

Letter from the Editor (**STOP PRESS** refer to page 15)



The Metcalfe Arms about 100 years ago.

I suppose it depends what you consider the purpose of a pub is; I noted Greene King's increased profits as reported this week in the BFP with mixed feelings (beer sales are up 7%). Yes it's good to see local industry doing well (and I hope that the Old Cannon Brewery is doing well too), but part of their success is due to their pub-estate strategy. This favours the Rushbrooke Arms type of establishment –

OK, it's lovely to look at, but it's an impersonal roadhouse. Unfortunately, many community 'locals', the sort where you can pop in and have a chat with people you know – like the Metcalfe Arms – are often not those which have the big incomes. So they don't fit into a modern 'business plan'; they lose out on investment; they get sold.

Roy and Bernice Tooke moved to the Lawshall Swan shortly after New Year this year. It was not long after they had taken up the Hawstead tenancy that the Metcalfe Arms was sold to the London Inn Group, along with several dozen others. Over a very short period of time Roy & Bernice built up the business splendidly. How sad it was that only a few weeks after attaining that supreme accolade, an entry for the Metcalfe Arms in the CAMRA (ie Campaign for Real Ale) *Good Beer Guide* (for the first time), they should be presented with an impossible offer and be forced to leave.

The pub has limped along since – if you've been past, or even been in – you'll have noticed that. (Matters weren't helped by an electrical fire in the kitchen, of course) It's currently closed and has been for several weeks. There is talk from the owners of new people interested in 'taking on the lease', but we shall see. One thing is certain; if a new landlord & lady do re-open the pub it will definitely be a case of **'use it or lose it'** this time around. AJP



Looking sad & neglected in 2003

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***The editor for the
next issue will be
Alan Brown of
The Pound***

Editor: Andy Parrett



Hawstead Journal

For the Village by the Village

Volume 2, July 2003

Hawstead—Land of Honey!



In last month's Journal there were two recipes for honey-lovers: now there's plenty of honey to be had in the village!

For years and years Arthur Bailey has had a hive outside his house on the green advertising honey for sale. Now he has been joined by fellow apiculturist Simon Miller who lives towards the top end of Whepstead Road. Competition for custom doesn't come into it – the prices are the same!

Both Simon and Arthur have honey for sale right now. It's derived from oilseed rape nectar and is snowy white in colour. Apparently this sort of honey would quickly turn rock-hard but something can be added to keep it in a reasonably manageable state.

incorrect!

Your reporter discussed UK honey production with Simon, having heard of severe misfortunes in recent years at the hand of the parasitic mite *varroa jacobsoni*, which has killed off many honeybees. I was told that beekeepers have 'learned to live' with *varroa* (with the help of a variety of natural and chemical measures) – and presumably the bees have too. After all, as Simon said, 'bees have been around for millions of years and are unlikely to be made extinct that quickly'.

At any rate, beekeeping, and hence honey production is on the increase again... and it is rumoured that soon there might be a sixth keeper in the village!



Hawstead Community Council – Chairman's Annual Report

AGM 26th June 2003 held at 7.30pm at All Saints Church

Last year's AGM was not well attended. Christine Gosset, there were no nominations for the vacant post. It was necessary to hold an extraordinary meeting on 4th July. There was a good response from the village and thirteen members were elected to the Council. In accordance with our constitution, it was necessary to cut this down to nine members.

We started the year off with a cream tea in Lesley Carey's garden and lots of people came along to socialise.

The village Fete & Flower Show was held on the first Sunday in September as usual. We had a very enjoyable and relaxed day, making a sum of £516.

The village hall was severely damaged by the storm on the weekend of 27th October: the sum of £20,000 was a rough estimate of the repair bill. A meeting took place on 11th November at Cullum House. It was thought that we should consult the village as to whether we should repair our ageing hall or look into the possibility of replacing it.

Two public meetings were held in the church. At the first, on November 18th, it was proposed that whilst getting quotes for repairs we should also look into the feasibility of funding a new hall. The second meeting was held on December 2nd. Quotes for repairs were tendered by three companies, Livens, Bream and Fenners, Livens being the lowest at £36,541.80 plus VAT. It was decided that we should elect a sub-committee to deal solely with the hall. An extraordinary meeting was called and Richard Milns, Bill Crockford, Alan Brown, James Carr, Dave Dawson and Joan Cook were given the task, with Joan as the project leader.

