

For Sale - FREE for everyone to advertise .

Printing Paper

(As used in this newsletter) £2.50 per ream - 500 sheets

Ring 01359 250048 for further details

For next months issue please let me have your free ads by 20th of December. If you would like to include a picture then feel free.

(NB for obvious reasons the editor reserves the right to decline an advertisement)

Sudoku Solutions (from page 5)

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

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

AND FINALLY

A lot of folks can't understand how we came to have an oil shortage here in our country. Well, there's a very simple answer. Nobody bothered to check the oil. We just didn't know we were getting low.

The reason for that is purely geographical. Our oil is located in Scotland and our dipsticks are located in Westminster!



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

Editor – John Beales, 20 Church Close, Hepworth. 01359 250048
e-mail newsletter@johnbeales.co.uk

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

HEPWORTH SOCIAL CLUB

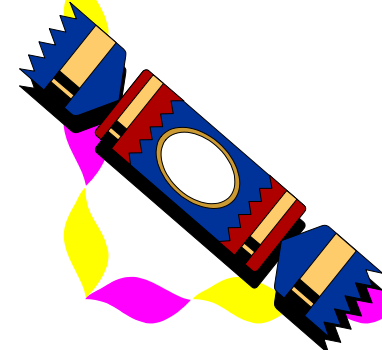


NEWSLETTER

Issue
No 112

December
2007

*Merry Christmas
and a
Happy New Year*



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

THE CHRISTMAS TREE

One particular Christmas season a long time ago Santa was ready for his Christmas run... but there were problems.

Four of his elves got sick, and the trainee elves did not produce the toys as fast as the regular ones so Santa was beginning to feel the pressure of being behind schedule.

Then Mrs. Claus told Santa that her Mum was coming to visit. This stressed Santa even more.

When he went to harness the reindeer, he found that three of them were about to give birth and two had jumped the fence and were out, heaven knows where. More stress.

Then when he began to load the sleigh one of the boards cracked and the toy bag fell to the ground and scattered the toys.

So, frustrated, Santa went into the house for a cup of coffee and a shot of whisky. When he went to the cupboard, he discovered that the elves had hid the whisky and there was nothing to drink.

In his frustration, he accidentally dropped the coffee pot and it broke into hundreds of little pieces all over the kitchen floor.

He went to get the broom and found that mice had eaten the straw it was made from.

Just then the doorbell rang and Santa cursed on his way to the door.

He opened the door and there was a little angel with a great big Christmas tree. The angel said, very cheerfully, "Merry Christmas Santa. Isn't it just a lovely day? I have a beautiful tree for you. Isn't it just a lovely tree? Where would you like me to stick it?"

Thus began the tradition of the little angel on top of the Christmas tree.



with a bad back, we all suffer. Anyway the coat she's got has a fur collar and she thinks she looks F-ABBI-LUS in it. Doesn't last long however because she's a bit of a mucky pup and will find, horse exhaust, deer do dahs, any sort of dung to roll in if she has the chance. You'd have thought she'd have cottoned on by now – roll in the pooh - and its a bath for you!!

I've been busy on t'internet doing my Christmas shopping and I've got lots of doggy goodies for Marg, John and Cyril. I think John's buying Marg a drill for Christmas and she's buying him a hairdryer!! Donna, John's daughter, has two cats and each year they buy me a present, they also buy presents for Missi and Abbi and as Billy and Molly are new additions this year, I expect they'll get presents as well, so I've had to get presents for them, keep this under your hat though, cos me, a hard dog, is not supposed to buy presents for cats am I?? Still as long as we all get what we want eh, I'd like 'some new front teeth' – do they do 'falsies' for dogs yet?

We all wish you all a very Happy Christmas and a Jolly New Year. Have lots to eat and drink and have your family and good friends around you and all will be well.

Love from

Pip, Missi, Abbi, Billy the Kid and Molly the Lodger.

WOOLLEN SOCKS

The psychiatrist was interviewing a first-time patient. "You say you're here," he inquired, "because your family is worried about your taste in socks?"

