

# Back Page News

## Metcalfe Arms News - July 2008

**Saturday 12<sup>th</sup> 80`s Night** - Disco, BBQ, Games & Fancy Dress  
( Dress to impress, prize for the best! ).  
BBQ 7.00pm to 8.30pm  
( NB restaurant menu will not be available ).

**Friday 18<sup>th</sup> Quiz Night** - 7.45pm start  
Book your team now to avoid disappointment,  
max team of 6 - Buffet included in entry fee.

**Wednesday 23<sup>rd</sup> Ladies Night** - 7.30pm start  
( beauty night - cheese & wine included )  
Ask for details - Booking only.

Pensioners lunches will continue on Tuesday's & Thursday's  
but due to demand advance booking is advisable to avoid  
disappointment.

In these difficult times please continue to support your  
local..... where we look forward to welcoming you soon.

Regards Anne & Nigel

Please don't forget the **Bottle Bank** now that it is located  
in our village hall car park.

Every glass container placed in this bank and collected by  
the bottle recycler's, will automatically **earn £ £ £s** for  
the benefit of our village.

So whether it is a wine / beer bottle, jam jar / sauce or  
pickle bottle - **Please Bank it**

### Winners of the **June** Village Draw

1st	065	£24.30	B Monk
2nd	052	6.48	J Powell
3rd	160	1.62	R&M Harrison

### Winners of the **May** Village Draw

1st	077	£24.45	A. Evershed
2nd	006	6.52	R. Blackwell
3rd	137	1.63	S. Bailey

**Please Join the Draw, win prizes and contribute to the Village Hall Fund**  
**Contact Sylvia Miller 388841**

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

Editor: Malcolm Cornwell

## Hawstead Journal

For the Village by the Village

July 2008

## HAWSTEAD COMMUNITY COUNCIL NEWS



The Plant Sale held on 17<sup>th</sup> May raised over £500 for our funds.  
This annual event is now extremely popular even though the  
weather on the day was poor. There are many bargains to be had  
and the plants are of excellent quality. The cooked breakfast  
that was available went down particularly well too! Thank you to  
everyone who worked so hard to make this event such a success.

Our AGM on 29<sup>th</sup> May was very well attended this year, the first  
ever in the new hall. Our committee now comprises - Sonja Monk  
chair, Sylvia Miller secretary, John West treasurer, Margaret  
Crockford and Ruth McKay. In addition we are delighted to  
welcome Dave Dawson and James Bulbrook to the committee as new  
members, our thanks to both of you for stepping forward!

Sonja presented a summary of our achievement in building the new  
hall and thanked the members of the VH project group led by  
Richard Milns for their hard work over the last 6 years. The  
project group has now been disbanded. The treasurer presented  
the accounts for the year ending April 2008 and outlined the  
present financial position.

We are delighted to see that the hall is starting to attract a  
number of diverse bookings ranging from celebration lunches to  
weddings and christening parties. Although it is still early  
days in the hall's existence we are already pleased to report  
that the Indoor Bowls Club will take place every Tuesday evening  
and Body Synergy classes every Thursday. It is wonderful to see  
the building being used by the community.

Our thanks must also go to Bruce Monk who has built the new web  
site. For full details on hiring the hall, photos of events and  
a calendar showing the bookings taken, visit our new website at  
[www.hawsteadvillagehall.co.uk](http://www.hawsteadvillagehall.co.uk)

A number of other exciting events are being planned for the  
hall...watch this space for details.

JW

## An insight Point of view from your local Post Mistress

### *The fight for survival goes on*

Many post masters have been left feeling drained by the stress of not knowing whether they would survive the latest round of compulsory closures deemed necessary to keep the network alive. Now the elation felt by those who have had their branches saved has been overshadowed by yet another threat to the village post office.

In 2010 the Post Office Card Account, held by 4 million people to access their pensions and benefits, will be replaced.

At present, the government is looking at possible replacements and it is by no means certain that it will be awarded to the Post Office.

