

HEPWORTH SOCIAL CLUB

NEWSLETTER



Car Boot Sale

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

"THE FOOT RULE"

There is a formula for figuring out how bed space is allocated. It is called the "Foot Rule". You start by determining the total number of feet (as in those at the end of the legs, not the kind made up by inches). Then you divide that total by the number of feet belonging to the person(s) or dog(s) in question. This is how it works:

You and partner share your bed with 1 dog. You and your husband total 4 feet and the dog also has 4 feet. That is a total of 8 feet. The dog has 4 out of 8 feet or 50%, therefore, the dog gets 50% of the bed. You could work this in reverse as well. You have 2 out of 8 feet or 25% and so does your partner, so each of you gets 25% and the dog gets 50%.

Now we have 3 dogs. At 4 feet per dog, that is 12 feet. Add to that our 4 feet and we have a total of 16 feet in the bed. I have 2 of the 16 feet which is $\frac{1}{8}$ of the bed and my partner also has 2 of the 16 feet which is also $\frac{1}{8}$ of the bed. So we get $2 \times \frac{1}{8}$ (which is of course $\frac{1}{4}$) or 12.5% of the bed each. The dogs, since they share a total of 12 of the 16 feet get $\frac{3}{4}$ or 75% of the bed. Simple really, isn't it?

Once I figured out my percent of the bed space, the next step was to work out the exact area that I am entitled to. My bed is a King size which is approximately 6 ft x 5ft.

Here is the maths:

$6 \text{ ft} \times 5 \text{ ft} = 30 \text{ square feet}$

$30 \text{ square feet} = 4320 \text{ square inches}$

$12.5\% \text{ of } 4320 = 540 \text{ square inches}$

$540 \text{ square inches} = 3.75 \text{ square feet}$

In order to determine the exact size of my bed space, I needed to know the percentage of length to width - this comes out to approx 54% long to 46% wide.

When I apply these percentages to my spot:

$540 \text{ square inches} \times 54\% = 292 \text{ square inches approx}$

$540 \text{ square inches} \times 46\% = 248 \text{ square inches approx}$

$292 \text{ square inches} = 24.3 \text{ inches approx}$

$248 \text{ square inches} = 20.7 \text{ inches approx}$

$24.3 \text{ inches} = \text{just over } 2\text{ft}$

$20.7 \text{ inches} = \text{just over } 1.7 \text{ feet}$

Now that the math is all done, the figures show that the dimensions of my part of the bed are 2 feet by 1.7 feet or in other words: I get the pillow!!!



CAR BOOT SALE

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

Car Boot Sale

on Saturday May 13th at Hepworth Recreation Ground
from 10.00am to raise funds.

If you would like to book a pitch for the sale, the cost will be £3.00
pre-booked (before Thursday 11th) or £6.00 on the day.
Phone for any further details

Refreshments will be available.

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.

Can you help? Give us a call if you can.
Telephone John or Margaret on 01359 250048

NEIGHBOURHOOD WATCH

Ixworth Police Station - 01284 774235
Community Police Officer - Sheena Tate
e-mail sheena.tate@suffolk.pnn.police.uk



If you have something to report to me, and you have e-mail, please use e-mail, unless it is urgent, as it is easier, quicker and more accurate to turn into a formal report. Sheena.

Local crimes recently reported

Barningham. Overnight 6/7 Feb a window at the rear of a building on Church Road was broken.

Stanton. Between 6 & 7pm 2 Feb two glass panes in the Barningham Road telephone kiosk were broken.

An alarm was activated when the door bolt of an outhouse on Hepworth Road was cropped between 6.30 and 7.50pm on 6 Feb.

Between 7 & 8am 19 Feb windows of a building on Grove Lane were broken.

Between 12.30 & 1.30 pm on 19 Feb a mini CD player and drill bits were stolen from an unlocked vehicle in Shepherds Grove.

A low load trailer was hitched to a white Volvo tractor and driven away from the Industrial Estate at 8.45pm 27 Feb.

Thelnetham. Tyres of a vehicle on Hopton Road were slashed over night 2/3 Feb

Ixworth. A car stereo was stolen from Saddlers Yard on 27 Jan.

Overnight 2/3 Feb a disk cutter was stolen from an unlocked container on Peddars Close.

Overnight 5/6 Feb a forced entry was made into a dwelling to the High Street. The intruder was probably disturbed as nothing was taken.

Overnight 14/15 Feb two power saws and a generator were stolen from a locked outbuilding on Heath Road after a break-in.

Overnight 20/21 Feb the rear wind screen of a vehicle parked on Crown Lane was smashed.

A CD player was stolen, after a side window was smashed, between 8.30am and 12.30pm on 23 Feb from a locked car that was parked on Thetford Road .

LOCK UP YOUR CARS AND REMOVE ATTRACTIVE ITEMS

We've been singing this song ever since this publication started and yet, regularly every month, we carry reports of items being stolen from unlocked cars, or cars being broken into because attractive items were on show. Worse, we often have reports of cars being stolen that had the keys left in the ignition. These crime trends indicate that there are opportunist thieves who simply go along trying the doors of cars and who are also quite happy to smash a window if they see, or think they see, something attractive.

