

MARCH

Clive's Quiz Night Saturday 14th, 7-10pm tickets from Simon Miller on 01284 388841 or simon.j.miller@talktalk.net

Hawstead Parish Council Thursday 19th, 7.30pm

APRIL

Coffee Morning Concert Sunday 19th, 11.30am – 12.30pm. Tickets from Fran Evershed on evershed1@tiscali.co.uk or 01284 386501 on the door.

JUNE

Hawstead Village BBQ Saturday 27th

JULY

Black Heart Music Night Saturday 18th

AUGUST

Community Art Festival Wednesday 5th – Thursday 13th

SEPTEMBER

Hawstead Village Fete Sunday 6th

DECEMBER

HAWSTEAD'S GOES TO THE PANTOMIME

Boxing Day Bank Holiday - Monday 28th December 3pm.

The Theatre Royal pantomime at Christmas is Jack and the Beanstalk. Please put this date in your diary if you would like to come along. As always, Hawstead's children will be paid for by the Community Council.



JUNE 2016



HAWSTEAD'S OPEN GARDENS - SUNDAY 12TH June 2016

We will be holding another open gardens event next year. Plenty of time to grow lots of colourful and interesting plants and to get your gardens into shape for this very enjoyable event. As always proceeds will go to charity.

REGULAR EVENTS

Breathe Easy Weekly on Tuesdays 9.15am – 10.15am
Carpet Bowls Weekly on Tuesdays 7.30pm
Reading Group First Wednesday of the month, 7.30pm – in members' homes
HATS Wine Club Last Thursday of the month 8pm
Hawstead Craft Group Last Monday of the month 10am – 4pm
Hawstead Oil Buying Grp Orders place at the end of each month. Contact Jacquie Milns 01359 233143 or email richardmilns@gmail.com

HAWSTEAD JOURNAL

EDITOR GERALDINE WEST

A LIFE-SAVING DEFIBRILLATOR FOR HAWSTEAD

Hawstead Parish Council is to place a community Public Access Defibrillator (cPAD) in a secure cabinet on an outside wall of the village hall.

Speedy defibrillation greatly increases the chance of survival of someone who has suffered a sudden cardiac arrest. In rural areas it is rarely possible for an ambulance to reach a patient in time to save his or her life. The cPad will be accessible to villagers, to people using the village hall, visiting Hawstead for other reasons or simply passing through. It will have clear video and audio instructions enabling anyone in the vicinity, without any prior knowledge, to carry out defibrillation.

On dialling 999 the access code to the cabinet will be provided and there will also be a team of people throughout the village with the code. Although training in using the defibrillator is not necessary, a training programme will be provided for anyone who wants it.

We are hoping to raise some of the £2,000 cost required from donations. If you would like to contribute towards this project please contact parish councillor Jayne Robertson on Jayne@eastward.co.uk 01284 386164 or geraldinewest@waitrose.com or 01284 388732.

Thank you.

A MESSAGE FROM ANGELA RUSHEN

I have been given £2,500 of Locality money to be spent in my ward to help promote community spirit and to get villagers together.

I have now distributed, or have allocated, all of my money and wanted you to know how this has been spent. With five villages in Chedburgh ward, I thought and hoped that the fairest way was to allocate £500 to each village, so the breakdown is as follows -

Chedburgh village: £250 towards new small tables for the Erskine Centre to enable events such as board games and whist drives to take place, plus £250 towards expenses in the planning and setting up of a big village fete to be held this coming June.

Chevington: donated £400 to the Little Teapots Group which, although in Chedburgh, is attended by many children from Chevington, plus £100 went towards expenses for the recently formed coffee group that meets on a Thursday morning in the village hall.

Hawstead: £185 for a projector screen, now mounted on the wall in the village hall plus £315 for a circular picnic bench to be sited on the terrace outside the village hall looking across the Green.

Rede: £500 towards a new oak village noticeboard which will help villagers to keep up to date with village news.

Whepstead: £200 towards their village Speedwatch scheme plus £300 towards some new cutlery for the village hall.

