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'BODY SYNERGY'

STARTS THURSDAY 19TH JUNE 7-8pm

@ the Village Hall - £4 per session

'Body Synergy' is a blend of Yoga, Pilates & Tai Chi

Please bring a mat if you have one and wear non-restrictive, comfortable clothing you can move in. All abilities welcome!

If you would like further details please contact Katie Pruden on 07795 282928 or email: jelly_babe98@hotmail.com

Did you know last year's glass bottle bank collection !

Chedburgh PC - population 590 collected 24,212kgs

Whepstead PC - population 422 collected 20,470

Hawstead PC - population 330 collected *just* 4,589

Traditionally reared Hawstead lamb for sale, simply fattened on spring grass If you are interested in buying locally grown lamb please phone James or Christabel for more details 386245 £5 per kilo for half (10kg) or whole lamb (20kg) butchered to your requirements.

Horse Muck for compost heaps, great for the garden, plentiful supply large or small quantities

Winners of the **APRIL** Village Draw

1st	100	K&P Caldwell	£24.45
2nd	94	A Brown	6.52
3rd	84	A Parrett	1.63

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

Contact **Sylvia Miller 388841**

MOBILE LIBRARY

for **Tuesday 6th and 20th**

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

Articles for inclusion to the Editor please - BEFORE 25th of May
Tel 388142 or e-mail malcolmcornwell@tiscali.co.uk

Editor: Malcolm Cornwell

Hawstead Journal

For the Village by the Village

May 2008

Parish Council AGM - Village Hall 7.30pm on 22nd May.



Our new Village Hall is OPEN

Our new Village Hall was officially opened on the 19th of April jointly by Rosemary Carr who gave a short speech and Jim Lebbon, after which they ceremoniously cut the ribbon, watched on by approximately 130 people who attended the party. Not only were there many villagers at this grand occasion, but also dignitaries and officials who were representing various organisations who had all made generous donations. With those and the villages own local fund raising efforts, plus some private donations - £300,000 made it all possible for the building of a new hall.

A special thanks goes to Alan Brown, Bill Crockford, Dave Dawson, Richard Milns and John West for their devoted time to the building project. Also to Margaret Crockford, Ruth Mackay, Sylvia Miller and Richard Steed, plus in addition, a lot of essential handy work both by Simon Miller and Bruce Monk. Finally, to Sonja Monk who's overall responsibility gave the project its continuous momentum, without which, the opening of our hall would have been at a much later date.



Glyn Hammond kindly presented the village with one of his earlier paintings of Cullum House in memory of Elsa Kilpatrick, which is to be hung in the meeting room. The evening also included a continuous film slide show set up by John West depicting various photographs of Hawstead in earlier years including the original village hall being erected by many a volunteer.



Phyllis Pettitt gave a recitation of a poem which even "Pam Ayres" could not have bettered (please see page 2).

A thanks also goes to everyone involved in getting the hall clean and ready, buying and preparing of the food and those who contributed towards all that delicious food.

HAWSTEAD COMMUNITY COUNCIL NEWS



NOTICE OF A.G.M.

The Annual General Meeting of the Hawstead Community Council will take place in the Village Hall on the **29th of May at 7.30pm.**

The agenda will be posted on the village notice boards.

The Community Council **is in need** of some new members for the future. It would be appreciated to have some new people for this coming year to mix with our present members, most of whom have been members for six years. John West has done a sterling job of treasurer during that time. John would like to find a suitable candidate to hand over to some time in the future. The members of our committee who were co-opted for this project will be stood down on the 29th of May namely Alan Brown, Richard Milns, Bill Crockford, and Dave Dawson. We could not have done it without the work of these special people. We may have lost a lot of sleep but it was fun !

HAWSTEAD ANNUAL PLANT SALE

Saturday 17th May 10.00pm onwards at The Village Hall.

Come & enjoy a leisurely breakfast with village friends on the verandah. Hawstead eggs cooked to perfection, homemade marmalade on your toast. Let someone else cook your breakfast & support the Hall by purchasing your flower & vegetable plants for the summer.