These opportunist thieves are now highly mobile and frequently travel long distances to their target areas, often chosen because they are cosy country areas where everyone knows and trusts each other and never lock their cars.

Don't be lulled into a false sense of security – lock it up.

DISTRACTION BURGLARIES

There has been a recent increase in Distraction Burglaries across the county. As usual they use a number of ruses to gain entry, frequently posing as officials of utility companies. It is most unlikely that such companies would send more than one person to do a job that one can do, so be extra careful if more than one appears on your doorstep seeking entry.

On principle you should never let any stranger into your home that you have not identified as genuine. Ask for identification and check with the company that the person is a legitimate representative. As a second person will often seek to gain entry elsewhere, whilst the occupier is being kept busy at the front door, always make sure other entrances are securely shut before answering the front door.

REMEMBER THE GOLDEN RULE – IF IN DOUBT, KEEP THEM OUT

The full Neighbourhood Watch Newsletter is available at
<http://www.johnbeales.co.uk/nhwatch.htm>

PETER'S PANEL

THE EASTER HOLIDAYS LOOM

If you have school age children or are thinking of going away for Easter, now is the time to start on some serious planning about how to keep the young suitably occupied and how to make your house secure. And if you don't have school age children or you are not going away then think of ways you can help those who do or who will be going away.

It is not too early to begin organizing activities for the young to keep them out of trouble over Easter. Most effectively and economically these are best organised as group activities combining several families preferably with a responsible adult in charge of each day. Given the propensity for the young not to surface in the early hours, a late morning, or even an early afternoon start will probably result in fewer absentees. If the absence of young will result in a house being left unoccupied then don't forget security.

Which brings me on to the arrangements you need to make if you are going away. You should aim to make your home look as if you are there. This means cancelling normal deliveries of newspapers and milk and arranging for someone to clear your letter box. If possible get a trusted neighbour to come in and draw the curtains in the evening and undraw them in the morning. You really do need to invest in some time switches that will turn lights on and off as would normally happen if you were there. The sound of a radio or television will also do much to warn off opportunist burglars.

Should the weather turn warm then a shaggy lawn can be another indicator that the house is not occupied. A really kind neighbour might cut it for you – perhaps you could repay this kindness in the same way later in the year. You may also like to consider putting really valuable items into a bank for safe keeping and remember not to leave valuable items on show.

The full Neighbourhood Watch Newsletter is available at
<http://www.johnbeales.co.uk/nhwatch.htm>

FUTURE OF NATIONAL NEIGHBOURHOOD WATCH ASSOCIATION:-

Some of you will have heard that sadly the NNWA is to close its doors. Please see below the Statement from the Chair, Board of Trustees, NNWA which came out on 17th March 2006.

There is a notice on the website with Q & A's that put the position clearly.

However, please don't panic as this move will not have too great an effect on the Suffolk Neighbourhood Watch Association, but I am sure we would all like to extend our heartfelt thanks and best wishes to the members of the NNWA who have worked so hard on behalf of Neighbourhood Watch for many years.

STATEMENT – 17th March 2006

It is with a great sense of personal regret that I have to inform you that at its meeting yesterday (Thursday, March 16) the Board of Trustees, acting on a report from its financial advisers, concluded that the future solvency of the National Neighbourhood Watch Association (NNWA) could no longer be guaranteed. Therefore, in order to meet its liabilities and its obligations to its employees, the Trustees agreed unanimously that the three permanent members of staff working at NNWA headquarters in Hatfield be made redundant and the appropriate steps taken to close the NNWA.

The past three years have been a difficult time for NNWA. It did appear, 12 months ago, that as a result of some stringent cost-saving measures, the NNWA had turned a corner.

However for some time now, a small minority has been working behind the scenes, determined to undermine the work and functions of the NNWA.

In December the NNWA launched a Review and Development Programme for 2006.

The Board of Trustees had hoped that through a process of consultation and democratic discussion, the neighbourhood watch

movement could move forward, united in a common goal of promoting active citizenship and community involvement.

Regrettably the continued negative campaigning by this small group of dissidents has jeopardised NNWA's ability to attract sufficient long-term sponsorship. The NNWA relies 100% on corporate sponsorship to fund its work. The shortfall in sponsorship funding for 2006 -7 and the adverse impact on cash flow means that, from April, NNWA will no longer be in a position to meet its financial liabilities. The Board, at its meeting yesterday, placed on record its thanks to the three NNWA members of staff, in particular Development Director Nigel Davies, for the tremendous loyalty and commitment, they have shown.

The Trustees are also extremely grateful to the loyal group of corporate sponsors who have supported NNWA and enabled neighbourhood watch to grow and become the biggest voluntary community movement in the UK. The NNWA also has a debt of gratitude to the Association of Chief Police Officers (ACPO) and in particular Chief Constables Frank Whiteley (Hertfordshire) and Paul Scott-Lee (West Midlands) for their advice, assistance and support over a number of years.

The grassroots level, the work and commitment of neighbourhood watch volunteers will continue, and hopefully flourish. The insurance and indemnity cover for neighbourhood watch groups in place for the current year is not affected by the closure of NNWA.

