

couldn't resist looking them up in our bird books to see what their call was. If you wake to an unusual sound, apparently 'a straight and nasal *ksheeh* or a short, soft, grunting *raaak* or *owkr*' you too might have a little egret outside your window.

STOP PRESS.... The following week in the same pond, almost dry by this stage, a Green Sandpiper stayed for five days. These elegant wading birds prefer fresh rather than salt-water and so are often seen inland. They are very dapper having dark wings and a white body, in flight looking a little like a large house martin. After breeding in the Baltic, some pass through Britain during July and August, on their way to winter in warmer regions. Small numbers over-winter in the UK. The last one I saw in Hawstead was twenty years ago on large icy puddles near Hall Farm. It was a lovely sight to cheer a freezing January morning.

Five young stoats have been hunting in a pack around our garden, making quite a formidable team. The local rabbit population is noticeably reduced.

Flocks of over 30 goldfinches have been feeding on the seedheads of the knapweed in the near meadow. I think of 'charms' of goldfinches as being smaller flocks than this size but these are obviously extended family groups for the young 'greypates' lack the black cap and contrasting red and white face markings of the adult. With almost any excuse the birds lift off from their feeding and sweep round twittering into the nearest trees. They soon return a minute or two later, often I can see no danger at all. At first I was irritated that they seemed so easily disturbed but they are all the more delightful when they fly together flashing their yellow wingbars. It is surprising how well camouflaged such a colourful bird can be amongst the late summer flower stalks.

25th Aug - a cormorant seen flying west over the meadows towards the church.

James Carr

Our Thanks

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this edition of the Journal and to
Malcolm Cornwall for printing it free of charge.

Editor: Brian Kew



Hawstead Journal

For the Village by the Village

September 2004

HAWSTEAD COMMUNITY COUNCIL VILLAGE HALL PROJECT

WREN seen on village green car park

So what you may be asking yourself is particularly newsworthy in that? Had the wren been of the winged variety then not a lot. However on Monday 23rd August Sue Shepherd from WREN recycling called in to take photos of the site for the new hall and to meet members of the Community Council and project team.

Sue is the Project Leader of the Waste Recycling Group Village and Community Hall Challenge. This challenge is awarding two £250,000 prizes across the country to the two villages that can demonstrate that their new hall will be built and maintained on sustainable and eco friendly principles. Hawstead submitted an initial entry at the end of July and has been told that we are competing against 139 other villages. By the time you read this we shall know whether we are on the short list of eight, if we are we shall definitely qualify for a runners up award of £50,000 and will have to complete by the end of the year a full application for a major award which will be judged by the WREN Board of Directors in March 05.

It was a very positive meeting with Sue. She could see from the empty site that our need is great: she was shown the plans for the new hall and talked through with us the ways in which we intend to use materials and systems to protect the environment and importantly how we plan to use the hall to serve the community in an ongoing and sustainable manner. I think she was impressed also by the determination of the people present to put in the work to raise the funds, whether by holding a plant sale, fete or applying to charitable foundations, to make a new hall possible.

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WREN seen on village green car park

It is just a year since we held an exhibition in the church setting out the plans and showing the ways in which you would like the hall to be used. A lot of development work has been going on during the year and much of it has been reported in the Journal but to bring everyone up to date on what has been achieved so far the Community Council will publish a bulletin devoted entirely to news about the hall so watch your letterboxes and door-mats towards the end of September.

Joan Cook

A visit to the ECO-TECH centre, Swaffham

During August the water companies threatened to increase their charges by 29% and the British Gas their electricity prices by 19%. (Editor if I've got these % wrong please amend) Move your custom to other companies was the Government's helpful advice! But with oil prices reaching the highest point ever and unlikely to fall significantly it seemed the ideal time to visit a centre that demonstrated that there are other ways to create energy and to conserve it.

Brian Ellis and Peter Cheese of Eco-innovations welcomed our party of ten and while we drank some excellent coffee introduced us to the special features of the building. We sat in a high glazed hall, when the sun shone roller blinds were automatically lowered over the glass and as the clouds amassed the blinds wound themselves away keeping the temperature of the hall steady. Much wood, a renewable resource, had been used in the construction of the building and it was particularly well insulated. However it was put up five years ago and already some of its features have been overtaken by new technology. Apparently sheep know a thing or two about keeping warm as wool is the new thing for insulation!

