Back Page News

INTERNET WARNING

FOR YOUR OWN PROTECTION PLEASE BE AWARE THAT THERE IS NOW ANOTHER INTERNET SCAM TO BE AWARE OF. WHEREBY, A FAKE EMAIL COMPLETE WITH HM CUSTOMS (HRMC) HEADING AND SYMBOL, ADVISES YOU THEY HAVE DETERMINED THAT YOU ARE ELIGIBLE FOR A TAX REFUND. IT THEN REQUESTS YOU TO LOG ON TO PROVIDE RELEVANT DETAILS SO PAYMENT CAN BE ISSUED - IGNORE THIS

HMRC WILL NEVER CONTACT YOU BY EMAIL WITH SUCH INFORMATION. EVEN IF YOU HAVE RECENTLY SUBMITTED A REPAYMENT CLAIM. MORAL OF THIS WARNING IS NOT TO RESPOND. IF IN DOUBT PERSONALLY TELEPHONE THEM. - THERE IS NO SUCH THING AS FREE MONEY - ONLY THOSE WHO WISH TO HAVE YOURS (NOT INCLUDING THE TAX AUTHORITIES)

WANTED

Immediate replacement EDITOR

for the Hawstead Journal to enable it to be continued

Many villagers in the past have been complimentary about the Hawstead Journal and its articles submitted by various readers during its life time.

The HJ, inspired by Brian Kew, has met the original intention of being informative over a wide range of subjects, some humorous, some serious and others just to keep residents of Hawstead, up todate on a variety of PC and HCC matters.

If you have enjoyed it and would like the challenge of improving its subject matter and / or styling and in turn, increase the enjoyment for others to read.

Please contact Malcolm the current editor 388142 for a chat on how things "tick"

Mobile Library for August - Tuesday 12th and 26th

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

	July Village Draw	
1st	142	£21.00
2nd	118	5.60
3rd	045	1.40

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



Parish Council

Councillors

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

John West co-opted as member of the Parish Council

At its bi-monthly meeting on 10th July, following a unanimous decision to co-opt him, the Chairman Malcolm Cornwell cordially welcomed John West to the Parish Council. The Council is now at full strength with seven members. John will be known in the Parish for his sterling work for the Community Council which he has served as Hon. Treasurer for several years.

The Parish accounts for the financial year ending 31st March 08 were presented and approved. At the request of the new external auditors the Council also reviewed and found satisfactory its governance of the financial affairs of the Parish. Thanks were expressed to Paul Caldwell for undertaking the internal audit: Messrs Dawson and Holliday were also thanked for providing valuations for the Register of Assets that the Clerk has been required to compile.

It was felt that the smooth running of the village hall would be facilitated if a joint working party made up of members from the Parish Council and the Community Council was set up.

In response to considerable concern being expressed about the number of moles and rabbits on Hawstead Green, the Council has decided to employ professionals to deal with the problems. It is hoped that the work will be undertaken in the autumn. Although the main area of the Green had been cut for hay further cutting was required and the Greens' warden Christabel Carr will arrange this.

The editing and cost of printing the Hawstead Journal were considered. The Council decided to write off the printer as frequent breakdowns were proving costly. For the rest of this year it will be printed commercially. Malcolm Cornwell informed the meeting that he is to step down as editor after publication of the August HJ edition. It is to be hoped that a successor will come forward as the Journal helps enormously to keep residents informed about what is going on in the village.

So that the work of the Council can be more transparent it was agreed that the minutes of each meeting, once approved, should be displayed on the Council's notice board on the village green. Members of the public are always welcome to attend Council meetings and may speak at the meeting providing that they indicate either to the Chairman or the Clerk the topic on which they wish to speak prior to commencement of that meeting. Joan Cook, Parish Clerk

Footpaths. As summer progresses so does the growth of vegetation that restricts our footpaths to a point of being impassable to all but the most "fearless explorer".

The clearance of surface growth is the responsibility of S.C.C, however, at this time of year with tighter budgets than ever, it would seem that unless over grown paths are reported to the S.C.C, they go unnoticed and unattended. As Footpath Warden for the Parish Council, I have reported all current problems and have been reliably informed that they would be dealt with, within a two week period. There is a telephone number and Webb site for reporting such problems with footpaths and should anyone wish to, the more calls / Web site hits, the better the indication that we have well used paths that need more maintenance, than current.

