

Age Concern

I would like to introduce myself to you. My name is Anne Powell and I am managing and developing a scheme called *The Local Link* throughout Suffolk, with particular attention to rural areas of our county.

A Local Link volunteer is simply someone in the community who can put older people in touch with someone who can help. The Local Link will receive news and information from Age Concern Suffolk and share this information with older people in their community. They will also try to ensure that local people know who they are and how to contact them. The role includes feeding back to Age Concern, local issues that may affect senior citizens' welfare.

Although Age Concern has offices and information centres in many towns in Suffolk, there are many communities that are some distance from one of these and the Local Link will help to provide such a connection. The role is relatively simple and can take as much time as the volunteer feels able to put aside to help their community. It can be as little as 4 hours a year and help and support for the volunteer is always available from Age Concern's support team.

If you are interested in taking on this role, please let me know.

Anne Powell
Tel 01473 738984

Neighbourhood Watch

Beware of callers

It has been reported that two Irishmen, one with dark curly hair and the other with ginger curly hair, driving a white van with a cracked windscreen, have called at houses in the area saying that they have delivered oil and asking for payment or offering to do gardening work and then charging exorbitant amounts.

Fly-tipping is still a problem. If you see anyone doing this, or have any other worries or suspicions, please let your local neighbourhood watch co-ordinator know.

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***The editor for the
next issue will be***

Jan Kew

Editor: Geraldine Upfold



Hawstead Journal

For the Village by the Village

Volume 2, October 2003

HAWSTEAD COMMUNITY COUNCIL VILLAGE HALL PROJECT

Hurrah YOU LIKE IT!!

The plans for the new village hall shown in the church on Saturday 27th September met with great and general approval. Most of the comment forms returned an 'excellent' verdict!

There were some exceptions and these reflected the concerns expressed following the presentation made by Christopher Sale, the architect. Because the hall will be built on the Green some people felt that it might be too large and too high and thus very visible. Let me re-assure you that in giving the brief to the architect we were very conscious of those points.

The project group asked for a main hall large enough to seat 80 people at tables or 100 sitting in rows and to achieve that aim the main hall has turned out to be almost exactly the same size as the old building. Its height is no greater than a two storey house with a pitched roof and walking past nearby houses I notice that the trees planted 25 years ago to screen the old hall are already tall enough to screen the new hall in the same way. By making the hall an L shape and placing it as we have no trees will need to be removed nor will extra expense be incurred digging special foundations to protect the building from damage caused by roots. And, the differing roof height and irregular shape will act in the same way as camouflage does for the army!

Another area of concern was the funding. NO money will be borrowed! Grants are being sought and these do NOT have to be repaid. The Community Council is planning a calendar of fund raising events providing fun for everyone and if the fete is anything to go by you are really keen to support Sonja and her committee. The Project Group has also thought carefully about the amount of money needed to keep the hall running once it is built and in the business plan developed for the application to the Lottery Commission can clearly show that it will pay for itself.

It is very good to have your help and suggestions that will be included in the building are the addition of an extra external door in the main hall near the car park and cloak-room facilities for small children.

If you were unable to attend the exhibition but would like to see the plans contact me and there is still time to complete a comment form as the more we have the more impressed the lottery will be and that could mean money!

Thank you for your support

Joan Cook Tel 386711

Hawstead Parish Council

At the council meeting on the 18th September, tribute was paid to the late John Holdway and all the valuable work he did for the community during the long period he was Chairman of the Parish Council. John's work for Parish Councils at County level over many years on its Executive Committee has also been commented upon by the Suffolk Association of Local Councils, which had made him Vice-President at its Annual Meeting only a few days before his death. He will be greatly missed.

The Council elected Mrs Katie Fairbairn as its new Chairman, with Mr Dave Dawson continuing as Vice Chairman.

A letter was received from St Edmundsbury Borough Council saying that as there had been no formal request for an election to fill the Councillor vacancy, this should be done by co-option. The Clerk explained that to be qualified for co-option, a person had to be over 21 years of age and either (1) a local government elector of the parish or (2) had for the previous 12 months (a) occupied land or other premises in the parish, as owner or tenant, or (b) have been resident in Hawstead, or within three miles thereof. After prolonged consideration, the Council, by a majority, decided to co-opt Mr Philip Shaw of Brands Lane, Lawshall, who qualifies under (2) above.

The Council also considered a letter from Mrs Joan Cook, on behalf of the Hawstead Community Council, about its new Village Hall proposals and agreed, as landowner, to make the necessary application for planning consent and also, because the proposed site is on common land, the approval of DEFRA.