The hard lesson that neighbourhood watch at a national level needs to learn is that pursuing personal agendas, infighting and internal politics has to stop if neighbourhood watch wants to be seen as a credible movement and play its part in shaping and influencing future policy on important matters such as neighbourhood policing and community safety

Roy Rudham
Chair, Board of Trustees,
National Neighbourhood Watch Association (NNWA)
Room R1, Hatfield Annexe, Hatfield Police Station,
16 St Albans Road East, Hatfield
Hertfordshire AL10 0EL Tel: 01707 638814 Fax: 01707 638816

JUNK MAIL AND UNWANTED TELEPHONE CALLS

Are you fed up with the amount of junk mail that falls on to your doormat and unwanted phone calls? If so, contact each of the following organisations to reduce the amount. Please note you must allow at least four months before you will see a reduction in the mail you receive and 28 days for the Telephone Preference Service

Personally Addressed Junk Mail: Contact
The Mailing Preference Service
Freepost 29 LON20771
London
W1E 0ZT

Telephone 0845 7034599
www.mpsonline.org.uk

Unaddressed Leaflets: Contact
Royal Mail Door to Door
Opt-Out, Room 130
Wheatstone House
Wheatstone Road
Swindon
SN3 5JN

Telephone 0845 7905950 or email optout@royalmail.co.uk

The Telephone Preference Service
DMA House
70 Margaret Street
London W1W 8SS

Telephone 0845 0700707
www.tpsonline.org.uk

**IF WHAT YOU KNOW MIGHT SOLVE A CRIME . .
THEN REPORT IT NOW ! CALL**

The Police on 01284 774100 or Crime Stoppers on 0800 555111



Taking pride in keeping Suffolk safe



PARISH PLAN COFFEE MORNING – A THANK YOU

The Parish Plan Steering Committee would like to thank everyone who came along to the Open Coffee morning on 4th March 2006 to give their ideas and thoughts on various topics of interest to people living in Hepworth. We were pleased to hear all the comments from everyone who attended, especially the youngsters who came along.

All the views expressed will help the Steering Committee put together questions for the Parish Plan questionnaire which will be delivered to every house in Hepworth in the next few months. We really hope everyone will take the time to complete this, as it will then truly represent the opinions of everyone in the village.

Thank you all very much for your contribution.

Hepworth Parish Plan Steering Committee.

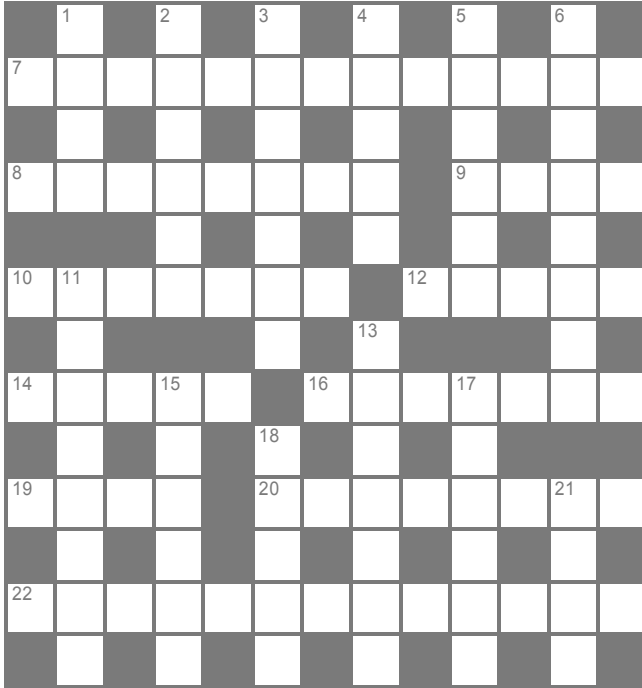
THE WORLD'S EASIEST QUIZ

- 1) How long did the Hundred Years' War last?
- 2) Which country makes Panama hats?
- 3) From which animal do we get catgut?
- 4) In which month do Russians celebrate the October Revolution?
- 5) What is a camel's hair brush made of?
- 6) The Canary Islands in the Pacific are named after what animal?
- 7) What was King George VI's first name?
- 8) What colour is a purple finch?
- 9) Where are Chinese gooseberries from?
- 10) What is the colour of the black box in a commercial airplane?

How many do you think you can get right?

Answers on Page 19

Crossword 105



Across

- 7 Chances (13)
- 8 Opening (8)
- 9 Hurry (4)
- 10 Broken up (7)
- 12 Blood vessel (5)
- 14 Boggy soil (5)
- 16 Precisely (7)
- 19 Heavenly body (4)
- 20 Ideas (8)
- 22 Situations (13)

Down

- 1 Not closed (4)
- 2 Gets on the bus (6)
- 3 Amazed (7)
- 4 Beneath (5)
- 5 Go without food (6)
- 6 Relating to you (8)
- 11 Big hill (8)
- 13 Hopes for (7)
- 15 Straight (6)
- 17 Loving (6)
- 18 Postal necessity (5)
- 21 Veer (anagram) (4)

A Touch of Magic

It all started with Aunt Merle coming to Sunday lunch. As many folk will testify, things tend to happen when Merle hits town. A kind person might say she is a catalyst of adventures, whereas an uncharitable one might say that she is The Devil in disguise.

