

May your celebrations be merry
Your heart be light
Your Christmas happy
Your Season bright

Merry Christmas and
Every happiness in the New Year

Hepworth Social Club



And Finally....

SUNDAY BANKING?

A small boy stunned his parents after church one Sunday when he began to empty his pockets of 20p and 50p coins. Finally his mother asked the obvious question, "Where did you get all that money?"

"From church mum," the boy replied. "They came round with a dish of it."



HEPWORTH SOCIAL CLUB

NEWSLETTER

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



Issue
No 125



LOST AND FOUND - see page 5

Dec/Jan
2009/10

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.

AN EASY QUESTION?

On a famous TV game show a blonde contestant needed only to answer one more question. One simple question stood between her and the £1.000 prize.

"To be today's champion," the show's smiling host intoned, "name two of Santa's reindeer."

The contestant, gave a sigh of relief, gratified that she had drawn such an easy question.

"Rudolph!" she said confidently, "and, ...Olive!"

The studio audience started to applaud (as the little sign above their heads said to do) but the clapping quickly faded into mumbling, and the confused host replied,

"Yes, we'll accept Rudolph, but could you please explain... 'Olive?!?'"

"You know," the woman circled her hand forward impatiently and began to sing, "Rudolph the Red Nosed Reindeer - had a very shiny nose. And if you ever saw it, you would even say it glowed. *Olive,* the other reindeer..."

Wordsearch Word List - 'Christmas'

Angel	Donner	Mistletoe	Sheep
Ass	Frankincense	Myrrh	Sleigh
Blitzen	Frost	Nativity	Snow
Bows	Gifts	Ox	Stable
Carols	Gold	Prancer	Star
Comet	Holly	Presents	Trimmings
Crackers	Icicles	Reindeers	Turkey
Cupid	Inn	Ribbons	Vixen
Dancer	Jesus	Rudolph	Wine
Decorations	Mary	Santa	Wrapping paper

CHRISTMAS FRUIT CAKE RECIPE

Ingredients

- 1 Cup of Water
- 2 Cups of dried fruit
- 1 Cup brown sugar
- 1 tsp salt 8oz nuts
- 4 large eggs
- 1 tsp Baking Soda
- Juice of 1 lemon
- 1 Bottle Whisky

Method

Sample of whisky to check for quality

Take a large bowl. Check the whisky again. To be sure of its highest quality, pour one level cup and drink. Repeat. Turn on the electric mixer, beat one cup of butter in a large fluffy bowl. Add one tsp sugar and beat again. Make sure the whisky is still okay. Cry another tup. Turn off the mixerer. Brak two eggs and add to the bowl and chuck in the dried fruit. Mix on the turner. If the druit gets stuck in the beaterers, pry loose with drewscriver. Sample the whisky to check for tonsisticity. Next sift two cups of salt. Or something. Who cares? Check the whisky. Now sift the lemon juice and strain your nuts. Add one tablespoon of sugar or something. Whatever you can find. Grease the oven. Turn the cake tin to 350 degrees. Don't forget to beat off the turnerer. Throw the bowl out of the window, check the whisky again and go to bed.

