

Don't forget your
Free Tea and Coffee
At Hepworth Car Boot Sale
Saturday September 12th
 See page 3 for details



Playing It Safe

A pious man, who had reached the age of 105, suddenly stopped going to the synagogue.

Alarmed by the old fellow's absence after so many years of faithful attendance, the Rabbi went to see him. He found him in excellent health, so the Rabbi asked, "How come after all these years we don't see you at services anymore?"

The old man lowered his voice. "I'll tell you, Rabbi," he whispered. "When I got to be 90, I expected God to take me any day. But then I got to be 95, then 100, then 105. So, I figured that God is very busy and must've forgotten about me, and I don't want to remind Him!"

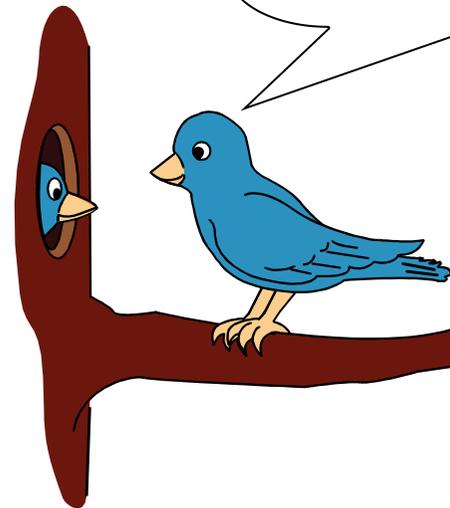


HEPWORTH SOCIAL CLUB

NEWSLETTER

Printed by John Beales, 20 Church Close, Hepworth. ☎ 01359 250048

A little birdie told me there is lots going on in Hepworth over the next couple of months and all the details are inside this Newsletter



Issue
 No 123

August
 2009

This Newsletter is available on the Internet at
<http://www.johnbeales.co.uk/news.htm>

Slimming World.

Hi, anyone out there looking to lose some weight??

Then come along and join us at Slimming World, it's all about healthy eating for all the family. We also encourage you to be more active and look at long term lifestyle changes.

Everyone is welcome whether you have a little or a lot to lose – do come along and find out more.

I'm Carol and I'm at Moreton Hall Community Centre, Bury St Edmunds on Thursdays at 9.30am, 11.30am and 6.00pm.

Tel: 01359 251866.

Also Rachel has just changed venues and is in Walsham-le-Willows Village Hall on Mondays at 6.30pm

Tel: 01449 677250.

Hepworth Pavilion - Hall Hire Charges

For All Functions

£25.00 for an evening session (£30.00)

£15.00 for an afternoon or morning session (£20.00)

£40.00 for an afternoon & evening session (£45.00)

£50.00 for all day (£60.00)

Prices in brackets are for Non Hepworth Residents.

All prices include the cost of heating, electricity etc..

Special prices available for regular or short hirings.

Bookings/enquiries

☎ 01359 250048

The Recreation Ground Committee reserves the right to decline a booking.

Martin'!!) carried Missi into the garden to do her 'business' as usual but, on their return, found Moll in the corner of the cage on her back with legs akimbo, looking pitiful and trying to pretend she was injured. What a con..... Marg had her measure though, she went and got the grooming comb; all of a sudden - whoosh, Moll was gone!!!!

I believe Missi's now negotiating a letting agreement with the others for renting this space to the highest bidder. Hang on *whose* space – it is *our* house after all!! At the moment she's doing extremely well and attending 'hydrotherapy' sessions (she's also looking at bikini's.....!!!).

Bill's 'booster' jab was due and, because of the problems we have with him, the vet thought it wise to give him a little sedative about an hour before the appointment. This was done on time and Marg duly took him to the vets when he was a bit dopey (*A BIT??*). Anyway, once there Bill decided it was time to liven up again and he was up to his old tricks....flinging himself about on the table, barking and snapping at the vet. She managed to get a muzzle on him, but Marg couldn't hold him still so they had to call on the veterinary nurse as well! What a palaver about a little prick!!! Anyway he's been 'done' for another year and had his nails cut to boot. Once he got home though – he trotted in his usual cocky way trying to make out he'd been so brave, I swear Missi's eyes rolled heavenward when she saw him. He then promptly fell asleep for the rest of the day so the sedative did work, although a bit on the late side.

Pip and pals

Crossword Answers from page 13

Across: 1 Spying, 5 Academic, 9 Tractors, 10 Déjà vu, 11 Extraction, 12 Yard, 13 Optimise, 16 Eleven, 17 Assets, 19 Road test, 21 Bank, 22 Accomplice, 25 Shut up, 26 Catacomb, 27 Courante, 28 Radish.

Down: 2 Pyrex, 3 Incur, 4 Gnocchi, 5 Abscise, 6 Andante, 7 Enjoyment, 8 Inverness, 14 Pistachio, 15 Ice-skater, 18 Sharpen, 19 Recycle, 20 Ammeter, 23 Laced, 24 Camps.



Pips Page

Hello Pip here,

Billy's decided against being a doctor and going for the College 'Train to Gain' programme. He's trying to get on a course to be either a 'Police Dog' running and catching the criminals; yeah he'd catch them alright, but, would he bring them back???, A 'Sniffer Dog' - I have my doubts about this one - his brain is scrambled enough already - can you imagine what he'd be like if he 'sniffed' something illegal. He's also interested in C.I.D. (Cats 'In Dogs) - thinks he may be sent 'Undercover' - what as? A 'dope' carrier perhaps? - that is a bit cruel - it's not his fault, he tries!! He could, with a lot of imagination be disguised as a cat and as long as he kept his mouth shut (now there's a challenge) - he should be OK. I know he can't go 'on motor patrol' 'cos every time he gets in a car he thinks he's being taken to the vets and is really nervous. Marg ensures she always has plastic covers on the seats, a good supply of 'doggy bags' and plenty of air spray on these occasions.....get the picture???