"That's correct," muttered the patient. "I like wool socks."

"But that's perfectly normal," replied the doctor. "Many people prefer wool socks to those made from cotton or acrylic. In fact, I myself like wool socks."

"You DO?" exclaimed the man. "With oil and vinegar or just a squeeze of lemon?"





PIPS PAGE

Hello Pip here,

Hope you're all ready for Christmas. We are, with just one hiccup. Seems we may have a 'custody' battle over Molly the lodger. We took a vote and Billy and I wanted her to stay but the girls weren't too keen. I think it's a good idea because it means I don't have to play with Billy so much, cos Molly – or Mollywog – as Marg calls her (she calls her other names at times too!!) plays with Billy the Kid all day, every day.

The girls aren't too keen cos she's a bit smaller than them – and fitter – so she gets to the food bowl before anyone else can. She's like a 'doover' – (get it – a cross between a dog and a Hoover). She grabs all the best bits off her plate and tries to get to the others before they can. This causes a bit of trouble at times, especially with Billy. He's a gentle, slightly stupid but lovable soul but he is very protective of his dinner and will turn violent if anyone goes near his plate baring his teeth and this can be very scary!!

I used to be scary before I had my teeth taken out, now when I bare my teeth I look like I've got a row of dominoes in my mouth - but that only adds to my image as a 'hard dog'; as I tell all that want to know that I had them knocked out during a fight. (Dream on Pip – you couldn't knock the skin off a rice pudding).

I want to get us Yorkshire Terrorists away from the image of having bows in our hair and stuff like that, cos some of us (mainly me!!) are really macho dogs and would like to show it. Personally I think that Billy has a bit of a spaniel in him as whenever he sees a puddle big enough to jump in, he's in and out like a dog possessed, he really loves the water and when Marg was trying to water the plants, he stands in front of her with that look on his face 'get me if you can'. The only thing is, he doesn't bother to run out of the way when she turns the hose on him. He absolutely loves it and comes in looking like a drowned rat and wiping his feet all over the place. Marg says she's going to get him a pair of wellies, you can get these now you know, I would refuse to wear them cos I'm a 'hard dog'.

Abbi has got a winter coat to wear when the weather is really cold as she suffers from a bad back and believe me when Abbi's suffering

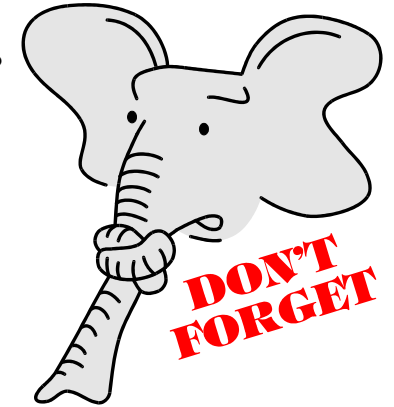
Have you returned your Christmas Draw counterfoils yet?

If not then please do so as soon as possible.

We would also appreciate the return of any unused books.

Give us a ring if you need them collected. 01359 250048

Many thanks



Over 60's Christmas Lunch Hepworth Pavilion

Friday 14th December 12.00 noon for 12.30

If you are new to the village and qualify on age, please do come along, you will be most welcome. The meal is free to Hepworth Over 60's. If you would like to bring a friend, the charge for the meal will be £9.00. If you need a lift, please ring 250048.

As usual we would be grateful for any contributions towards our raffle, we have been very fortunate in the past with many of you contributing generously with money, hampers, wine, sherry or gifts and for this we thank you. Without your support, we could not fund this lovely, friendly Christmas lunch, where people get together sometimes only at this time of the year.

We are again looking for volunteers to help with this event, as without you, we really are struggling. We need help with lifts, waitressing, taking coats, washing up, delivering prizes and cleaning the hall afterwards. If you are able to help in any way, please ring me on 250048.