Merry Christmas

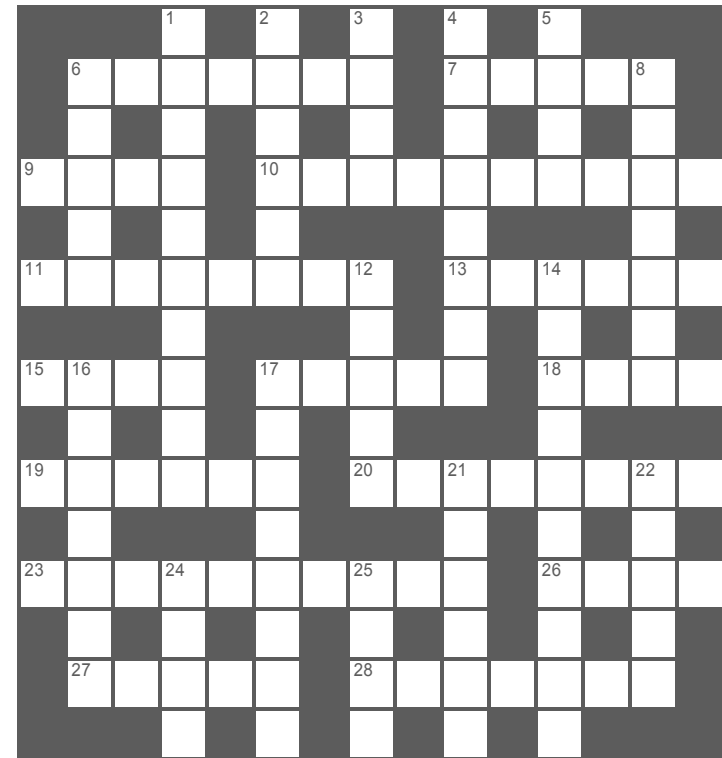
WEB SITE WITH SCHOOL PHOTO'S

Try out the following web site to see if you can find your school photo's - its worth a try as it boasts around an 80% success rate.

Although it failed on mine (I must have been away that day) see if yours are there and if you send them to me I will print them in the next edition of The Newsletter. The address is:-

www.worldschoolphotographs.com

Crossword 125



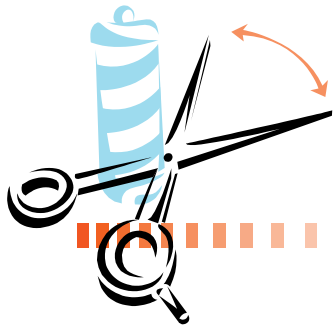
Across

- 6 Learning places (7)
- 7 Type of seat (5)
- 9 Admired for nobility (4)
- 10 Great eagerness (10)
- 11 Scare (8)
- 13 Hurt (6)
- 15 Unfasten (4)
- 17 Elected (5)
- 18 Increased in size (4)
- 19 Social position (6)
- 20 Width of circle (8)
- 23 Scared (10)
- 26 Finger protector (4)
- 27 Early language (5)
- 28 Kept in mouths (7)

Down

- 1 From end to end (10)
- 2 Large wood (6)
- 3 Is not (4)
- 4 Engaged (8)
- 5 Hired transport (4)
- 6 Very fine (5)
- 8 Put aside (7)
- 12 Recorded on paper (5)
- 14 Large lorry (10)
- 16 Not artificial (7)
- 17 Paying a visit (8)
- 21 Not subtracting (6)
- 22 Outward doors (5)
- 24 Obtains (4)
- 25 Squirrel food (4)

Answers on page 5



Experienced Barber
(Female)

Working from home in Hepworth
Or can make house calls

Call Joanne on 01359 250790
Mob 07796 295658

BLUEBERRY BUSHES

A fabulous **Christmas** gift idea !



Pretty spring flowers, flavoursome summer fruit, stunning autumn foliage. Blueberries make lovely patio plants. Ideal for growing in containers. Instructions provided.

£12 one bush or £10 each for 2 or more.

Contact Jo / Andy on **01359 250659** or email jo@gardenberries.co.uk

We can hold bushes for collection Christmas week.