A couple of months ago we all went out for a walk and were let 'off lead' for a while as usual. During this Missi, who although the oldest, has more stamina than the rest of us ('cept for me of course), absolutely loves running around. Anyway, when we got home 'Management' noticed Missi was limping badly. She didn't go out for a few days after that to give her a chance of recovering. In the end she had to go to the vets and was diagnosed with a 'footballers injury' her crutiate ligament had been badly damaged and she had to go for an operation and stay overnight. We all missed her and were so glad to welcome her home. It is going to take her some time to recover as it was such a big operation. She's so brave though, hopping around on three legs and having to be kept in a cage, she hated this and 'management' thought the cage was a bit small for her, so they set up a 'play pen' in the lounge to give her a bit more room (are they daft or what???) She looked at this a bit suspiciously at first but then realised its advantages. There's no queuing for food, no pressure either, also the 'after dinner treats' we all have Missi can eat at her leisure and not be worried about dropping one and having a 'WIPPIT QWIK' (Abbi, Moll or Bill) spirit them away.

Anyway one day 'Doc Marg' (can be just as grumpy as 'Doc



Hepworth Social Club in conjunction with the Recreation Ground Committee will be holding a

Car Boot Sale

on Saturday September 12th at Hepworth Recreation Ground from 10.00am till 1.00pm to raise funds.

If you would like to book a pitch for the sale, the cost will be £3.00 pre-booked (before Thursday 10th) or £6.00 on the day.

Refreshments will be available including

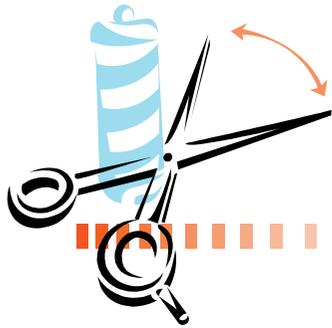
FREE Tea and Coffee

We need a few volunteers to help out for a couple of hours or so on the day.

We would also like to appeal to for small prizes for our Tombola.

Any items would be appreciated.

Need more details? Can you help? Give us a call. Telephone John or Margaret on 01359 250048



Experienced Barber
(Female)

Working from home in Hepworth
Or can make house calls

Call Joanne on 01359 250790
Mob 07796 295658

Hurry and Get Your Entries in for the **Hepworth Village Fete**

Saturday
22nd August 2009

at the
Village Hall and Playing Field

2pm - 5pm

Come along and have fun!

Entry 50p per person or
£1.50 per family

Games, Competitions and Other Attractions

In aid of the East Anglian Air Ambulance
And St Peters Church, Hepworth

RECIPE REFLECTIONS

I didn't have potatoes,
So I substituted rice.
I didn't have paprika,
So I used another spice.

I didn't have tomato sauce,
So I used tomato paste.
A whole can, not half a can;
I don't believe in waste.

A friend gave me the recipe,
She said you couldn't beat it.
There must be something wrong with her,
I couldn't even eat it!



Wordsearch Word List - Hepworth 'House' Names

Amical	Chippings	Grey Gables	Street Farm Cottage
Arboreum	Clare Cottage	Hall Barn	Tara
Arle	Conifers	Harvest Rest	The Acorns
Avoca	Cotswolds	Little Bishops	The Dairy
Bayswater	Cranfields	Nyetimber	The Granary
Beesome	East Barn	Our Own	The Old Rectory
Brambles	Edgefield	Rowan	The Old Stables
Brecklands	Fairholm	South Barn	West Barn
Caraway	Five Acres	Springfield	Whitethorns
Cassiobury	Fourways	Stepping Stones	Yew Cottage



RECYCLED PAPER OFFER

Recycled A4 paper (as used in this Newsletter)
80gsm. Suitable for laser, inkjet and handwriting

£3.50 per ream (500 sheets)

☎ John on 250048

backgrounds of its members and would be locksmiths applying for MLA training or licences.

“This potential security threat still exists and the MLA are urging businesses and members of the public to make sure they only use Master Locksmiths Association Licensed locksmiths for all their locksmithing needs.

“People often don’t realise that a locksmith is trained to overcome all forms of physical security and that if he or she installs your locks or cuts your keys in the first place then they will have the knowledge to gain access to your property, and the ability to make copies of keys. “They effectively have your front door keys and could literally walk into your home or business anytime they choose, without your knowledge of them ever having been there.”

The Minister of State, Government Equalities Office, recently said “Before giving somebody access to house keys or, even more crucially, the keys to a hospital or an old peoples’ home, it is not unreasonable to expect that person to have been checked and assessed as being trustworthy and honest.”

PLEASE BE WARNED - get a reputable locksmith who is a member of the MLA.

SUFFOLK IN THE NATIONAL NEWS FOR ALL THE WRONG REASONS

You will I am sure all be aware that our area and the Bury St Edmunds area were covered not only on the local news on Wednesday evening, but also on the national BBC breakfast news this Thursday morning, with regard to the nearly 300 odd council signs that have been stolen over the last few weeks. As stated on the news many of these signs were important warning signs there to warn drivers and prevent accidents. Again please if anyone has noticed any workmen recently taking up signs, or anything unusual, please contact your local SNT or the central Suffolk Police Switchboard on 01473-613500. Lets not have Suffolk on the national news again for all the wrong reasons.



Crime can not flourish in a community that cares



Word Search - Hepworth 'House' Name

There are 40 Hepworth 'House' Names encrypted in this wordsearch

How many can you find without referring to the list on page 29





HOUSEWORK A FLOP?

CALL MRS MOPPS!

AND I WILL MAKE YOUR HOUSE LOOK TOPPS!

