

ISSUE  
**26** **The Village Voice**

16 August  
2023



## Welcome to our village newsletter

Summer has been a bit of a damp affair this year, but it's been great for grass growth generally and the abundance of wildflowers. Despite the weather, village volunteers (the Jammie Dodgers) have been out and about busy sprucing up the metal swings on the village green and revamping the tired bus shelter at the bottom of Whepstead Road. New Jammie Dodgers are always very welcome to join the group... contact John West (second from left on the swing!) if you are interested in offering your time.

And village-based businesses are reporting a busy summer too, with both Maglia Rosso and The Great War Huts welcoming lots of visitors to their events. Inside you'll find a run down of what they have to offer to both residents and visitors from further afield.

Note our copy deadline for the next issue of the Village Voice is early November 2023. Please send items to [bookings@hawsteadvillagehall.co.uk](mailto:bookings@hawsteadvillagehall.co.uk). If you are new to the village, please make sure we have a valid email address for you so that you can be included on our regular email updates and the distribution list for the Village Voice.

# HAWSTEAD FETE

SUNDAY 10TH SEPTEMBER 2023

**CHILDREN'S ACTIVITIES**

**PRODUCE SHOW**

**TEA & CAKES**

**BBQ, BEER & WINE**

**COCONUT SHY & GAMES**

**BOOK STALL & BRIC A BRAC**

**10  
SEPT**

**2PM - 5PM**

**HAWSTEAD VILLAGE  
GREEN & HALL**



**FREE ENTRY**

**BBQ**

**BAR OPEN**

**ALL WELCOME**

# Hawstead Village Fete coming soon...

Our annual village fete is set for **Sunday 10 September from 2 til 5pm on the village green.** Come along and meet your neighbours over a cuppa and cake, and have a go at some of the traditional fete games.

This year we've moved the date of the Hawstead fete one week later because many of our fete volunteers are away the first weekend in September. Scheduling the fete for 10 September also means that children will be back at school and families will have returned from their holidays. So hopefully, that will make a busier day!



We are going to make the fete simple this year, so there is less pressure on volunteers and we can all have fun and have the chance to relax with friends in the afternoon. But there will still be plenty to enjoy!

We'll have traditional games including the coconut shy and splat the rat, the book stall (with new stock!), the BBQ and bar, a tea and cake stall and, if the village green is cut in time, a tractor display.

The produce competition is at the heart of the fete, but the organisation of so many categories is complicated. Having had fewer entries in recent years, we are going to try and simplify it in 2023. The number of categories has decreased, and there's just one cake competition.

Remember, the Produce Show is **FREE TO ENTER**, and we've made it so you can find something in your house or garden that you are proud of and can easily enter for the fete without too much stress!

## Flowers

Class 1: best individual bloom

Class 2: best flower arrangement (miniature or full size)

## Fruit and Vegetables

Class 3: best vegetable (display the vegetable you are most proud of from your garden... it can be an individual vegetable or a plateful, for example, four beans)



Class 4: biggest vegetable

Class 5: longest bean

### Adult arts and crafts

Class 6: best artwork, painting, photograph or craft work, including knitting

### Children's category

Class 7: best photograph, artwork or craft work

Class 8: best miniature flower arrangement

Class 9: best character (animal or human) created from vegetables

### Other categories

Class 10: best jam, chutney or honey

Class 11: funniest shaped vegetable!



# Hawstead fete needs you!

There are lots of ways to contribute to this year's village fete. Listed below are some ideas!

### How you can help

- Bake a cake for the cake stall
- Donate books for the book stall (we would like fresh stock)
- Donate prizes for the tombola
- Donate quality bric-a-brac
- Put up posters, send out the press release and deliver flyers locally
- Put up bunting
- Post fete information on local community social media pages, and share information with local schools and PTAs.