This time there really was no excuse, forewarned should have meant forearmed, but after the rigours of a hearty meal taken in the heat of the day our defences were down. We should have realised that she would find our rural ways quaint. On more temperate Sabbath afternoons we like to visit Cathedrals and Churches, Stately Homes and that kind of venue. The first inkling that she was not satisfied with the prospect of this came with the rustling of the local newspaper.

"There is a Family Race Day on at Newmarket this afternoon," she remarked in a tone of voice that betrayed more than a passing interest.

"Really," said I brightly, "I wonder how they race them."

Merle is nothing if not persistent

"I've never been to Newmarket races. Have you?"

I had to agree that the Chief Accountant and I had not.

"Why don't we just pop over there this afternoon and have a butcher's, we all need a bit of excitement. It'll do us good to get out." Now there is the one area where Merle and I do agree. Life is not a rehearsal, so as long as it is within the bounds of decency, I think we should try everything once.

The Chief Accountant looked up from the expensively coiffured celebrities in Hello magazine -- you could see she was intrigued at the thought of sipping champagne with the nob's. Merle had found her Achilles heel.

"I suppose we might get there in time if we got our skates on," she concurred.

Forty minutes later we were stuck in the mother-of-all traffic jams on the outskirts of Newmarket, windows of the car wound down, sweltering in the hot July sun. Gazing up a side street I saw the nearest thing to a leprechaun I have ever seen walking purposefully down the road to our car. I know, this is a terrible cliché, but at least he was a tiny wrinkled faced man with a twinkle in his eyes (he must have been a retired jockey).

“Would you be on the way to the races my dear?” he inquired of Merle with all the accord that she is accustomed. Men are drawn to Merle like wasps to jam.

“If the police sort this lot out in time-- yes.” she beamed.

“Well if you would be so kind as to give me a lift I can get us onto the course in five minutes.”

“Get in,” I said.



Call me a sentimental old fool but I could see from the first moment the attraction that they had for each other. Love at first sight is a thing so rarely witnessed and such a joy to behold. The Chief Accountant and I became gooseberries, surplus to requirements as l'amour developed on the backseat of our own car.

Occasionally Romeo broke off from his silken tongued blarney to briefly direct me through the back streets to the gallops and open countryside.

“Follow that track over there.” he said pointing at a lane blocked by a locked gate and foreboding Private sign.

“A touch of magic and we're in.” he said fiddling with the padlock.

“It's alright, I work here.” he added. Five minutes later we were inside the car park and he and Merle were getting on famously.

“Come on Ladies,” he urged, entwining arms with both Merle and The Chief Accountant, “we'll just catch the first race.”

He struck an amusing picture, all four-feet nothing of him nearly hidden by the towering women of my family.

“Oi, O`Dwire! yelled a steward by the turnstiles. “You're not coming in here, -- you're banned!”

Our new friend looked embarrassed, shrugged his shoulders regretfully at Merle and without a word made a discreet withdrawal. The steward continued to view us suspiciously-- I do hate the feeling that engenders.

“Excuse me, but what was that all about?” I asked.

“Do you know him Sir?” He countered.

“Why no,” I said, wishing to make our position clear. “we just gave him a lift up here from the town.”

“Well consider yourself lucky you've still got your wallet, that man is a well-known pickpocket!”

“Good heavens, I can’t believe it!” exclaimed Merle looking wistfully after him. “He seemed such a nice man.”

“Oh do come on Merle,” chided The Chief Accountant. “We don’t want to be associated with that kind of person!”

We were somewhat shaken and in a daze wandered into Tattersall’s, despite The Chief Accountants plea’s that we enter The Grand Ring. I hate to pretend that I’m something that I’m not so I always mix with the hoi polloi, never with the toff’s-- they always find you out.

“I think I need a stiff drink.” said Merle.

“Yes.” said The Chief Accountant, getting into the mood. “Let’s have a bottle of bubbly.”

To my mind too many bad decisions are made due to the influence of drink. I could see that we needed to get ourselves “back on track” if you will pardon the expression.

“Come on shake out of it,” I said pulling out a tenner, “let’s not forget why we’re supposed to be here, we might as well have a bet.”

In front of me long queues of people, wads of notes in hand were jostling to throw obscene amounts of money at the parasitical bookies. It really is disgusting to see how easily some people are parted from their hard-earned cash.

We didn’t mean to be greedy, but the three of us lifted over eleven grand that sunny afternoon.

Russell N Kemp © 29.1.2006

Answers to Crossword 105

Down: 1 Open, 2 Boards, 3 Stunned, 4 Under, 5 Starve, 6 Personal, 11 Mountain, 13 Expects, 15 Direct, 17 Caring, 18 Stamp, 21 Ever.
22 Circumstances.
Across: 7 Opportunities, 8 Entrance, 9 Rush, 10 Smashed, 12 Veins, 14 Muddy, 16 Exactly, 19 Star, 20 Theories.

SAD NEWS

Have you lost a large Black Cat. One was involved in a road accident in The Street on Saturday 11th March and was taken to the vets. Sadly it had to be put to sleep.