The Locality money scheme will be repeated next year, so can I ask you all to think about your projects and contact me so we can discuss the possibility of some locality budget funding? I am looking forward to working with you all to spend this money where it is needed to enhance our already lovely villages.

Angela Rushen

St Edmundsbury Borough Councillor for Chedburgh Ward

EMERGENCY PLAN

Hopefully the worst of the winter weather is now behind us and our long established emergency plan has not been needed again this year. Steve Butt has recently been working hard to keep the plan up to date and we are very grateful for his efforts. We've even tested the village's petrol generator and it's working perfectly. In the event of a prolonged power cut our generator would be used to provide heating and lighting for all at the village hall.

Details of the emergency plan can be found on the village website or you can contact Steve Butt joandstevebutt@yahoo.co.uk or John West john@johnwestfinance.co.uk for further details.

/CONTINUED.

We have applied for a variation of our planning permission, as the original huts are slightly different sizes to the standard replicas we thought we were building. This will be the largest collection of historical wooden military buildings from the Great War in the country, and the council appreciates our intention to rescue these original huts.

This development has set us back a year as the cost and logistics of doing this far outweighs that of replica sheds. Possibly not the most astute business decision, but we all strongly believe that someone should record and retain a collection of these once ubiquitous buildings. No one else is doing it, so we should. We now hope to open before the centenary of the start of the battle of the Somme, on 1st July 1916.

Tracey Mackenzie

Brookfarmcamp@live.com

01284 388986

WOULD YOU LIKE TO BE A PARISH COUNCILLOR?

If you would like to be more involved with local issues, to express your own views and those of your neighbours, to make decisions about the priorities for the village and how Hawstead's money – collected through our council tax - is spent, then why not consider becoming a parish councillor?

Hawstead Parish Council has seven councillors and a parish clerk. It meets once every two months in the evening in Hawstead village hall.

If the number of people wishing to be parish councillors is fewer than or equal to the number of councillors required, they will be elected without the need for a formal ballot. However if more people apply, then elections to the parish council will be held on 7th May, the same day as the general election.

For more information or for an application form, which will be available shortly, please contact me at catherine.hibbert@hawstead-parish-council.co.uk and https://www.stedmundsbury.gov.uk/Council/Voting_and_Elections/howtobecomeacouncillor.cfm

For details of the work of Hawstead Parish Council visit www.hawstead-parish-council.co.uk

