

# Back Page News

Normal refuse collection day Revised refuse collection day

Tuesday 1 January	Wednesday 2 January
Wednesday 2 January	Thursday 3 January
Thursday 3 January	Friday 4 January
Friday 4 January	Saturday 5 January

Are you struggling  
to buy a home?



Talk to us about help available at the

## Affordable Housing Day

**The Athenaeum, Bury St Edmunds**  
**10am – 6pm Wednesday 16 January 2008**

Advice on low cost, shared equity home ownership will be given by registered social landlords (who build homes), local mortgage advisors and Key Homes East, the local agent for low cost home ownership.

Find out more about 'Home-Link' the new Choice Based Lettings scheme, together with general housing advice from St Edmundsbury's Housing Options team. Advice is also available on rural developments from Suffolk Acre's, Rural Housing Enabler.

For more information contact 01284 757606 [housing.development@stedsbcc.gov.uk](mailto:housing.development@stedsbcc.gov.uk)

### The Hawstead Journal would like to thank

Richard Blackwell, Doc & Flo, Sarah Lawson, Ruth Mackay, Sylvia and Simon Miller, Jacquie Milnes and Andy Parrett for their dedicated monthly "exercise" to personally distribute this journal to your home.

**Next month's Editor is Malcolm Cornwell**

Articles for inclusion to the Editor please - BEFORE 25th of January  
Tel. 01284 388142 or e-mail [cornwellheatltd@btopenworld.com](mailto:cornwellheatltd@btopenworld.com)

Editor: Malcolm Cornwell



## Hawstead Journal

For the Village by the Village

January 2008

### Parish Council

#### Councillors

Ros Alexander, Christabel Carr, Karen Caudwell,  
Malcolm Cornwell (Chairman) Andy Evershed ( Vice Chairman )  
and Sarah Lawson

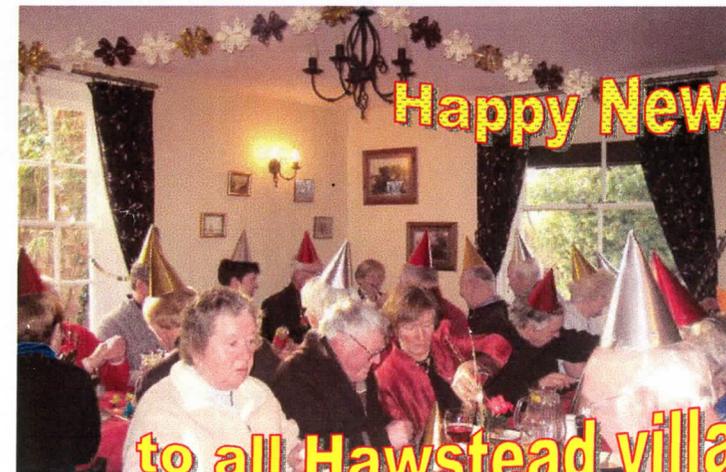
The next parish council meeting is to be held in the church at 7.30pm on  
Thursday 17th January 2008.

With there being a vacancy on the Parish Council, any Parishioner who wish to put forward their name for consideration, is requested to advise one of the above councillors prior to the next meeting.

As the village hall nears completion, at the next meeting the council are to consider the resiting of the bottle and paper bank in the village.

To ensure it meets with the majority of use, your views on this are sought and all those made known to a councillor, would be incorporated into the councils final conclusion.

Finally, as we are at the year end of 2007, your Parish Councillors wish everyone a happy and prosperous new year.



Happy New year

to all Hawstead villagers

## HAWSTEAD COMMUNITY COUNCIL NEWS

THE LIGHTS WILL GO ON IN OUR HALL ON THE 3rd JANUARY 2008

That is if all goes to plan.

The best-laid schemes o' mice and men gang aft a-gley.

The floor screed is now drying out.

We can then get on with the flooring, kitchen fitting and plumbing in the toilets. Then comes the furnishing, this will be very carefully considered for comfort and practicality. We want the hall to be as good inside as it is out.

Nimbus of St John's St is supplying the kitchen. Their quote is very generous and includes fitting. The kitchen has been funded in full by Havebury Housing Partnership.

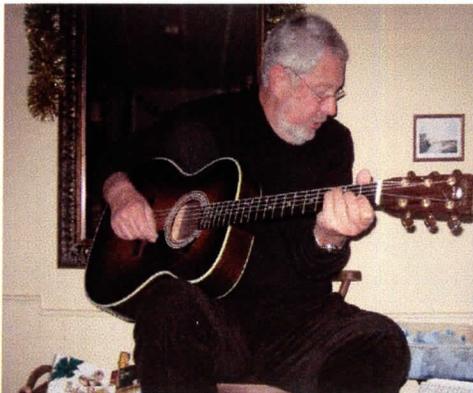
Glasswells will be supplying and laying the flooring at a very fair price.