If you think you may be the owner please could you contact:
Mrs Courtney Wines, 37 The Street - Tel 01359 251684

"NUGGETS OF GOLD"

Love starts with a smile, grows with a kiss, and ends with a tear.

Don't cry over anyone who won't cry over you

Good friends are hard to find, harder to leave and impossible to forget.

Actions speak louder than words.

The hardest thing to do is watch the one you love, love somebody else.

Don't let the past hold you back, you're missing the good stuff.

Life's short. If you don't look around once in a while you might miss it.

A best friend is like a four leaf clover, hard to find and lucky to have.

Some people make the world special just by being in it.

Good friends are like stars You don't always see them, but you know they are always there.

Don't frown. You never know who is falling in love with your smile.

What do you do when the only person who can make you stop crying is the person who made you cry?

Nobody is perfect until you fall in love with them.

Everything is okay in the end. If it's not okay, then it's not the end.

Most people walk in and out of your life, but only friends leave footprints in your heart.

Remember, every minute spent angry is sixty seconds of happiness wasted. Don't be angry.



PIP'S PAGE

Hello Everyone, Pip here again,

What a wet and windy month. I really do object to having to go out for 'walkies' at this time of year, I get all wet and muddy and when I get home I get a bath – like it or not. We all need to have a hobby in the winter months and mine this year is trying to learn how to work the computer. I sit on the desk and watch John and Marg using theirs and I know most of the computer 'jargon' now, although they both use phrases which I don't recognise at times – specially when the computer 'crashes'.

Now what I want you to help me with is – why are there so many words with 'cat' in them? You've got 'catalogue, catastrophe, caterpillar, cat-o-nine-tails, cat-scan, catapult, to name but a few. I've decided to have a little competition. Can you send me as many words as you know that start with 'dog'. The winner will get a highly sought after signed photograph of ME. The winner will be published in next magazine.

Thought I'd tell you about a dream I had the other night:-

I went round to the butchers the other day with a note in my mouth along with £10. The butcher was trying to shoo me away when he spotted the note which read – '10 lamb chops please'.

He took the money and gave me my chops, then I saw him following me. As usual when I got to the crossing, I waited for the green light and looked both ways then went across. I then checked the bus timetable and sat on the bench to wait.

When the bus arrived I went to the front and looked at the number to make sure it was the right one then I got on board. The butcher was still following me. When the bus got to my place, I pressed the 'stop' button and got off.

I then ran up to the house, dropped my bag in the porch, took a big run and threw myself at the front door – bang, wallop, I did this three times and there was no answer. I jumped on the wall, walked round the garden and banged my head on the window a couple of times, then went back to the front door.

When the door was opened I got really, really told off with shouts

and threats of abuse.

The butcher came to my aid saying 'What the heck are you doing? This dog is a genius!'

The one who opened the door said –'Genius my foot – it's the second time this week he's forgotten his key'!!

Sweet dreams!!!

Love Pip email Pip@margaretellis.co.uk

Top 10 Reasons Eve was Created

10. God worried that Adam would frequently become lost in the garden because he would not ask for directions.
 9. God knew that Adam would one day require someone to locate and hand him the TV remote.
 8. God knew that Adam would never go out and get himself a new fig leaf when his seat wore out and would therefore need Eve to get one for him.
 7. God knew that Adam would never be able to make a doctor's or dentist appointment for himself.
 6. God knew that Adam would never be able to remember which night to put the bin out
 5. God knew that if the world was to be populated, men would never be able to handle the pain and discomfort of childbearing.
 4. As Keeper of the Garden Adam would never remember where he left his tools.
 3. Apparently, Adam needed someone to blame his troubles on when God caught him hiding in the garden.
 2. As the Bible says, It is not good for man to be alone!
- And finally, the number ONE reason that God created Eve...
1. When God finished the creation of Adam, He stepped back, scratched His head and said, "I can do better than that."



THE WORST JOKE EVER

Last Saturday night; a young chap was walking home from the pub. It was a cold, wet, windy evening, and he was tired and freezing. Most of the streetlights in the area were broken, and the silence was only broken by the occasional sound of a stray cat sifting through a dustbin. Then suddenly he heard a strange noise.....

BUMP..... BUMP..... BUMP.....

Startled by this, he turned, and to his amazement, through the driving rain, he saw the faint outline of a large box turning into his road.

BUMP..... BUMP..... BUMP.....

He froze to the spot, he couldn't believe his eyes, as the box approached from the shadows, he was able to make out its shape more clearly....It was a coffin.

Not wanting anything to do with this, he put his head down and started walking briskly home.

BUMP..... BUMP..... BUMP.....

He could feel the coffin gaining on him, he started walking faster.....

BUMP..... BUMP..... BUMP.....

The coffin was closing with his every step, he started to jog, but he heard the coffin speed up after him.....

BUMP..... BUMP..... BUMP.....

He started to sprint, but so did the coffin .

BUMP..... BUMP..... BUMP.....

Eventually he made it to his front door, but he knew the coffin was only seconds behind. Fumbling around in his pocket, he pulled out his keys, His hand trembling, he managed to open the lock, he dived inside slamming the front door behind him. He shot into his front room, and lumped into his comfy chair.