REFERENCES AVAILABLE - CALL 01359 252242

PROPOSED WASTE SITE: HEPWORTH/STANTON

FINAL WARNING NOTICE

You will have probably seen in the press that Suffolk County Council has decided to have another round of consultation on the Core Waste Strategy which includes a proposal for a major waste site for industrial and commercial waste at Shepherds Grove (corner of Summer Road and A143). They are sticking to their opinion that the site is suitable for heavy industrial use and that INCINERATION is their preferred option. This could result in an incinerator up to 45m high with a chimney 90m high to get rid of the toxic fumes from the furnace. The majority of people in the area, along with our elected representatives at all levels totally disagree. If this site is approved, the NIGHTMARE scenario could include:

- a DISFIGUREMENT of our countryside and visual impact and a DETERIORATION of our quality of life
- a major HEALTH HAZARD to you and your children
- a substantial DEVALUATION of your property - from a desirable to undesirable place to live
- an horrendous INCREASE OF HEAVY LORRY TRAFFIC on the A143 and through surrounding villages
- and our tranquillity LOST FOREVER.

What can you do to help stop this madness?

EVEN IF YOU HAVE PREVIOUSLY OBJECTED, Suffolk County Council say that YOU MUST OBJECT AGAIN. Therefore, it is essential that you send your objections as soon as possible to: Graham Gunby, Minerals and Waste Policy Manager, Endeavour House, 8 Russell Road, Ipswich, Suffolk IP1 2BX. Alternatively, you can email: graham.gunby@suffolk.gov.uk. Suffolk County Council is also holding a series of 'drop in' sessions between 1500hrs and 2000hrs on the following dates and locations:

9th September Hepworth Pavilion,

10th September Walsham-le-Willows Village Hall

14th September Stanton Village Hall.

Your attendance is vital to ensure our objections are listened to. CAWS INFORMATION MEETING..... To make sure you know what's coming your way and the real threat to our quality of life, please make sure you can attend a SPECIAL INFORMATION MEETING at Stanton Village Hall on

Friday, 4 September at 7.00 pm

Need to know more? Visit www.suffolkcaws.org.uk (Campaign Against Waste Site) or come to our weekly meetings on Tuesday evenings at 7.30pm at The Cock Inn, Stanton

order to confirm the identity of Bona Fide employees, often referred to as "Water Company' Doorstep callers", as opposed to Bogus ones.

BEWARE OF THIS GENUINE SCAM

Norfolk Police have been made us aware of a BT collection service scam, which is believed to be a National fraud.

The details are as follows:-

A professional sounding adult male phones the victim (victims chosen are listed in the phone directory) stating he is calling from BT Collection Service because money is owed to BT. The caller states that the (victims) bank has stopped the Direct Debit and that money is immediately owed, failure to pay will result in their phone being cut off. The amount that is allegedly 'owed' has been less than £10 (typically £9). The caller requires the victims credit card details so that payment can be made. The caller also 'proves' he can easily cut off the victims phone telling them to hang up and try dialling out, it is then believed he puts them on 'hold' so that the line is still connected but of course the victim believes their line has been disconnected. The offender then phones them back and again attempts to obtain their credit card detail. The main object is not the £9 but is to obtain the credit card data. The caller is described as very professional sounding.

The advice always is to never give any personal/bank details to anyone who phones you or calls at your door. If they are genuine they will not object to you refusing your details until you have checked their request out for yourself.

A WARNING OVER UNLICENSED LOCKSMITHS

The Master Locksmiths Association is warning members of the public and businesses to be on their guard when using the services of unlicensed locksmiths.

The MLA reported that unlicensed locksmiths operate in an entirely unregulated manner and may include those with criminal records ranging from petty crime through to more serious crimes.

The warning follows a Government ruling which recently came into force that the Master Locksmiths Association is now entitled to carry out standard Criminal Records Bureau (CRB) checks into the

ADVICE FOR LANDLORDS - BURY ST EDMUNDS

Police are reminding landlords and owners of vacant properties to ensure that they keep their assets safe and secure, after a small number of buildings have been entered and used as squats recently in Bury St Edmunds.

As well as using sturdy locks, PIR lighting, alarms and CCTV where appropriate, owners are advised to make regular checks of their properties. Electricity supplies should be disconnected if the building is likely to remain unused for a longer period of time, and windows boarded up. Squatters can cause damage to property which can be costly, as can be directing a solicitor to assist in evicting them, and they are often also associated with anti-social behaviour and criminal activity.

If you do find your property has been unlawfully entered, contact police who will be able to determine if any criminal offences have been committed and if so deal with them robustly. Anyone trying to forcibly eject persons from the property may be committing an offence themselves and could be arrested.

Anyone with information about suspicious behaviour in or around property should contact Suffolk Police on 01284 774100 or Crimestoppers on 0800 555 111. If a crime is in progress dial 999 immediately.

BOGUS CALLERS AND VERIFICATION WITH LOCAL WATER COMPANIES

As a result of the number of concerns and Distraction Burglaries involving bogus officials claiming to be from the Water board or individual Water Companies, all local Water Companies through Water UK have provided contact numbers for members of the public who wish to verify the identity of officials claiming to be from the Water board who knock on their door.

The Contact telephone numbers for the two main Water Authorities for the Suffolk area are:

Anglian Water telephone: 0800 145145

Essex and Suffolk Water telephone: 0845 7820999

The Water Companies are only too happy to receive such queries in

Suffolk County Council - Open Invitation - Sept. 9th

Suffolk County Council are currently consulting on the Final Consultation Version of its Waste Core Strategy and accompanying Sustainability Appraisal. The consultation period is from Monday 27th July to 17.00 hrs on Friday 9th October. The Strategy sets out a planning framework for the location and distribution of waste management facilities and identifies sites for strategic facilities for Residual Waste Treatment.

Shepherds Grove Industrial estate at Stanton/Hepworth is identified in the Plan as a strategic site for Residual Waste Treatment and your views on this proposal are welcomed.

As part of our consultation process we are holding a open invitation "drop in " session between 15.00 hrs and 20.00 hrs on Wednesday 9th September at Hepworth Village Hall where you will be able to discuss the Plan with Council officers.