Catherine Hibbert

Clerk to Hawstead Parish Council

GREAT WAR VISITOR'S CENTRE

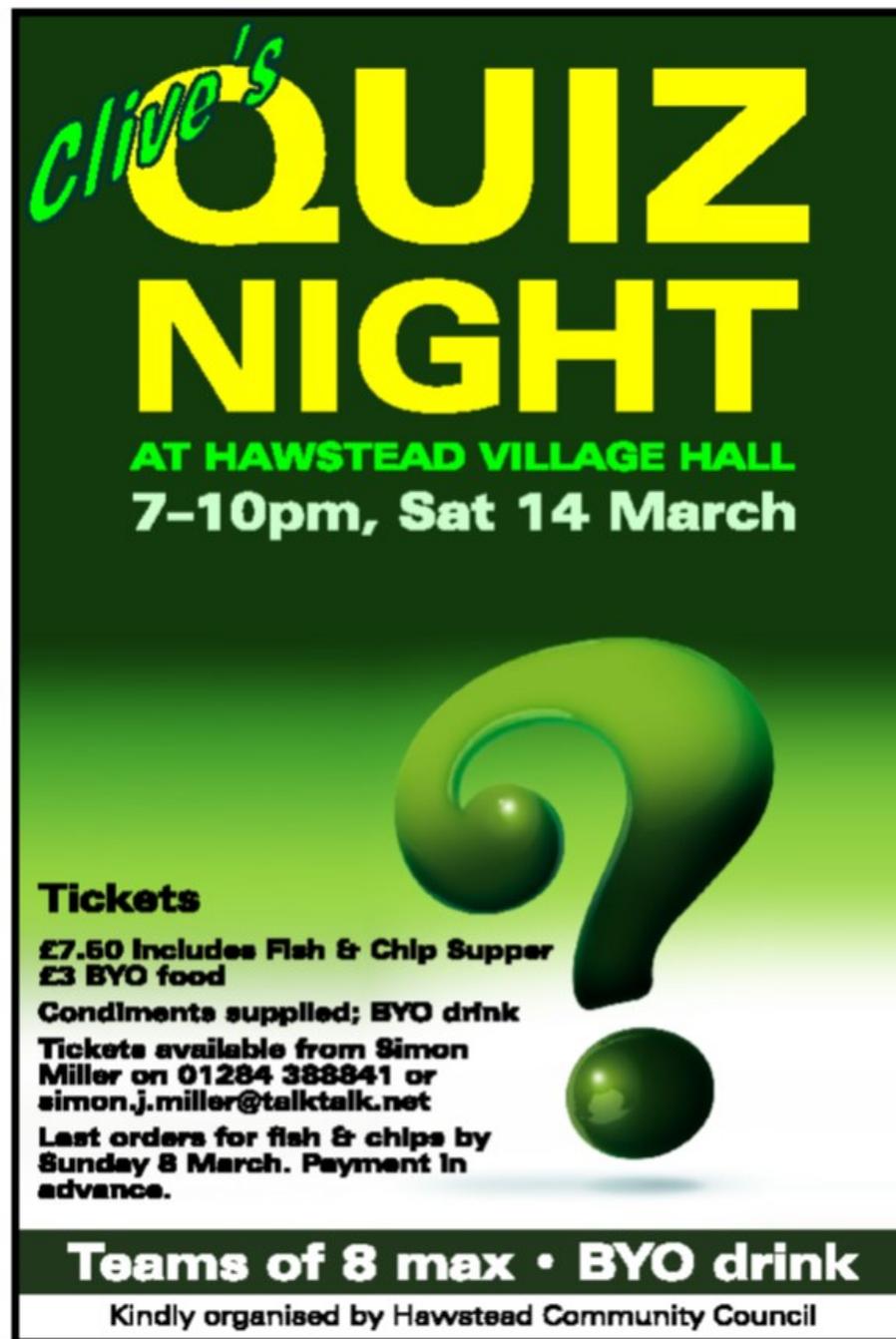
We had intended to be open for business for the start of this summer, but a very interesting turn of events has delayed us. As we were about to order the replica huts to house the exhibition, Taff discovered 'an old wooden hut' the Ipswich Labour Club had permission to demolish. He asked if we could remove it for them. They were surprised to learn that it is an original 1914-18 military hut, but knew that the army had brought it from Colchester and erected it for them in 1936. No one had ever questioned its heritage. The site is listed, so the archeology department at Ipswich Borough Council were relieved to know the hut is being saved as they were not aware of it's significance.

This was in marked contrast to archeologists at Stafford Council. We heard about a bungalow that had been a hut on the Brocton Training Camp in the First World War. I checked local planning applications and discovered its whereabouts. With some trepidation I rang the Parish Council Chairman and was pleasantly shocked when he immediately gave me the name and telephone number of the owners!

It transpired that they had been refused permission to demolish it and had to find someone who wanted to preserve the building before they could clear the site. For two years they had tried, to no avail. Upon reapplying the archeology department recommended that the bungalow be carefully dismantled, recorded and stored until a site could be found to re-erect the hut. Consequently they were pleased to let us take it and four of us spent two weeks in Staffordshire in November dismantling the hut ready for Matt Gregory Transport in Cockfield to bring it to its new home.

MTG also transported the third, a 1915 Royal Field Artillery hut, we dismantled in Tring last summer. This one had been a community centre for many years. Locals told us of parties, weddings, and various clubs they had attended there over their lifetimes. They were sorry to see it go, but happy it will have a new lease of life, and intend to come and visit once it is re-erected. If you are interested in what we are doing, photos of the dismantling and refurbishment so far can be found on our Facebook page, Khaki Devil.