### On the day of the fete we need volunteers to:

- organise the Produce Show entries in the morning
- assist Ethel to set up and run the bric-a-brac stall
- man a shift on the cake stall and in the kitchen
- run the bar
- run the BBQ
- offer children's face painting or craft activities
- run the tombola
- run the coconut shy and/or splat-the-rat, etc.

We are also considering an idea about people and their dog portraits (if you like to take photos and would be willing to work on this idea with us, contact Caroline Miller – see below).



If you can help with any of the above tasks, please contact Caroline Miller on 07980 675137 or email her on carolinemiller033@gmail.com



### Join the gang to set up for the fete the day before...

Volunteers are also needed to help set up for the fete from 10am til 12.30pm on Saturday 9 September, and for clearing up after the fete has finished. If you can spare an hour to help with this, please call Caroline on 07980 675137 or email carolinemiller033@gmail.com. All help is very gratefully received. We are a well-oiled gang now, and should be able to get the set up and clearing away done quickly!



## Produce Show Cake Competition

**This year the baker of the winning cake wins a £20 Waitrose voucher! Check out the recipe below and start practising!**

This year we are having one cake competition for allcomers. The recipe, chosen by Sheilagh Mead, is a classic carrot cake.

### Ingredients

- 2 cups flour
- 2tsp baking powder
- 1tsp bicarbonate
- 1tsp salt
- 2tsp cinnamon
- 2 cups brown sugar
- 4 eggs
- 3 cups carrots (grated)
- 1 cup walnuts
- 1 cup corn oil

This is a classic all-in-one recipe. Place all the ingredients into a bowl. You can mix it by hand or use an electric whisker. Put the mixture into a cake tin, either a round tin approximately 7.5 inches, or a loaf tin. Decorate as you like (some people don't like the soft icing, so we are leaving it up to you!).

The cakes will be judged on taste and appearance.

Cook for about 25/30 minutes on 180 electric Gas 4 or until the top and sides are golden, and a toothpick inserted in the centre comes out clean.



# Looking back at Hawstead Fete 2007!

Hawstead Village fete is an annual tradition, enjoyed and supported by villagers over many years. See who you can recognise in these photos from the fete in 2007. The traditional Produce Show is lots of fun and is a colourful way to celebrate all the gardening skills and creativity of village life.





# Diary dates to end 2023

Wednesday 23 August – Great War Huts Site Tour 11am-12.30pm; Hutted Histories talk at Brook Farm Camp from 7.30pm

Friday 25 August – Classic Car Evening, Maglia Rosso from 6pm

Monday 4 September – HCC meeting from 6.30pm

Saturday 9 September – Suffolk Historic Churches Trust (SHCT) Annual Ride and Stride, 9am–5pm

Saturday 9 September – Heritage Open Day - Creative Conflict Exhibition at Brook Farm Camp

## **Sunday 10 September – Hawstead Fete (NEW DATE)**

Saturday 16 September – Churchyard tidy up, 10am-12pm at All Saints, Hawstead

Friday 22 September – Classic Car Evening, Maglia Rosso from 6pm

Sunday 24 September – EAAA's Only the Brave obstacle run

Monday 25 September – Service of licensing at Lawshall Church

Wednesday 27 September – Great War Huts Site Tour 11am-12.30pm; Hutted Histories talk at Brook Farm Camp from 7.30pm

## **Saturday 7 October – Macmillan's Big Coffee Morning**

Saturday 14 October – Churchyard tidy up, 10am-12pm at All Saints, Hawstead

## **Saturday 21 October – ShantyFolk Community Shindig at Hawstead Village Hall**

Wednesday 25 October – Great War Huts Site Tour 11am-12.30pm; Hutted Histories talk at Brook Farm Camp from 7.30pm

Monday 6 November – HCC meeting from 6.30pm

Saturday 11 November – Last Churchyard tidy up for 2023, 10am-12pm at All Saints, Hawstead

**Saturday 2 December – Advent service at Hawstead Village Hall, with mulled wine and mince pies afterwards**

**Saturday 9 December – Triple-20s Christmas Lunch**

**Monday 11 December onwards – Main hall closed for new hall flooring (meeting room open)**

# Doc Lacey

Many villagers will remember the lovely couple Doc and Flo. Sadly Doc died recently while on a cruise in the Bahamas celebrating his 90th birthday.