Acorns, Beck Street, Hepworth

Fresh Blueberry fruit in summer and bushes all year round



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

21. Look for roll of ribbon; chase cat down hall and retrieve ribbon.
22. Try to wrap present with ribbon in a two-directional turn.
23. Re-roll up ribbon and remove paper that is now torn, due to cat's enthusiasm in chasing ribbon end.
24. Repeat steps 12-22 until down to last sheet of paper.
25. Decide to skip steps 12-16 in order to save time and reduce risk of losing last sheet of paper. Retrieve old cardboard box that you know is right size for sheet of paper.
26. Put present in box, and tie down with string.
27. Remove string, open box and remove cat.
28. Put all packing materials in bag with present and head for lockable room.
29. Once inside room, lock door and start to re-lay out packing materials.
30. Remove cat from box, unlock door, put cat outside door, close door and re-lock.
31. Lay out last sheet of paper. (Admittedly this is difficult in the small area of the toilet, but try your best!)
32. Seal box, wrap with paper and start repairs by very carefully sealing down tears with transparent sticky tape. Now tie up with ribbon and decorate with bows to hide worst affected areas.
33. Label, then sit back and admire your handiwork, congratulating yourself on making good of a bad job.
34. Unlock door, and go to kitchen to make drink and feed cat.
35. Spend next 15 minutes looking for cat, before coming to obvious conclusion.
36. Unwrap present, untie box and remove cat.
37. Retrieve all discarded sheets of wrapping paper, feed cat and retire to lockable room for last attempt, making certain you are alone and the door is locked.
38. At time of handing over present, smile sweetly at receiver's face, as they try and hide their contempt at being handed such a badly wrapped present.
39. Swear to yourself that next year, you will get the store to wrap the darn thing for you.

Wrapping Presents (With a Cat)

1. Clear large space on table for wrapping present.
2. Go to wardrobe and collect bag in which present is contained, and close door.
3. Open door and remove cat from wardrobe.
4. Go to cupboard and retrieve rolls of wrapping paper.
5. Go back and remove cat from cupboard.
6. Go to drawer and collect transparent sticky tape, ribbons, scissors, labels, etc.
7. Lay out present and wrapping materials on table, to enable wrapping strategy to be formed.
8. Go back to drawer to get string, remove cat that has been in the drawer since last visit, and collect string.
9. Remove present from bag.
10. Remove cat from bag.
11. Open box to check present, remove cat from box, replace present.
12. Lay out paper to enable cutting to size.
13. Cut the paper to size, trying to keep the cutting line straight.
14. Throw away first sheet because cat tried to chase the scissors and tore paper.
15. Cut second sheet of paper to size by putting cat in the bag the present came out of.
16. Place present on cut-to-size paper.
17. Lift up edges of paper to seal in present, wonder why edges now don't reach, and find cat between present and paper. Remove cat and retry.
18. Place object on paper, to hold in place, while cutting transparent sticky tape.
19. Spend next 20 minutes carefully trying to remove transparent sticky tape from cat with pair of nail scissors.
20. Seal paper down with transparent sticky tape, making corners as neat as possible.

MISSING

Dark tortoiseshell cat with ginger under her chin.

Missing from 3 North Drive, Hepworth.

If anyone has seen her please ring 01359 250976

FOUND

First Cat - No collar, classic grey Tabby, maybe a bit of brown.

Probably male, quite well built, very timid, scared of people.

Adult, age not guessable

Second Cat - No collar, tortoiseshell, mostly dark/black, light ginger down bottom half of one back leg and paw, small amount down front bib, small subtle areas of muted ginger scattered over body.

Female, Quite timid but does relax a little and goes to someone after a little while, on her own accord, but still quite wary

Small, probably 8 months old +

Both cats, seen around area of North Drive, Hepworth. Not thought to be connected with each other.

For more information please Tel 01359 252242


Crossword Answers from page 3

Across: 6 Schools, 7 Chair, 9 Hero, 10 Enthusiasm, 11 Frighten, 13 Injure, 15 Undo, 17 Voted, 18 Grew, 19 Status, 20 Diameter, 23 Frightened, 26 Nail, 27 Latin, 28 Tongues.

Down: 1 Throughout, 2 Forest, 3 Isnt, 4 Occupied, 5 Taxi, 6 Sheer, 8 Reserve, 12 Noted, 14 Juggernaut, 16 Natural, 17 Visiting, 21 Adding, 22 Exits, 24 Gets, 25 Nuts.

Word Search - Christmas

There are 40 words that could be associated with 'Christmas'
How many can you find without referring to the list on page 23

HOUSEWORK A FLOP?
CALL MRS MOPPS!
AND I WILL MAKE YOUR HOUSE LOOK TOPPS!
REFERENCES AVAILABLE - CALL 01359 252242

to help any of them with their Endeavour's" (WHAT???..... obviously it's her turn with the brain cell!) I'm trying, reeealy trying to co-ordinate teamwork between all of them and management.....Does that mean I'm a Union Boss ?? Trouble is, I can't decide which side I'm on!!