It may be the middle of February before the floor is ready for the next stage, so we must be patient. We do have some bookings for private parties, a play and a wedding!

Our financial position is good although we are still fund raising.

We have recently received £4,700 from our latest appeal to the village and St. Edmundsbury has agreed a further £10,000. Havebury Housing Partnership has given £6,340 and £1,700 from the Lund Trust towards chairs. From our wreath making efforts and the hamper raffle we made £370 and there are still other funds to come in, we hope!!

THANK YOU EVERYBODY FOR ALL YOUR SUPPORT IN 2007. WE WISH YOU A HAPPY AND HEALTHY 2008.



Thank you Anne and Nigel from the Metcalfe Arms for our lovely lunch we all enjoyed it very much

Sonja Monk

Now we are in the depths of Winter, time to think about your low energy light bulbs and what you can save

## 5 QUESTIONS YOU MIGHT WANT TO ASK ABOUT LOW-ENERGY BULBS

Switching to efficient light bulbs saves money and carbon emissions. But how straightforward is it? Rupert Paul reports

### 1. Why bother?

Because ordinary bulbs are the least efficient way to create light around the house. Typically a high-quality compact fluorescent (or 'energy saver') bulb will need a quarter (maybe even a fifth) of the electricity of its conventional equivalent. When you think that lighting often accounts for

around a third of the average household's electricity bill, then switching to low-energy bulbs could lop 20-25 per cent off those costs – and the associated carbon emissions. After insulation and draught proofing your home, it's one of the most positive things you can do.

### 2. Where's the catch?

**I've tried low energy bulbs, but they got weaker and weaker**

That was true of early compact fluorescents, but modern ones are manufactured more precisely, and have better-quality electronics in the base. The good ones (which include Philips, Megaman, Cosmic, Osram and others) really do stay bright for ages now – and warm up quickly too.

**They're bulky**

Again, they used to be, mainly because of the need for a built-in starter unit, but improved coiling means many low-energy bulbs now take up the same space as conventional ones. Unfortunately the more unusual fittings, such as small screw-fit, can still be expensive.

**You can't recycle low energy bulbs**

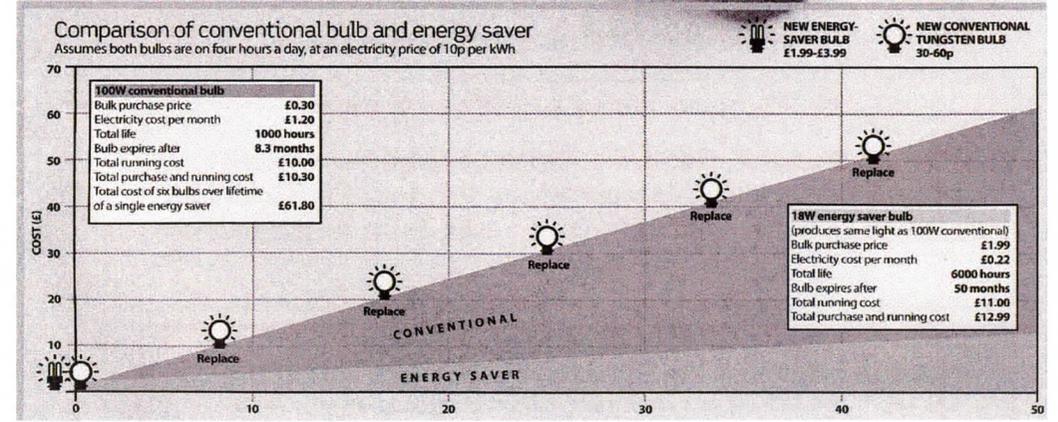
In fact you can – and you should, because compact fluorescents contain traces of mercury. If your local council (or big retailer) doesn't accept these bulbs yet, it may do soon. Until then, try to hang on to old energy savers.

**You can't use a dimmer**

Dimmable low energy bulbs are just appearing.

**The light from low-energy bulbs is harsh**

There are two main types of light available – a colder, bluish-white light which some people prefer to work by (look for the rating '4000K' on the box) and a more homely, yellowy 'warm white' (look for 2700K).