The others we have earmarked so far are closer to home. BBC Look East and Radio Suffolk both featured the news about the Labour Club hut and this led to two contacts in Essex. We also have two, and a possible third, in the pipeline in Suffolk. Our permission is for eleven huts in total so another three will complete the site. It would be great if we can find them locally, obviously it keeps costs down but more importantly the diverse social history of all these huts is as interesting, if not more so than their military use (sorry fellow Khaki Devil colleagues!) and it will be good to be able to tell local stories.



Clive's **QUIZ NIGHT**
AT HAWSTEAD VILLAGE HALL
7-10pm, Sat 14 March

Tickets
£7.50 Includes Fish & Chip Supper
£3 BYO food
Condiments supplied; BYO drink
Tickets available from Simon Miller on 01284 388841 or simon.j.miller@talktalk.net
Last orders for fish & chips by Sunday 8 March. Payment in advance.

Teams of 8 max • BYO drink
Kindly organised by Hawstead Community Council



BIRDWATCH
Saturday 24th January



Three people in the village, who spent an enjoyable hour taking part in the RSPB birdwatch survey, have reported sightings of birds and wildlife –

Judy Carter

1 blackbird, 2 blue tits, 2 coal tits, 2 great tits, 1 robin, 1 green woodpecker, 1 bullfinch.

No other wildlife during that hour!

Janet Watson

2 blackbirds (male), 3 blue tits, 1 coal tit, 2 collared doves, 3 house sparrows (male), 2 great tits, 1 robin, 2 wood pigeons.

Other wildlife - 1 black pheasant, 1 grey squirrel and 1 rat (eek!)

Jayne Robertson

I felt this was a quiet hour in terms of bird activity, as I often see a much greater variety of birds in the garden, however it would be too much to hope that they would all turn up to feed during that particular hour!

2 x Robins, 3 x Great Tits, 2 x Blue Tits, 2 x Wood Pigeon, 5 x Blackbirds, 9 x Long Tailed Tits, 1 x Jackdaw, 1 x Greater Spotted Woodpecker.

RSPB scientists will use all the reported sightings in gardens across the country to monitor trends and to assess how different birds and other wildlife are faring.

- 323,291 were involved in this project
- 210,214 people submitted results
- 6,339,389 birds were counted

This edition of the Hawstead Journal has been kindly sponsored by Bill and Margaret Crockford of The Pound. If you would like to sponsor the Journal, please contact Judy and Dave Carter.

VILLAGE VEG

A veg box scheme for the village.

We will deliver fresh, local veg, salads and fruit to your door each week. Various different box sizes available.

All produce grown by us in Hawstead.

VERY FRESH – VERY LOCAL

NO FOOD MILES

Please get in touch if you are interested, no commitment needed at this stage but it will help us to have some idea of the quantities to grow. We hope to start delivering towards to end of May.

Andy and Fran Evershed evershed1@tiscali.co.uk 01284 386501

OCCASIONAL LUNCHTIME DOG WALKER REQUIRED

We occasionally have to leave our dog for long days due to work commitments.

We would love to find someone who we could call on to take her for a walk in the middle of the day (just around village green, or similar) to break up her day.

She is a docile, well behaved Black Labrador. She could be walked with another dog either on or off the lead.

We would always be able to give at least a few days' notice of when a walk was required.

Good rate of pay.

Please contact: Jayne Robertson, Grove House, Church Road.

Tel: 01284 386164 / 07929 120719

Farewell from villagers

Having lived in Hawstead for 17 years, my son and I moved into town in December. We are going to miss the village and the people we came to know and would like to thank them for their friendship and for all they did for us. If anyone would like our new address, please contact me on me on allen_simpson@btinternet.com.

Allen and Jarret Simpson



Question - What, exactly, is living in your body?

Answer - Microbes, lots of them, trillions in fact.

These bacteria are single cell micro-organisms that first appeared on earth 3 – 4 billion years ago. They make up 90% of our cells and form a finely balanced community known as a 'microbiome'. Microbiomes are unique to

each of us and can be viewed as an extra organ interacting with and controlling processes in our bodies. They play a vital role in our health, breaking down and digesting our food, manufacturing vitamins, hormones and other chemicals, fighting off harmful bacteria and it seems, protecting against obesity. Changes in its makeup can affect our immune system, metabolism, weight and mood and are probably implicated in diseases such as Crohn's, irritable bowel, cancer, autoimmune disease, diabetes and heart disease.

