated
Everyone is very welcome to come along.*

Meetings held bi-monthly on the third Thursday of the month at 7.30pm.
Dates arranged are:

20th March	15th May	17th July
18th September	20th November	

FORTHCOMING DATES FOR YOUR DIARY

In the Village Hall unless otherwise stated.

Parish Council Meeting	20th March 7.30pm
Quiz Night	28th March 7.30pm
Parish Council Coffee Morning	5th April 10.30am
Kid's Craft Day	7th April 10.00am - 4.00pm.
Indian Supper	26th April 7 for 7.30pm
Mayday Morris	1st May 5am The Green
The Hidden Gardens of Hawstead	26th May - Around Hawstead
Open Garden	8th June 2-6pm The Green Cottage
Summer BBQ	21st June
Village Fete	7th September

Sustainable Bury Talks

Would you like to learn how to boost your immune system naturally and stay positive throughout the year? Would you like to know how to switch off your mind, get beyond the clutter of life and find something deeper and more satisfying to nourish your life? Then come to an interactive evening of holistic talks, discussion and practical learning on -

- Which vitamins & minerals are crucial to health
- Vitamin D – why it's the miracle vitamin
- How stress depletes vital nutrients
- Homeopathic remedies to boost health & combat ailments
- Deep Medicine & Zero Balancing – a non-invasive therapy

The Centre, St Johns Street

Wed 19th March 2014 from 7.45pm

Speakers: Debbie Greenslade Bsc, RSHom and Helen Taylor – Holistic Therapist

Free entry, donations welcome - Free samples and refreshments