Anyway let us all look forward to a happy Christmas. I'm very lucky. Me and 'my pack' always sleep and eat together. We're tolerant of each other. Sometimes Management are not what we expect and sometimes we're not what they expect of us. Anyway we all get along fine as long as we always give each other as much love and affection as we feel. We can't always explain when we're not feeling well, management knows though, they sit by us, stroke and talk to us and take us to our 'doctors'. Sometimes management gets stressed and we all know that too. Missie does the licking, I do the paw in hand, Abbi and Moll do the cuddling and Bill brings his toys. Hope you're all as lucky as us at Christmastime.

Lots of love and Happy Christmas

From Pip and pals

The Way Home

Rooks scamper across the even sky,
The leaden sky, laden with snow,
Anxiety is the road ahead;
The road ahead is all we know.

Night falls in, amid clamour and glare,
We head home with few stars alight.
A few miles to go, first flakes of snow;
Need to slow, as vision's not bright.

A barrage appears, millions of flakes,
Care with the brakes, home drawing nigh.
Crows settle in sleep, we just awake,
Snow scurrying high in the sky.

Bernard Howlett ©



PIPS PAGE

Hello Pip here,

Just an update from us. Missie's had a good report from the vets and thanks must go to

Meadow Farm Hydrotherapy that she's doing so well. She still goes swimming, although, after the vet's good report, she only needs to go once a fortnight now. Not too sure she's pleased about that and does try the old 'limping' bit every now and then.... trouble is she sometimes forgets on which leg and is quickly 'rumbled' by management. Bill's still trying to figure out how he can wrangle a way of getting there. As you know he wanted to try it with a wet suit and snorkel and try 'Scooby' diving.....oh well!! Maybe someone.....anyone... will put him out of his misery and get him a swimming session for a Christmas present....please....he's been practising hard ...standing out in the rain and holding his breath!!!!!! I've told management ..'Why not just chuck him in the pond'? Management won't have any of it and have secured the fence around it.....just in case I get tempted!!

Abigail's got cataracts and her sight isn't too good. She still manages to get to the plate first at dinner times though. I think we all watch out for her and are patient with her. Management Marg has tried to take her out for walkies and because she gets confused, puts a bell on her shoe so Abbi knows where she is. Trouble is..... everyone thinks its Father Christmas coming early and judging by Management Marg's shape it's an easy mistake to make!Ouch!!!, that was an almighty slap round the rear!!!!!!!!!! No chance of pressies for me this year then?

We've had a discussion about Christmas pressies and because of the economic climate (got no money!!) we've decided to help out round the house. Abbi has offered to lick all the plates clean ("I can't see too well but I've still got the sense of smell")yeah we think she's just after the leftovers!! Missi, ("I can't hear because I'm deaf") has offered to sample the 'chews' before we eat them to make sure they're not too hard for our gums!Okay dokey!! Billy (shares a brain cell with Moll) said he will do any 'secure' paper recycling (he means tearing anything up that's within 'mouth' distance). Moll (sharing a brain cell with Bill) says she "Will be happy

HEPWORTH PARISH COUNCIL

The meeting of the Parish Council was held on Thursday, 5th November 2009 at the pavilion. The meeting was chaired by Mr Stannard. Amongst the matters discussed were:

Report from the Police Officer There were two reported crimes since 3rd September – a lawnmower stolen from Four Winds, Beck Street (undetected) and an aggravated burglary at an undisclosed dwelling with two suspects arrested of whom one has been charged and the other was on police bail. Villagers were reminded to ensure their garages and oil tanks are secure during the winter months.

Report from County Councillor The report covered the recommendation for the Waste Core Development Strategy that the Shepherds Grove site be omitted from the plan (to be decided in w/c 9th November); the need to tighten up the meetings Parish Council liaison meetings with County Mulch and the Environment Agency with a more frank approach; the proposed work to create a new pavement in Hepworth Road, Barningham starting on 9th November; and the scheduling of safety improvements on the A143 in the new year.