All the documents are available on the Suffolk County Council web site www.suffolk.gov.uk/Environment/MineralsAndWastePlanning. For further information contact Graham Gunby, Minerals and Waste Planning Policy Manager on 01473 264807

Hepworth Parish Council - Open Invitation - Sept. 11th

Following on from the meeting above, members of Hepworth Parish Council will be at an informal open meeting for Hepworth residents to offer their thoughts on that consultation. This will take place between 7 and 8pm and residents are most welcome to come along and let us know your opinions.

As a Parish Council we try and take an unbiased view on any new developments which affect Hepworth residents and, particularly on this occasion, your views would be most appreciated due to the possible long term impact of this development..

We would like to offer an opinion representative of all Hepworth residents, so the more of you who can attend, the better informed that opinion will be (whether for or against), and will enable the Parish Council to raise any issues before the deadline on 9th Oct.

Hepworth Parish Council

Thank You

David and Carol would like to thank Jenny for all her hard work and Mandy for all the lovely cakes and everyone who attended their coffee morning at Maltings Farm Potato Barn in aid of MACMILLAN NURSES.

We raised a fantastic £400 (see below) and would like to take this opportunity to invite you all to this years' coffee morning to be held at the same venue on **Monday 28th September 2009**.

Thank you all once again for your generous support.

World's Biggest Coffee Morning

Mr David Thompson
Corringway
The Street
Hepworth
DISS
Norfolk
IP22 2PX

Dear Mr Thompson

Thank you for raising £400.00 and being a part of the World's Biggest Coffee Morning 2008

I just wanted to say a big thank you to you and your guests for taking part in the World's Biggest Coffee Morning, Macmillan Cancer Support's flagship fundraising event. Every penny you raised will help us reach our target of £8.5 million, which will help those living with cancer.

The money raised will have an enormous impact on the lives of people affected by cancer. Macmillan are bringing expert care and support to people living with cancer, and this important work changes countless lives for the better. But they are not reaching everyone who needs and wants their support, which is why they urgently need your help to expand their services.

This year's World's Biggest Coffee Morning is on Friday 25th September. Macmillan will be in touch in early 2009 to invite you to take part again in a coffee break with a difference. In the meantime, watch out for their awareness campaign. Macmillan wants more people with cancer to know how they can help. You can help too by passing on the message to anyone who needs their support.

Meanwhile if you have any questions about your donation, do please contact your nearest Macmillan office (listed overleaf).

Thank you and best wishes,



Martin Clunes
Actor and Macmillan supporter



CYCLING PROFICIENCY

St Edmundsbury Rural North SNT, in conjunction with Suffolk Roadsafes, have conducted two very well attended Cycle proficiency courses at Ixworth Middle School at the start of this month. We are very keen to get more of the courses going in the term breaks. If you feel that your child may benefit from one of these courses then please contact Ixworth Police Station and speak to me. They are free and run for a whole day (at least it keeps them out of your hair for a day!)

On the subject of cycling please can I remind people not to cycle on footpaths in the villages unless it is absolutely necessary. Adults should not do this at all and should know that it is an offence to cycle on a footpath, which may result in a £30 fine. Children, if it is not safe to cycle on the road then when on the footpath, get off, when going past pedestrians.

PCSO 3123 Jonathan Burke
Ixworth Police Station

FISHING EQUIPMENT THEFTS :

Over recent weeks there has been an increase in fishing equipment thefts across Suffolk. Items have been stolen in burglaries and whilst people are out fishing especially at night when fishing rods are left outside tents.

Police would like to advise people to UV pen mark all of your equipment with your postcode so if the property is recovered it can be easily identified and returned to the rightful owner.

Pens can be obtained from your local Police Station. **BUT DON'T STOP THERE.....** With these pens you can also mark ALL your valuables - MOBILE PHONES, COMPUTERS, Ipods, DVD PLAYERS – anything which is portable and an easy target for thieves – mark on a hard surface with your POSTCODE and HOUSE NUMBER, or first 3 letters of a house name or your surname.

ST EDMUNDSBURY RURAL NEIGHBOURHOOD TEAM NEWSLETTER



As we progress through summer, that is if the rain stops of course, could I please draw your attention to the following matters, many of which have been referred to before.

Anti social behaviour...please keep an eye on our schools and community centres. They do tend to attract youngsters and problems can occur. We have had some isolated reports of damage to schools, which we are keen to deter, but there is of course the fact that youngsters can put themselves at risk where school swimming pools are concerned. My patrols have been tasked with giving extra attention to community centres and schools over the holiday, but your help would be appreciated.

Burglaries and theft from motor vehicles. Please make sure your premises and vehicles are secure. It is tempting to leave a window or door open, but this is just the chance an opportunistic thief is looking for. When you park your car, please make sure that all valuables are out of sight, or take them with you.

Our current major crime trend is however, theft of aluminium road signs. This is common to many rural areas throughout Suffolk at the moment, and you may have noticed articles in the press. Large numbers of signs have been taken, so if you see anything suspicious or have any information please contact us. We are working hard to deal with this problem and catch the offenders, but again your help would be appreciated.

I hope that you enjoy the rest of your summer. I think it will stop raining soon!

Kevin Jay
Sgt 696, Bury St Edmunds Rural (North) Response and SNT

Further information from Pcs0 3123 Burke:

Calvin and the Ferret.

Calvin was at that dangerous time of pre-adolescence when the mysteries of life seemed to be unfurling all too slowly. Being of a particularly inquisitive nature, his quests for knowledge, perhaps conducted in unconventional ways, often led him into conflict with the rest of the world.

At that moment in time, wishing to acquire all the trappings of manhood, his thirst for knowledge was drawn to the ownership of Ferrets. Now it will be appreciated by many that these animals are not every person's cup of tea, and so it was with his long-suffering mother Lily. Cal, with due consideration to her sensibilities, was of the opinion that what her eyes didn't see, her mind wouldn't worry about. When the coast was clear, he sneaked his latest acquisition, in the hutch that Uncle Mort had made him, into an upstairs bedroom of the dilapidated semi-detached cottage next door, which his father was slowly renovating. The floorboards of the bedrooms were badly affected by dry rot, so Cal carefully placed the hutch on the large sheet of tin that the previous occupant had covered an exceptionally weak area with. It suited him well that the whole of the first floor was said to be dangerous, that meant Lily was unlikely to go poking around up there.