In the meantime the weather had been very wet and it was not possible to keep the water out, despite our best efforts, and the hall deteriorated further. The insurance company, Stewart & Lyndsey sent out a surveyor to further assess the damage, and another visit from Livens was necessary. More negotiations with the insurers took place.

This on-going story will be in the village hall report. The main thing for us to do was to try to carry on as best we could without a hall. Joyce Dainty moved her classes to other halls, as did other users. The bingo took place in Cullum House; we enjoyed the cosy atmosphere, and thanks to Elsa we continue to hold our meetings there.

Our annual Christmas dinner was held in Lawshall village hall. I think I can say we had a lovely time. The help with the organising was first class, right down to the flaming puddings and carols, with Gill playing the piano for us. 2003 came, and we had our usual visit to the pantomime, which was well attended.

Chairman's Annual Report – continued

At Easter we had an Easter Egg hunt for the first time in the Millennium Field, plus teas in the church and a visit to the lambs at Cullum Cottage. It was good fun, bringing us £80. We were supported by local supermarkets.

In May we held our first plant sale. This was a tremendous success thanks to many people from the village who gave the use of their greenhouses as well as their time and expertise. The sum of money raised from this is approaching £600.

Sonja Monk

Summary of Accounts for the year ending 13 April 2003

RECEIPTS		EXPENDITURE	
B/B Forward	3027.77	Affiliation fee/rent	0.75
Hire of Hall etc	1176.25	Insurance	67.50
Fund Raising	2931.50	Water Rates	97.73
Donations	994.75	Events (village)	2 385.09
Floats	490.00	Repairs/Cleaning	2905.51
Play Area	45.00	Electricity etc	1453.12
Millennium Fund	1380.50	Fire Protection	42.08
Caretaker	174.80	Donations/Hospital	653.07
Insurance Claim	2025.01	Admin/Auditor	40.98
Donation Play	75.00	Play Area	227.95
Area Insurance			
Interest	14.55	Millennium Record	95.68
TOTAL	12335.13	TOTAL	7969.46
Receipts	12335.13		
Expenditure	7969.46		
Balance	4365.67		
Cash in hand	30.00		
TOTAL	4395.67		

N.B. There were 144 copies of the Millennium Record Book in stock on 13/04/03.

FOR SALE

UPRIGHT PIANO: Dark rose wood made by John Brinsmead c.1895. Good condition, in regular use up to a few years ago, just needs tuning. Has been in family all its life. Offers please. Tel 386531

Services Strawberries, Cream & Bubbly Add Fizz to Community Council's AGM

This year's AGM held in the church had not only a new venue but also a new fun feel to it. The business of the evening was quickly dealt with and that will be reported elsewhere but refreshment on a hot summer evening was essential and cool fizzing drinks were served along with strawberries and cream. Conversation blossomed before we were asked to move into the chancel where a screen had been set up and as the shadows gathered an hour of reminiscence was enjoyed as slides of times and people past were shown. Much of the beauty of Hawstead is unchanged but roadside verges have definitely got smaller and chimneys lower while the ugly H television aerials have gone and are mourned by none. Several slides showed the erection of the village hall in 1976. Questions over the depth of its footings were answered and considerable fun was had guessing who was putting in the hard work! Sadly not many still live in the village.

Thanks must go to Sonja Monk who was re-elected as Chairperson for an A+ AGM and to the churchwardens for use of the beautiful church of All Saints.
JC

Hawstead Harvest Festival

14TH SEPTEMBER 2003

SERVICE 6.00pm
SUPPER 7.30pm



The Harvest Festival Service will be followed by supper in Lesley and Brian Carey's Barn opposite the church. If you cannot make the service, join us for supper. The price for the Supper is £7.50 (£5.00 concessions & children) which will include drink on arrival, 2 course buffet plus wine. The proceeds will be split between the Church and the Community Council.

Details and booking arrangements to follow but should you require further information please contact either Lesley Carey on 386132 or Christine Gossett on 386764.