## WE MUST FIGHT FOR OUR POST OFFICES – THE LIFE BLOOD OF OUR VILLAGES!

Rural post offices are the lifeblood of our villages. Yet they are under threat. The Government has ordered that 2,500 post offices must close nationwide. The public consultation on closures in our part of Suffolk commences in March 2008 but we must begin the campaign to protect our postal services now. As your local MP I want to do all I can to ensure that you continue to have access to post office services in your area. I have set up a petition, which I will present to Post Office Ltd, to enable people to express their support for their local post office. It can be signed at your local post office or online at: [www.telldavidruffley.com](http://www.telldavidruffley.com) In some cases Post Offices will be replaced with so-called 'outreach' points that offer part-time postal services in, for example, village halls, pubs or mobile units. Nice idea – but will they work in practice?

### Winners of the December Village Draw

1st	028	J West	23.55
2nd	125	D Lacy	6.28
3rd	155	M Pampanine	1.57

Join the Draw, win prizes and contribute to the Village Hall Fund

Contact Sylvia Miller 388841

### From Anne and Nigel at the Metcalfe Arms

We would like to wish all residents a Happy & prosperous 2008. During January we hope to have some more

Live Jazz music

A wine tasting evening and talk with our wine supplier, and a mini Burn's night celebration.

Dates are to be confirmed but please watch the boards and notices for details.

## RECIPES USING HONEY

### Honey and Cherry Cake

200g ( 8oz ) Self raising flour, 2 Eggs,  
100g ( 4oz ) Chopped cherries, 200g ( 8oz ) Butter or margarine  
200g ( 8oz ) Honey

Cream the butter or margarine with the honey.

Toss cherries in a little of the flour.

Beat eggs well and add them alternatively with sifted flour and salt to the creamed mixture and finally fold in the cherries.

Bake well in a greased 7" - 7 1/2" tin for 3/4 to 1 hour in a moderate oven.

### Honey Shortbread Biscuits

400g ( 4oz )

55g ( 2oz )

225g ( 8oz )

400g ( 14oz )

Plain flour

Soft brown sugar

Butter

Honey

Cream the butter and sugar together. Add the honey gradually and work these into the flour and knead lightly.

Cut into round shapes and bake in a slow oven ( 300F ) for approximately 25 minutes.

To obtain honey in Hawstead

contact your local beekeepers, Joan Cook or Simon Miller

courtesy of W.Suffolk BKA competition classes 15 & 16.

### All Saints Church, Hawstead

January 2008

Benefice Prayers each Wednesday, 5 – 5.30pm

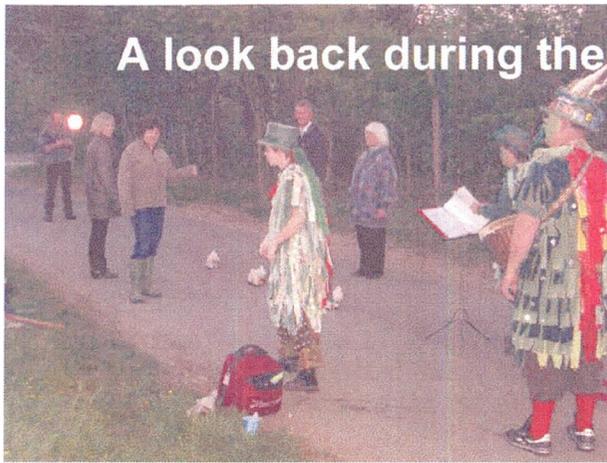
Sunday 13th 8.30am Said Eucharist

11.00am Family Worship

Sunday 27th 11.00am Parish Eucharist



# A look back during the **YEAR of 2007**



**1st of May  
Celebrations  
at sunrise near the  
Bells Lane and  
Bury Road junction**



**NOW, how can you  
cut the first clod  
without not using a  
special shovel?**

**14th July  
Villagers in  
Hawstead  
gather to celebrate  
the 1st clod of its  
NEW Hall**



**DAVID RUFFLEY MP**  
SHADOW MINISTER FOR POLICE REFORM

House of Commons  
London SW1A 0AA  
Tel: 020 - 7219 2880  
5<sup>th</sup> November 2007

Mrs Joan Cook  
Clerk to Hawstead Parish Council  
Cook's Farm House  
Lawshall Road  
Hawstead  
Bury St Edmunds IP29 5NR

## **CAMPAIGN TO SAVE OUR LOCAL POST OFFICE SERVICES**

As I am sure you are aware, the Government has ordered that 2,500 post office branches throughout the country are to close. This means that our village post offices are at risk. Although the public consultation in our part of Suffolk does not begin until next March, Post Office Ltd will commence their review of the area in January. I have, therefore, launched a constituency-wide campaign now to do all I can to save our local post offices.