Contact details are: 08456 066067 or w.w.w.csduk.com then go to transport & streets, then public rights of way page, then to bottom of page - reporting public rights of way.

Should anyone have any queries regarding footpaths, please contact me and I will do my best to help 01284 388348 Sarah Lawson

Riding on the Green

Hawstead village green is a wonderful resource for the whole community and should be used in many different ways, keeping everyone happy is a difficult balancing act.

One area of concern is regarding horse riders.

It would be a really sad day if people were prevented from riding on the green, especially as the roads are so dangerous and bridleways few.

However, elderly people and families with young children often find sight of a horse looming down on them quite frightening, especially if they have limited mobility. Therefore, we would ask that riders:-

- i Walk only
- ii Give way to walkers
- iii Do not ride on the mown track as this surface is easily damaged.

We would also advise other users that horses are easily frightened and therefore if they would please keep their dogs under control around them. By maintaining a healthy respect for all its users, this wonderful space will give a great deal of pleasure now and in the future.

Sarah Lawson

A few months ago, your Parish Council had the bus shelter repainted at a cost to all rate payers and now unfortunately, it has been daubed with various comments, supposingly from someone referred to as "Becky"!.

As the handy work was observed by a few others in the village at the time, it is reasonable therefore, that the parents or guardian of the culprit should quietly volunteer, along with their charge, to repaint the adorned areas, or alternatively, HPC pay for those repairs and forward the invoice, plus costs, to the offender's home address, for prompt settlement, rather than involve the legal system.

Malcolm Cornwell Parish Chairman tel 388142

Quick bread and butter pudding



Preparation time less than 30 mins Cooking time less than 10 mins

Rosie Greengrass

Ingredients

½ pint milk

150ml / 51/4fl oz double cream

55g / 2oz caster sugar ½ tsp vanilla essence

2 eggs

handful of sultanas

8 small rounds of brioche (use a sharp cutter to make circles)

Method

- Heat the milk, sugar, cream and vanilla essence in a pan, whisking for a few minutes
- Beat the eggs in a large bowl and then pour the hot milk over the eggs, whisking constantly
- 3. Dip the brioche rounds into the mixture and then layer the brioche rounds into two ramekins, alternating with the sultanas.
- 4. Place in the microwave and cook on high for 4-5 minutes.
- Remove from the microwave and turn out onto serving plates. Serve at once.

TIP:

Adding a small amount of Grand Marnier (or a liqueur to your taste) makes this a different bread & butter pudding.

Also, try using Madeira cake instead of brioche/bread, I think it makes a lighter pudding. You try it and let me know what you think.

What Am I?

Always old, sometimes new.

Never sad, sometimes blue.

Never empty, sometimes full.

Never pushes, always pulls.

Rosie Greengrass

VILLAGE HALL CLASS.....

For the past five weeks, some residents of Hawstead have spent their Thursday evenings practicing their 'Downward Dogs', 'Crocodile Hovers' and 'Moving Chairs'. Body Synergy is a blend of Yoga, Pilates and Tai Chi and has been well attended. I have thoroughly enjoyed teaching those that have come along and hope that they have enjoyed themselves, as well as noticing some added benefits from attending the class.

Body Synergy aims to improve well being, flexibility and strength.

I wish Hawstead residents a happy and healthy summer and hope to see you at Body Synergy on Thursday 11th September at 7pm.

Please call or email to reserve your place -

Katie Pruden 07795 282928 or jelly_babe98@hotmail.com.

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Leeds University also stated that even by the 2020s, we can expect it will be 20 per cent drier that at the beginning of the century. A wide variety of garden birds will find themselves under threat, because the soil in gardens will become a lot harder and worms will be further down below the surface, beyond their reach.

What about agriculture? Many birds depend on agricultural settings for their survival, and an alteration to management practices, changes to the kinds of crop grown by farmers and a repositioning of the harvesting times may cause a decline in the populations of birds like the skylarks and yellowhammers.

So, what can we do an individuals to help reduce carbon emissions? By examining our lifestyles, each of us can do something little to change the way we live and consume, and by a snowball effect, and new government reforms, this will provide us with the justification to take on renewable energy.