All Saints Church- Hawstead Services

All Saints Church – Hawstead.

SERVICES

July 2003

Sunday 27 th	11.00am	Parish Eucharist
Sunday 29 th St Peters Nowton	10.30am	Benefice Eucharist

August 2003

Sunday 10 th	8.30am	Said Eucharist (BCP)
Sunday 24 th	11.00am	Parish Eucharist

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

Good News! Following a meeting of the Parochial Church Council recently it was decided to open the church every day from 9am to 5pm. Obviously we continue to have concerns for the safety of the church and it would be helpful if everyone in the village could just keep an eye out for anything suspicious when passing. If you see anything you are not too happy about please contact either Lesley Carey or me. (Tony Hillman)

We are sure that God does not want a locked door to exclude anyone from his House and we hope people within the village, and visitors of course, will take advantage of this new arrangement.

A period of quiet Prayer will now be held in the church every Wednesday afternoon at 5pm. It will last about half an hour and prayers will be said by whoever wishes to do so, or you can just sit in. A prayer request board will be set up in the porch for people to post their prayer requests.

Harvest Festival will be held this year on 14th September at 6pm, followed by a Harvest Supper.

Tony Hillman Tel 386527

COMPETITION

How many sightings or mentions of Arthur Wright can you find in this issue?

A copy of "The Good Seed Guide" is the prize.
First correct answer to Jan Kew Tel: 386248 is the winner.

Tree Warden Scheme

Trees and Shrubs Potentially available in 2002/2003

Common Name	Latin Name
Field Maple	Acer campestre
Common Alder	Alnus glutinosa
Silver Birch	Betula pendula
Hornbeam	Carpinus betulus
Sweetchestnut	Castanea sativa
Dogwood	Cornus sanguinea
Hazel	Corylus avellana
Hawthorn	Crataegus monogyna
Spindle	Euonymous europaeus
Beech	Fagus sylvatica
Wild Privet	Ligustrum vulgare
Wild Apple	Malus sylvatica
Wild Cherry	Prunus avium
Bird Cherry	Prunus padus
Blackthorn	Prunus spinosa
English Oak	Quercus rubra
Dog Rose	Rosa canina
Whitebeam	Sorbus aria
Mountain Ash	Sorbus acuparia
Wild Service Tree	Sorbus torminalis
Small Leaved Lime	Tilia cordata
Wayfaring Tree	Viburnum lantana
Guelder Roase	Viburnum opulus

The above trees & shrubs are being offered by Bury St Edmunds Borough Council for village tree planting. They come free of charge but must be planted according to the council guidelines, which can be obtained from Brian Kew Tel: 386248. To order your plants please ensure your requirements are received by Malcolm Cornwell by Sept 15th. Tel 386447

A Village Affair

The Annual Fete & Flower Show

For as far back as I can remember I have always enjoyed the truly traditional Fete & Flower Show. In my home town of Lockerbie we had a gala which took place in June. The whole town would join in and we children had a wonderful time.

Our first planning meeting was held on the 30th June but if you missed this there will be another. Please don't hesitate to call me if you can offer any help or ideas: Sonja Monk, tel. 386876 (or James Carr, tel. 386245.)



Hopefully we will be able to provide the following:

Food, music, entertainment and a range of quality stalls. Stalls may include White Elephant, china & glass, plants, nearly new clothes, tombola, raffle, produce (cakes, jams, chutney etc.) books and toys. It would be interesting for the children if we could include some animals if we can find any willing to come!!!

If you can help in any way to make this a fun day then we need YOU!

(I am busy getting crafty with the craft stall!!!)



Sonja Monk

Caption Competition



What did Arthur say when he met Reuben for the first time?

A copy of "The Good Seed Guide" is offered for the best suggestion. Please call Andy with your answer without delay on tel: 386531!



Afternoon Tea At Mill Post Farm Sunday 29th June



Sunday 29th June: Afternoon Tea at Mill Post Farm

Mill Post they say is the highest point in Hawstead and that you can see seven churches from there. This may be easier in the winter when the trees are bare: we did have a wander round, spotted three churches and the cathedral with the new tower which is just beginning to show. The skylarks where singing their heads off !!!!