The Old and the New

There's a little place called Hawstead,
With a lovely village green.
And in '76 a change was made,
The people were all very keen.
The ladies collected money each week,
Around the village they called.
"Come on and give us your lolly" they said,
We are having a new village hall.
The men all gathered at weekends,
With their spade's and flask's of tea.
Digging footings and assembling the building,
For everyone to see.
With discos and bowls and bingo,
Plus the village fete.
A coconut shy and a car boot sale,
What bargains and no one was late.
For 30 years it served us well,
And used by all around.

But alas one very windy night,
The roof was blown to the ground.
What shall we do with a hole in the roof?
Let's pull the whole thing down,
So Barry arrived with his JCB,
And it soon laid flat all around.
So a new village hall was voted for,
And the cost was rather a fright,
With donations and lots of special grants,
Here it is, and oh what a sight.
Now lets all support this lovely hall,
To be used is what it's for,
So treat it as if it's your own home,
And there's a welcome at the door.
We're all gathered here this evening,
With its beauty standing so tall,
So let's raise a glass and drink a toast,
To HAWSTEAD'S NEW VILLAGE HALL.

Phyllis Pettit 2008

KILLER ON THE LOOSE In Suffolk

Look out, ragwort is about! Or at least it will be soon. Talking with friends recently the topic of weeds came up and one of the group did not know what ragwort looked like or that it was harmful. I assumed that most people were aware of its dangers; obviously not. So I thought I would put a little information together on the plant which may be helpful.

Ragwort – a plant known as the yellow peril – has thrived across East Anglia owing to drought conditions we have had at times over recent years. This is bad news for grazing livestock and horses, for whom ingestion of the plant can be fatal.

RAGWORT DOES ITS DAMAGE BY ACTING ON THE LIVER, EVENTUALLY BUILDING UP SUFFICIENT LEVELS TO CAUSE IRREVERSIBLE DAMAGE TO THE ORGAN.

As each plant can produce up to 150,000 airborne seeds that can lie dormant in the soil for up to 20 years, many organisations call for greater action to be taken to prevent its spread.

It only takes one individual – one landowner, one utility company, one highway authority, one horse owner the weed, and they will problems for everyone else. weed that spreads countryside like wildfire. on how to prevent the Ragwort “ aims to define where there is a likelihood of to neighbouring land where it will then present an identifiable risk of ingestion by vulnerable animals.



to fail to deal with create appalling Ragwort is a killer across the Defra's “C.O.P spread of the situations ragwort spreading

As the plant supports a wide variety of invertebrate species and is a nectar source for many insects (the Cinnabar moth caterpillar loves it!), the objective isn't to eradicate ragwort, but simply to control it.

The Ragwort Control Act 2003 allows prosecutions to be brought against negligent individuals who ignore their responsibility to report, remove and control the plant in areas where it is likely to cause harm.

A leading veterinary surgeon at the University of Liverpool would like to see the complete destruction of all ragwort in the UK, owing to its threat not just to livestock, but to human beings also. “Ragwort is a hooligan” he said.

Did you know that from medieval times to the mid 20th century, Ragwort was used against inflammations of the eye, for sore and cancerous ulcers, rheumatism, sciatica, gout and for painful joints. According to some, it would relieve the pain of bee stings. In ancient Greece and Rome a supposed aphrodisiac was made from the plant; it was called satyrium. Also, the leaves were used to obtain a good green dye, as yellow dye is obtained from the flowers, as can be done for brown and orange.

Don't try any of these remedies.

Rosie Greengrass

This article was kindly sent to the editor for inclusion in the Hawstead Journal in the hope that the charity **Independent Age**, whose aim is supporting older people, could be of benefit to some of our elder villagers.