Are we balanced precariously between possible salvation and probable destruction? With the surface of the planet growing steadily and unbearably hotter, there has never been a more timely moment to wake up and smell the sunburn! How will we know if the end is nigh?

Apparently, somewhere in the region of 100,000 years ago, during a warm period between ice ages, hippos used to roam East Anglia. So if you see a hippo rampaging around Hawstead, you'll know it's already too late. Especially if you hear one of them remark: "Cor, what about this sun today, eh?"

YOU'VE GOT TO LOVE DRUNKEN PEOPLE Rosie

A man and his wife were awakened at 3:00 am by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push.

"Not a chance," says the husband, "it is 3:00 in the morning!" He slams the door and returns to bed.

"Who was that?" asked his wife.

"Just some drunken guy asking for a push," he answers.

"Did you help him?" she asks.

"No, I did not, it is 3:00 in the morning and it is pouring rain out there!"

"Well, you have a short memory," says his wife. "Can't you remember about three months ago when we broke down, and those two guys helped us? I think you should help him, and you should be ashamed of yourself!"

The man does as he is told, gets dressed and goes out into the pounding rain. He calls out into the dark, "Hello, are you still there?"

"Yes," comes back the answer.

"Do you still need a push?" calls out the husband.

"Yes, please!" comes the reply from the dark.

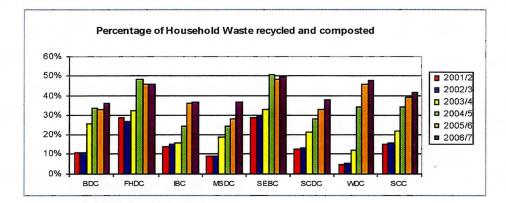
"Where are you?" asks the husband.

"Over here on the swing," replied the drunk.

A recent report on Waste and Recycling issued by the SCC, where it shows St Edmundsbury B.C has achieved the highest rating

During 2006/07 the proportion of 'dry' recyclables and 'green' wastes collected rose from 40% to 42% in Suffolk. The biggest increase was by Mid Suffolk rising from 28% last year to 37%. St Edmundsbury had the highest figures,

with 50% of its collected waste recycled and composted, a repeat of 2004/05 where the Council was the first to achieve a rate above 50%. All districts achieved higher than the average for Shire counties of 33%.



Recycling and Composting in Suffolk

In 2006/07 the impact of a further bin roll out across the Suffolk Coastal area resulted in higher composting and recycling rates across the District.

Mid Suffolk District Council operate a two bin system for residual waste and dry recyclate. The district achieved a very high recycling rate for dry recyclate with a comparably lower kilogram of waste per head calculation and less over all waste. At 34%, Mid Suffolk recorded the highest recycling rate of any local authority in England in 2006/07.

Waste Collection Authorities that successfully collect waste through the 3 bin system have combined recycling 3

and composting rates of over 40%. The 3 bin system can significantly increase the proportion of waste recycled and composted, as in the case of Waveney District Council who moved from a 12% combined recycling and composting rate to nearly 50% in 3 years. Three Suffolk authorities (St Edmundsbury, Waveney and Forest Heath) were among the top 20 in the country for their combined performance in recycling and composting in 2006/07.

In 2006, the 8 Suffolk authorities were jointly awarded Beacon Status by the Government in recognition of their outstanding performance in waste and recycling.

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THERE'S NOTHING THE MATTER WITH ME!

There is nothing the matter with me. I'm as healthy as can be, I have arthritis in both my knees and when I talk, I talk with a wheeze My pulse is weak and my blood is thin But I'm awfully well for the state that I'm in.

Arch supports I have for my feet or I wouldn't be able to be on the street.

Sleep is denied me night after night
But every morning I find I'm alright
My memory's failing, my head's in a spin,

But I'm awfully well for the shape that I'm in! The moral is this as my tale I unfold That for you and for me who are growing old, It's better to say "I'm fine" with a grin Than to let folks know what shape you're in.

How do I know that my youth is all spent? Well, my "get up and go" has "got up and went". But I don't really mind when I think with a grin Of all the grand places my "get up" has been.