Robin Whitfield

Free Horse Manure

If you would like some free horse manure for your garden compost heap call James or Christabel on 386245 - it can be delivered.

For Sale Lamb

Whole or half lambs, born and bred in Hawstead and jointed to your requirements. Contact James or Christabel on 386245

Free range eggs and other produce in season

Eggs £1.50 per dozen

Andy and Frances Evershed, 1 Fyletts Manor Cottages, The Green.
Tel 386501

The Garden

Help your lawn recover

A lot of lawns are looking the worse for wear. If yours is more brown than green, it's a good time to give it a bit of TLC to help it recover. It's worth doing now so you have less to do in the spring.

The first autumn lawn job is to remove the 'thatch' from your lawn. The 'thatch' is the dead grass and debris that builds up on your lawn. If left to accumulate it will restrict air movement and cause problems later. Use a spring-tined rake or an electric scarifier. It will look a mess but will do a world of good.

Once the garden becomes saturated with winter rains, moss will quickly invade poorly-growing grass. To reduce the likelihood of this happening, spike over the whole surface of your lawn with a fork. You need to 'top dress' immediately after to ensure the holes stay open and revitalize the upper layer of soil. Mix 3 parts sieved garden soil with 2 parts sharp sand and one part sieved garden compost and spread 1-2cm layer over the lawn. Work this in with a stiff broom or the back of a rake. Again, it will look a bit messy for a couple of weeks, but the grass will soon grow back again.

Patches of broad-leaved weeds can be treated now or in the spring. Make sure you use a selective weedkiller, especially formulated for lawns, so as not to damage the grass.

Applying an autumn lawn food at this time will help. High in potash, it helps to strengthen the root system of the grass. It will also encourage bushy growth that will stand up to the harsh winter weather much better and stop moss and weeds from invading. Apply evenly to avoid scorching the grass.

Now is the time to plant some bulbs for spring colour in your lawn. Simply fold back the turf and plant the bulbs to 2-3 times their own depth.

A little hard work and effort now will pay dividends for your lawn. If you follow the above guide, I guarantee your lawn will look as good again as it did in the spring.

Jo Butt



Tree Warden

On and around the 12 October 2003 is National Tree Seed Collecting Day. It has been a very good year for seed production but alas most of those that fall do not get the chance to grow.

If everyone in the village planted just one acorn, conker or walnut that would be the equivalent to a 250 tree wood, our descendants would be delighted.

How about planting a few in pots and selling them next year at our plant sale.

Brian E Kew

Tree Warden.

Microwave warning

It can be very dangerous to heat water or other clear liquids in a microwave oven. Usually, when liquid is heated, bubbles form, allowing some of the heat to be released, indicating that the mixture is boiling.

Some receptacles, especially those with smooth surfaces like new or good quality china, prevent these bubbles from forming. This leads to heat building up, until the liquid well past boiling point. When this over-heated liquid is moved, or touched with a spoon for example, the trapped energy is released causing the searing liquid to explode, with the possibility of inflicting serious burns.

The answer is to only heat water or other thin liquid in microwaveable kettles or jugs designed for this purpose.

GU

Heard in the Village

Joe: My parents taught me to swim at a very early age. They used to take me out in a boat to the middle of a lake, drop me over the side and let me swim to the shore.

Fred: Well you must have been a good swimmer to do that.

Joe: Yes I was, but getting out of the sack was a bit tricky sometimes.

All Saints Church - Hawstead Services

October

Sunday 12th 8.30am Said Eucharist (BCP)

Sunday 26th 11.00am Parish Eucharist & Baptism

November

Sunday 2nd 4pm Service of Remembrance & Thanksgiving for families who have lost loved ones.
(All Saints & All Souls)

Sunday 9th 8.30am Said Eucharist (BCP). The Roll of Honour (**Remembrance Sunday**) for Hawstead and Nowton will be read out during the service

Sunday 23rd 11.00am Parish Eucharist

Sunday 30th 6pm Evensong
(Advent Sunday)

Parish Prayers. An opportunity for silent/ contemplative prayer, and to pray for the parish and benefice is held every Wednesday in the church at 5 – 5.30pm. All are welcome.

The church is open every day from 9am to 5pm (4pm in winter)

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

Harvest Festivities. Once again the church looked beautiful for Harvest Festival thanks to Lesley Carey and her fellow flower arrangers and to everyone who provided the vast array of produce and flowers. All edible produce was taken to the St Nicholas Hospice the next day where it was used in the kitchen and the surplus put on sale in the foyer. After the service over 70 people sat down to a splendid Harvest Supper in Brian & Lesley's Barn. This was a lovely occasion and many thanks to our hosts Brian and Lesley, to Christine Gossett for organising the excellent food and to all who cooked, prepared and cleared up.