Suddenly there was a loud crash, as the coffin smashed its way through the front door. The force of the impact broke the lock off the coffin allowing the lid to swing freely on its rusty hinges as it continued its chase.....

BUMP... SCREECH... BUMP.. SCREECH...

In horror the young lad fled again, as fast as his shaking legs could take him he bolted upstairs to the bathroom and locked the door.....
BUMP... SCREECH... BUMP.. SCREECH...

The coffin again gave chase up the stairs, across the landing and launched itself at the bathroom door. With an almighty smash, the bathroom door flew off its hinges....

The coffin stood in the doorway, then started to approach the young terrified lad.
BUMP... SCREECH... BUMP.. SCREECH...

In a last ditch attempt to save his skin, he reached for his bathroom cabinet..... He grabbed a bar of Imperial Leather soap and threw it at the coffin.....still it came .
BUMP... SCREECH... BUMP.. SCREECH...

He grabbed his can of Lynx deodorant and threw it still it came.....
BUMP... SCREECH... BUMP.. SCREECH...

He grabbed his first aid kit and threw it....still it came.....
BUMP... SCREECH... BUMP.. SCREECH...

He grabbed some Benelyn cough mixture and threw it.....

And the coffin stopped....



ANSWERS TO THE QUIZ (from page 10)

- | | |
|---------------------|----------------|
| 1) 116 years | 6) Dogs |
| 2) Ecuador | 7) Albert |
| 3) Sheep and Horses | 8) Crimson |
| 4) November | 9) New Zealand |
| 5) Squirrel fur | 10) Orange |

Be honest – how did you do? Don't worry I didn't do very well either



CONSTRUCTION SITE WORKERS

An Italian, a Scotsman and a Chinese fellow are hired at a construction site. The foreman points out a huge pile of sand and says to the Italian guy, "You're in charge of sweeping." To the Scotsman he says, "You're in charge of shovelling." And to the Chinese guy, "You're in charge of supplies."

He then says, "Now, I have to leave for a little while. I expect you guys to make a big dent in that there pile."

So the foreman went away for a couple hours and when he returns, the pile of sand is untouched. He asks the Italian, "Why didn't you sweep any of it?"

The Italian replies, "I no hava no broom. You saida to the Chinese a fella that he awasa in a charge of supplies, but he hasa disappeared and I nocouldafinda him nowhere."

Then the foreman turns to the Scotsman and says, "And you, I thought I told you to shovel this pile."

The Scotsman replies, "Aye, ye did lad, boot ah couldnay get meself a shoovel. Ye left th' Chinese gadgie in charge of supplies, boot ahcouldnay fin' him either."

The foreman is really angry now and storms off toward the pile of sand to look for the Chinese guy. Just then, the Chinese guy leaps out from behind the pile of sand and yells "SUPPLIES"!!



PAPER OFFER



Plain A4 paper (as used in this Newsletter)
80gsm. Suitable for laser, inkjet and handwriting
£1.50 per ream (500 sheets)

 01359 250048

BIRD FLU FACT SHEET FOR POULTRY KEEPERS IN SUFFOLK



Suffolk County Council is making plans in the event that avian influenza, also known as bird flu, reaches the county. Our Trading Standards team is prepared to deal with the situation if it arises. A bird flu help line has been set up for Suffolk people to call if they have concerns. The number is 08456 032 814

Advice to Poultry Keepers

If you keep poultry and are concerned about the threat of bird flu, Suffolk County Council's Trading Standards team offers this guidance from Defra:

- Supply clean, fresh drinking water to your birds. Feed and water them under cover to avoid contamination by wild birds and other animals. Flush through and regularly clean water lines and drinkers.
- Make sure your premises are clean and tidy. Spilled feed, litter and standing water attract wild birds and vermin. Dispose of litter and manure regularly and properly
- Keep your birds separate from wild birds, waterfowl, pets and other animals. Control vermin.
- Keep visitors and their vehicles away from your birds as much as possible. If they must have access, make sure vehicles and equipment are clean.
- Make sure your clothes, footwear and hands are clean, before and after contact with birds. Any essential visitors should do the same.
- Avoid sharing equipment. If you do have to share, make sure it is cleansed and disinfected before and after use. Regularly cleanse and disinfect crates and containers.
- Dispose of damaged eggs and dead birds promptly and properly
- Buy feed from a mill or supplier that operates in accordance with Defra and Agricultural Industries Confederation Codes of Practice.
- Be vigilant when purchasing new stock. Use reputable sources. Isolate new birds and birds you have taken off your premises (for example, to a show).
- If you suspect disease, act quickly and consult your vet. Bird flu is a notifiable disease and must be reported to your local State Veterinary Service.

What is Bird Flu and Signs to look out for:

Avian influenza (also known as bird flu) is a highly contagious viral disease affecting the respiratory, digestive and/or nervous system of many species of birds.

The early signs of bird flu include; watery swelling of the head, blueing of the combs and wattles, dullness, loss of appetite, diarrhoea, and a drop in egg production.

The risk of a disease may require free-range birds to be brought inside

Consider where your flock will be housed and how you will manage this, possibly for extended periods of time. Take into account welfare issues.