Old age is golden I've heard it said
But sometimes I wonder as I get into bed,
With my ears in the drawer, my teeth in a cup,
My eyes on the table till I wake up,
E'er sleep overtakes me, I say to myself
Is there anything else I could lay on the shelf?

When I was young my slippers were red, I could kick my heels right over my head. When I was older my slippers were blue, But still I was able to dance the night through. Now I am old, my slippers are black,

I walk to the store and puff my way back.
I get up each morning and dust off my wits
I pick up the paper and read the "Obits".
If my name isn't there, I know I'm not dead
So I have a good breakfast – and go back to bed!

Rosie Greengrass

There I was 127 miles north of Hawstead, at the checkout desk of a Little Chef on the A1, paying for 2 large breakfast's plus coffee at about !!!!!, when someone nearby said "I thought it was you, I would recognise that voice anywhere". Looking up, I immediately recognised the face of Alan Brown and replied "Oh hello, what are you doing here"? Same as you probably, he replied, "we are on our way to Scotland for a holiday". *If only, I seem to remember thinking to myself after - Western Highlands, now that would do nicely!!*

Outside, my colleague non somewhat puzzled asked, who was that then? To which I replied, "someone who lives in the village". Oh he said, "it was a good job then that you were not with someone that you should not have been with"!. Later in the day on my way home, I pondered over the arithmetical chances of such an occurrence - meeting a villager at a location that far from home.

Now, If you are a statistical analyser and have the answer, the editor would be very pleased to be informed (and so would Alan I am sure!).



Rosie Greengrass

As Britons, we are a nation obsessed by the weather: each day complete strangers pass each other on the street, only bothering to communicate to exchange brief amateur weather reports: "What about this rain, eh?" "Bit inclement for May, isn't it?"

Perhaps the British weather is such a hot topic because it is never a thing to blend into the background. Something that shifts and changes on such a seemingly arbitrary basis tends to get noticed. In some parts of the country, four seasons can go through four complete cycles over the course of a single day; confusing people as to the type of attire they should be wearing to complement the elements. Shorts? T-shirt? Wellington boots? All three?

We all remember summers when the sun took up permanent, fiery residence in the sky. "Turned out nice again!" you might have exclaimed to a smiling stranger. "Think it's hotter than yesterday", they may well have replied. Unfortunately, according to laymen and scientists alike, this sunshine would seem to augur something a lot less pleasant than glorious blue skies, and a lot more than a hosepipe ban: global warming. So, is there something to worry about? Or are we just so unaccustomed

Remember the summer which baked us in 1976, where Britain recorded temperatures of 32C for something like 15 days between June and July? As a consequence, it was like living in a dust bowl, where brisk winds blew up clouds of topsoil, and those in the agricultural industry warned of failing harvests on a massive scale.

to fair weather that we imagine only doom upon its arrival?

I read somewhere that Leeds University compiled a report in 2004, which evaluated the impact on a sample of plant and animal species in relation to mild, moderate and severe climate change. Based on these models, they predict that by 2050 global warming may push a quarter of all land animals and plants to the brink of extinction. More suntan lotion, anyone? Apparently, in East Anglia alone, they have seen an increase of 1 degree C in the last decade. Surely, though, the history of the Earth is one of flux, change and cycles, from ice age to ice age, and what we do as a species is small potatoes on a cosmic scale?

There are already problems on the North Norfolk coast, where sea defences have been breached, causing freshwater habitats to be inundated by salt water. Reedbeds near the coast won't survive, which will have a negative impact for birds like the bittern, which depends upon the habitat for feeding and breeding.

Leeds University also stated that even by the 2020s, we can expect it will be 20 per cent drier that at the beginning of the century. A wide variety of garden birds will find themselves under threat, because the soil in gardens will become a lot harder and worms will be fewer continued page 10

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A Pia's view of its journey to "market" in Long Melford

I suppose some parts of this true story may have something of a common theme with children, so I will let you be the judge!

After "they" had decided one Sunday evening during our feed time, that we should soon be going to market and like most youngsters, going to market probably meant an outing, or so we thought - Are we nearly there yet?

Well, come one Sunday evening, a group of visitors came to see us and we overheard discussions as to who should go and who should stay - how kind.