He had heard it was important that ferrets were regularly handled by their owners, so that they became tame, and even affectionate. With this in mind he lavished attention on the fascinating little creature almost hourly. The term "bonding" was not to come into vogue for several years, but ahead of it's time the ferret bared it's teeth, and "bonded" with the hand that was feeding it in the most ungrateful manner. At that moment, Cal's immediate concern was not for the ferret's safe return to it's hutch, but stopping it from severing his index finger. In an instant his relationship with the ferret changed, the violent rejection of friendship triggered feelings of ambivalence in his mind as he learned about the downside of ferret keeping. It showed no reaction to his yelps of pain and hung on mercilessly, presumably trying to kill the finger. Suddenly it let go, and falling to the floor, dived through a hole in the floorboards. Revenge was uppermost in Cal's mind, but with blood pouring out of the finger, there was only one place to go.

Uncle Mort was sleeping off a couple of Saturday lunchtime pints, when Cal came hammering on his door.
 "MORT---MORT--- WHERE ARE YOU ? I'VE LOST MY FERRET"
 "Wot, Wot's the matter boy?" he said, rubbing his eyes as he opened the door.
 "I'VE LOST---"
 "Yew ain't lorst no ferret boy!" said Mort as he dragged him inside the kitchen. "Yew duddy fool. I thought I'd taught you better than that. Yew towd me that hutch wuz for a rabbit. Now yew tell me it wuz for a ferret! Wot's happened to your hand?"
 "I was feeding it, when suddenly it bit my finger, then it escaped and wriggled through a hole in the floor boards. If it gets through to next door Lily'll go bonkers!"
 "Yew damned fool! Dew yew know wot that ferret will dew? Fust it'll kill all yer owd dad's pigeons. Then it'll move on to Grice's farm, it'll kill all the ducks on the pond, all the farmyard chickens, and all their Christmas turkey poult. That ferret will kill the lot just for the fun of it. There'll be hell to pay. No, yew ain't lorst no ferret!"
 "What am we going to do Mort?"
 Mort rubbed his chin thoughtfully "I drew a chicken this morning, I think YEW should take the head and guts and leave them near the hole. If it's hungry it might come out for long enough for yew to whack it over the head with a shovel. Now let's clean that finger up."

Cal's dad Mick, had planned to lay some concrete in the cottage next door that afternoon, but his shovel had disappeared. So instead he took his lump hammer, bolster, and stepladder and started the job of stripping off the ceiling. Bang, Bang, Bang, went the hammer as the bolster entered the ceiling. The ferret panicked, and racing from his hideaway, dived with death as Cal swung the shovel.

Everybody thought that it was really lucky that Cal was bringing his new rabbit hutch home just as the first floor caved in on his father. Poor old Mick could have been trapped under the debris for hours and nobody would have known. They were choked with emotion at the way the dear lad had torn away at the rubble to rescue his old dad. However, they did have some reservations about whether it was really necessary to revive him with a whole bucket of cold water.

A couple of days later, the ferret's previous owner was intrigued

Food deliveries in Hepworth

This is a new page so please let me know if you offer something that's of interest

FRESH FISH

There is a fresh fish delivery to Hepworth every Thursday morning from around 8.30am. If you would like advantage of this service, or find out more then please ring:-

John at Lowestoft
01502 584545.



Supermarkets that deliver using the internet (if you don't have internet access perhaps your neighbour does - you can then share any delivery costs).

Asda

Delivery charges from £2.50 to £4.50
 Minimum order of £25.00

Sainsbury's

Delivery charges from £3.50 to £5.50
 Minimum order of £40.00
 Free delivery on Tues, Wed, or Thurs on orders over £100

Tesco

Delivery charges from £3.00 to £6.00
 No minimum order

Waitrose

Free delivery
 Minimum order of £50.00

Don't forget that we have numerous outlets within the village selling items that we should never consider buying from a supermarket. Eggs are a classic example - free range - local and inexpensive (cheep even!!).

when the clever little animal found it's way back to him, because Cal, "hadn't lorst no ferret!"

Russell Kemp© 28 6 2009



LADIES & GENTLEMEN,
 PRESENTING AT ENORMOUS EXPENSE!
 BY ARRANGEMENT WITH THE EAST ANGLIAN FILM ARCHIVE. AN EVENING OF REMINISCENCES OF YESTERYEAR RELEVANT TO OUR AREA INCLUDING "THE HARVEST OF 1943" THE FIRST REALLY MECHANISED HARVEST.
 TO BE HELD ON
SATURDAY 10TH OCTOBER 2009
 AT 7.30 PM
 AT HEPWORTH PAVILION

TO INCLUDE, GOOD COMPANY, A SUBSTANTIAL BUFFET, SOFT DRINKS AND A RAFFLE IN AID OF THE

ST PETER'S HANDBELL REPAIR FUND

ALL FOR THE RIDICULOUSLY INEXPENSIVE PRICE OF

£6.50 PER PERSON.

WE REGRET NO DRINKS LICENCE FOR THIS EVENT, BUT DO FEEL FREE TO BRING YOUR OWN WINE. PLEASE BOOK IN GOOD TIME SO THAT WE KNOW HOW MANY TO CATER FOR.

TICKETS: 01359 250660 (CLARE)
 01359 250433 (TINA & RUSSELL)

Sudoku - 1 easy - 1 not so easy (solutions on page 13)

		2	5	1				6
	8				6		2	1
1	9	6		4				
3					5			
7	1	9	6					
	5	4		2		7		
			7	5	4	9	8	
	4		2		8	6		
8	7				9		5	

	4	2	7					6
							3	5
	8							4
	3				6			
		1			2			
				3			8	
	9		6	5				
	6			9	8			
	1				4	9		2

Local, Reliable Service

**Organic, Fresh
 Vegetables & Fruit
 Delivered to your Door**

- Packed Locally
- Grown Locally
- Best Quality

**ARTHUR'S
 ORGANIC
 DELIVERIES**

Honister House,
 Market Place,
 Botesdale,
 DISS, IP22 1BT

Phone: 01379 898681
 Email: arthursdeliveries@btinternet.com



Your First Box
£2 off



Our boxes are packed by Hughes Organics at Beshorpe, Apleborough. They are managed by Grahame Hughes, who has over 25 years experience growing organics in Norfolk. They are soil association approved and always use East Anglian produce whenever possible.