Lastly, you do need to ring me on 250048 to book your meal. Carol obviously needs to know how many meals to cook. We are taking bookings up until Monday 10th December and would appreciate you letting us know by then.

Margaret

HEPWORTH PARISH COUNCIL

The scheduled meeting of the Parish Council took place on Thursday, 1st November 2007 at the pavilion. The meeting was chaired by Mr Stannard. Amongst the matters discussed were:

Report from Borough Councillor The Borough Councillor reported that there were about 40 attendees at the recycling presentation which had been a success, and that the Parish Conference will be held in Horringer on Monday, 19th November when the Rural Action Plan will be discussed.

Parish Plan The Parish Plan has been printed, and a meeting will be arranged before distributing copies to villagers. The publication has been kept simple, so as to enable a copy to be printed for every household.

Report from County Councillor The County Councillor's report included the deferment of the proposed closure of the enquiry desk at Ixworth Police Station whilst consultation takes place; a proposed meeting with the Chief Constable; attendance at parish council meetings by the Police; the latest news on the Schools Organisation Review; and points to consider in connection with a possible safe footpath route to the bus-stop on the A143.

Pre-application – Land North of Church Street A pre-planning application was tabled for the erection of a stable-block and ancillary facilities, intended for commercial use. The documentation was reviewed, and the Clerk asked to write expressing concerns about and opposition to the proposed application.

Accounts for Payment Two accounts were paid: the Clerk's salary and expenses, and the annual insurance premium 2007-8.

Clerk's Report The Clerk's report included latest documents from Land Registry regarding the ownership of and responsibility for the driveway to Village Hall; the overgrown footpath from The Street to the recreation ground; a pipe (now mended) which had caused foul water to run to the Old Cottage, North Common; and the attendance by Police at Parish Council meetings.

Funding of Hepworth Social Club Newsletter Mr Beales confirmed the cost of producing each newsletter as 25p per copy on

And that's the truth. Now, whoever said history was boring???

Educate someone, share these facts with a friend.....Does anyone have information on where some old adages originate from, drop us a note if you can help.

Margaret.

December Birthdays

22nd Peggy Lee
22nd Alison Pollard
26th Gwen Mileham

January Birthdays

1st Val Barton
14th Craig Pollard
19th Hilda Hubbard
23rd Frank Mellish



CAN YOU SPOT THE ERROR?

Clearing up after making such a good job of erecting the bollards!!



In those days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme 'Peas porridge hot, peas porridge cold, peas porridge in the pot, nine days old'.

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show it off. It was a sign of wealth that a man could 'bring home the bacon'. They would cut off a little to share with guests and would all sit around and 'chew the fat'.

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leech onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, the guests got the top or 'the upper crust'.

Lead cups were used to drink ale or whisky. This combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of 'holding a wake'.

England is old and small and the local people started running out of places to bury people. They would dig up coffins and take the bones to a bone-house, and re-use the grave. When re-opening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realised they had been burying people alive. Then they would tie a string on the wrist of the corpse, thread it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift) to listen for the bell. Thus someone could be 'saved by the bell' or was considered a 'dead ringer'.

average. The newsletter is funded by money raised from the tombola and teas, and it was agreed that money from the sale of car boot pitches should also go to the newsletter. The Parish Council agreed to review funding levels as necessary, as it was felt that the newsletter is vital to the village.

Grass-cutting on the Corner of Wood Lane The Parish Council is considering paving, a planter and a lectern-style information board (with map and brief history of Hepworth) for this scruffy area of grassland.

Grass-cutting and Ditch Clearance around the Telephone Kiosk The Clerk will ask for this area to be tidied up.

Road Maintenance The Clerk will write to Suffolk County Council expressing the Parish Council's concern about the disintegration of the roads within the village, particularly in Beck Street, Market Weston Road, and The Street.

Parking on The Street Although there are concerns about obstructive parking, it was felt that there was little that could be done about it if the vehicles were road-legal.

Bus Shelter on A143 at Junction with The Street An application form for a new bus shelter was duly completed, and the Clerk will return this to the County Council.