Research, called The British Gut Project, is being carried out by King's College London in collaboration with the University of Chicago, to understand the crucial relationship between our health and our microbiome. The research will answer such questions as what constitutes a 'healthy' microbiome, how much does our choice of lifestyle and diet influence our microbiome, can we alter our microbiome to make us healthier and if so, which combinations of bacteria should we encourage or avoid? The project mainly focuses on the gut but is also studying oral, skin and other areas of the body where microbes are found.

King's College are actively looking for people in the UK to take part in this research. If you wish to participate, you will be sent a kit with detailed instructions on how to collect and send your samples. These will be analysed by the University of Chicago and you will receive a personal profile of your microbiome showing the major groups of bacteria present and the proportions in which they are found. Once you have your results, you will be able to see how your bacterial community compares to others in the study with similar profiles.

Simply sign up at www.britishgut.org and make a donation – as much or as little as you choose.



CHRISTMAS FAYRE

The Xmas Fayre was held in the village hall on Sunday 7th December. This year we not only had stallholders from the village but also from some of the surrounding villages. The hall looked very Christmassy with the lovely decorated Christmas tree.

There were lots of lovely Christmas goodies for sale including Christmas wreaths, homemade Christmas decorations, jewellery, preserves, homemade bath bombs and lots more. The star of the fayre was a 12yr old boy called William who brought his handmade reindeers to sell and completely sold out . They looked amazing - he did such a good job with them.

The ladies from the church did a great job serving teas, coffees and cakes to everyone and managed to make in excess of £140 in aid of the church funds.

Steve Butt braved the cold weather to cook up bacon and sausage rolls for everyone's breakfast/lunch.

It was a great event and very well attended. I would like to thank all the stallholders for taking part and the people who helped with setting up and tidying up afterwards, the Community Council for use of the village hall, the Parish Council for arranging the lovely Christmas tree in time for the fayre and Clive Robinson for helping with the advertising.

We hope to make this event a permanent fixture on our village calendar. If you would like to take part, then look out for information about it later on this year.

HAWSTEAD CRAFT GROUP

We meet in the village hall on the last Monday of the month between 10am and 4pm. If you would like to join us, you are very welcome. You can bring any craft project along to do or to get help with. The dates for the next couple of meetings are Monday 30th March and Monday 27th April. I look forward to seeing you there. If you have any questions, then please contact me on 01284 388817 or email joandstevebutt@yahoo.co.uk

Jo Butt

HISTORY RECORDER'S REPORT

A copy of the History Recorder's Report is now available on the Parish Council website www.hawstead-parish-council.co.uk



HEDGELAYERING AT THE MILLENNIUM FIELD

This was carried out by 12 different volunteers (6 on each day) from The Environment Agency and Natural England who haven't done any hedgelaying before. Many plan to use their newly acquired training to lay and manage other hedges in Suffolk and Essex. We aimed to give everyone a fun practical day and the opportunity of trying all parts of the work. We kept as much dead and mature wood habitat in the hedge as possible. The result should be a thicker, dense stock-proof hedge which will now shoot from the cuts at the base to knit through the 'plashed' or laid trunks. It can then be trimmed as the Parish Council wishes. Stakes and ethers (the weaving rods for the top) were sourced from surplus suckering growth around the churchyard and Millennium Field which would otherwise have to have been cut back on a different occasion. Waste brash is being burnt on the bonfire in the churchyard. Individual specimen trees have been left to grow on. These can of course be thinned or added to as people think fit. The work should all be completed by or shortly after the 23rd Feb.

Thanks also to all the villagers who helped plant the hedge around the Millennium Field and Brian Kew who organised the planting at the time.

James Carr



Thanks to Andy Parrett for being official photographer .

Visit here to view all the photos <https://www.dropbox.com/home/HedgeLaying>