Les and Phyllis made us very welcome. The food was in abundance and we thought we would never eat it all. We had a jolly good try. Phyllis put a draw together, this being her specialty. With that, plus a few plants from James Carr and kind donations from others, we collected £186. Eating cucumber sandwiches and cake and drinking tea was never so enjoyable!

Many thanks to our hosts for making us all so very welcome at their beautiful home. Many thanks also to everyone who supplied sandwiches, scones and cakes, not forgetting everyone who to came to eat them. It was a lovely get together.



The Village Hall - Update...of architects & antics!

The Community Council is pleased to announce that it has chosen Christopher Sale of Rider Sale Associates, Cambridge as the architect to design, support the application to the Lottery Board and build our new village hall. If you murmured 'at last' I would agree that it has been a longer process than was first anticipated, but until we visited Castle Coombs Hall and interviewed Chris (he happened to be the sixth and last architect we planned to interview) it was clear that no-one completely matched the criteria the committee had in mind. It was felt that the standard and finish of his work at Castle Coombs was high and importantly he has such a good record with the Lottery Board that his work is being used by the Board in their publicity to rural communities.

Our next stage is to develop the architect's brief. This means that we must decide on the type of accommodation that is needed and this is where over 70% of the village has already helped by returning completed questionnaires (if you forgot yours it's not too late to send one in now, extra forms are available). The new hall will be limited by two major things: the size of our budget and the amount of space available. So, some compromises will no doubt need to be made. In addition to getting a Lottery grant the more money the village can raise through its own efforts the greater the resources the hall will be able to offer. The size however will be set ultimately by DEFRA and the local planning department.



It is hoped that an interactive exhibition of the plans for the proposed layout will be held in the Church in September. During the exhibition there will be an opportunity for everyone in the village to meet with Chris Sale when he explains the plans and you will be able to put questions to him. Remember that your comments and opinions will be a key part in deciding further developments.

Having decided on the interior layout we, the village, then have to make the exciting decision as to the outside appearance. So why not get out your pens, pencils or paints, or perhaps take photos of buildings you like and enter them into a special category in this year's Flower and Produce Show and Fete. In this way we can give the architect a good idea as to the sort of building we hope to see on the Green.

Over the weekend of 22nd June the windows in the village hall were broken. While the sound of smashing glass no doubt gave instant and childish pleasure the Police have been informed and the Neighbourhood Watch alerted. Sometimes actions have outcomes that are not anticipated! To maintain planning consent the hall must remain standing and I would like to thank the band of volunteers that have made temporary and inexpensive repairs to the hall. JC

Health On The Internet

What a subject to consider! Type in any reasonably well-known condition at one of the standard search engines and you'll get tens or hundreds of thousands of results – I asked Google for information about arthritis and got 2.8million! So what? If you're like me, you'll only look at the first couple of pages and probably find something useful. Google uses a technique it calls 'page rank' which looks at the linkages between pages, plus importance and relevance to sort out which ones go to the top of the list. No, I don't understand that either, but it often works out very satisfactory and that's why people use Google.

You don't necessarily have to use a general search engine. The NHS has set up something called the **National Electronic Library for Health**, which is a 'gateway' to all sorts of sources of information about health. You'll find it at www.nelh.nhs.uk and it's scrollable home page has a wealth of links to sites on the Internet concerned with health. It was primarily designed for NHS staff and hence the sections devoted to specific professions (dietician, physiotherapist etc); also the fact that certain resources – Anatomy, Clinical databases, Full-text Journals for example – can only be accessed through a special password. But there's plenty to interest everyone, including up to date news – 'hitting the headlines' and 'document of the week'. There's a range of specialist 'libraries' including Child Health, Diabetes, Heart Diseases, Mental Health and Oral Health etc. as well as more general links – to the NHS main site and the Department of Health for example, and also NHS Direct Online. The last is related to the 24 hour NHS Direct telephone service and provides both an online healthcare encyclopaedia and a self-diagnosis step-by-step programme.