The **Independent Age**, offer financial support to successful applicants which range from one off benefits to regular monthly benefits (which can be used towards care home fees), to subsidised holidays for those who are able bodied and also those less able. In their own recent newsletter, they are actively encouraging those people who need help, or know someone who needs help, to contact them and make an application for support Independent Age, The Royal United Kingdom Beneficent Association
6 Avonmore Road, London W14 8RL
Tel: 020 7605 4200 or charity@independentage.org.uk

THE GARDENER' S HYMN

All things bright and beautiful
All creatures great and small
All things wise and wonderful
The Lord God made them all.
But what we never mention though gardeners know its true,
Is when He made the goodies, He made the baddies too.
All things spray and swattable
Disasters great and small
All things paraquatable
The Lord God made them all.
The greenfly on the roses, the maggots on the peas,
Manure that fills out noses He gave us these.
All things spray and swattable etc
The fungus on the goose gogs, the clubroot on the greens
The slugs that eat the lettuce and chew the aubergines.
All things spray and swattable etc
The drought that kills the fuchsias, the frost that nips the buds,
The rain that drowns the seedlings, the blight that hits the spuds.
All things spray and swattable etc
The midges and mosquitoes, the nettles and the weeds,
The pigeons in the green stuff, the sparrows on the seeds.
All things spray and swattable etc
The fly that gets the carrots, the wasp that eats the plums,
How black the gardener' s outlook, though green may be his thumb.
All things spray and swattable etc Rosie Greengrass

Patient: Doctor, doctor, I think I have swallowed a pillow.

Doctor: How do you feel?

Patient: A little down in the mouth.

A SPECIAL PLACE

A new village hall has just arrived,
In Hawstead, a village we love.
It's loved by many people,
And around it there flies a dove.
It's right near a special park,
Where children like to play,
It's so big you can not miss it,
It's there from night to day.
Hawstead is such a special place,
Where people like to stay.

Nobody would want to move an
inch, Or go on holiday.
Hawstead is quite a big village
now,
Because of the village hall.
People would phone up their
friends and shout,
"COME AND LOOK! IT'S VERY
COOL" -
by Phyllis Pettit's granddaughter
- Hannah

Blue Pheasants

Does anyone know the origin of the blue pheasants that are plentiful in the village this year?

Are they just variants on the common pheasant or are they a specific breed?

They are lovely looking birds, especially in the sun. Beautiful colours, just like a peacock.

Oh, another thing with pheasants; I thought that they were vegetarians.

I watched with interest as a female pecked away in the flower border. Eating all my flower heads again? No, she caught a shrew and with one toss of the head, swallowed it whole! Poor thing was still alive too.

Rosie

SAVE OUR SILENCE.

The plans to move the aircraft stacking zone for Stansted to areas affecting Cockfield and Felsham will also expose Hawstead to aircraft noise. People on the edge of the threatened zone imagine that the military flyIng area around Mildenhall and Wattisham will guarantee that civil planes do not trouble them. We have had the American Air Force and the RAF around us for years but residents should remember that these bases cannot be regarded as permanent structures. RAF Honington no longer has aircraft using this base, Bentwaters and Sculthorpe closed years ago. You may be sure that Stansted and Heathrow are here to stay and stacking zones that are dumped on peaceful villages will, if they are not refused, be annoying our grandchildren's children. One remedy is to put this stacking zone over the North Sea. The only way to stop this zone is to write and protest by 22nd May when the consultation ends.

The address of the National Air Traffic Service (which is freepost) is: TCN Consultation. NATS, Freepost NAT22750, Reading RG1 4BR or protest on the NATS website on www.nats.co.uk/TCNconsultation R. Blackwell.

God's Diet

In the beginning God covered the earth with broccoli, cauliflower and spinach, with green, yellow and red vegetables of all kinds so Man and Woman would live long and healthy lives.

Then using God's bountiful gifts, Satan created Dairy Ice Cream and Magnums. And Satan said, "You want hot fudge with that? And Man said, Yes!" And Woman said, "I'll have one too with chocolate chips". And behold they gained 10 pounds. Then God created healthy yogurt that Woman might keep the figure that Man found so fair. And Satan brought forth white flour from the wheat and sugar from the cane and combined them. And Woman went from size 12 to size 14.