Doc and Flo lived in Pinford End for several years before moving to Flagler beach in Florida in 2018. The couple took part enthusiastically in village events, and Doc will be remembered for his tireless support of the village fete (especially his penny game), his Bridge playing and his beloved dog Max along, with many other things. Our thoughts go to Flo (Florence Brewster) at this time.



# Editor wanted

Do you have a flair for writing and a willingness to keep your finger on the pulse of village life? If so, then compiling and editing this newsletter could be the 'job' for you!

Contact [bookings@hawsteadvillagehall.co.uk](mailto:bookings@hawsteadvillagehall.co.uk) for more information.

# Hawstead's Community Orchard

Most villagers know that we have a community orchard in the Millennium Field next to the church car park. It was created by volunteers in the nick of time, just before lockdown struck in 2020, and comprises a collection of fruit trees – apples, pears, plums, gages and damsons. Here Andy Parrett updates us on progress.

From small saplings, these fruit trees are growing, albeit some needing to be encouraged into a better pattern of growth than they have adopted so far! But then these different species/varieties do have different habits in terms of how and where to push out new branches.



Having taken a trip down to the orchard today (29 July), I can see that some trees are now beginning to produce fruit! There again, others aren't! There are also signs of some disease and leaves being eaten by (I guess) birds. Ah well... at any rate, I can confirm that this is an organic orchard and I don't plan to be using any chemicals to control pests and diseases.

One tree (a pear by the name of Beth) gave up the ghost very early on, But I'm pleased to say that a replacement will be coming next winter. Also a space which wasn't used in the initial purchase will be planted with another Suffolk apple variety called 'Lady

Henniker'. It was introduced by the head gardener at Thornham Hall near Eye in 1873 and named after the Lady of the Hall. It achieved an RHS First Class Certificate just 2 years later, so we should be able to look forward to some excellent apples from this tree in a few years time.



By the way, there's a few small fungi in the orchard as well.

*Andy Parrett*



# Suffolk's wild orchids

In July 2023, on the left as you get towards the top of Bull Hill, Andy Parrett spotted a patch of magenta pyramidal orchids blooming. They can also be found occasionally in local fields and on the protected grassland of the village green.



The pyramidal orchid is a small orchid that lives up to its name. The orchid's head comprises a bright pinky-purple, densely packed pyramid of flowers atop a green stem with long, narrow and pointed leaves. Each densely packed flower spike holds up to 100 flowers, and attracts a range of butterflies and moths. It particularly likes chalk grassland, sand dunes, roadside verges and quarries.

It can grow up to 55cm tall and is relatively common, flowering in June and July each year. It is also quite widespread in England and Wales, but scarcer in Scotland.

## Did you know?

Orchid seeds do not store enough food to grow on their own, so they team up with a mat-forming fungus in the soil. In turn, the orchid's roots protect the fungus.

## New community clubs for Hawstead?

Lots of interest was expressed in our 2022 community survey for more clubs in Hawstead. We handed the initiative back to villagers to get things started. What's happened to date?

So far we have had just two villagers interested in a gardening WhatsApp group, and that's it! To join the **Hawstead WhatsApp Gardening Group**, you will need a mobile phone and WhatsApp on your phone. Please email [bookings@hawsteadvillagehall.co.uk](mailto:bookings@hawsteadvillagehall.co.uk) with your name and number and we will add you to the group. You can then start posting messages and sharing advice/plants. Thanks to Sally Tolhurst for suggesting this group.

In terms of other groups starting up, we remain eager to facilitate any new ideas for community access, but will not be organising them ourselves. So if you would like to get something started, please touch base with a member of your Community Council so we can help get things moving.