As a post mistress I have grave concerns regarding any possible future replacements that may be considered. We do NOT know who the other companies are that have tendered bids. However, if we look at the services that have already been taken away from us, such as TV Licences, if the contract goes to a company such as Paypoint or Payzone, service to customers would be shambolic. How many of the outlets with this facility would have adequate funds / security to enable customers access to their money on demand - Shop assistants safety, could be endangered.

People would have to travel about to find a store that could process their requirements. For many elderly, disabled and mothers this would prove to be impossible. We are often being told to examine our 'carbon footprints' and think green. How would the decision to take this service away from the post office help us to achieve this?

If the post office fails in its bid to retain this service, an estimated further 3000 branches will be forced to close. We must remember that in many cases this will also result in the closure of many village stores that will become non viable without their post office.

In my opinion there will be many more closures than this as disillusioned post masters/mistresses throw in the towel. This would result in a disjointed network of post offices with many areas having no coverage at all, resulting ultimately in the collapse of the post office.

It seems as if this Government is determined to destroy village life as we know it. What ever happened to freedom of choice? If the Post Office doesn't win the new contract, people will be forced to open bank accounts and travel further afield to access what is rightfully theirs.

**Liz Cooper, Postmistress - Sicklesmere Post Office.**

*This article should be considered as an honest and open view from our local Postmistress and as such, it would be nice now to have some of your views and thoughts on them - the more the better !.*

*Please send them to the editor ( names not necessary )*

### **Pea Soup** A vibrantly coloured starter sure to impress

Serves 2 and Ready in 30 minutes:- **PER SERVING**

**Calories 330 Carbs 36g Fat 16g Saturated Fat 10g Sugar 8g Salt 2.5G**

15g butter 1 shallot, peeled and chopped  
1 vegetable stock cube 1 medium potato, peeled, roughly chopped  
225g frozen peas Leaves from 2 sprigs of fresh mint  
200ml whole milk 40g pack of croutons

- 1 Melt the butter in a pan, add the shallot and gently cook until soft. Dissolve the stock cube in 300ml hot water and add to the pan with the potato. Cover and simmer for 10 minutes.
- 2 Add the peas and mint and simmer for 10 minutes. Add the milk then puree with a hand-held blender. Season to taste, then pour into a bowl, cover and cool. You can refrigerate for 2 days.
- 3 Heat and serve, pour into bowls and add the croutons.

This soup can be eaten cold. We, as a family, always think soup should be hot, however it is a matter of individual taste.

*Rosie Greengrass*

St Edmundsbury Rural South - Neighbourhood Policing  
see your local website on [www.onesuffolk.co.uk/SaferSuffolk](http://www.onesuffolk.co.uk/SaferSuffolk)

With the light evenings and warmer weather (occasionally!) we all like to get out and about and enjoy the lovely countryside and beautiful villages in which we live. Hopefully bored young people, drinking alcohol and causing a disturbance, will not spoil this. Your Safer Neighbourhood Teams are patrolling the area and will seize alcohol from under eighteens hopefully preventing bad behaviour. If you are a parent of teenagers please be aware of the potential for problems. The majority of young people are considerate and responsible and are a credit to our community.

Sadly, there have been recent reports of nesting boxes being smashed from trees in public areas. One of these boxes was in use and the nest destroyed. If anyone sees anything that would assist in catching those who have such a flagrant disregard for wildlife please report it to us immediately. If the offence is in the act of being committed then the 999 system is appropriate, if not then the normal number of 01284 774100 is the number to dial. For those with a computer, emailing [stedsruralsouth.snt@suffolk.pnn.police.uk](mailto:stedsruralsouth.snt@suffolk.pnn.police.uk) is another way to pass non-urgent information.