So God said, "Try my fresh green salad". And Satan presented Blue Cheese dressing and garlic croutons on the side. And Man and Woman unfastened their belts following the repast.

God then said "I have sent you healthy vegetables and olive oil in which to cook them". And Satan brought forth deep fried coconut king prawns, butter-dipped lobster chunks and chicken fried steak, so big it needed its own platter. And Man's cholesterol went through the roof.

Then God brought forth the potato; naturally low in fat and brimming with potassium and good nutrition. Then Satan peeled off the healthy skin and sliced the starchy centre into chips and deep-fried them in animal fats adding copious quantities of salt. And Man put on more pounds. God then brought forth running shoes so that his Children might lose those extra pounds. And Satan came forth with cable TV with remote control so Man would not have to toil changing the channels. And Man and Woman laughed and cried before the flickering light and started wearing stretch jogging suits. Then God gave lean beef so that Man might consume fewer calories and still satisfy his appetite. And Satan created beefburgers and the 99p double cheeseburger. Then Satan said, "You want fries with that?" and Man replied, "Yes, and super size 'em". And Satan said, "It is good." And Man and Woman went into cardiac arrest.

God sighed and created quadruple by-pass surgery.

And then Satan chuckled and created the National Health Service.

THE FINAL WORD ON NUTRITION

After an exhaustive review of the research literature, here's the final word on nutrition and health:

1. Japanese eat very little fat and suffer fewer heart attacks than us.
2. Mexicans eat a lot of fat and suffer fewer heart attacks than us.
3. Chinese drink very little red wine and suffer fewer heart attacks than us.
4. Italians drink excessive amounts of red wine and suffer fewer heart attacks than us.
5. Germans drink beer and eat lots of sausages and fats and suffer fewer heart attacks than us.

CONCLUSION

Eat and drink what you like. *Speaking English is apparently what kills!*

Welcome to this Police Newsletter and hopefully the lighter days and brighter weather.

I am PC 608 McKenna, part of the St Edmundsbury Rural South Team which looks after your area.

Main issues of concern at the moment seem to be those targeting vulnerable isolated rural premises with little or no security measures in place, so please use as many deterrents as possible.

The harder you make it for the criminal the less likely you are to become a victim of crime. For Crime Reduction advice please refer to our website www.suffolk.police.uk where you can also register free for Police Direct which keeps you up to date with current crimes and policing issues.

As always it takes time to review your home security - simple measures such as locking sheds and garages and fit alarms where possible, so as not to make it easy for criminals.

We are only a phone call away and can offer advise on any of your security concerns.

Monthly statistics are available on the Suffolk County Council website. Just go into www.suffolkcc.gov.uk - Put in the field Crime Statistics, then click on interactive crime summary xls.

The perception of speeding through our villages is a continuing problem which will not be fixed by police alone. A combination of issuing tickets and educating the drivers is ongoing, together with the current campaign targeting drivers using mobile phones..... **YOU HAVE BEEN WARNED!**

Crime stoppers number 0800 555111

Police non emergency 01284 774100

e-mail us at stedsruralsouth.snt@suffolk.pnn.police.uk

999 if immediate response is needed.

PC 608 McKenna.

Also part of your team are:

Sgt Neil Ireland , PC 704 Ruth Horton, PCSO 3141 Deborah Carroll-Bear

Is there is any truth in the old farmer's saying "*We won't get any warm weather until the daffodils have finished flowering*" then Spring is just around the corner!

Rosie Greengrass

There was a blonde who was so tired of all the blonde jokes she decided to dye her hair brown. She then went for a drive in the country and came upon a shepherd herding his sheep across the road.

She asked the shepherd, "If I guess how many sheep there are here, can I keep one?"

"Of course you can," he replied (he was a friendly shepherd).

Out of the blue she blurted out "352!"

The shepherd was stunned, but kept his word and allowed her to pick out a sheep. She looked and searched and finally picked out the cutest-looking one.

The shepherd looked at her, smiling. "If I guess what colour your hair really is," he said, "can I have my dog back?"