# Hawstead's Carpet Bowls Club

**Our friendly village bowls club welcomes all ages to its Tuesday evening sessions. Pop along from 7.30pm to join in, or watch a few games while sipping tea and munching on a biscuit!**



The Village Carpet Bowls Club continues to meet on Tuesday evenings at 7.30pm. We always welcome any new members, so why not give us a try? No previous experience is needed and all of the equipment is provided. We stop for tea at half time, making it a really sociable evening.

We are playing away at Lavenham on Thursday 31 August, and they are returning to us on Tuesday 19 September. We have been playing these friendly evenings for some years now and they are great fun. So why not come along soon and be part of the club?

# Suffolk Historic Churches Trust

**The Suffolk Historic Churches Trust (SHCT) Annual Ride and Stride (<https://shct.org.uk/ride-and-stride>) will take place on Saturday 9 September between 9am and 5pm. Can you play a part in fundraising or welcoming tired visitors?**

Every second Saturday in September for 40 years the SHCT has been running its famous bike ride fundraiser – invented here in Suffolk and now copied all over England! These days it is called Ride and Stride because some fundraisers choose to walk. You might consider cycling as a family, with friends or as a solo, finding companions along the way. Some cyclists do 20 or 30 churches, but most settle for a relaxed ride between 4 or 5. You will receive a warm welcome at the churches, and you might be surprised by the fascinating social history in the churches that you visit.



All you need do ahead of the day is plan a route and get friends and family to sponsor you with either a fixed sum or on a per church basis. Half of the money you raise will go straight to the Church you nominate (hopefully All Saints, Hawstead!) and half to the Trust to help churches in their moments of need when the roof leaks or the masonry crumbles.



For more info and/or a sponsorship form, or if you can assist on the day for an hour or two as a Welcomer at the Church, please contact me on 01284 386157 or [mharrison151@btinternet.com](mailto:mharrison151@btinternet.com)

*Mike Harrison*

# Maglia Rosso Update

Maglia Rosso was very pleased to host **THE EDGE CYCLE RIDES** on 9 July on behalf of the St Nicholas Hospice, with 200 cyclists tackling various routes from 15 to 100 miles. The weather was kind to us and all participants enjoyed themselves. The event raised more than £12,000 for this very important cause.

We also ran another of our **CLASSIC CAR EVENINGS** in July, with over 50 vehicles on show, including vintage cars, more modern classics and some competition cars, with owners from near and far enjoying the evening. The next one is scheduled for **Friday AUGUST 25** and another on **22 SEPTEMBER**.

**Here's a short report on July's Classic Car evening from Andy Parrett... why not wander down at the end of August and see what it's all about?**

On Friday 28 July, on a fine summer's evening, there was a gathering of classic cars at Maglia Rosso on Lawshall Road, organised and hosted by Matt Denny. We mingled and examined old and not so old cars and studied enviously how the older ones particularly had been either maintained in pristine condition or had been restored to perfection. And there were some amazing bits of kit

lurking under the

bonnets of some of them! Cars turned up at around 6pm, there was food and drink to be had in the café, and owners chatted in small groups whilst admiring each other's vehicles. After a couple of hours, people and cars departed either towards Bury or Lawshall. Why not wander along next time?



# Jammie Dodgers

Our village volunteer group the Jammie Dodgers has been busy since the previous issue of the Village Voice. Volunteers have been out in force with paint brushes in hand brightening up the bus shelter and the swings on the village green.

On Saturday 24 June a small group of village volunteers met up at the bus shelter at the bottom of Whepstead Road for a few hours renovating the paintwork. Villager Dave Dawson had already been down to replace some broken roof tiles and plastic guttering. On the Saturday morning, all the internal walls were repainted

white, and the external woodwork was treated with Sadolin. The drainage channel outside was also cleared of vegetation/soil to help avoid flooding. We are fortunate that villagers are prepared to give an hour or so of their time to participate in small tasks for our lovely village. Thanks to the volunteer team on this occasion, which included John W, Chris, Susanne, Henry, Sarah and Mike. We now have one refurbished shelter for our 'regular' (the 375 bus to and from Bury runs once a week on Wednesdays) bus service!