As the local Member of Parliament I want to draw my constituents' attention to what is happening and ask them to support my campaign to save our rural post offices by signing my petition – either in their local post office or online at: [www.tell davidruffley.com](http://www.tell davidruffley.com). I will send the petition to Post Office Ltd.

I have written to all the sub-postmasters in my constituency and sent them a copy of my petition. I enclose a copy for your information.

I attach a short article (150 words) I have written about the closure threat to our local village post offices and I would be grateful if you could publish my article in your local newsletter. If your newsletter editor would like to receive the article by email, please contact Virginia Tuck, my Constituency Adviser, on: [tuckv@parliament.uk](mailto:tuckv@parliament.uk) or 07905 227973.

In addition it would be very helpful if you could draw my campaign to your parishioners' attention at your meetings.

I do hope you will be able to support my campaign in this way.

With kind regards,

Website: [www.davidruffleypm.com](http://www.davidruffleypm.com)

## MOUSSE

- 250g / 9oz dark chocolate (min 70%) broken into pieces
- 100g / 3oz icing sugar 175g / 6oz unsalted butter
- 5 large eggs, separated
- 150ml / 5fl oz whipping cream
- Cocoa powder for dusting

**PREHEAT** the oven to 180C /350F / gas mark 4.

Brush a high sided 23cm / 9in spring form tin with melted butter and dust with ground almonds, shaking off any excess. To make the cake, put the chocolate, caster sugar, butter and salt in a large, heatproof bowl suspended over a pan of barely simmering water and leave to melt. Remove from heat.

Whisk the eggs with the ground almonds and fold into the chocolate mixture. Continue to fold until the mixture thickens. Pour into the cake tin and bake for 35-40 minutes. Leave to cool in the tin for about 2 hours before making the mousse.

**TO MAKE THE MOUSSE** melt the chocolate as above. Remove from the heat and stir in 50g/2oz icing sugar, then whisk in the butter. Whisk the egg yolks one at a time. Set aside. Whisk the egg whites until stiff peaks start to form, then add the remaining icing sugar and continue to whisk until glossy. Whip the cream until stiff peaks form. Add one third of the egg whites to the chocolate mixture and blend carefully. Fold in the remaining whites in stages, alternating with the whipped cream. **DO NOT OVER MIX**, but ensure that it is well blended. Pour the mixture over the cooled chocolate cake base in the cake tin and **refrigerate overnight**.

**REMOVE** the tin from the fridge about 15 mins before serving. Dip a palette knife in boiling water, dry it, and slide round the sides of the cake to loosen it, then gently remove the ring. Reheat the palette knife in the boiling water, dry it and gently smooth the sides of the mouse. Place the cake, still on the base, on a large serving plate. Dust generously with cocoa powder just before serving. Serve with crème fraiche or custard.

**RECIPE:** One for celebrations, using dark chocolate cake on a topping based on a chocolate terrine recipe from Paris restaurant Taillevent.

**TIP:** You can also make the cake base to serve on its own, using a 20-23cm/8-9in cake tin or tart tin with a removable base. The cake will not rise much – it should be rich and thin. If chilled overnight, it will be dense, fudgy and wicked. When cooked, remove the side of the tin and leave the cake to cool on the base. To finish, dust with icing sugar or brush with edible gold dust. Guaranteed to wow your guests!

Katy Fairburn

## Hawstead Barn Owls

**Most** mornings for the last few weeks we have had an unusual and welcome visitor in the field at the back of the house. I first noticed it just after dawn one day in October, a large white bird with wide wings and a distinctive erratic 'flappy' flight. It crossed the back of the field and before I could really focus on it, it was gone over the hedge into the paddock at the back of Oaksmead. I have not seen a barn owl in the village for about eight years, when one visited for just a few days. This individual has stayed much longer, and turns up most mornings quartering the sheep paddock and perching on fences and posts. It also hunts over the neighbouring land on both sides.

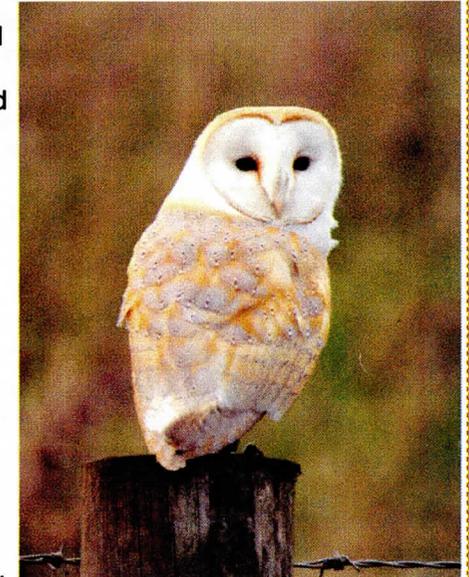
Barn owls were once a common bird in Suffolk but declined dramatically over the last seventy years or so and by the nineteen eighties were very rare indeed. They have two main habitat requirements, both of which are now hard to find, although they can be supplied with little trouble.