Sudoku - (solutions on back page)

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

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

HEPWORTH PARISH COUNCIL

The extraordinary meeting of the Parish Council took place on Tuesday, 20th November 2007 at the pavilion. The meeting was chaired by Mr Stannard. Amongst the matters discussed were:

Planning Application - Mill House, Bury Road Application for change of use from annex to holiday let with associated alteration of vehicular access (revised scheme). The Parish Council made three comments in connection with the proposed letting periods, the permitted development area, and the setting of a precedent.

Accounts for Payment Payment to the external auditor for the 2006-7 accounts audit was agreed.

Parish Estimates 2008-09 It was agreed to discuss this item at a meeting on 29th November when more Parish Councillors could attend.

HEPWORTH PARISH PLAN

By now, every house in Hepworth should have received a copy of the Parish Plan. We hope you will all please read through the contents as it based on the opinions of Hepworth residents and it is your Plan. You will see the Action Points have been derived from the results of the original questionnaire and we hope the Parish Council will be able to gradually work through the concerns and issues that you have raised - we do appreciate that not everything may be feasible!!

The Steering Committee would like to thank every Hepworth resident for their contribution which has been invaluable in putting together this Plan, and should you not have received your copy, please contact Marjorie MacPherson on 01359 250366 who will be pleased to supply you with a copy.

Hepworth Parish Plan Steering Committee

IN THE 1500'S

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be. Here are some facts about the 1500's.

These are interesting.....

Most people got married in June because they took their yearly bath in May, and still smelled pretty good by June. However, they were starting to smell, so brides carried a bouquet of flowers to hide the body odour. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all of the other sons and men, then the women and finally the children, last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, 'Don't throw the baby out with the bath water'.

Houses had thatched roofs, thick with the straw piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs), lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying, 'It's raining cats and dogs'.

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how four poster beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying 'dirt poor'. The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) onto the floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping inside. A piece of wood was placed in the entrance way. Hence the saying a 'threshold'.

Getting quite an education aren't you?

This is how the "Government Really Works..."

Once upon a time the government had a vast scrap yard in the middle of a desert. The government said someone may steal from it at night; so they created a night watchman, and hired a person for the job.

Then the government said, "How does the watchman do his job without instruction?" So they created a planning position and hired two people, one person to write the instructions, and one person to do time studies.

The government then said, "How will we know the night watchman is doing the tasks correctly?" so they created a quality control position and hired two more people, one to do the studies and one to write the reports.

Then the government said, "How are these people going to get paid?" so they created the following positions, a time keeper, and a payroll officer, and hired two more people.

The government then said, "Who will be accountable for all of these people?" so they created an administrative position and hired three additional people, an Administrative Officer, Assistant Admin. Officer, and a Legal Secretary.

Then the government said, "We have had this security in operation for one year and we are £20,000 over budget, we must cutback overall costs", so they laid off the night watchman.

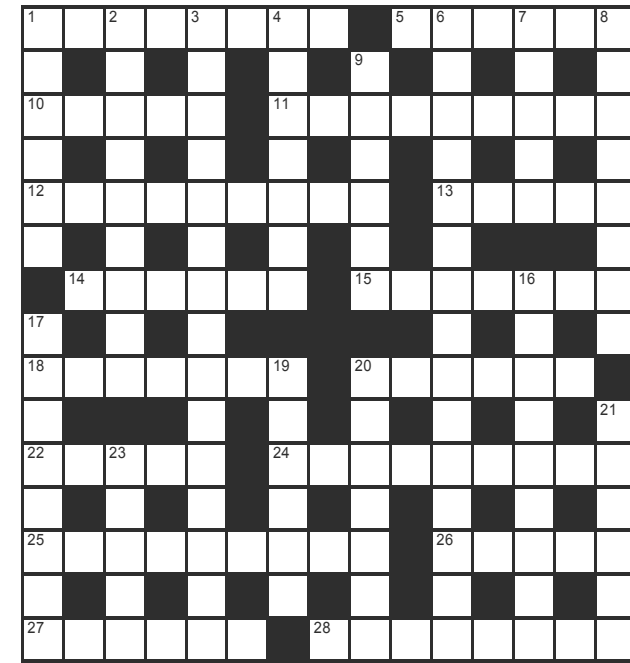
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Answers to Crossword 113