A most useful link takes us back to the original idea of searching the Internet. OMNI (Organising Medical Networked Information – also available separately at www.omni.ac.uk) is a catalogue of websites which you search in the same way as a search engine. The difference is that each site has been reviewed and assessed as being a quality Internet site as measured against a set of standards. A substantial range of quality standards are employed to do with content (coverage, accuracy, currency), format (ease of use, design, accessibility) and context (scope, intended audience, authority/ reputation of producer), and each accepted website is listed with a substantial annotation about it by the OMNI staff at Nottingham University. So you can assess the suitability before clicking on the link. A search on Google for 'skin cancer' (UK only) produced 107,000 pages; a similar search on OMNI only 13 websites, but would you even bother to try to browse through the former? AJP

BABY SITTER AVAILABLE

FIONA HOLLIDAY is offering a childcare & baby sitting service over the Summer. When you want to go out and don't want to take the little one(s) with you, please phone Fiona on 386442.

The Weather Report

May Summary

There was a gradual improvement in weather conditions during the final ten days of the month, culminating in a mini heatwave between the 28th – 31st. Daily maxima exceeded 25° C (77° F) on three consecutive days. 26.3° C (79.5° F) was recorded on the 30th.

The average temperature for the month was 12.3° C (54.2° F), rather above the long term mean. Rainfall was also a little above the mean.

The 52.5mm (2.07in.) recorded proved adequate for an excellent growing month, unhampered by damaging frosts. There was just one slight air frost on the 15th.

June to 21st.

Low pressure systems tracking in a SW – NE direction across northern Britain have given us changeable conditions for the first three weeks of June. However, since we have been furthest from active weather fronts and closer to high pressure over Europe, it has been a pleasant month so far, with long intervals of warm sunshine quickly replacing short periods of light rain. Between the 12th and the 16th. There was a dry, settled period. The maximum temperature exceeded 26.7° C (80° F) for the first time this year on the 16th. Daily maxima have exceeded the June norm throughout the month, attaining a figure closer to the July norm of 22° C (72° F).

GDH

Greene King Masterquiz 2002-3 Final Results: League GK03

Name	Played	Won	Drawn	Lost	For	Against	Difference	Points
Six Bells Horringer	18	14	0	4	945	820	125	42
Greyhound, Chevington	18	12	1	5	853	785	68	37
Metcalfe Arms A Hawstead	18	12	0	6	891	812	79	36
Plumbers Arms A Denston	18	11	2	5	831	769	62	35
Greyhound, Wickhambrook	18	10	1	7	841	797	44	31
Metcalfe Arms B Hawstead	18	10	0	8	847	828	19	30
Star Inn B, Lidgate	18	7	3	8	847	828	19	30
Star Inn A, Lidgate	18	4	0	14	781	899	-118	12
Plumbers Arms B, Denston	18	3	2	13	764	856	-92	11
Three Horseshoes, Barrow	18	2	1	15	679	870	-191	7

Castaway Top Ten

This month's Castaway is Brian Kew from Pinford End.

1. Rock Island Line Lonnie Donegan My introduction in the late 1950's to this pop icon.
2. Cello Concerto Dvorjak Fournier/Szell wonderful combination.
3. Bohemian Rhapsody Queen I have no idea what this is about but is a must.
4. Madame Butterfly Maria Callas Performed in her Golden Years.
5. This Land is Your Land Woodie Guthrie Genuine folk song by a genuine folk singer.
6. The Times They Are A-Changing 1960's Bob Dylan Good music from good times.
7. Symphony No 9 Beethoven The finest piece of music ever composed. All the emotions needed for survival on the green. A 1951 performance by Elizabeth Schwarzkopf, Elisabeth Hongen, Hans Hopf & Otto Edelman. Conducted by Furtwangler at the Bayreuth Festival.
8. High Society Chris Barber The first piece of jazz that had me hooked in the late 1950's.
9. Pike County Breakdown Earl Scruggs Bluegrass banjo playing comes no better than this. His early versions with the Foggy Mountain Boys are phenomenal.
10. Piano Sonata in C major Mozart Vladimir Horowitz. Playing of sheer brilliance.

If I had to choose a hundred pieces of music, I would still regret that some marvellous performances would have to be left out. My favourite from the above ten is Symphony No 9, The Choral by Beethoven.