"We can't wait to see what will be in the box each week"

"We like to support local small business"

"I'm sure organic is better for you, it tastes better too"

Vegetable Boxes:		Add Fruit:	
Small	£7.50	Small	£3
Medium	£9.50	Medium	£5
Large	£12.75	Large	£10
Extra Large	£18.50		

Potatoes can be added at £1.10 per kilo

We sell organic free range eggs, organic local apple juice, bread and locally milled flour. We also offer monthly bulk wholefoods and Bio-D household cleaners refill service.

For further information, to request list of example box contents or to place an order, please contact Tony or Donna Park at

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Crossword 123

Across

- 1 Keeping a secret or furtive watch (6)
- 5 An educator who works at a college (8)
- 9 Farm vehicles (8)
- 10 A reminder of something that's happened before (4,2)
- 11 The action of taking out something (10)
- 12 36 inches (4)
- 13 Modify to achieve maximum efficiency (8)
- 16 One before twelve (6)
- 17 Material values that are owned by a person or company (6)
- 19 A test to insure that a vehicle is roadworthy (4,4)
- 21 Sloping land beside a river or railway (4)
- 22 Person who joins with another in carrying out some plan (10)
- 25 Stop talking (4,2)
- 26 An underground tunnel where bodies were buried (8)
- 27 A court dance of the 16th century (8)
- 28 Red/white salad vegetable (6)

Down

- 2 Heat-resistant glassware (5)
- 3 Bring upon oneself (5)
- 4 Italian dumpling made of potato or flour (7)
- 5 Remove or separate by cutting off (7)
- 6 A moderately slow tempo (7)
- 7 Pleasure felt when having a good time (9)
- 8 A city in Scotland (9)
- 14 Mediterranean edible nut (9)
- 15 Someone who engages in ice skating (3-6)
- 18 Make sharp or sharper (7)
- 19 Use again after processing (7)
- 20 Meter that measures the flow of electrical current (7)
- 23 Closed with a lace (5)
- 24 Temporary living quarters for soldiers (5)

HAVE YOU THOUGHT ABOUT AN ALLOTMENT?

With the ever increasing popularity of growing your own fruit and vegetables the need for growing space appears to be on the increase and if enough people are interested then it is the councils objective to try and acquire a suitable piece of land for allotments.

Firstly I need to find out how many people would like an allotment but, before you rush to put your name down, please take a moment to reflect on a couple of points.

How much time do you have? The standard size allotment is around 250sq metres (300sq yards) Quite a bit of land to keep dug and weed free etc. although it is sometimes possible for people to share a plot.

An allotment needs regular visits, not necessarily everyday, but watering and harvesting are things that perhaps cannot wait until next week or the week after. It is all too easy for a plot to become overgrown, not only upsetting neighbouring plot holders but of course the council.

Having put you off an allotment perhaps I should point out some of the benefits. Fresh, quality food, produced without chemicals is a joy to the taste buds and is an essential ingredient to a healthy lifestyle, also, the physical effort in producing it can be a good way to help you keep fit. Nothing can compare with the taste of your first home grown new potatoes!

So if you are interested please contact me, in writing please to:-

John Beales, 20 Church Close, Hepworth. Tel: 01359 250048

There is no obligation at this stage on either the councils or your behalf. It is merely to see if there is enough interest.

Many thanks, John

Please could you let me have letters or articles for the next edition of The Newsletter by the 10th of September. Many thanks
Editor – John Beales, 20 Church Close, Hepworth. 01359 250048
e-mail newsletter@johnbeales.co.uk

Container Growing

A 25 – 30 ltr container should comfortably look after a blueberry bush for the next 3 – 4 years. Put in a 6cm layer of washed shingle or similar to help drainage. Blueberries require acid soil, so plant the bush in ericaceous (low pH) compost, and mulch with 8cm of pine bark/wood chippings. This mulching will keep out weeds and reduce moisture loss. Preferably using rain water, keep soil moist (but not saturated) and fertilise lightly 3 – 4 times during spring and summer with an acidic based fertiliser (for plants such as Camellias and Azaleas).

Blueberries are largely disease and pest resistant, although birds will enjoy the ripe berries – throw a net over the bushes if necessary! For maximum flavour pick fruit a few days after they become fully 'blue' (usually sometime in July or August depending on variety). Excess fruit can be frozen. During the Summer / Autumn new 'canes' will grow which will provide the plant structure for the next few years, and buds for next year's fruit will start forming on new side shoots from existing canes.

Blueberries are frost hardy (in fact they need several weeks of cool/cold weather!), so do not protect during the wintertime. Once the flowers are fully open in Spring, a late frost may harm fruit, so throw a fleece over the bush if needed. Prune canes that are more than 5 years old during the winter months to promote new growth (be brave!).

Who are we?