Ruth Horton PC704 St Edmundsbury South Rural Safer Neighbourhood Team

### **Mobile Library for July - Tuesday 15th and 29th**

Whepstead Road lay-by 1.00pm – 1.20pm  
Bull Lane, Pinford End 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)

## Mini Goat's Cheese, Pear & Walnut Quiche - Makes 4

### To Make the Pastry:

100g (4oz) self-raising flour  
50g (2oz) suet  
2 - 3 tbsp cold water



### Filling:

1 medium egg, beaten                      6 tbsp milk  
4 pears, peeled, cored and sliced        200g (8oz) goat's cheese, sliced  
2 walnuts, shelled and chopped         Salt and pepper to taste

**You will also need** 4 non-stick Yorkshire pudding tins or tart cases

- 1 Preheat oven to 200° C, 400° F, Gas Mark 6. Lightly grease your pudding tins.
- 2 Make the pastry by mixing together the flour, suet, salt and pepper. Stir in enough water to make a firm but not sticky dough. Divide into 4 pieces, roll out and use to line your pudding tins.
- 3 To make the filling, mix together the egg and milk and then season. Pour the mixture evenly into the tins. Decorate with the pear slices and bake for 10 mins.
- 4 Top with the goat's cheese and chopped walnuts and bake for a further 5 to 10 minutes or until golden brown.

***I have used a good strong cheddar in this recipe in place of the goat's cheese and think it works just as well. I also add a few more walnuts. They are nice warm or cold. Enjoy!***

### This place . . . . .

**I love** my village, leadings to the hills,  
The place where I was born, which fills my heart with deep emotion.  
For it seems, this place was the foundation of my dreams,  
The games I played in quiet fields and lanes,  
The school that I attended in the rains.  
The growth of a small village cannot all be bad but  
I've seen its many changes, and some have made me sad.  
But Hawstead is all around me  
Its heart is still the same,  
So thank you Lord, for letting me,  
At eighty four - remain.

**Rosie**

**message** from "Rosie Greengrass" - Please thank "Van Halla" for the info' on the Blue Pheasants, it was very interesting.

**next satisfied reader then please editor**

Dear Residents of Hawstead

I think that we all can be extremely pleased that due to the efforts of so many local residents we have been able to complete the Village Hall and I am sure you will agree with me that it is a fine building.

We have the good fortune to live in a beautiful part of the world and this part of Suffolk is beautiful because previous generations took care of the environment, farmed well and left lasting heritage for us to enjoy.

Frequently when I read the newspaper or see the news on T.V. I am depressed at the fact that so many people live in miserable surroundings. It makes me all the more grateful for what we enjoy here.

We can only keep the good spirit that we experienced in the past if we continue to work and cooperate together and foster a good Community spirit. This does not happen without hard work on our part. There will always be local upsets and diversions but seen in the light of world events they are nothing.

I sincerely hope (and I am sure I am not alone in this) that in the coming months we will continue to build good community relations and support each other in continuing to make Hawstead one of the finest villages in Suffolk.

Hawstead Resident

Dear Editor - *from an occasional bus user*

I had reason to use the local bus service the other day and whilst sitting at the back on my way home, I overheard " they say that new village hall of there's in 'awsted, is nice inside" - Hm, I thought to myself that's nice.

### **BODY SYNERGY**

**NOW** on THURSDAY's 7 - 8pm at the Village Hall

£4 per session

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

#### **Benefits include:**

Improved posture & balance, Improved core stability, Improved flexibility

Improved well-being, Improved strength and tone, Promote relaxation

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

**Reserve Booking's only**  
please contact Katie Pruden on  
07795 282928 or email: [jelly\\_babe98@hotmail.com](mailto:jelly_babe98@hotmail.com)



### And That Reminds Me

Anna Glypta

In last month's journal, Glyn Hammond's weather report for Hawstead reminded us that we had such a mild winter that many of us wondered if there had been any winter at all. As Glyn points out, daffodils bloomed early, average temperatures in January and February were well above normal and February was unusually dry and sunny.

**However**, we must be careful when making any connection with global warming and climate change. In 1662, John Evelyn remarked on another unusually mild winter.