What should I do if I suspect one of my birds has been infected?

If you suspect bird flu contact your vet, or the State Veterinary Service (SVS) at Bury St Edmunds on 01284 778150. If you have to handle a dead bird it is important to wear gloves and wash your hands with soap and water as soon as possible. Avoid touching your face and certainly do not eat until you have washed your hands. Wash clothing with soap and water.

If an outbreak is confirmed

Defra will set up a 3km (nearly 2 miles) restriction zone and a 10km (nearly 6¼ miles) surveillance zone to control the outbreak. Within these zones movement of poultry and poultry waste/litter will have to be licensed. Cleansing and disinfection at the entrance to poultry premises may be required. All poultry will have to be kept undercover. Other useful sources of information:

www.defra.gov.uk

www.suffolk.gov.uk

If you have more than 50 birds you must register with the national poultry register. To do this log onto the Defra website or call free on 0800 634 1112. If you have less than 50 birds you do not have to register, but it would be useful if you did. Alternatively, you can notify Suffolk Trading Standards of your basic details. In the event of an outbreak or a change to the current situation you will then be alerted. Just send your name and address together with the no of birds you have to:

Trading Standards, Suffolk County Council, Endeavour House, 8 Russell Road Ipswich IP1 2BX or email to enquiries@tradstan.suffolkcc.gov.uk

A NEW HOBBY

Following a 'bit of a heart problem' I thought I would write a few lines to tell of a hobby that I have found not just interesting, but a bit therapeutic as well. It's one of the few things we all have in common – no its not religion, politics or football. It always ends in something that can lead to discussion, comments, advice and a full tummy - but rarely complaints. It costs very little to do and can help your better half, speaking from a mans point of view of course. No woman would admit to the 'man' being the better half. Surprisingly the hobby is cooking! Well we all like to eat!!

I will over the next few months be publishing some of my 'own' recipes. Its difficult to say that I am the originator of the recipe – but then who can. All I can say is that I have gleaned ideas and methods from so many people and all of the methods have been changed so much beyond recognition it's impossible to thank individuals. I will say I have been strongly influenced by such people as Delia Smith, James Martin, Nigella Lawson, and of course by the many excellent TV programmes.

I strongly urge if you try a recipe and you find it lacking in something , then change it, try it, improve it and then let me know.

The following is a recipe for a good basic curry. Its not silly hot but its not mild either. I suggest you try it 'as is' and then make adjustments as necessary the next time you make it. Write down the changes you make or you will forget – just after you have perfected it to your taste.

As it freezes well, I like to make a large batch as its just as quick, but its always down to the size of pan you have. If you don't have a steel pan that you can use on the hob and in the oven then the first part can be done in a large frying pan or saucepan and then transferred to a casserole dish for the final part of the cooking in the oven.

I suggest you prepare all the dry ingredients before you start cooking and put them into small dishes or whatever you find is appropriate. I have separated the ingredients into batches. All teaspoon measures are a nicely 'rounded' spoonful, not loaded to

bursting point but not level either. For smaller batches just divide the ingredients into half or quarter of the amount. Don't worry if it doesn't work out exactly – as long as you make a note of the amounts you use it then you can repeat it – or not!

Ingredients (6-8 portions)

120ml Vegetable Oil

1 tsp Cumin Seeds

4-5 Bay leaves

10-12 Cardamon Pods

2 Onions – 3 if they are small – chopped very fine ¹

3 Garlic Cloves crushed in a press or chopped very fine

2 Red and 1 Green Chilli chopped very fine ²

1 x 1" cube piece of fresh Ginger chopped very fine

4 tsp Ground Coriander

4 tsp Ground Cumin

2 tsp Hot Chilli Powder

1.5k Braising Steak – trim off any sinew and excess fat and cut into cubes – don't make them too small.

1 Beef Stock Cube dissolved in ½ pt boiling water ³

½ pt Tomato Juice

6 tsp Cornflour and 3 tsp Mustard Powder blended together with a little water to make a paste.

Method

Heat the oil in a pan and fry the Cumin Seeds, Bay leaves and Cardamon Pods for 2-3 minutes

Add the Onions, Garlic, Chillies etc and fry for 10-15 mins or until onions have turned golden brown and soft.

Stir in the Coriander, Cumin and Chilli powder and cook for a further 2-3 minutes. You should at this stage have a wonderful smelling thickish paste. If you think it's a little too thick, then add a bit more vegetable oil.

Add the Braising Steak and stir making sure that it all gets coated in the paste. Cook for about 5 minutes before adding the Beef stock

and the Tomato Juice

Bring the pan up to simmering point and then transfer to the oven at 180°C for about ¾ hour before adding the Cornflour and Mustard, stirring to make sure its all mixed. Cook for a further ¾ hour or until the meat is tender. Don't be tempted to leave it in for too long as the meat will tend to 'dissolve' into the sauce and break up.

Serve with Basmati Rice and Poppadom or Naan Bread.

The recipe seems to work just as well with chicken (just substitute the beef stock cube for a chicken one) and should be ok using lamb or pork but I haven't tried it – yet.