One of the reasons for going to Swaffham was to look at a system for generating power from solar energy which it might be possible to incorporate into the roof of the village hall. The advantages of the system are that the tiles are an integral part of the roof and the electricity that is generated and not used by the needs of the hall can be sold and fed into the National Grid. Like all new systems the cost of installing is higher than the conventional but the cost of the energy produced is much lower and environmentally friendly. Grants are available to help with the installation costs. What's more as the generating companies raise their prices the solar tile system becomes evermore cost effective and has a lifespan of 25years or more.

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'Cor I woke up and there was this exotic long-legged blonde bird outside my window' boasted James Carr, aged 35 of Hawstead.....

For about a month we had a young heron loitering hopefully around the old meadow pond behind the house. It always seems a fairly unpromising shallow pond to me, it dries out with almost any excuse, but it is very popular with frogs, toads and newts and there is always at least an attempt at a nest by a pair of moorhens or mallard.

The heron's daily visits made good entertainment; sometimes it waded in the water, just the head visible above the bank, occasionally it stood gawkily in the top of the old pine tree trying to look cool and casual as it preened itself. Its morning grooming often invited mockery from crows which dive-bombed and heckled it mercilessly. Perhaps because of this, it experimented one morning balancing precariously on the post and rail fence for a few hours. It looked even sillier than usual and hasn't done it again. People remark how odd herons look out in the open fields in the autumn and winter. Maybe a heron is going to appear awkward and angular whatever it does, certainly its call can't be described as attractive in a tuneful sense. I rather enjoy the optimistic attempts at describing birdsong in field-guides. Our books give the heron two options, either making 'a raucous *krowrnk*' or 'a harsh *frarnk*'. Neither a very becoming choice. If being a heron is difficult enough perhaps only being an adolescent heron could be more embarrassing, a particularly awkward and anxious phase.

One morning at the beginning of August we had a shock on opening the curtains - it appeared that our ugly duckling had turned into a swan. It took a moment to realise that we were looking at an elegant white foreigner; a Little Egret had arrived from somewhere and had got to the pond before the heron. Usually a sub-tropical species, little egrets have recently been spreading northwards breeding along the south coast of England in the 1990s. Two summers ago they bred on the Suffolk coast for the first time. Despite seeing these striking birds on coastal marshes it was still a shock to see one first thing in the morning from the bedroom window. It stayed feeding for half an hour or so before heading off in the direction of the Green. Until now I have always thought of the familiar grey herons as our most promising attempt at a bit of avian exotica but perhaps tropical egrets are to become a common feature of our Suffolk landscape. Other sightings have been at Monks Eleigh and near Long Melford this summer.

If you see a distinct bright white wading bird two feet tall you can't mistake it. Little Egrets are usually silent which is probably a blessing. I

Feeling chipper we set off for a climb that would be the acme of the trip: a 13km climb of 900m to the Col de Tente (2208m) by way of a narrow many hairpinned road (with sheep and their droppings). Beyond a good level of fitness and plenty of liquid steep climbs are both a matter of dogged determination and mutual encouragement: our team especially rich in each.

At the summit we shared congratulations with some emotion. From the col an abandoned road, strewn with fallen rocks leads to the Port de Bouchard.

This we gained and from this height we gazed over onto the Spanish Pyrenees and fell silent at the awesome grandeur of the nearby rock faces, peaks and glaciers.

Then came the reward for a long arduous ascent: the swift dare I say it elegant joyous descent to Luz-St Sauveur, an evening of excellent food, wine and good crack (conversation).

Glynn Hammond

Recipe

Honey & Cherry Cake

200g (8oz) Self-raising flour
2 Eggs
100g (4 oz) Chopped cherries
200g (8 oz) Butter or margarine
200g (8oz) Honey
Pinch of salt
Cream butter/margarine/honey.

Toss cherries in a little of the flour. Beat eggs well and add them alternately with sifted flour and salt to the creamed mixture. Finally fold in cherries. Bake well in a greased 7 inch to 7 and a half inch tin for three quarters to 1 hour in moderate oven.

Our thanks to West Suffolk Bee-keepers' Journal for this recipe

A visit to the ECO-TECH centre, Swaffham contd...

There was much else to see and hear with fascinating glimpses into a sustainable future and while the brave amongst us climbed the tower of the wind turbine the others wandered round the organic garden but that is another story.

Joan Cook

Fete, Flower and Produce Show – Proceeds

Many thanks to everyone involved in any way at this year's fete, which raised almost £900. After expenses £472.84 was banked towards HCC funds.

Thank you again to each and everyone involved.

John West HCC Treasurer

All Saints Church - Hawstead.