Report from the Borough Councillor The report covered the slow progress with the Local Government Review and the likelihood of there being no change before next year's General Election; the new Rural Area Working Party formed by SEBC to promote and provide a focus for rural affairs; and the forthcoming Parish conference and tour of West Suffolk House on 10th November.

Minutes of the Parish Council meeting held on 3rd September 2009, and Matters Arising Matters arising included the planting of new trees to replace the dead elms at 17 Church Close, attendance at the police open morning, and an overgrown hedge in North Common.

Minute of the Planning Meeting held on 1st October 2009, and Matters Arising Regarding Grange Farm, Church Lane, SEBC had confirmed that the temporary consent for a mobile was likely to last for three years.

Accounts for Payment Two accounts were paid: the Clerk's salary and expenses and Old Parsonage Garden Services for cleaning vegetation from the bus shelter outside the Half Moon.

Annual Precept 2010-11 The draft Parish Council estimates had been circulated in advance of the meeting and it was unanimously agreed to request a precept of £4,000, ie at the same level as the previous year.

Clerk's Report The report covered any clearance of the ditch behind the bus shelter in Willow Green, lack of progress with the safe code of practice for risk assessment and accident investigation, and whether the hedge along the footpath to North Drive had been cut.

Correspondence Received The Clerk will find out the next date for SALC training for new clerks and will acknowledge a letter from a villager regarding possible improvements to the pavilion (which will be passed to the Recreation Ground Management Committee for consideration and response). Two letters from villagers praised the work of the Parish Council in opposing the inclusion of Shepherds Grove in the Core Waste Development Strategy; and the Grocers Van, a mobile grocery service, will be welcomed and stopping points suggested. In addition, membership of and accounts for the Recreation Ground Committee will be published in the next newsletter.

2012 Diamond Jubilee It was agreed that the Parish Council would underwrite any possible celebrations for the village organised in conjunction with the Social Club.

Street Lamp near the Old School The Clerk will write asking that a tall tree which is darkening the street lamp be pruned.

Parish Plan Documents The bulk of the documentation will be stored in the attic of the Pavilion, and the Clerk will hold spare copies of the parish plan for new villagers.

Parish Clerk The Clerk will advertise the vacant post on the noticeboard, via the two parish magazines, and SALC's "Local Councillor" magazine, as well as placing advertisements in the Bury

A Politically Correct Holiday Greeting

Best wishes for an environmentally conscious, socially responsible, low stress, non-addictive, gender-neutral, winter solstice holiday, practiced within the most joyous traditions of the religious persuasion of your choice, but with respect for the religious persuasion of others who choose to practice their own religion as well as those who choose not to practice a religion at all; plus...

A fiscally successful, personally fulfilling, and medically uncomplicated recognition of the generally accepted calendar year 2010, but not without due respect for the calendars of choice of other cultures whose contributions have helped make our society great, without regard to the race, creed colour, religious, or sexual preferences of the wishes.

Disclaimer: This greeting is subject to clarification or withdrawal. It implies no promise by the wisher to actually implement any of the wishes for her/himself or others and no responsibility for any unintended emotional stress these greetings may bring to those not caught up in the holiday spirit.

THE TRADITION OF ENGLISH FESTIVE AND PARTY CRACKERS

Party crackers are a British tradition dating to Victorian times. 1847 a confectioner started selling sugared almonds, each with a motto, as love tokens. One Christmas day a jet of resin from the confectioners log fire burst into flame with a loud 'crack'. Using this idea he decided to make a log shaped package that would produce a surprise bang and inside would be an almond and a motto. It soon became a firm favourite at parties with toys and hats added to each 'cracker'. By the of the 19th century it was well established as a traditional Christmas custom and now each year virtually every household in the UK has at least one box of party crackers to pull at meal times, parties and gatherings over the holiday season. In recent crackers have become essential breakers at all types parties, showers, dinners, weddings and celebrations.

HEPWORTH COFFEE MORNING

PLEASE COME ALONG TO OUR COFFEE MORNING ON.....