"It is strange what weather we have had all this winter, no cold at all, but the ways are dusty, and the flies fly up and down, and the rose-bushes are full of leaves, such a time of the year as was never known in this world before here."

Samuel Pepys also noted the unusual weather. "For the warm weather all this winter makes us fear a sick summer". There was so little sign of winter that Pepys remarked on February 19<sup>th</sup> "It rained hard and bitter cold (the first winter day we have yet had this winter)".

A heat wave arrived at the beginning of May this year, but it didn't come near to the May 29<sup>th</sup>, 1944 record. The heat triggered off some horrific cloudbursts at the end of the Whitsun holiday and the worst hit was Holmfirth, a small textile town in Yorkshire. People were returning home from Whitsun processions when a thunderstorm broke and huge downpours overwhelmed the local river. A raging torrent tore up factories, shops and houses, leaving dozens of families homeless and three people dead.

However, the disaster was called the Forgotten Flood because of the strict censorship of the weather news in the Second World War. It was only a week before the D-Day invasion of Normandy, and high pressure over Europe was pushing northwards, sweeping very warm air up from Spain. But in an about-turn on June 1<sup>st</sup>, low pressure moved in from the Atlantic and storms raged through the channel.

The original date for D-Day had to be delayed by 24 hours to wait for a lull in the storms.



And the mention of D-Day and the end of the war brings me to the point. I recently came across the old photograph of the Hawstead Home Guard 1939 – 1945, taken at Ickworth House just before the stand-down. Unfortunately, I haven't been able to find any names or other details.

Any information will be gratefully received.

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### EASY CHOCOLATE FUDGE - With fruit & nuts

This homemade fudge is ideal for giving as presents. You can use fruit and/or nuts to your taste, or leave them out altogether - It is up to you.

It is also ideal for keeping the children occupied during the holidays – making it and then eating it!!

200g bar plain or milk chocolate  
half a large can (397g size) condensed milk  
50g chopped pecans (optional)  
50g dried cranberries (optional)  
100g golden icing sugar, sifted  
1 tsp vanilla extract  
Caster sugar, to sprinkle



Line a square tin measuring about 21cm x 21cm with parchment paper, creasing it into the corners.

Break the chocolate into small pieces and place in a heatproof bowl. Add the condensed milk and place the bowl is not in contact with the water.

Heat gently, stirring the chocolate bowl over a saucepan of gently simmering water, making sure the base of the until completely melted. Remove from the heat and stir in the nuts & fruit (if you are using them) together with the caster sugar and vanilla extract until evenly combined.

Spoon the mixture into the tin and level the surface with the back of a spoon. Chill for at least 2 hours until the fudge is firm.

Lift out of the tin and remove the paper. Dust the surface lightly with the sugar. Using a sharp knife cut the fudge into small squares.

Rosie

**Solve** the clues, each answer being a monetary value pre-decimal. The sum when answered correctly totalled EXACTLY £20 0s 0d.

- |                            |                         |
|----------------------------|-------------------------|
| 1. Venus, Pluto, Mars, etc | A. three farthings      |
| 2. Leather worker          | A. tanner               |
| 3. Groat                   | A. fourpence            |
| 4. King and queen          | A. two sovereigns       |
| 5. Austrian currency       | A. shilling (schilling) |
| 6. Half a nicker           | A. ten shillings        |
| 7. Worn on the head        | A. crown                |
| 8. Florin                  | A. two shillings        |
| 9. Type of fowl            | A. guinea - £1 1s 0d    |
| 10. Singing voice tenor -  | A. tenner               |
| 11. Ailing cephalopod      | A. £6 - sick squid!!    |
| 12. Old mode of transport  | A. penny farthing       |

**If you add these up, you'll find the total is £20!** Rosie

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## ATTENTION ALL GARDENERS! -

**Garden Biohazard: Man Killed By Compost** By Sky News Friday, 13 June 09:21 am

A man has died after inhaling lethal spores which grew on rotting compost in his garden.

The 47-year-old fell ill less than 24 hours after being engulfed by "clouds of dust" while working with rotting tree and plant mulch.