AEH

Dave's Autumn Tips

Although we are still basking in beautiful autumn sunshine, it is important to prepare your home for the torrential rain, storm-force winds, gales – hurricanes even - heavy snow and sub-zero temperatures that we might expect in the coming months. (Just a cheery thought!)

The first thing is to make sure that all your gutters and down-pipes are clear of debris so that rain-water and thawing snow can flow away freely. You will *not* want to be doing this in mid-January.

Lag all exposed water pipes and if you are going away from home, leave some heating on in the house so that the pipes don't freeze up and burst in your absence. (You would not want to come home to find your ceilings have merged with your floors). Locate the hot and cold water supply valves (stop cocks) and label them clearly, so that *all* members of the household know how to switch off the water in an emergency.

The autumn is a good time to get the central heating boiler serviced so that it is less likely to break-down over the Christmas and New Year holiday. (It's probably a good idea to get the dishwasher checked as well – both the mechanical and the human versions!) And lay in some supplies of candles, matches and oil lamp etc., as well as checking torch batteries.

Check the draught-proofing on your external doors and remember to close the curtains at dusk to maintain the heat in the house. Check the hot water bottles have not perished during the summer and locate the bed socks.

Lastly have the chimney swept – probably not a good do-it-yourself job - and stock up with logs.

Roll on the spring.

DD



Five Little Ducks Went Swimming One Day

For 22 years I've always wanted some ducks on my pond at Millpost Farm, but was told 'No, they are too messy'.

Well my dream was fulfilled during the spring. Mum and Dad duck came every day for breakfast and supper and in June Mum arrived with 8 day-old ducklings (what a picture!), making her home on a lovely built moorhens' nest.



On the second night, Mr Fox called and left us with five ducklings. Growing up fast, Mum Duck took them off, gone for one week. Five ducks came back without Mum. Feeding them one morning only 4 ducks, next morning 3, next morning no ducks. Had Mr Fox called again?

For two weeks the pond was empty, then, surprise, surprise, 5 ducks have now returned and are sharing breakfast and supper with the cat. Is it them or me going quackers?

Phyllis

Congratulations!

Tracey Baker recently achieved her target weight loss of 4 stone. Tracey is a member of weight watchers and has been following a diet for just over a year. She says her friends and family really gave her the strength to achieve her aim and gives special thanks to her husband Kevin.

(For the metricated 4 Stone = 56lbs = half cwt. = 25.5Kilo's)

Apologies

We had a few problems last month with the inclusion of some of the content of the Journal together with achieving the normal time of distribution. To all those people who were affected, please accept our apologies.

BK

Hawstead Village Fete & Produce Show



*After a hard days
feteing*

*Fete activity and
action*



*Man in background
caught in the act*

*Punters
haggle
over the
last item
on the
white ele-
phant stall*



The Village Fete - Treasurer's Report

Stall	Amount taken
Bric-a-brac	87.21
Books and toys	99.10
Coconut Shy	50.93
Bowling	30.88
Doughnut eating	13.10
Madame Zola	22.10
Cartoonist (donation)	10.00
Produce	63.20
Teas	109.17
Tombola	97.81
Nearly new	31.85
Plants	119.46
Raffle	60.70
Auction	169.00
Donations	12.00
Total	£976.51
Expenses	
Wholesale cost of plants	51.81
Generator hire	134.54
Sundries	79.52
Portaloo hire and insurance	236.50
Total	£502.37

The net profit for 2003 was £474.14, this compares favourably with last year's profit of £516.86.



*Caged man
watched by a
swarm of bees*



*New sewage
pipe laying game
draws huge
crowds*



*"Please let me
join your Morris
Group"*



*Ferret and baby
Kangaroo*

Letter of Thanks

We would like to thank, via this journal, all the local residents who have paid us a visit since our arrival at the Metcalfe Arms. Many of you are now familiar faces and your support, help and encouragement has been overwhelming. This support has given us the enthusiasm to repay you all as quickly as possible by providing the community with a 'local' to be proud of. Our thanks must also go to the Parish Council for their wholehearted support regarding our application for a permanent licence.

Wendy and Ian The Metcalfe Arms

(Due to a technical hitch, this item did not appear in last month's Hawstead Journal. Our apologies to Wendy and Ian. Ed.)