Thursday 3rd December 2009

At
Hepworth Pavilion
Between
10 am and 12 pm



Please join us, you will be most welcome!

Mike and Alwyn Cathrall
coffeethepworth@yahoo.co.uk
01359 253439

PCSO 3123 JONATHAN BURKE FROM YOUR LOCAL SAFER NEIGHBOURHOOD TEAM WILL ALSO BE THERE



Sudoku Solutions - from page 14

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

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

Free Press, the Diss Express and the EADT.

Next Meeting To be held on Thursday, 7th January at 7.30 pm

Maggi Churchouse
Clerk to Hepworth Parish Council

HEPWORTH PARISH COUNCIL

The planning meeting of the Parish Council took place on Thursday, 26th November 2009 at the pavilion. The meeting was chaired by Mr Stannard. Amongst the matters discussed were:

Old Stores Cottage, Church Road A planning application for the erection of a first floor side extension (revised scheme) was tabled, and the Parish Council recorded no objection or observation.

Liaison Meetings with County Mulch Because of impending legal actions, County Mulch had been advised to postpone the third planned liaison meeting.

Dead Elm Trees near the Church These had been removed, and replacement trees will be planted.

Maggi Churchouse
Clerk to Hepworth Parish Council

Vacancy for Parish Clerk

Hepworth Parish Council is seeking a new Parish Clerk.

If you are interested in this post, four hours per week paid on an hourly rate recommended by NALC (SCP 19), please contact the outgoing Parish Clerk, who will be able to provide further detailed information about the role.

The appointment is to be made as soon as possible

Please contact Mrs Maggi Churchouse, on 01359 221004,
maggi@maggichurchouseevents.co.uk
3 East Barn, Market Weston Road, Theltenham IP22 1JJ

The Following is from MADD

(Mothers Against Drunk Drivers)

MADD, P.O . Box 541688, Dallas , TX75354-1688

After you have read the poem, please pass it on and never forget,
DON'T EVER DRINK AND DRIVE, not even once, thinking that it
won't matter.....

I went to a party,
And remembered what you said.
You told me not to drink, Mum
So I had a sprite instead.

I felt proud of myself,
The way you said I would,
That I didn't drink and drive,
Though some friends said I should.

I made a healthy choice,
And your advice to me was right,
The party finally ended,
And the kids drove out of sight.

I got into my car,
Sure to get home in one piece,
I never knew what was coming, Mum
Something I expected least.

Now I'm lying on the pavement,
And I hear the policeman say,
The kid that caused this wreck was drunk,
Mum, his voice seems far away.

My own blood's all around me,
As I try hard not to cry.
I can hear the paramedic say,
This girl is going to die.

I'm sure the guy had no idea,
While he was flying high,
Because he chose to drink and drive,
Now I would have to die.

CHRISTMAS RAFFLE TICKETS

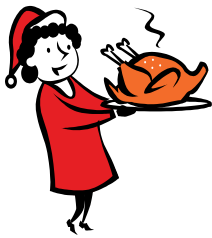
With this issue you will find an envelope enclosing raffle tickets. If you would like to buy some, please fill in the counterfoils and put them in the envelope together with the money, seal it up and drop it into the letterbox of one of the addresses on the front of the envelope. If there any books which you haven't used, please also enclose them in the same envelope. If you have difficulty getting to one of the addresses, please give me a ring on 250048 and I will be happy to collect.

The reason we've gone onto this system is twofold. With darker nights upon us, it is unfair to ask our collectors, some of whom are at work all day, to call round and try and fill in the counterfoils in the dark and also a bit dangerous when we have a shortage of well lit footpaths. The other is that many of you don't like answering the door when it is dark outside and this is fully understandable. So we hope you'll appreciate the reasons for not calling on you personally.