SERVICES

SEPTEMBER

Sunday 12th 8.30am Said Eucharist

Sunday 26th 11am Parish Eucharist

OCTOBER

Saturday 9th 6pm Harvest Praise followed by Harvest supper in Church Farm House Barn at 7.15. (Full details to follow in church Newsletter)

Sunday 10th 8.30am Said Eucharist

Sunday 24th 11am Parish Eucharist

Evening Prayer. An opportunity for silent/ contemplative prayer, and to pray for the parish and benefice is held every **Wednesday in the church at 5 - 5.30pm.** All are welcome.

The church is open every day from 9am to 5pm

For all other Services in the Benefice please see Church Notice board

SUMMER IN HAWSTEAD - A few Notes

I guess Summer started for us when the bird scarers stopped (at last) and Ollie's GCSE's began.. Getting him to revise was like "pulling teeth" - it caused much angst in the Gibbs household,, we hear that girls are much easier? Since school ended we have been working hard, running a B&B and taxi service for local teenagers, I guess some of you will find all this familiar?

Any way, back to Summer in Hawstead. I think we've forgotten June's little heat-wave, timed beautifully to coincide with exam taking. The lawns were quite dry and turning brown. Not so July. Can you remember Wimbledon? The weather was so bad there was "a people's Sunday". On 9th July our son held the 2nd "Gibbs'n Bury" (Glastonbury-get it?) for around 70 teenagers. The weather was very iffy, wet and cold.. We departed for a short holiday in sunny Tenerife at the end of July and returned to the second wettest August in history.

In August Ollie departed for Antibes, where one friend's parents have an apartment and the other a large motor boat- he tasted how the rich live. A few enjoyable days were had at the Cecil and Larter tennis tournament in Nowton. I'm not sure Ollie enjoyed Peter Duffield's advice to his mixed doubles partner, though. When Peter presented them both with their runners-up prize, he told Ollie's pretty partner "get yourself a decent partner next year and you may win!"

Well the lawn has never been greener and the garden looks lovely. Actually between the downpours there has been a lot of sunshine, which has meant everything has grown really well. Best crop of runny beans in years, large fat juicy grapes ready for Jo to make some more "Chateaux Woodlands". The passion flowers have fruited in abundance, their green fruits ripening to orange. I don't think you can eat them though?

When does Summer end? I've always assumed June, July, August are Summer, so by the time you read this, Summer will be over and Autumn upon us. We'll have Ollie's exam results and will all be thinking of Xmas.

Hope this wasn't all too boring.

The Gibbs Family

sustenance. No way would we make Luz-St Sauveur before dusk so it was decided to return to Lescum to collect the Espace to cover at least part of the journey by vehicle.

Luck was not with us on the descent for Paul's bike sustained two punctures. Nobly Sean repeated the climb with fresh inner tubes meeting Paul running downhill clutching his bike on his shoulder. There were tough members in this team.

Thus we spared ourselves the climb of the Col d' Aubisque. At the summit four of us discharged from the vehicle in a high wind whilst Roger volunteered to stay at the wheel. From this point there is a stupendous 350m descent by way of a cornice, testing your head for heights and your navigational skills around sheep and piles of droppings appearing just as you were negotiating a sharp bend.

After this experience the climb to the Col du Sonloir is almost a relief. From the Col du Sonloir the road broadens, there's a magnificent 20km descent to Argeles. Cycling at speeds of 60km ph is exhilarating; leaning into the bends you feel as if you are flying. That night we found rooms in Luz-St Sauveur, a watering hole for the last Emperor of France.

The following day was damp and gloomy with the mountains hidden by the low cloud. We decided to stay low and search out a cycle shop that would fit a larger sprocket range on Sean's bike to provide it with lower gears for climbing.

One of the great joys of France, and there are many beyond the culinary delight, is the frequency of cycle shops. Another joy which deserves mention is the great respect for cyclists by French motorists. In Lourdes we found a workshop that fitted the new sprockets to Sean's bike in an instant. After an easy 70km ride the next day we were ready for a challenge given that the weather would improve as forecast.

Our last day dawned bright and clear. After a hearty breakfast we set off southwards up valley for the 20km, 650m climb to Gavarnie which proved an uneventful slog. Gavarnie has a truly awesome setting: to the south the Cirque de Gavarnie soars 1500m to peaks which exceed 3000m. To the immense relief of my stomach we were in good time for a high energy pasta lunch. Years ago I suffered "the bomb" in Soham of all places, collapsing, totally drained through lack of sustenance: not an experience to be repeated.
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Not a Midlife Crisis Trip

Cycling has never been a passion, at least not until recently, more a means of transport with the added pleasure of realising a more intimate relationship with the subtlety of the Suffolk landscape.