Across: 1 Launched, 5 Crisps, 10 Zebra, 11 Telephone, 12 Elevation, 13 Ended, 14 Plates, 15 Special, 18 Assured, 20 Potato, 22 Tiles, 24 Existence, 25 Continent, 26 Veins, 27 Eldest, 28 Prisoner.

Down: 1 Lazier, 2 Umbrellas, 3 Characteristics, 4 Entries, 6 Representatives, 7 Stood, 8 Steadily, 9 Blanks, 16 Intention, 17 Particle, 19 Deeper, 20 Pointer, 21 Lesser, 23 Lined.

Crossword No 113



Across

- 1 Ship put to sea (8)
- 5 Thin fried potatoes (6)
- 10 Striped Horse (5)
- 11 Communication instrument (9)
- 12 Distance from ground (9)
- 13 Finished (5)
- 14 Eaten off (6)
- 15 Exceptional (7)
- 18 Promised (7)
- 20 Spud (6)
- 22 Wall or floor covering (5)
- 24 Being (9)
- 25 Large land mass (9)
- 26 Blood vessels (5)
- 27 Firstborn (6)
- 28 Captive (8)

Down

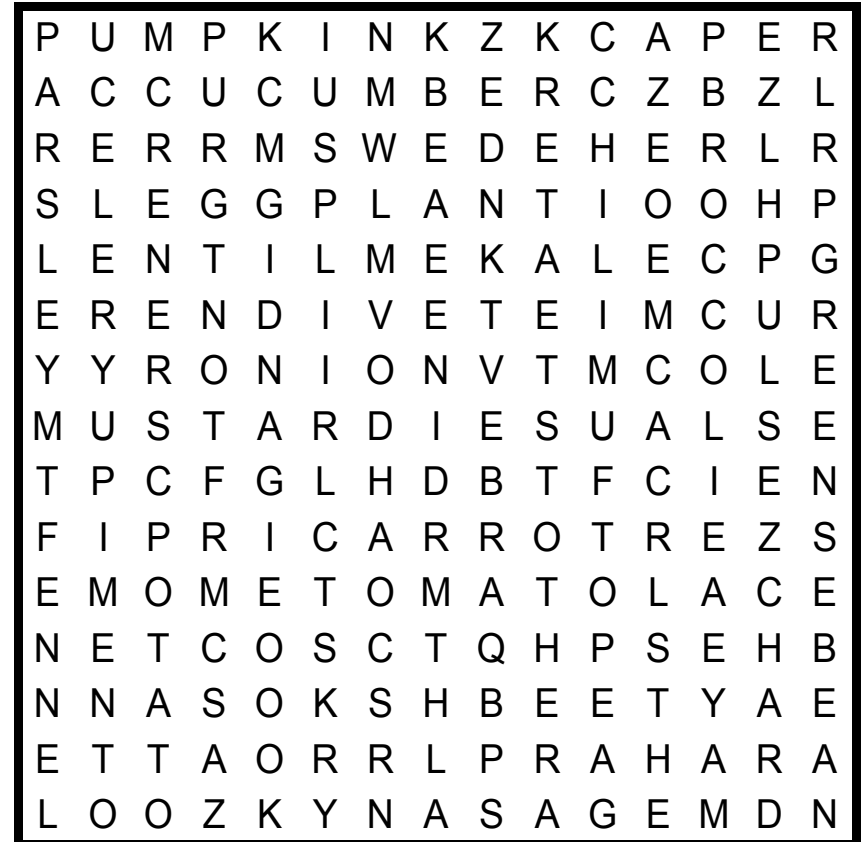
- 1 More slothful (6)
- 2 Mobile canopies (9)
- 3 Features (15)
- 4 Incomings (7)
- 6 Agents (15)
- 7 Placed upright (5)
- 8 Little by little (8)
- 9 Dummies (6)
- 16 Aim or purpose (9)
- 17 Atom (8)
- 19 Further in (6)
- 20 Arrow or Cursor (7)
- 21 Smaller (6)
- 23 Wrinkled (5)

Answers on Page 14

The Good Food Guide...