The Kitchen has been fully refurbished and we are now offering a choice of home-made traditional food. Why not book a table or drop in to see us.
01284 386321

Tragic but Funny!

Whilst taking a very elderly relative for an outing in her wheelchair to the local park, we decided to stroll around the pond. As we approached, approximately 15 geese swam by.

"Beryl, can you see the geese?"

"Eh"

"Can you see the geese over there?"

"Eh"

"Over there by that man fishing"

"Eh"

"Look, over there, geese"

"Oh! Beef yes, we had lamb today"

On returning to the Care Home, the smell of fish and chips still lingered in the air.....

Where are they now?

Lynda and Chris Dewse left the village for France earlier this year accompanied by three geese in a Panda. Having just returned from a visit to them Elsa and I are happy to tell you that they are very pleased with their new way of life in France. Lynda and Chris are living in the village of Boutiers two miles from Cognac. La Rue du Bois, la Vielle Tuilerie. La Vielle Tuilerie has been for three generations the property of a family who lived and worked there producing roofing tiles.

We flew to La Rochelle, Lynda and Chris were there to meet us, Elsa may have been a little disappointed not to be reunited with her old Fiat that joy was to come later. We quickly settled into café mode sitting on the waterfront at La Rochelle, (do you know they have a chain there the like of which I have never seen which in times gone by they used to sling under the water to keep out the English marauders). After a quick boat trip around the bay we headed for Cognac in the new Lancia.

La Vielle Tuilerie is charming; there are various ancient buildings in various states of repair. The Dewses live in a modern chalet built maybe in the seventies, it is their plan to repair the old houses and move into one of them, quite a lot of work has already been done. They have been fortunate to find trades people sensitive to old buildings. The geese are happy wandering around, they have had a pond dug just for them in the ten-acre pasture which skirts the property, and there are chickens too but as yet no horses. The have plans to board some horses while looking for some to buy; Lynda has her heart set on a beautiful palomino she met at the centre where she and Chris go riding twice a week.

Cognac is of course the home of brandy, they are all there along the river Charente, we took a trip on a barge of the type once used for transporting the barrels down the river, we admired the Chateau De Bagnolet belonging to the Hennessey family, from the river bank, as it happened this Chateau was open that weekend, as it was so close we just had to go, we found une atmosphere luxuriante et exotique!!! That house was built in 1810 alas the family Hennessey do not live there any more but in a much grander chateau a few hundred years older!!

We visited many villages, churches, chateaux, restaurants etc. but I think our favourite place was the market in Cognac with all the beautiful produce from the local area we never tired of going there, it was so French, Bury will never seem the same again!!!

Lynda and Chris sent greetings to everyone from France. Xxx

SM

Bees

There are several kinds of bees, but by far the most numerous is the honey bee (*Apis mellifera*). At the height of the season there are between 30,000 and 60,000 bees in a hive. They are extremely valuable to farmers and fruit growers as pollinators. It is estimated that their value to the country's economy is no less than two million pounds.

Bee-keeping starts in earnest in April, as extra room has to be provided for early honey from sycamore, horse chestnut and rape. In June one must watch out for swarms. This is the bees' natural means of increase and is a very exciting time for them.

In autumn, when we have taken off the honey, the bees must be fed with sugar syrup to see them through the winter. This job must be completed by October. The bees must be given extra protection against cold winter days, until spring comes round once more.

Arthur Bailey

Letter of Complaint

Dear Sir

I went to that presentation thing at the church. Brill. Village Hall! – it looks like a cathedral. I was nearly happy. A cathedral in Hawstead, wonderful.

Yours

Morris

PS He was overcome by excitement when he got home and is now under his Therapist.

Ms Morris

Car Stickers for Women

Coffee, chocolate, men ... Some things are just better rich.
I'm out of oestrogen and I have a gun.
Of course I don't look busy...I did it right the first time.
How can I miss you if you won't go away?
Don't upset me! I'm running out of places to hide the bodies.
If you want breakfast in bed, sleep in the kitchen.