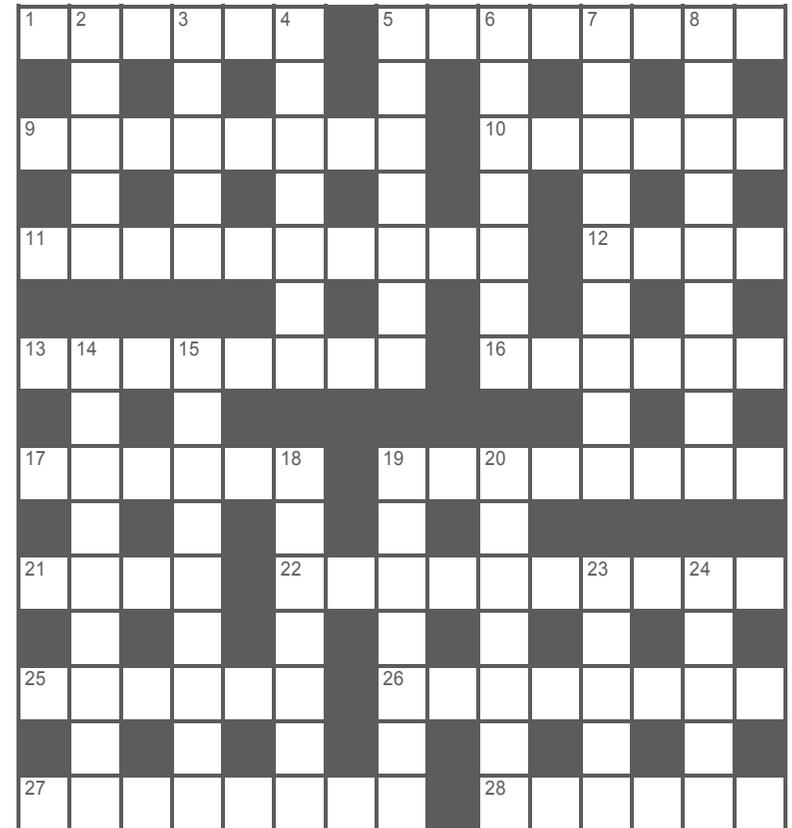
We are Jo & Andy Garden and we moved to Beck Street, Hepworth in 2007 to establish our blueberry plantation.

We do not use pesticides or herbicides on our plants or fruit.

Blueberry plants are available all year - please telephone 01359 250659 to discuss further or

arrange a visit. Fresh blueberry fruit is available at the gate from beginning of July through to end of August.

Answers on Page 31



Sudoku Solutions - from page 11

4	3	2	5	1	7	8	9	6
5	8	7	3	9	6	4	2	1
1	9	6	8	4	2	3	7	5
3	2	8	4	7	5	1	6	9
7	1	9	6	8	3	5	4	2
6	5	4	9	2	1	7	3	8
2	6	1	7	5	4	9	8	3
9	4	5	2	3	8	6	1	7
8	7	3	1	6	9	2	5	4

3	4	2	7	8	5	1	9	6
1	7	6	4	2	9	8	3	5
9	8	5	1	6	3	7	2	4
7	3	4	8	1	6	2	5	9
8	5	1	9	4	2	6	7	3
6	2	9	5	3	7	4	8	1
2	9	7	6	5	1	3	4	8
4	6	3	2	9	8	5	1	7
5	1	8	3	7	4	9	6	2

HEPWORTH PARISH COUNCIL

A Parish Action Planning meeting of the Parish Council took place on Thursday, 3rd June 2009 at the pavilion. The meeting was chaired by Mr Stannard. Amongst the matters discussed were:

Cultural, Sporting and Recreational Facilities (AP5): Agree Timing of Open Day The planned open day was held on Saturday, 23rd May, but no villagers attended.

Community Safety (AP6): Neighbourhood Watch A villager will be encouraged to attend Neighbourhood Watch meetings in June with a view to setting up the NW Scheme in Hepworth.

Road and Footpath Maintenance (AP10): Control of Litter and Provision of Litter Bins A small litter bin has been installed on the A143 in the lay-by and another large one in opposite lay-by. SEBC will monitor the bin in The Street which overflows to decide whether to install a larger one. They will be asked to install a hooded bin to prevent access by scavenging birds. In addition, it was noted that littering is an offence and could incur a fine.

Natural Environment (AP15): Telephone Kiosk Land A planting plan has been prepared which will be sent to the County Council.

Environmental Health and Pollution (AP16): Composting Plant Smells/Flies – consider setting up liaison meetings The Clerk will contact County Mulch to arrange a site visit by the Parish Council members, and to discuss the option for periodic liaison meetings.

Road and Footpath Maintenance (AP10): Maintenance and Comments Raised As potholes and other required road repairs are reported when needed and as verges are already cut twice a year, no particular additional actions were identified.

Environmental Health and Pollution (AP16)

Spring Clean Day A Saturday morning date will be fixed to carry out this work.

Litter Patrol The implications of having a paid litter-picker will be investigated.

Dog Fouling Two dog litter bins will be obtained: one at the top of the drive to the Pavilion, and the other on the corner of Market



The Delights of Blueberry growing!

Health Promoting Fruit

The internet provides a wealth of information on the amazing health benefits from blueberries. The blueberry was ranked number one in antioxidant activity in a recent study when compared to 40 other fresh fruits and vegetables. Just one serving of blueberries (a large handful) provides as many antioxidants as five servings of carrots, apples, broccoli or squash.

(Here's the technical bit!) Antioxidants are responsible in part for keeping us healthily and young. They help fight cell damaging 'free radicals' which are unstable substances that our bodies produce as we get older and damage human cells and our DNA. These antioxidants are contained in 'Anthocyanins' (a Greek word meaning "plant" and "blue") which is why the 'blue' Blueberry fruit is so healthy for us as well as being high in Fibre and Vitamin C. American scientists have proven that the antioxidants contained in Blueberries help slow the ageing process and reduce the risk of cancer.

What are the plants like?

Blueberries are fully hardy, easy to grow and the bushes will last many years. They can be planted into the ground (if you have acidic soil with pH under 5, or create a 'bed' of ericaceous compost) or very successfully grown in containers using ericaceous compost (like we do in our plantation).

Maximum fruit yields are produced when growing 2 or more varieties in the same location, allowing cross pollination. You will find home grown blueberries sweeter and tastier than shop bought as they will have ripened on the bush rather than in boxes shipped from the USA or Europe.

Blueberry bushes grow to about 5 - 6ft (smaller if in containers). They make wonderful container/patio plants with white bell-shaped flowers in the spring, sweet & health promoting fruit in the summer and stunning autumn foliage colour.

the disintegrated litter bin to replaced, and tenders will be sought for clearing the shelter of vegetation.