At first medics thought the previously healthy welder had pneumonia when he was admitted with severe breathing problems. But when antibiotics failed to help, tests showed evidence of Aspergillosis, a reaction to Aspergillus spores. The fungus is commonly found growing on dead leaves, stored grain, compost piles or decaying vegetation. Its spores may trigger a relatively harmless allergic reaction or a much more serious destructive infection that begins in the lungs and spreads to other parts of the body.

*If you read this article then fine, if not, then I hope it is informative for you*

Rosie

Glyn ..... I love the way you write!

*Have you ever written a book? If not, you should - I like your style.*

Rosie

*Glyn, is this what you would refer to as having a satisfied HJ weather reader - editor ?*

A blonde phones her boyfriend and says, "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get started".

Her boyfriend asks, "What's it supposed to be when it's finished?"

The blonde says, "According to the picture on the box, it's a rooster".

Her boyfriend decides to go over and help with the puzzle.

She lets him in and shows him where she has the puzzle spread all over the table.

He studies the pieces for a moment, looks at the box, turns to her and says, "First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster."

He takes her hand and says, "Second, I want you to relax. Let's have a nice cup of tea, and then ...." he said with a deep sigh....."Let's put all the Corn Flakes back in the box."

Rosie

### Scents of Summer

The golden honeysuckle scents the air.  
From rambling roses petals softly fall  
On rosemary and rue and maidenhair  
And spicy thyme and mint against the wall.

Bright marigolds glow, vibrant in the sun,  
Their peppery perfume wafted through the trees  
While aromatic lilies, one by one  
Release their sweetness on the heady breeze.

The privet hung with tiny cream flowers  
Its rich pervasive odour does endow  
And blooms of philadelphus drift in showers  
From sprays of virgin blossom, bridal bough.

Sweet floral perfumes mingle in bouquet  
In country gardens on a July day.

Rosie Greengrass

**I am a 5 letter word - people eat me.**

If you remove my first letter, I will be a form of energy.

If you remove my first 2 letters, I will be needed for living.

If you remove my first 3 letters, I will be somewhere.

If you remove my first 4 letters, I will be a drink for you.

What's the original 5 letter word ?????

**Wheat!**

**Meteors over Hawstead** . . . . . A spectacular meteor shower lit up the skies over Britain on 13<sup>th</sup> August 2007 and it was clearly visible from Hawstead. It was one of the year's most impressive meteor showers fired up as the Earth swung through a trail of debris left by a comet. We watched it for about 20 minutes and saw a minimum of 25. At times, there were so many we couldn't keep count. If you missed it, then look out for this year's show.

Multi-coloured shooting stars raced toward the Earth at the rate of more than one a minute. Clear skies and the weak light of a new moon made the Perseid shower one of the most dramatic in recent years. The Perseids, which appear to be shooting out of the constellation Persus, are primarily a northern hemisphere show. The meteors are cast-offs from Comet Swift-Tuttle, which orbits the Sun every 135 years and last swept through the inner solar system in 1992. Comets are made up of ice and dust, and as they approach the Sun, the ice beings to evaporate, releasing dust that streams in a tail behind the comet.

Earth's orbit takes it though the tail of the comet every summer in the northern hemisphere, bombarding the planet with meteors. Most are no bigger than a grain of sand, but they burn spectacularly as they shoot through our atmosphere.

**The shooting stars travel at around 135,000mph - 18 times the re-entry speed of Nasa's Space Shuttle.**

It is a very easy piece of astronomy and it can be quite spectacular. The nice thing about it is that it is really easy to watch. You just have to get out of bed and look toward the east. Even if you just watch for just a minute or two, you should see quite a few meteors. There is always a chance of spotting random meteors too. To find out whether a shooting star is part of a meteor shower, you can hold a ruler up in line with the trail. Then follow the trail back, and see whether it crosses the shower's radiant.