1. **BREAD:** Sesame seeds and Poppy seeds are the only officially acceptable "spots" that should be seen on the surface of any loaf of bread. Fuzzy and hairy looking white or green growth areas are good indications that your bread has turned into a pharmaceutical laboratory experiment.
2. **CANNED GOODS:** Any canned goods that have become the size or shape of a rugby ball should be disposed of. Carefully.
3. **CARROTS:** A carrot that you can tie a clove hitch in is not fresh.
4. **CEREAL:** It is generally a good rule of thumb that cereal should be discarded when it is two years or longer beyond the expiry date.
5. **CHEESE DIP:** If you can take it out of its container and bounce it on the floor, it has gone off.
6. **DAIRY PRODUCTS:** Milk is spoiled when it starts to look like yogurt. Yogurt is spoiled when it starts to look like cottage cheese. Cottage cheese is spoiled when it starts to look like cheddar cheese. Cheddar cheese is nothing but spoiled milk anyway and can't get any more spoiled than it is already. Cheddar cheese is spoiled when you think it is blue cheese but you realise you've never purchased that kind.
7. **EGGS:** When something starts pecking its way out of the shell, the egg is probably past its prime.
8. **EMPTY CONTAINERS:** Putting empty containers back into the refrigerator is an old trick, but it only works if you live with someone or have a maid.
9. **EXPIRATION DATES:** This is NOT a marketing ploy to encourage you to throw away perfectly good food so that you'll spend more on groceries. Perhaps you'd benefit by having a calendar in your kitchen.
10. **FLOUR:** Flour is spoiled when it wriggles.

Vegetable Wordsearch



Wordsearch Word List

bean	criss	lettuce	pulse
beet	cucumber	maize	pumpkin
broccoli	eggplant	mustard	sage
caper	endive	nettle	soy
carrot	fennel	okra	swede
celery	fitch	onion	tomato
chard	greens	parsley	turnip
chive	kale	pea	yam
Cole	Leek	pimento	
corn	lentil	potato	

Crosswords, Sudoku and Wordsearch now available online at
<http://www.johnbeales.co.uk/xwords.htm>

"THE PAST"

She came tonight as I sat alone..
The girl I used to be....
And she gazed at me with her earnest eye
And questioned reproachfully:

Have you forgotten the many plans
And hopes I had for you?
The great career, the splendid fame,
all the wonderful things to do?

Where is the mansion of stately height
With all its gardens rare?
The silken robes that I dreamed for you
And the jewels in your hair?

And as she spoke, I was very sad
For I wanted her pleased with me...
This slender girl from the shadowy past
The girl that I used to be.

So gently rising, I took her hand
And guided her up the stairs
Where peacefully sleeping, my babies lay
Innocent, sweet, and fair.

And I told her that these are my only gems,
And precious they are to me;
That silken robes is my motherhood
Of costly simplicity.

And my mansion of stately height is love,
And the only career I know
Is serving each day in these sheltered walls
For the dear ones who come and go

And as I spoke to my shadowy guest,
She smiled through her tears at me.
And I saw the woman that I am now
Pleased the girl I used to be.

Author unknown

11. FROZEN FOODS: Frozen foods that have become an integral part of the defrosting problem in your freezer compartment will probably be spoiled (or wrecked anyway) by the time you pry them out with a kitchen knife.

12. GAG TEST: Anything that makes you gag is spoiled (except for leftovers from what you cooked for yourself last night).