KIDS IN CHURCH

A little boy was overheard praying:

"Lord, if you can't make me a better boy, don't worry about it.
I'm having a real good time like I am."

After the christening of his baby brother in church,
Jason sobbed all the way home in the back seat of the car.
His father asked him three times what was wrong.
Finally, the boy replied,
"That preacher said he wanted us brought up in a Christian
home, and I wanted to stay with you guys."

One particular four-year-old prayed,

"And forgive us our trash baskets,
as we forgive those who put trash in our baskets."

A Sunday school teacher asked her children
as they were on the way to church service,
"And why is it necessary to be quiet in church?"
One bright little girl replied,
"Because people are sleeping?"

A mother was preparing pancakes for her sons, Kevin 5, and Ryan 3.

The boys began to argue over who would get the first pancake.
Their mother saw the opportunity for a moral lesson.

"If Jesus were sitting here, He would say,
'Let my brother have the first pancake, I can wait.'
Kevin turned to his younger brother and said,
"Ryan, you be Jesus!"

A father was at the beach with his children
when the four-year-old son ran up to him,
grabbed his hand, and led him to the shore
where a seagull lay dead in the sand.
"Daddy, what happened to him?" the son asked.
"He died and went to Heaven," the Dad replied.
The boy thought a moment and then said,
"Did God throw him back down?"

A wife invited some people to dinner.

At the table, she turned to their six-year-old daughter and said,
"Would you like to say the blessing?"
"I wouldn't know what to say," the girl replied.
"Just say what you hear Mommy say," the wife answered.
The daughter bowed her head and said,
"Lord, why on earth did I invite all these people to dinner?"

DARK CHOCOLATE AND MARMALADE TART

Servings: 4-6

Preparation Time: 55 minutes

Cooking Time: 35 minutes, plus resting time

Ingredients

250g plain flour
100g unsalted butter
100g icing sugar
2 [Eggs](#)
4 drops vanilla extract

For the filling:

60g caster sugar
2 [Eggs](#)
2 egg yolks
200g [Butter](#)
300g dark chocolate
400g thick-cut marmalade
[Mascarpone](#) or clotted cream for serving

Method

1. Preheat the oven to 180°C/gas 4.
2. First make the sweet pastry case. Place the flour and butter in a food processor and process until thoroughly blended. Transfer to a mixing bowl and sift in the icing sugar. Mix thoroughly.
3. Beat the eggs and vanilla extract together in a bowl and add this to the pastry mix. Bring the pastry together, wrap it in cling film and allow to rest in the fridge for an hour.
4. Remove the pastry from the fridge. Roll out fairly thinly and use it to line a loose-based flan tin. Cover it with baking parchment, fill with baking beans and bake blind in the oven for 15-20 minutes.
5. Remove the tin from the oven, take out the parchment and baking beans and allow to cool.
6. Next lower the oven temperature to 170°C/gas 3.
7. To prepare the filling, melt the butter and chocolate together in a bowl suspended over a pan of simmering water.
8. Meanwhile, in a mixing bowl, whisk together the sugar, eggs and extra egg yolks using an electric hand whisk. Then fold the whisked egg mixture into the chocolate mixture.
9. Spoon the marmalade into the pastry case and spread evenly. Pour the chocolate mixture into the case and bake in the oven for 15 minutes.
10. Remove the tart from the oven and allow to cool on a wire rack.
11. Slice with a hot knife and serve with dollops of mascarpone or clotted cream.

Tip: Add a little Grand Marnier to the recipe to make it even more delicious

..... **Rosie**

HAWSTEAD BARN OWLS

Has anyone else seen barn owls in the village?

I was driving home just before dusk on 18th March and was lucky to see a beauty! It was flying slowly and gliding along the line of the hedge on the Horsecroft Road between Home Farm and Hawstead Lodge. It was a lovely sight. I don't know whether it was a male or female. All I do know is that it was majestic. It came from the west, and then turned north following the hedgerow. It was probably looking for something to eat I guess. It was a shame I couldn't stop and watch it for a while!