They need long grass, weeds or reeds, which is home to populations of voles and mice to feed on, and old hollow trees or dilapidated buildings to nest in. Unfortunately for the owls we have tidied up most of the areas of rough grass, drained most of the wet bits, and no longer find it viable to keep many animals on extensive grazing. The old hollow trees are mostly removed for safety reasons and the dilapidated barns are converted into residential properties.

However barn owl numbers have gradually increased in recent years, partly due to the creation of artificial nesting sites and partly to set aside and wide field margins, which provide a network of vole habitat, over which the owl can hunt.

The barn owl is often seen in daylight, (early mornings and early evenings) and is an unmistakable and rather striking bird. Lets hope that if we leave a few acres of rough grass here and there it will remain and maybe even breed in the village.

Andy Evershed



From the Editor. Thanks Andy, you have set a challenge with this as it must be one of the most informative articles in the HJ we have had about our local wildlife. Now, can anybody else improve on something like this on what is moving around our locality?

**What to moan about this month .....**

**Litter!** Paper coffee cups, sandwich wrappers, plastic bags, empty lager/beer cans, empty cigarette packets etc, etc. I haven't stopped to examine *all* the litter in close detail but I am sure you get the picture. Anyway, just driving through Hawstead and Pinford End you can see it for yourself! I always wonder why people choose to throw litter from their car instead of taking their litter home with them. If there is a litterbug out there reading this, then maybe you could explain to me (and others) what the fascination is in chucking litter from the car. Apart from looking unsightly, any food remnants in the litter only encourage rats and can be dangerous to other animals, including livestock. Has anyone else noticed that there seem to be more rats about this year? Driving home along the lanes at dusk they pop their heads out, practice the green cross code by looking left and right to ensure the road is clear before crossing, and I'll be darned they see you coming and dart back into the undergrowth before you can run them over!

P.S. I trust that there will be litter bins of some sort outside the new and spectacular village hall.

**What about your Christmas lunch?** It is always awkward in our house at Christmas. Some like the white meat, some will only eat the dark meat, some won't eat turkey at all. Every year the same; Uncle always wants pork so you cook a joint and then when it comes to serving the meal he decides "*Oh, go on then. I will have turkey for a change*". So have I cooked the pork for nothing ..... It would seem so. Last year, half way through the meal Uncle compliments my culinary skills; "*Lovely piece of pork is this*". I didn't bother to tell him it was turkey he asked for. I'm sure that he will pay me the same compliment for years to come! Talk about laugh a few Christmases ago. My mother was really enjoying her lunch, especially the pork crackling. We all couldn't stop laughing and she didn't know why. How could we tell her that she had a front tooth missing from her false teeth? It had obviously gone down a treat with the crackling! We all suffered for 3 or 4 days afterwards until the dental repair surgery opened. Needless to say, Mother didn't eat crackling ever again.

**MOBILE LIBRARY**

**for Tuesday 15th and 29th January**

**Whepstead Road lay-by 1.00pm – 1.20pm**

**Bull Lane 1.25pm – 1.40pm**

If you have comments about the service please contact Elisabeth Harrison, Service Development Librarian. Tel. 01473 265086

or e-mail [Harrison@libher.suffolkcc.gov.uk](mailto:Harrison@libher.suffolkcc.gov.uk)

**New Year Resolutions . . . . .** They are made for breaking, aren't they? All of us make them with good intentions but rarely last a week before we break them. Still, its part of the fun, isn't it? Have you ever made any really bizarre resolutions? If so, share them with us (if you can!).



**I hate the winter . . . . .** dark nights, the cold, the rain, and the fierce winds. Will we escape the snow? Roll on the spring and summer I say. Remember the bright yellow of the rape in flower against a lovely blue sky, the birds singing their little hearts out; longer days; much better than winter. I took this picture last year and thought it may brighten up your day as it does mine. It makes me feel warmer too!

Katy Fairburn

**Marquise au Chocolate**

**Serves 15**

**CAKE**

Melted butter for greasing.

1 tablespoon ground almonds, plus extra for dusting. 300g / 10½oz dark chocolate (min 70%) OR 200g / 7oz dark chocolate and 100g / 3oz good quality orange flavoured chocolate, broken into pieces.

275g / 10oz castor sugar

Pinch of sea salt

165g / 5oz unsalted butter,

5 large eggs

continued . . .