In time, we also plan to install a wooden bench inside to complete the upgrade.

The Parish Council also decided that the metal swings on the village green were in need of some cosmetic attention. So on a fine Saturday morning in August another team of village volunteers did the necessary. Wielding paintbrushes this time were Penny, Jayne, Rebecca, James, Janet and Andy.

The swings were originally bought for the village in 1970. Indeed there's a small plaque on the swings that confirms this date by Wicksteed the manufacturers. Miss Stella Woodman-Smith, who did a great deal for Hawstead back then, arranged the purchase. Further research also reveals that the swings were erected on site 53 years ago by Mr Pat Baker of Shepherds Cottage and Mr John Smith late of Whepstead Road.

The painting party took a couple of hours to restore the swings to their former glory, and the team was delighted with the result.

John West

**All residents are welcome to be placed on the Jammie Dodgers mailing list to be kept informed of village projects and opportunities for volunteering. Contact John West direct on [john@johnwestfinance.co.uk](mailto:john@johnwestfinance.co.uk).**



# All Saints Church 100 Club

We've had three draws of the All Saints 100 Club since the previous issue of our Village Voice, but who were the lucky winners?

**100**  
CLUB

- Draw on 28 May for £20 each: 70 Rebecca Cobbold and 44 Caroline Miller
- Draw on 25 June for £250 each: 9 James Carr and 31 Ann Arnold
- Draw on 23 July for £20 each: 5 Henry Harrison and 17 Denise Baker

The draws usually take place during refreshments after the service at Church.

## Church services in Hawstead

The Revd Melanie Takac (seventh from the left in the photo!) was ordained at the Cathedral in Bury St Edmunds in July. She will continue in her training for the next 2 years as Curate within the Horringer Benefice. Congratulations Mel!

As well as helping Max around the Benefice, Mel is taking monthly services and also visits the Pinford End Nursing Home.



The service pattern at All Saints, Hawstead is:

- 2nd Sunday of the month, Morning Prayer at 11am
- 4th Sunday of the month, Eucharist at 11am given by Rev Adrian Holstock or Canon Max Osborne.

Both services are followed by refreshments, to which all are very welcome, even if you haven't attended the service! On the 1st and 3rd Sundays, services will be held at St Peter's Church Nowton at 11am.

The services for the Benefice are displayed on the noticeboard at the Lynch Gate of the Church. You will be made very welcome at other Benefice churches.

We are always seeking volunteers to help with the cleaning of the Church and flower arranging on a regular basis. Neither are onerous tasks. If you would like to help, please call Lesley 386132 or Rosemary 386157.

# Church news

**After months of waiting, we now have confirmation of the new benefice arrangements. We are to become part of 'The Benefice of Horringer', along with Nowton, Westley, Whepstead and Brockley.**

Finally it has been agreed under a Pastoral Scheme by the Church Commissioners on 21 July 2023 to dissolve the Benefice of St Edmund Way, with the creation of a new Benefice of Nowton and Hawstead that will belong to the archdeaconry of Sudbury and the deanery of Thingoe. This Benefice will join with the old Horringer Benefice to create a new Benefice named 'The Benefice of Horringer'. It will comprise the parishes of Horringer cum Ickworth, Brockley, Westley, Whepstead, Nowton and Hawstead. Canon Malcolm Eric Osborne holds an ecclesiastical in the old Horringer Benefice, and he will be the first incumbent of the new Horringer Benefice.

There will be a service of licensing at Lawshall Church on Monday 25 September (time to be confirmed).