Fast Food

We have recently discovered baby spinach. Some of you will no doubt be able to pick it fresh from the garden but we buy it ready washed in a bag from the supermarket. It is the fastest of fast food - just put a handful on the plate - and it seems to go equally well with hot and cold food. However if you want to be more adventurous, our favourite recipe, from 'Bill's Food', using baby spinach is –

Spicy roast pumpkin, feta and olive salad

3 tabs olive oil

½ teaspoon ground cumin

½teaspoon cayenne pepper

Sea salt

Freshly ground black pepper

800g butternut pumpkin, cut into 2cm cubes

100g baby spinach leaves

150g marinated feta, drained and crumbled

20 Kalamata olives pitted



Dressing

1 tabs red wine vinegar

60ml extra virgin oil

1 french shallot finely sliced – optional

Put olive oil, cumin, cayenne, salt and pepper in a bowl, stir to combine. Add the pumpkin and stir to coat. Transfer to a roasting tin and bake of 30 minutes in a preheated 220°C oven, or until the pumpkin is tender and slightly caramelised. (The pumpkin can be cooked ahead of time, when the oven is in use, and stored in the fridge).

Whisk all the dressing ingredients together.

Divide the spinach leaves among four serving plates and scatter pumpkin, feta and olives over the top. Drizzle each salad with dressing. Serves 4

Not Delia Smith

The Weather Report

August During the first fortnight of the month the average temperature was close to 21°C (70°F) a figure normal for Bordeaux. Later, although it remained settled with plenty of dry sunny weather the heat abated; daytime maxima were mostly in the range 21°-24°C (70° - 75°F). Cooler north-westerlies dominated the last few days. The average temperature, 19.2°C (66.6°F) was some 2.5°C (4.6°F) above the mean. This figure equals that of August 1990, but was lower than both August 1995 and 1997. The total rainfall for the month, 10.5mm (0.4") was 20% of the mean which made it the second driest August (after 1995) on record (since 1960). Drought conditions pervaded after the middle of the month. Village brooks were reduced to a dribble.

The Summer The three months, June through August, gave us one of the best summers of the last half century. This is a qualitative judgement which I will attempt to support with facts.

1976 and 1995 gave longer heatwaves. 14 and 19 days respectively exceeded 29.5°C (85°F) compared with 10 in 2003. Many summers have been drier both in terms of total rainfall and rain days, notably 1970, 1975, 1976 and 1995.

The remarkable feature of this summer was the lack of cool damp cloudy weather, the bane of so many a summer. The single period of such weather was between June 30th and July 5th. Only 1976 compares on this count. Good weather didn't commence until past mid June in 1995 and 1990, somewhat earlier in 1989. The average temperature 17.9°C (64.3°F) for 2000 was a fraction lower than 1976, the record summer. Average maxima, this summer were 1°C (1.9°F) below that of 1976.

Without comprehensive analysis (for example there are no sunshine records for Hawstead), I am confident to place this summer second to 1976. There are two records for this summer. Firstly the thermometer registered 37.7°C (100°F) and secondly the good weather began on May 27 and continued until 22nd September, that is close on 17 weeks, longer than any previous year.

September to 22nd Fine sunny weather continued for the first three weeks of September, apart from a dull damp day on the 10th. However night temperatures were low; the thermometer fell below 5°C (41°F) on six occasions. By contrast daily maxima were mostly above normal, exceeding 25°C (77°F) on seven occasions - notably between the 14th and the 17th, 28°C (83°F) was recorded on the 16th and the 17th.

The weather changed dramatically at 3pm on the 22nd. Squally rain fell from a turbulent dark sky as the winds backed to the north west. Within an hour the temperature dropped from 23°C (74°F) to 11°C (52°F).



Castaway Top Ten

This month's Castaway is Mike Sibley of Bull Green

- | | | |
|--|---------------------------------------|---|
| 1. Nixon in China | John Adams | Most moving and dramatic modern opera. |
| 2. Sgt. Pepper's Lonely Hearts Club Band | The Beatles | Pure genius |
| 3. Tosca | Puccini | Love, hatred, betrayal, death. What a story |
| 4. Gymnopedies | Erik Satie | Piano recital with a difference |
| 5. Peter Grimes | Benjamin Britten (a Suffolk composer) | Hauntingly beautiful |
| 6. Kiss me Kate | Shakespeare/Cole Porter | Great tunes, great lyrics, great fun |
| 7. Die Meistersinger | Wagner | If you like Wagner.... |
| 8. Adagio for Strings | Samuel Barber | Wistful |
| 9. Sixth symphony | Shostakovich | Haunting, sad. No wonder he was under threat from Stalin |
| 10. Focus | Stan Getz | Jazz memories of a certain bar on Ibiza in the early 60's |

Next month's Castaway will be Kathryn Diaper

For Sale

A quantity of mobility equipment including an electric scooter.
Any reasonable offers considered.

2 nearly new Parker Knoll type cream patterned armchairs.	£50
Small circular tripod table	£ 5
01284 386248	