Over the last ten years or so friends in Cockfield, the eponymous 'Cockfield Wheelers' drew me into more demanding cycling adventures. Their enthusiasm for Tour de France resulted in trips to Provence and the Pyrenees to cycle mountain sections of that great race.

Earlier this year I had acquired a Canondale, a beautifully machined light-weight, responsive bicycle. Training with such a superb machine is a true pleasure; although Suffolk's low terrain is not the ideal preparatory ground for the mountains. Hartest Hill, maximum gradient, 13% was included on our two hour training sessions. By mid August we felt fit and prepared.

A week later we flew with our bikes to Pau for four full days in the Pyrenees. With limited time the use of an Espace would, we reckoned, give us maximum flexibility. Within two hours of landing at Pau our 'team' of five had found rooms in a charming old hotel in the village of Lesain above the Vallee d'Aspe, surrounded by mountain peaks which mark the frontier with Spain.

Boldly we settled a 500m climb for the warm up outing. This proved ambitious in the great heat and after a pre dawn start to the day. Moreover the gradient was often more than 15%.

Recovering over a hearty meal and a few beers that evening we planned a challenging first full day; crossing the grain of the country 120m eastwards to Luz-St Sauveur via the Col d' Aubisque, an 18km climb of 1200m.

From the expression on their faces I was in no doubt that my emphasis on the need for a hearty lunch before the restaurants closed at 1.30pm was a bit whimpish!

The next morning we sped en peloton in high spirits; averaging 33kph to Escot. There we dealt with our first puncture and met with the prospect of a 9km, 700m climb to the Col de Marie Blanche. Helpfully the climbs used by the Tour have marker posts each 1km which happily inform of the ensuing gradient. We reached the summit at 12.30 and alas no prospect of

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Neighbourhood Watch

As I write August has been a quiet month on the crime front with just two crimes reported in Hawstead. Overnight 22/23 July the lock on a garden shed in Bell Lane was forced and electrical gardening equipment was stolen and a wooden house sign was stolen from the Whepstead Road between the 24th and 27th of August. Speed checks have continued in the villages with fixed penalties for people ignoring the speed limits.

Sarah King our Community Police Officer

Two men with a grey van approached an elderly resident of a villa nearby offering gardening/pruning services. They offered to take the resident in their grey van to a cash point in order that he paid up-front. Unfortunately, the gardening services were never carried out. Please telephone 999 if anybody offers this service and fits this description. Do be aware and never let anybody who promises to offer any services to take you to the bank or post office in order to relieve you of any monies.

JK

Darts

Results of the Metcalfe Arms away match against The Thorpe Bull on 10 September 2004.

James Baker	lost 0-2	Scott Duffield	lost 1-2
Peter Royce	lost 0-2	Ian Stevens	lost 0-2
Bill Diaper	lost 0-2	Ed Brookes	lost 1-2
Game Seven	forfeited	Peter Royce	lost 0-2
Ian Stevens	won 2-0		

Metcalfe Arms lost 1-8

High Scores 2 x 140's by Scott Duffield

New players will be more than welcome

Sunflower Competition Winners

Category –
Eight years and under



Thomas Barneveld
of Pinford End - 1.63 m

Nine to fifteen years

Nicky Sydney

of Hawstead - 1.48m

Adult

Florence Lacey

of Pinford End - 1.9m

Some of the other competitors -



Elizabeth Barneveld
1.51m



Charlotte Barneveld
1.41m



Lucy and Annabelle Brewis both 1.31m



A good first attempt
by
John West
Better luck next time!

So I'm stuck with a dilemma. Our local brewery, which is a champion of real ale brewing, is riding high and doing very well. Having taken over not only Morlands, but also Ruddles in recent years, it has an enhanced range of respected brews to market. Other deals mean that they now own over 2000 pubs (albeit no longer the Metcalfe Arms). And at this year's Great British Beer Festival, GK IPA was voted runner-up in the Champion Beer of Britain competition.

It is of course good to see local industry enjoying success: but I didn't go all the way to South Wales to drink a beer that I can get here; I wanted to try their local beer, I wanted to be adventurous! That's what's special about ale - it's traditionally local, or possibly 'regional' in availability. Greene King is breaking the rules and is becoming a national 'player'. Let's only hope that they're not TOO successful or they might get gobbled up by the likes of Interbrew, Carlsberg-Tetley or Coors. Now that's something that doesn't bear thinking about!

Andy Parrett

FOR SALE

John's Fish

Quality Fresh and Frozen Fish and Shellfish from Lowestoft.

Everything from Cod to Whiting.