In previous years, we found that several people purchased tickets by way of a donation, not wanting the prizes themselves but wanting to contribute something towards the dinner. If you would like to do this, please put your name and the word 'donation' on the ticket, if you wish to remain anonymous – just write 'donation', add the money and put into an envelope. The fairest way we found of drawing these was to issue one different ticket to each of those over 60's who attended the meal. If we drew one of these 'donation' tickets, we drew a corresponding ticket to those attending the lunch, and this was much appreciated by those present - in fact the £100 first prize has gone to an over 60's from a donated ticket.

We would like to thank all of you in advance for buying the raffle tickets and supporting the Social Club's Over 60's lunch, it's a tradition we hope to keep going for many years to come. The first prize is £100, the second is a giant hamper. Other prizes include a microwave, toaster, coffee maker, DVD player, and many many more (we usually have over 70 so there should be plenty for all!!)

Many thanks
Margaret



OVER 60's Christmas Lunch

Friday 11th December
Have you booked yet?

Phone 250048

We still looking for a couple of volunteers to help with cleaning the hall on Saturday morning? If you are able to help please ring me on 250048.

Lastly, you do need to ring me to book your meal. Carol obviously needs to know how many meals to cook.

We are taking bookings up until Monday 7th December at the very latest but would appreciate you letting us know sooner.

We hope you will enjoy your meal in our lovely, friendly, festive atmosphere and look forward to seeing you there.

Margaret and John.

Sudoku - 1 easy - 1 not so easy (solutions on page 16)

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

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

So why do people do it, Mum
Knowing that it ruins lives?
And now the pain is cutting me,
Like a hundred stabbing knives.

Someone should have taught him,
That it's wrong to drink and drive.
Maybe if his parents had,
I'd still be alive.

My breath is getting shorter, Mum
I'm getting really scared.
These are my final moments,
And I'm so unprepared.

I wish that you could hold me Mum,
As I lie here and die.
I wish that I could say, 'I love you, Mum!'
So I love you and good-bye.

After the seriousness of the poem perhaps a joke would help?

WHERE'S THE BABY?

For weeks on end a six-year old lad kept telling his school teacher about the baby brother or sister that was expected at his house.

One day his mother put his hand on her tummy and allowed the boy to feel the movements of the unborn child. The six-year old was obviously impressed, but made no comment.

Furthermore, he stopped telling his teacher about the impending event. The teacher finally sat the boy on her lap and said, "Johnny, whatever has become of that baby brother or sister you were expecting at home, you haven't mentioned it lately?"

Johnny burst into tears and confessed, "I think Mummy ate it!"

NOT OUR AREA I KNOW, BUT IT IS CLOSE BY AND SURPRISE, SURPRISE. IT INVOLVES A SCAM- SO HERE'S A WARNING FROM THE WAVENEY AREA



Police and Waveney District Council are warning members of the public never to give out personal information particularly their bank details out after receiving a number of reports from residents who have had telephone calls claiming to offer council tax refunds.

Other local councils and police forces have issued similar warnings in recent days (Suffolk Coastal and Norfolk) following the phone scam being targeted at council tax payers.

In each of these cases the householder has received a phone call from someone claiming to work for the council and offering tax refunds. The caller has then asked for bank or credit card details.

In one incident yesterday an older lady from the Waveney area received a phone call from a man who said the council were having her property re-banded and that she would receive documents in the post.

He said there would be a refund dating to the 1990s but the only way she could receive this was via her debit/ credit card. The lady wisely informed him that she would not give out this information and he hung up on him.

Police and Waveney District Council are advising residents to follow her example and refuse to give any details.

You should NEVER give out your bank details to unsolicited callers.



Crime can not flourish in a community that cares



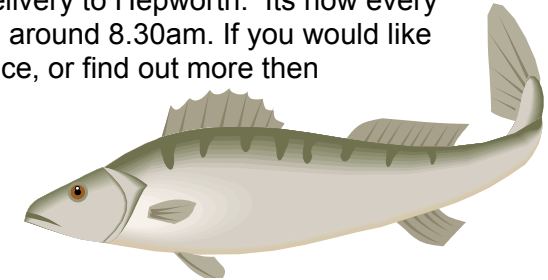
Food deliveries in Hepworth

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. Its now every Tuesday 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!!).