The Barn Owl (*Tyto alba*)

The ghost-like, white owl of country folklore.

Most often seen quartering fields at dusk when white underparts identify. Upperparts are pale orange-buff with darkish spots. Flat-faced appearance with dark ring around facial disc. The dark-breasted form is a rare immigrant from central Europe.

They nest in holes in trees or in buildings. They lay 4-7 eggs, which are white and take 32-34 days to hatch. When hatched the young are helpless and naked. They fledge after 60 days. One or two broods are produced between March and May.

With heart shaped face, buff back and wings and pure white under parts the barn owl is a distinctive and much loved countryside bird.

Widely distributed across the UK, and indeed the world, the bird has suffered declines over the past fifty years as a result of the degradation of once prey-rich habitats in the face of intensive agricultural practices. This decline, fortunately, has halted in many areas and the population may now be increasing.



Rosie

Apologies to everyone who has recently driven, ridden, walked or cycled past The Bridge House if you've had to manoeuvre past parked vans or delivery lorries or had to look at unsightly scaffolding, piles of building materials or rubbish skips but, at last, we have been able to start the long over-due renovation of our house. We have recently managed to learn a lot of the history of the place from Alfie Bass, who lived here for some fifty years from 1935 and who some of you may know. He has a water-colour that was painted possibly at the end of the 19th Century and shows the row of cottages that were originally here.

The Bridge House, in its original form, dated back to the mid 1700's and was part of a terrace of six houses with thatched roofs. A family of eleven lived in the rear part of the terrace and one of their jobs was to pump water from the well that still exists to the other cottages - life must have been very hard in those days.

Hopefully, weather permitting, the scaffolding will be down by the end of May and the things should look a little less untidy.

Woodworm and other insect infestation are abundant and rainwater was leaking through holes in the roof and walls and to make matters worse, if that is possible, the ceilings were full of rodent skeletons and other nasties.

Village School Bus

Is it suitable for our roads? Should it be a mini-bus instead of a coach? How many times have *you* met the bus almost head on round a corner through the village? Recently, I did yet again. I always seem to be just approaching a bend and, despite looking out for the bus, there it is right in front of me with neither of us having anywhere to move over and allow passing. I am not saying that we shouldn't have the bus, just that the size should be suitable for the lanes and also the number of children. Every time I have seen the bus there are not that many passengers and therefore I would have thought a mini-bus more appropriate.

What are your views?

Rosie

The oxlip

Suffolk's County Flower



There can be few more beautiful sights than a Suffolk oxlip wood in spring. On a fine April day the moist air carries a delicate apricot scent as the breeze teases the dainty nodding flower heads. In recently coppiced areas extra light allows these plants to flower in abundance and in the fewer

woods where deer have not damaged the buds, you can still see thousands of the creamy yellow flowers producing an impressive display. It is a truly elegant plant and one that we can be proud to show visitors to the county. Although widespread on the continent, it has a very restricted distribution in Britain, being classed as nationally scarce, with the best sites being in damp ancient woods on boulder clay in Suffolk, Essex and Cambridgeshire with smaller outliers occurring in Hertfordshire. Most of the woods in which oxlips are found are in the south-west of the county mainly south of the A14. Bradfield Woods is a good place to see them. The oxlip flowers April/May.

Unlike the primrose, the oxlip is a very poor colonist and is slow to spread into secondary woods where it occurs next to existing sites. However, individual plants are long-lived and quite tough. Oxlips often survive in low numbers in neglected corners.

Identification of the oxlip (*Primula elatior*) can be confusing; look out for the darker green midribs on the calyx and the one-sided distribution of the flowers in the umbel. The flowers are quite pale compared to the cowslip, which often crosses with the primrose (*Primula xpolyantha*). This hybrid can often be found in shady hedges and on woodland edges where the two species co-exist. In appearance it is not unlike the true oxlip and plants of this 'false oxlip' or 'ladies' fingers', as it is sometimes known, are often mistake for the true oxlip

Rosie