Meteor showers are named after the constellation from which they appear to radiate. In the case of the Perseid shower, this is Perseus, which lies in the eastern sky. The meteor shower should be visible across all parts of Britain, except where there is excessive light pollution.

In the Middle Ages, the Perseids were known in England as the "tears of St Lawrence" after the third-century archdeacon of Rome. Meteors streaked through the sky on 10 August 258, the day of his execution by order of the emperor Valerian, and reappeared every year around St Lawrence's feast day. Perseid, which was first recorded 2,000 years ago, also produces so-called earthgrazers. These are meteors that approach from the horizon and skim the atmosphere overhead like a stone skipping on the surface of a pond.

In the 1860's Italian astronomer Giovanni Virginio Schiaparelli, famous for naming lines on Mars "canali", figured out that the path of the Perseids followed that of the comet Swift-Tuttle, making him the first to connect meteors with comets.

**An ideal Pub Quiz question perhaps!**



**This long exposure picture shows the stars' path indicated by the earth's rotation**

**METEOR SHOWER CALENDAR**

Plan your meteor watching. The following showers are tipped to give the best displays. But meteor showers can often produce surprises.

<b>SHOWER HEMISPHERE</b>	<b>ACTIVE (Peak*)</b>	<b>BEST</b>
Perseids	23 Jul – 22 Aug (12 Aug 9.20am)	North
Orionids	15-29 Oct (21 Oct 1.30am)	Both
Leonids	13-20 Nov (17 Nov 7.30am)	Both
Geminids	6-19 Dec (13 Dec 8.45pm)	Both

*Rosie Greengrass*

**NEWS concerning the proposed Stansted aircraft and NATS!**

The Suffolk County Council at their Cabinet meeting, unanimously agreed to object 'robustly' to the proposals. Thank you to the 40 or so people that turned up for the meeting - it was a great response.

There was also some good media coverage of the meeting. Graham Dines from the EADT was there and did a piece for the EADT on the following day. BBC Radio Suffolk was also there and there was a piece in their news bulletin the following morning. We gather there was also coverage on Look East the same night, but we missed it!

**MORE NEWS ABOUT NOISE**

We are getting comments that people are still having difficulty understanding the noise implications so we thought it might be useful to supply some more information:

The TCN consultation report says we can expect noise at between 55 and 63, occasionally up to 68 decibels - Every 6 decibels, represents a doubling of noise level. A recent research report commissioned for the Dept of Transport concluded that the threshold for the onset of *significant* levels of noise was 50 decibels and many of the existing complaints received about aircraft noise, arise from predominantly rural areas. The reason for this is the *relative noise impact*. SSATAG estimate that the background noise level in a rural area is 30 - 35 decibels, and 20 or below at night. Compare this with the expected noise levels and remember every 6 decibels represents a doubling of noise level.

We may have up to 8 aircraft in the hold above us. Stansted arrivals are predicted to be every 4 minutes and every 2 minutes at peak times and up to 3 per hour at night. Remember it will increase over time! So we will have a lot of aircraft flying over us .....As anyone who has noticed the current aircraft activity will appreciate, you hear the aircraft coming for quite some time with the noise building up and then you hear it for quite some time as it leaves the area.

The SSATAG noise expert points out that because of the range of frequencies of aircraft noise, the sound penetrates through walls. At a recent MSDC meeting we attended it was pointed out that the average noise during the day for people living within 600yds or less of the A14 is 50 decibels. So the impact of these proposals will be worse than living adjacent to the A14. It is interesting that on BAA's web site, there is a page called "living under a stack". This comfortably suggests that people should not be too much disturbed by living under a stack but then goes on to say and I quote "Of course this can't always be the case and people are sometimes disturbed. This happens more often when a holding stack is over countryside, where there is little background noise, such as road traffic".

As we know we live in a very quiet rural area !  
**GO OUT AND SPREAD THE MESSAGE and GET PEOPLE TO WRITE TO NATS AND OBJECT!** and send a Copy to their MP

*kindly forwarded by Richard Blackwell*