## Caring for the Churchyard in 2023

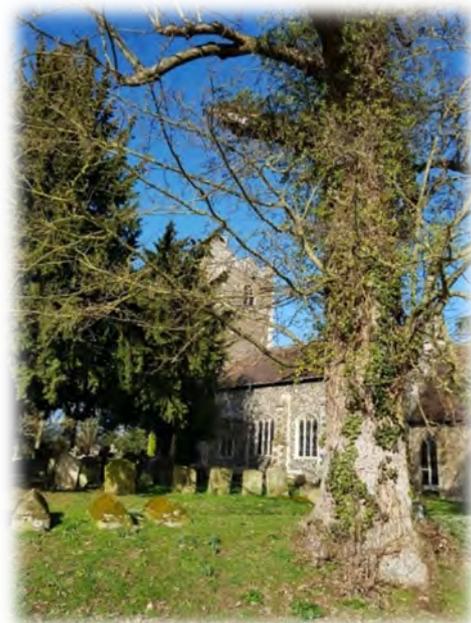
**In 2023, why not come and join the volunteers at the churchyard helping to keep the hedges and weeds under control? The Church relies on village volunteers to maintain its grassy areas, trees and hedgerows. Whether you can give an hour or a morning, your efforts will be very welcome. Dates for your diary below!**

Saturday 12 August saw a handful of volunteers gather to try to get to grips once again with the grass and hedges in the churchyard. Thanks to Paul, Andy, Dave and Judy, Lesley and Susanne for their time. There's still plenty of strimming and mowing to be done, so if you have time on any day or evening, please do pop down and see what can be done to tidy up the churchyard. There's always lots of strimming and mowing needed around the gravestones.

An extra thank to Ben and Hannah for additional strimming and hedge trimming on Monday 14 August on their returns from university, ably assisted by Chris and Susanne. The bonfire mound is beginning to build up nicely!

Here are the proposed dates for the remainder of the year: September 16, October 14, November 11.

*Andy Parrett*



# St Edmundsbury in tune!

Mike tells us about a local opportunity to experience top-class musical performances just a few miles from Hawstead. Brighten up a Friday evening with a short trip to Horringer Community Centre for a monthly keyboard recital.



On the last Friday of every month (except December, when it is the second Friday) there is a wonderful evening of music at Horringer Community Centre (IP29 5RU) starting at 7.30pm (doors open at 7pm) and ending at around 10pm. The concerts are first-class keyboard performances of all sorts of music, including Big Band, Show Music, Orchestral, some Light Classics and Popular. A different professional appears each month, so there is variety at every concert. The keyboards are projected onto a large screen, which adds to the enjoyment and enables the audience to appreciate the skills of the musicians.

Admission is only £8, and that includes refreshments at half time. There's plenty of car parking if you are not familiar with the Centre, and there is a jolly good raffle at each concert too. Why not give it a try?

The concert diary for the remainder of 2023 is as follows:

- 25 August – David Last
- 22 September - Andrew Nix
- 27 October - Tony Stace
- 24 November - David Thomas
- 8 December - Chris Stanbury

For further information, please contact Mike Roberts on 01359 250704 or 07773 244 616 or [mikedrob27@gmail.com](mailto:mikedrob27@gmail.com)

*Mike Harrison*

## Hawstead's Oil Group

Would you like to benefit from the group discount negotiated for the bulk oil delivery for Hawstead. Here's how...



I shall be placing another Village Oil Group order soon, so why not give us a try? Remember, you can order just the minimum quantity of 500 litres and not pay any extra because everyone pays the same price. I order the oil through Framtrade of Framlingham, and they seek out the best price for us on the day. The other great benefit is that you don't pay a penny upfront. After delivery, Framtrade, with whom we have been dealing for about 10 years, will forward you an invoice for settlement of the amount delivered. The settlement date is several weeks hence, thus giving you about 1 month interest free after placing your order. Please contact Mike Harrison on 01284 386157 or [mharrison151@btinternet.com](mailto:mharrison151@btinternet.com) for further details or to add yourself to Hawstead's Oil Group.

# Brook Farm Camp

Taff Gillingham from Brook Farm Camp is reporting a very busy summer, with site tours and Hutted Histories talks all well attended. Why not make the short trip to the Camp and learn about this special First World War heritage project on our doorstep.