At the Metcalfe Arms on Tuesdays between 5.45pm and 6.00pm. Telephone No 01502 583164

Compaq Presario laptop computer, 2.5 years old, with Pentium 3 processor, carry case, HP scanner and printer. £600. Phone Jessica on 01284 386532

Yamaha 98cc motorcycle K reg. but has not even been 1000 miles! (No tax or MOT). £500. Phone Andy on 01284 386521

Horse Manure available

Great for adding lots of lovely organic matter and moisture to your compost heap. Available for collection, or we can deliver for a donation to the Village Hall Fund.

Hawstead Lamb

Our lambs are pure bred and cross bred Kerry Hills (a rare breed). We have Lamb in the autumn and winter, Hogget in the Spring, and Mutton is also sometimes available. Available as a half or a whole lamb (jointed). £5 / kilo. If interested, please phone James and Christabel Carr on 386245.

Village Fete and Flower Show – 2004

Some Thoughts from an (Occasional?) Hawstead Ale Drinker

Here's a couple of stereotypes regarding beer-drinkers. One is that you're either a lager drinker or an ale drinker, the other is that all beer drinkers have a favourite brand which they'll stick to come hell or high water.

Like most stereotypes there's a bit of truth in both: there's actually a lot of truth in the first one - but ale drinkers visiting the Czech Republic will be equally happy with much of the lager beer because of its quality! And lager drinkers find themselves well served because their brands tend to be national/international in their marketing. So a Stella or a Carlsberg drinker can expect the same product at by-and-large the same level of quality from Cornwall to Cumbria (and beyond). This expectation - indeed preference - gets built into the psyche of the drinker.

I believe that the brand-preference stereotype fits the ale drinker least and this has become increasingly the case in recent years as cask ales ('real' ales) have become more and more popular, particularly those from the smaller independent brewers. (According to the Campaign for Real Ale, whilst ale sales are declining at 2.2 per cent a year, *'output of real ale from independent brewers is growing at 5.4 per cent'*.) What a large and growing number of ale drinkers enjoy is the adventure of trying different brews, and hence the popularity of 'guest ales' and beer festivals. Looked at from a different perspective, part of the pleasure of travelling to other parts of the country is that one goes out of Greene King land to places occupied by other brewers and their pubs, and so other weird and wonderfully named beers can be put to the test.

But there's a problem: it seems that we're less and less away from GK-land - a fact that was brought home to me during my recent coast to coast cycle ride mentioned in last month's Journal. I'm sure that you can sympathise with the thought that after a hard day's cycling a chap might be looking forward to a hot bath, a good hot meal and a pint of beer (although not necessarily in that order!) We started at St Davids Head, South Wales and stopped for the first night at the small market town of Newcastle Emlyn. The pub we went to that evening had one real ale on tap - Old Speckled Hen, brewed by Morlands Brewery, whose address happens to be Westgate Brewery, BSE! (GK took over Morlands a few years ago.) The second night was spent at Builth Wells and what did we find? Two real ales, Fullers London Pride and GK Abbot Ale! And on the third night we were in a small village, Ashton Under Hill near Evesham, and the local pub ('The Star') again had a choice of two - guess what, one was GK IPA!

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After the terrible weather in past weeks, we did fear that it might rain!! Full marks to the person who ordered the weather!

It was a lovely day, although it involved a lot of hard work by the organisers it was well worth it. Shall we do it again next week?

On behalf of the village we would like to thank everyone for all that they did to make it such a pleasant day. To have a lovely day on the green with lots people about enjoying the sun was the aim of the day.

Entries were down a little this year especially in the fruit and flower section. This was due to the recent wet weather and wasps!!

Mr. and Mrs. Peter Fisk, our judges, have offered to come to give a little advice on how to prepare fruit and vegetables for showing. We can arrange this for the Spring. It may encourage some more gardeners to grow vegetables.

Trophy winners for 2004

Andy Evershed of Fyletts Manor cottages won the following trophies

The Sheriff Cup for the most points gained in the veg section

The Newman Cup for gaining the greatest number of points overall

The Pewter Pot for the best onions in Hawstead

The Holdway Bowl for the greatest number of points in the fruit section

The Mortlock Shield for home produce went to Rosemary Carr of Cullum Cottage

The Glass Trophy for the best flower arrangement went to Geraldine Upfold

The Junior Trophy for the most points gained in the under 15 section went to Imogen Carr of Cullum Cottage. Well done IMOGEN

A new trophy will be given to us for the junior section for next year by the Metcalfe Arms. Wendy and Ian kindly donated a voucher for this year's prize. I wonder what Imogen will buy with it.



Hawstead Fete, Flower and Produce Show 2004