Maggi Churchouse, Clerk to Hepworth Parish Council

Two medical students and the old man

Two medical students were walking along the street when they saw an old man walking with his legs spread apart. He was stiff legged and walking slowly.

One student said to his friend: "I'm sure that poor old man has Peltry Syndrome. Those people walk just like that."

The other student says: "No, I don't think so. The old man surely has Zovitzki Syndrome. He walks slowly and his legs are apart just as we learned in class."

Since they couldn't agree they decided to ask the old man. They approached him and one of the students said to him:

"We're medical students and couldn't help but notice the way you walk, but we couldn't agree on the syndrome you might have. Could you tell us what it is?"

The old man said, "I'll tell you, but first you must tell me what you two fine medical students think."

The first student said, "I think it's Peltry Syndrome." The old man said, "You thought..... But you are wrong."

The other student said, "I think you have Zovitzki Syndrome." The old man said, "You thought..... But you are wrong."

So they asked him, "Well, old timer, what do you have?"

The old man said, "I thought it was wind.....
But I was wrong!"



Weston Road and The Street. If an animal is considered to be dangerous, the Police should be called out, and the SEBC Animal Warden would also attend.

Community Assets (AP21)

Improve Play Area A number of issues were discussed, and this will be discussed further at the next meeting.

Investigate Allotment Provision: An article will be inserted in the Parish Magazine asking villagers to indicate any interest in having an allotment. The next step would be to invite interested parties to a meeting to progress the matter.

Improve/Extend Pavilion: At a review some 5-6 years ago, it was agreed that an increase in the size of Hepworth Pavilion would be of no particular benefit to the village, especially as nearby villages had large village halls available.

Planning Application – Church Farm, Church Lane An application was considered for a) the continued use of atcost and ancillary buildings and structures as museum (Class D1), b) continued use of barn for museum/shop use (Class D1/A1), and c) erection of nissen-style building for museum use, and two concerns were expressed in connection with vehicle movements and traffic, and the car parking area. There was no objection.

Planning Application – Greenacres Cottage, Barningham Road An application was considered for the erection of a paddock equipment maintenance store, and there were no objections or observations.

Planning and Listed Building Applications – The Old School, The Street Applications were considered for the erection of a) 2 no. single-storey rear extensions, b) alterations to dwelling in association with conversion from two dwellings into one, and c) detached garage and store, and there were no objections or observations.

Grange Farm, Church Lane: The application for a Goods Vehicle Operator's Licence was discussed and the concerns raised. Other issues relating to storage and dwelling were also discussed.

Maggi Churchouse, Clerk to Hepworth Parish Council

HEPWORTH PARISH COUNCIL

The meeting of the Parish Council took place on Thursday, 2nd July 2009 at the pavilion. The meeting was chaired by Mr Stannard. Amongst the matters discussed were:

Report from County Councillor The report covered concern that Shepherds Grove may remain as an optional site for a waste treatment plant; and County Councillor Joanna Spicer's appointment to the role of Chairman of Suffolk County Council.

Report from the Rev John Fulton, Hepworth Parochial Church Council The report covered the village fete in 2008, the proposed Festival Weekend in 2009, the new cupboard to conceal electrical meters in the church and the refurbished porch lamp, plans to investigate the nave roof and to replace some tiles and battens, working parties held in the churchyard, appeals for and thanks to various volunteers, and an appeal to the Parish Council to be generous in their grant towards churchyard maintenance.

Report from Community Police Officer There were three reported crimes since 1st April: a burglary from the church's shed, criminal damage to a vehicle, and a theft of a car transporter from Stimson's Yard. An Open Meeting will be held at Barningham Village Hall on Wednesday, 8th July at 8 pm, to include property marking, and meeting the Police team. Vetting forms need to be returned for Community Speedwatch to proceed; and the Traffic Police had set up a speed trap from 7 to 8 am recently.

Flooding at Willow Green The land-owner will be contacted in connection with inserting better drainage on his land.

Planning Application – Turnpike Farm, Bury Road An application for the erection of a two-storey extension to east elevation and b) stopping up of existing vehicular access and construction of new vehicular access was considered, and, although the Parish Council had no objection, they made observations in connection with room layout, design and access statement, and usage.

Accounts for Payment The payment of the clerk's salary and expenses was agreed.

Grants to Voluntary Organisations A grant of £200 was made to Hepworth Parochial Church Council (to be reviewed in November), and a grant of £80 was made to Hepworth Recreation Ground Management Committee.

Safe Code of Practice for Risk Assessment and Accident Investigation As the Parish Council felt insufficiently qualified to adopt a safe code of practice, options for further advice will be investigated.

Effectiveness of the Internal Audit The Parish Council agreed that the internal audit was effective because there were no comments from the external audit and because all comments made by the internal auditor were acted upon and followed through.

Asset Register After one minor alteration, the asset register was agreed and will be retained by the Clerk.

Clerk's Report The report covered the signatories for the Barclays bank accounts, proposed road repairs in North Common, and issues about the usage of Grange Farm, Church Lane.

Report from Borough Councillor The report covered an invitation to visit the new West Suffolk House on open days, funding available from West Suffolk Local Strategic Partnership Forum, and progress with the Local Government Review and the judicial review.

Correspondence Received A message from a villager in North Common was discussed, concerning fly problems. The Clerk will contact County Mulch who had been helpful in resolving problems at other houses near the site. Actions were also being taken at the Parish Action Planning meetings.

St Peter's PCC It was reported that the church will undertake long-term work to the roof. Also the PCC had discussed diverting a footpath which passes through sanctified ground because dogs are being let off their leads and fouling the area. The Parish Council recommended against seeking a footpath diversion (long and expensive process), and erecting "dogs on leads" signage instead.

2012 Diamond Jubilee Possible Social Club celebrations will be added to the next agenda.

Bus Shelter outside Half Moon Lane The Clerk will arrange for