Our monthly site tours are proving very popular and will continue at 11am every fourth Wednesday of the month until November. There is a talk about the project, followed by a tour of the huts and trenches, which usually takes about 2.5 hours. Tea and biscuits are always available.



For our younger visitors, 'Training for Trenches' returns on every Wednesday in August at 10am. These 2-hour sessions are for 7–12 year olds.

For Heritage Open Days in September we are planning a 'Creative Conflict' exhibition of items or art made by servicemen and women, prisoners of war and civilians during times of conflict.



The Hutted Histories talks are also proving very popular. They are on the same days as the tours, but starting at 7.30pm. The Wednesday 23 August talk will be fascinating. Geoff Cooper will be talking about the 'Heroic Era' of Antarctic Exploration and his work restoring the original huts left behind by Scott, Shackleton and others at the far end of the Earth. The September talk is on the raising of the New Armies in 1914 and 1915 and, in November, Lyndsay and Taff will be talking about the Cenotaph in Whitehall and the annual service of Remembrance.

For our younger visitors, 'Training for Trenches' returns on every Wednesday in August at 10am. These 2-hour sessions are for 7–12 year olds.



All events are bookable on our events

page: <https://www.greatwarhuts.org/events>

Taff Gillingham

Great War Huts, Brook Farm Camp, Bell's Lane, Bury St Edmunds  
IP29 5NW

# Regular weekday events at Hawstead Village Hall

The following events are **open to all villagers** and are run at the Village Hall

## Weekly events

- **Yoga** with Sam every Tuesday morning from 9.15am
- **Yoga** with Amber every Tuesday evening from 6pm (picture on the right in the summer)
- **Bowls Club** every Tuesday evening from 7.30pm
- **Yoga** with Saffron Yoga (Siobhan) every Thursday from 9.30am
- **Fitness** with Michelle every Thursday from 7pm

## Other events

- **HATS** – Hawstead Appreciation & Tasting Society – meeting monthly on a Thursday evening from around 8pm



## Drop in Yoga Classes

A graceful progressive flow class working on strengthening the mind and body, leaving you feeling balanced and grounded.

**Tuesdays 6pm**

Hawstead Village Hall

**Sundays 9am**

The Unitarian Meeting House,  
Churchgate Street, Bury St Edmunds

**£8 drop in**

Please contact me on 07983 573157  
or at [ambersparkle84@gmail.com](mailto:ambersparkle84@gmail.com) for more details.



## Saffron Yoga

Friendly, informal and flexibly priced  
yoga classes held at  
Hawstead Village Hall

**Thursday 9.30-11.00am**

Suitable for beginners and experienced students  
£12 drop-in or £10.00 for monthly booked

Call Siobhan Kemp on 07780 873138 or email  
[siobhan@saffronyoga.co.uk](mailto:siobhan@saffronyoga.co.uk) or visit website

**[www.saffronyoga.co.uk](http://www.saffronyoga.co.uk)**

## Stretch & Tone

Do you like Yoga, Tai Chi, &  
Pilates?

Try Sam's classes

**Tuesdays 9.15am-10.15am**



Enjoy movement to music

At Hawstead Village Hall

**£24 for 4 sessions**

Call Sam on 07850 207365

to book.

# Ragwort warning – be vigilant

Poisonous to grazing livestock, this quite attractive yellow weed is becoming more often seen in hedgerows and no-mow gardens. If allowed to go to seed, the knock-on impact on grazing land can be massive. Here's the low-down on this native plant and information about controlling it.



Ragwort (*Senecio jacobaea*) is one of the most divisive plants in the countryside. It is a native biennial and is a food source for a wide range of insects, particularly the cinnabar moth. Not usually a significant problem in gardens, its poisonous qualities can make it a serious issue in paddocks and gardens backing onto fields grazed by horses or cattle.