Notes

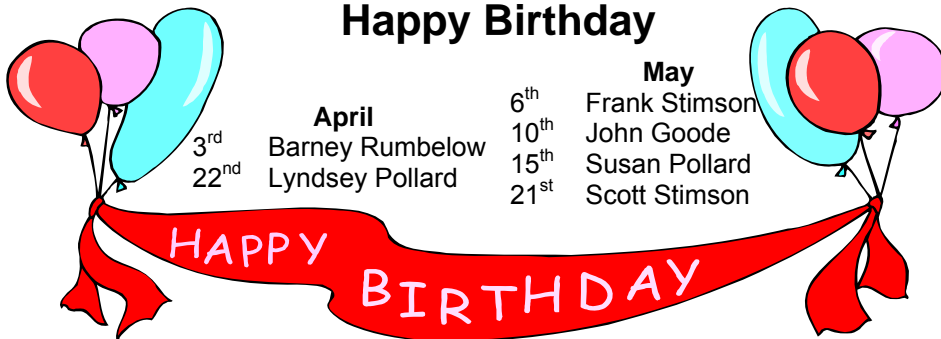
¹ Just as a tip – if you find onions make you tearful use a very sharp knife – it's the bruising caused by using a blunt blade that causes the problem.

² Slice the chillies down the middle and remove the seeds and pith if you don't want it so hot – the 'heat' is in those bits

³ I use Kallo organic stock cubes. Apart from being organic they are about three times stronger in flavour than oxo, so if you are using those then you will have to adjust the quantity to suit, but I haven't tried it. I personally find oxo cubes a bit salty but its all down to taste.

John Beales

Happy Birthday



Do you know someone you would like to add to the list?
Contact Margaret on 250048

THE OLD LADY AND THE BIKER

A biker stops by the local garage to have his bike fixed. They couldn't do it while he waited, so he said he didn't live far away and would just walk home and collect it later.

On the way home he stopped at the hardware store and bought a bucket and an anvil.

He stopped by the livestock dealer and picked up a couple of chickens and a goose.

However, struggling outside the store he now had a problem: how to carry all of his purchases home.

While he is scratching his head he was approached by a little old lady who told him she was lost. She asked, "Can you tell me how to get to Mockingbird Lane?"

The biker said, "Well, as a matter of fact, I live in Mockingbird Lane. I would walk you home but I can't carry this lot."

The old lady suggested, "Why don't you put the anvil in the bucket, carry the bucket in one hand, put a chicken under each arm and carry the goose in your other hand?"

"Why thank you very much," he said and proceeded to walk the old girl home.

On the way he says: "Let's take my short cut and go down this alley. We'll be there in no time."

The little old lady looked him over cautiously then said, "I am a lonely widow without a husband to defend me. How do I know that when we get in the alley you won't hold me up against the wall and ravish me?"

The biker said, "Holy smokes lady! I am carrying a bucket, an anvil, two chickens, and a goose. How in the world could I possibly hold you up against the wall and do that?"

The lady replied, "Set the goose down, cover him with the bucket, put the anvil on top of the bucket, and I'll hold the chickens."



On the Wind

I hear a baby crying, softly crying,
On the wind, on the wind.
I hear a baby sighing, sweetly sighing,
On the wind from Bethlehem.
I hear a baby crying, softly crying,
On the wings of the wind.
I hear a baby crying,
Softly crying, sweetly sighing,
All the way from Bethlehem.

I hear the good Lord preaching, calmly preaching,
On the wind, on the wind.
I hear the good Lord teaching. Yes he's teaching,
On the wind from Galilee.
I hear the good Lord preaching, calmly preaching,
On the wings of the wind.
I hear the good Lord preaching,
Softly preaching, calmly teaching,
All the way from Galilee.

I hear the Saviour praying, softly praying,
On the wind, on the wind.
I hear the Saviour dying, cruelly dying,
On the wind from Calvary.
I hear the Saviour praying, softly praying,
On the wings of the wind.
I hear the Saviour praying,
Softly praying, cruelly dying,
All the way from Calvary.

Bernard Arthur Howlett ©

HELP!

Is there anyone in Hepworth who has a newspaper daily from Barningham shop and would like to share in the collecting?

If so please ring Gill Penley-Martin on 01359 250352

MY SPECIAL LIST

I have a list of folks I know all written in a book,
And every now and then I go and take a look.
That is when I realise these names they are a part,
Not of the book they're written in, but taken from the heart.
For each name stands for someone who has crossed my path sometime,
And in that meeting they have become the reason and the rhyme.
Although it sounds fantastic for me to make this claim,
I really am composed of each remembered name.
Although you're not aware of any special link,
Just knowing you, has shaped my life, more than you could think.
So please don't think my greeting as just a mere routine,
Your name was really remembered, not forgotten in between.
For when I send a greeting that is addressed to you,
It is because you're on the list of folks I'm indebted to.
So whether I have known you for many days or few,
In some ways you have a part in shaping things I do.
I am but a total of the many folks I've met,
You are a friend I would prefer never to forget.

Thank you for being my friend!

Author unknown

New Seat Belt Design Saves Lives!



Please could you let me have letters or articles for the May edition of
The Newsletter by the 20th of April - Many thanks

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