"Tomorrow it will be then" they agreed and so our peaceful evening was disturbed by a rattling of metal fences - "those two over there are the biggest", one of them said. Now when it comes to children and bedtime, especially during hot summer evenings, mums and dads do a lot of chasing around the garden and so it was with us.

Unfortunately, the two that were "chosen" for the outing decided that perhaps after all they wanted to stay behind with their other brothers. Me, being that little more curious, decided to go for a walk along this newly erected metal path / fencing and was duly encouraged to go straight into new accommodation. Come on, I grunted to the others I am lonely and want someone to keep me company!.

The accommodation was ok, it had straw to lay on but I was hungry just as children always are. Unfortunately, our "little journey" started early the next morning after being woken up, at 5.45. "Come on in you get" one person shouted, "Oh do I have to, I was asleep and having such a nice dream. When are we having breakfast ?". Now after being woken up and then having to be made to walk up a ramp is all to much without having breakfast, so instead, we tried to make things more awkward, by not wanting too. I do not know about you but when you are inside one of these trailers it is jolly difficult to stand up without being made to feel uncomfortable especially during a journey, so we both laid down. Lovely, no sooner had we got used to the swaying of things etc, then, we were there - Long Melford. "Come on, out you get" called the driver, as he opened the rear gate and lowered the ramp. Now, if you are nicely settled down, would you want to get up in a hurry, no and nor did we, unless of course it was going to be for breakfast.

However, I suppose we were a little naughty and we did make a lot of fuss at having to get up, especially as we were encouraged to do so, by someone who was pushing us from the rear. So, after a little showing off, we decided to walk calmly down this ramp into another "new home", whereby somebody kindly locked us in, just in case we decided to have a run around and annoy others who were watching us. When, along came another vehicle that had strange animals inside it - called sheep, now they did make a fuss and noise, worse than my brother and myself together.

At this point onwards, our ways became completely different from that of children, because in an open adjoining pen we saw six lady pigs!. I seem to remember they were all very quiet, except for us, who became immediately excited at having this kind of fortune of being shown to such eloquence !!. Needless to say, every time we "introduced ourselves", someone came in and took one of them away - one by one. Then, they were all GONE, leaving only us, when - Ooops! Hawstead Pia Group member

TOASTED Brioche with blueberries & marzipan

Ideal as a light dessert after a light lunch

1 unwaxed lemon, 75g Lemon fresh fruit marmalade, 75g marzipan 175g blueberries - fresh or frozen, 125g Greek yoghurt

4 x 3cm thick slices cut from a butter brioche loaf

Using a citrus zester, pare thin curls from the lemon and set aside. Squeeze 2 tbsp of juice from the lemon and place in a small saucepan with the marmalade. Heat gently until the marmalade has melted. Add the blueberries to the pan and heat gently for 2-3 minutes until they are soft but still holding their shape.

Toast the brioche on one side under a preheated moderate grill - keep an eye on it as brioche toasts very quickly. Remove from the grill and turn the slices. Grate an even layer of marzipan over each slice. Return to the grill and cook until the marzipan is pale, golden and just melted. Transfer to serving plates and top each slice of brioche with a large spoonful of yoghurt. Spoon over the blueberries and juice and service immediately, scattered with the reserved lemon zest.

Any leftover marzipan can be tightly wrapped and frozen for Tip: up to 6 months or, use it in a Simnel cake. Rosie

Rice, tomato and cumin soup

Preparation time less than 30 mins

Cooking time 10 to 30 mins

Ingredients

½ medium onion, finely chopped 30a/1oz butter

1 tsp ground cumin

2 garlic cloves, crushed

85q/3oz long grain rice (basmati)

2 tins of chopped tomatoes

290ml/½ pint chicken / vegetable stock small bunch parsley, chopped sea salt & freshly ground black pepper, 4 tbsp olive oil Method

Sauté the onion and garlic in the butter, stirring occasionally, until the onion is soft and translucent. Add the cumin, rice, tomatoes and stock and cook for about 10 minutes until the rice is cooked. Add the parsley and season.

Ladle into warm bowls and serve.

Tomato soup, with a difference. Easy, peasey!