The pretty daisy-like clusters of yellow flattened flower heads of common ragwort belie the poisonous nature of this plant. It is a relatively tall-growing plant (up to around 90cm) with leaves that look 'feathery' because they are very divided. It flowers in its second year from June to November.

## How common is ragwort?

Experts suggest that once ragwort is on certain areas of land, it can be really difficult to manage. A single plant can contain thousands of seeds, and these can disperse easily into fields.

Many farmers take preventative measures to reduce the risk of ragwort spreading on the land they own, but it is hard to reduce the risk fully because it often appears on areas that are less easy to control, such as roadside verges.

## Is ragwort poisonous?

Ragwort contains toxins called pyrrolizidine alkaloids. These, in sufficient quantities, can cause liver poisoning in horses and other livestock. It is a cumulative poison that eventually leads to the rapid onset of symptoms before death.

## Can you control ragwort?

It is vital that ragwort plants and roots are removed before they seed and spread the weed further.

Non-chemical options for preventing its spread are limited, including pulling ragwort using a special fork and gloves. Hawstead village green is checked regularly for ragwort because a crop of hay is usually taken from it each year.

These days, farmers typically apply the herbicide glyphosate. However, the use of glyphosate is controversial.

Ragwort is covered by both the Weeds Act 1959 and the Ragwort Control Act 2003, the latter of which provides a code of practice for preventing the spread of the plant.



# Only the Brave...

On Sunday 24 September, East Anglian Air Ambulance is hosting its annual mud obstacle run Only the Brave. Find out more about Only the Brave here:

[www.onlythebraveraces.co.uk](http://www.onlythebraveraces.co.uk)

Only The Brave is inspired by EAAA pilots, doctors, paramedics, patients and their families. They amaze us when they overcome physical and emotional obstacles every day. They tell us it's *'not the obstacles you face, but the way you deal with them'* that counts. Participants will need the same mentality to complete the course.

- Up to 35 obstacles
- Lots of mud!
- Full of fun!

**There's one vacancy remaining on this year's Hawstead Community Council's Executive Committee.** If you are interested in joining the team and are also prepared to take on personal responsibilities, then please do get in touch for a chat either directly with John Shipley ([ajsrowans@gmail.com](mailto:ajsrowans@gmail.com)) or through the main village hall email address [bookings@hawsteadvillagehall.co.uk](mailto:bookings@hawsteadvillagehall.co.uk)

East Anglian Air Ambulance's  
**BRAVE THE ATNO**

# ONLY THE BRAVE

Euston Estate, IP24 2QP

Introducing  
**BRAVE IT TOGETHER**

NEW FOR 2023  
MINI OBSTACLE RUN FOR FAMILIES

**24 SEPTEMBER 2023** | **UP TO 35 OBSTACLES 6 OR 10 MILES**

[www.onlythebraveraces.co.uk](http://www.onlythebraveraces.co.uk)

East Anglian Air Ambulance

FR FUNDRAISING REGULATORY

Registered Charity in England and Wales.  
Registered Charity number 1003876

**SIGN UP TODAY**

## HAWSTEAD VILLAGE HALL PART CLOSURE

The Village Hall's main hall will be closed from Monday 11 December for at least 5 weeks while the main hall and hallway flooring is taken up, the concrete surface repaired and a new floor laid. We hope to reopen fully mid to end of January. Events held in the meeting room should be able to continue subject to then-current works allowing access. The timing has been chosen to minimise disruption to our clubs and fitness groups, who would usually have a few weeks off around Christmas.



LEVEL 2 ACCREDITED  
CANINE HOOPERS  
INSTRUCTOR



# K9 VISION

## DOG TRAINING

NEW CLASSES & WORKSHOPS  
STARTING JANUARY 2023

- ▶ HOOPERS CLASSES  
(BEGINNERS - ADVANCED LEVEL)
- ▶ OBEDIENCE CLASSES  
(BEGINNERS - ADVANCED LEVEL)
- ▶ GUNDOG CLASSES
- ▶ UK DOG SPORTS CLASSES



CONTACT US TODAY!  
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