Next months Castaway is Paul Caldwell of Pinford End.

Thought Creates

"Stress" is a word that crops up frequently in our everyday conversation. We need a certain amount of stress to keep us actively moving forward through our lives and galvanising us into completing the tasks that present themselves to us on a daily basis.

With all the technological advances of our times, such as instant world-wide communication, always being at the beck and call of our mobile phones, fast travel everywhere (well, except on the roads and public transport – but that's more stress!) time seems to pass faster and faster and our stress levels can move into overload.

We can help ourselves by using our power of thought to enable us to better control the levels of stress. A good way to start is to pause, or even better, to stop, stand quite still, perhaps envisaging the mind as a blank TV screen. Then breathe; it's amazing how often we forget to do this most basic of life-sustaining bodily functions when the going gets tough. – think of a small child rigid with the anger of a temper tantrum, puce in the face and holding its breath till you think it will burst! Try taking three long, slow breaths, and if there is the time, be aware of the cool air coming in through the nostrils and passing over the back of the throat and down into the lungs. Breathing out, be aware of the warm air as it exits from the lungs, across the throat and down the nose. This can be a calming and peaceful exercise.

Now we have 'stopped to think'. Does whatever is causing our stress REALLY matter? Is it life-threatening? Will someone else be hurt unnecessarily? Or perhaps a positive outcome could be created.

It's amazing how few of the aggravating incidents of our daily lives really do matter when viewed in a wide context. Most could be allowed to float past us with little more than a nod of acknowledgement, and are very often another person's problem or responsibility, rather than our own. When recognised as such, we can allow ourselves to stand back from the situation and become observers. Observing is a wonderful way of facing any situation before deciding whether action is appropriate or not.

ST

Letter of Complaint

These plants are driving me mad. They're now ten times as big than when I bought them. I took them back to the Village Hall, last Wednesday, to demand a refund but it was closed, don't they open during the week?

As I sit here admiring my estate I'm thinking "Why?" I didn't want the plants in the first place. "Is that a pair of blue finches on that ramrod?" maybe I'll just keep that one, I'll get my man Stanley, to plant it outside my gazanbo.

Yours, Morris

Metcalfe Arms -Update

Further to the editors letter (refer to back page) the Metcalfe Arms is opening on the 1st August on a Protection Order (temporary license).

A permanent license (transfer of) has been applied for at the Magistrates Court for the 5th September 03. BK

STOP PRESS!!

Seen In Hawstead



A new member of the congregation? Lesley Carey captured this fine shot of a black-bird nesting in the church lychgate. (At the time of writing – early July – I'm told that the family has now departed.)

For The Record

After a year or two's gap, Joyce Dainty reported seeing several bee orchid (*Ophrys apifera*) plants in flower on the village green during June. Unfortunately on the very day when we planned to creep up quietly and take a photo.....the haymakers moved in and got there first! (NB. I note from our village book that Sir John Cullum found the bee orchid in Hawstead in 1784.) AJP.

The first swifts (3) were spotted circling and swooping over Pinford End on 19th May 2003 during the early evening. By July they have increased their numbers to 8. JK.

A pair of buzzards were seen circling anticlockwise, drifting from East to West very high over Pinford End on Saturday 12th July 2003. BK.

FREE (?) TO A GOOD HOME...

But on the condition of a suitable contribution to the Village Hall fund. I pair of high **quality needle-cord 3/4 length hiking trousers**. Worn only a couple of times, I'm disappointed to admit that they are now too small with a 32" waist. Tel Andy on 386531.

Hawstead Journal July 2003 – errata

Page 1

Reporter's error! Nothing is added to Hawstead rapeseed honey – it is PURE SUFFOLK HONEY. It is stirred in a way to aerate it so that it doesn't go rock hard. Apologies to Arthur, Simon and other Hawstead honey-makers!

I had thought there were no more apiculturists in the village, and hence alluded to a possible third one in the last para. The chief editor corrected this and replaced it with the word "~~fifth~~" which is why that sentence seems a little strange. So – even more honey-makers around!!

6/16

Page 2

The words 'stood down as chair' are missing, following 'Christine Gosset'