Rosie Greengrass

News from the Metcalfe Arms

As some of you may and obviously this is bearing on our future. keep you informed of continue to support us



know. Anne is currently unwell having a considerable We will endeavour to progress and hope that you will

Best regards Anne & Nigel

Youth is not a time of life, but a state of mind

Rosie Greengrass

In the Washington Post last year, I read this short essay, 'Youth', by Samuel Ullman, an author unknown to me. The columnist is Margaret Mason. Then, she continues, "I got a phone call from Ullman's great-grandson, Richard Ullman Rosenfield, a psychologist. "He told me that he had been intrigued by the 'spiritual journey' of the essay, especially in Japan. General Douglas MacArthur, I learnt, often quoted Ullman's 'Youth' essay and kept a framed copy over his desk throughout the Pacific campaign. It is believed that the Japanese picked up the work from his Tokyo headquarters.

Unlikely as it may sound, this essay, written more than 70 years ago, is the underpinning of much Japanese productivity and the basis of many business people's life philosophies. Many carry creased copies in their wallets.

Youth is not a time of life; it is a state of mind. It is not a matter of rosy cheeks, red lips and supple knees; it is a matter of the will, a quality of the imagination, a vigour of the emotions; it is the freshness of deep springs of life.

Youth means temperamental predominance of courage over timidity, of the appetite for adventure over the love of ease. This often exists in a man of 60 more than in a boy of 20. Nobody grows older merely by a number of years. We grow older by deserting our ideals.

Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul. Worry, fear, self-distrust bow the heart and turn the spirit back to dust. Whether 60 or 16, there is in every human being's heart the lure of wonder, the unfailing childlike appetite of what's next, and the joy of the game of living.

In the centre of your heart and my heart there is a wireless station; so long as it receives messages of beauty, hope, courage and power from man and from the Infinite, so long are you young.

When the aerials are down, and your spirit is covered with snows of cynicism and the ice of pessimism, then you are grown old, even at 20; but as long as the aerials are up, to catch waves of optimism, there is hope that you may die young at 80.

When one of Ullman's grandsons, Jonas Rosenfield, was having dinner in Japan a few years ago, 'Youth' came up in conversation. Rosenfield told his companion, a Japanese business leader, that the author was his grandfather. The news was staggering. "You are the grandson of Samuel Ullman?" he kept repeating, says Rosenfield. "He couldn't get over it." Then the executive pulled a copy of 'Youth' from his pocket and told Rosenfield: "I carry it with me always".

"Anyone worth his salt in Japanese business knows and uses this essay," says one long-time Japanese observer. "It is our Popeye's spinach," said Tatsuro Ishida, who was the deputy chairperson of Fujisankei Communications Group.

If Westerners are able to understand Japanese reverence for it, they say, maybe they can better understand the Japanese business person's quest for spiritual sustenance in the midst of material abundance.

Is this how to stay young?What do you think?
I carry a creased up copy with me at all times just in case it does work!!

And That Reminds Me

August this year marks the 30th anniversary of the restoration of the statue of Hercules by Oliver Powell, at a cost then of about £6,000.

The Powell family provided the venue for a celebratory party, well attended by the village. This picture shows Hercules as he is depicted in Cullum's book, "History and Antiquities of Hawsted and Hardwick". Cullum was obviously using artistic licence when he made his drawing for the 1784 edition, for his text reads, "The approach to Hawsted Place was by a flight of steps, and a strong brick bridge of three arches, through a small jealous gate, that rarely grated on its hinges.

Immediately upon your peeping through the wicket, the first object that unavoidably struck you, was a stone figure of Hercules, as it was called, holding in one hand a club across his shoulders, the other resting on one hip, discharging a perennial stream of water, by the urinary passage, into a carved stone basin.

Anna Glypta

On the pedestal of the statue is preserved the date, 1578, which was the year the queen graced this house with her presence; so that doubtless this was one of the embellishments bestowed upon the place against a royal visit.

Modern times would scarcely devise such a piece of sculpture as an amusing spectacle for a virgin princess. A *fountain* was generally (yet surely injudiciously in this climate) esteemed a proper ornament for the inner court of a great house. This, which still continues to flow, was supplied with water by wooden pipes, at no small expense, from a pond near half a mile off."

Note the discreet positioning of the nappy

ANCIENT · STATVE · AT · HAW STED · PLACE · SVFFOLK

we'll now remains A.D. dits :

Drawn to a Scale of shad to a feet .