13. LETTUCE: Iceberg lettuce is spoiled when you can't get it off the bottom of the vegetable crisper without sandpaper. Romaine lettuce is spoiled when it turns liquid.

14. MAYONNAISE: If it makes you violently ill after you eat it, the mayonnaise is spoiled.

15. MEAT: If opening the refrigerator door causes all stray animals within a half mile radius to congregate outside your house, the meat is spoiled.

16. POTATOES: Fresh potatoes do not have roots, branches, or dense, leafy undergrowth.

17. RAISINS: Raisins should not be harder than your teeth.

18. SALT: It never spoils.

19. UNMARKED ITEMS: You know it is well beyond prime when you're tempted to discard the Tupperware along with the food. Generally speaking, Tupperware containers should not burp when you open them.

20. GENERAL RULE OF THUMB: Most food cannot be kept longer than the average life span of a hamster. Keep a hamster in or near your refrigerator to gauge this.

Information



St Edmundsbury
BOROUGH COUNCIL

CHRISTMAS PARK AND RIDE

Buses run every 15 minutes and cost £1.50 per car load of passengers. The parking at Kempson Way, Moreton Hall is signposted from the east exit on the A14 and the additional parking for Saturday 1 December only, at Olding Road on Western Way, is signposted from the north A14 exit.

The park and ride is open for the Saturday and Sunday of the three-day Christmas Fayre, but not on the Friday. Parking at Kempson Way is open 10am-7pm on Saturday 1 December and from 10am-4pm on Sunday 2 December. Parking at Olding Road is only open from 10am-5pm on Saturday 1 December.

The scheme also runs on Saturdays 8, 15 and 22 December from 10am-6pm, from Kempson Way only.

Contact Tourist Information Centre 01284 764667.

CHRISTMAS SHOPPING IN BURY ST EDMUNDS

The whole historic centre of the town will be welcoming shoppers from far and wide for the spectacular three-day Christmas Fayre. It is held from Friday 30 November to Sunday 2 December and combines five markets.

There is the street market on the Buttermarket, on Angel Hill there is a continental market and people in Victorian costume, There is also a market at the cathedral and a historical market at Moyse's Hall. To add to the atmosphere there is also a fun fair on Angel Hill and street entertainment in town.

During the rest of the month there are extra street markets on Sunday 2, 9 and 16 December and a special Christmas Eve market on Monday 24 December.

Contact Tourist information Centre 01284 764667

public disorder offences did rise – tickets were issued to people urinating in the street or swearing for example – but this meant officers were able to stop more lower level disorder in its tracks and quickly get back to helping the majority of people enjoy their night out even more. Arrests were of course made where necessary, the dedicated teams arrested 63 people for public order and violent offences.

“Officers are not just out to catch criminals – they are there to give advice and help to anyone who needs it, and I am pleased that the extra teams of officers were able to provide a reassuring presence in the town centres throughout the summer.

“Overall, it was a safe summer in the west, and the principles of Operation Staysafe are continuing now, as we lead up to the busy Christmas and New Year period. The message is the same – officers will be out on the streets to help you, but if your behaviour affects the enjoyment of others on a night out, you will be firmly dealt with.”

West Mercia Appeal

West Mercia Constabulary are appealing for information from members of the public who may be able to help them with an ongoing investigation into a possible sexual assault.

Officers are trying to trace any witnesses who may have seen a lone female near to the St Saviours Interchange on the A14 at Bury St Edmunds (Bury Central exit) between 0130 hours and 0230 hours on Sunday 28th October 2007.

Officers are especially keen to hear from a vehicle that stopped containing 3 males of Asian appearance who had a short conversation with the female.

Anyone who believes they may have information about this female is asked to contact the Public Protection Unit at Malinsgate Police Station on 08457 444888 or alternatively Crimestoppers can be called anonymously on 0800 555111



Taking pride in keeping Suffolk safe



Local Crimes

Stanton – a school on Upthorpe Rd had a shed broken into over the weekend of the 23rd October. A patio window was broken of a house on Catchpole Way between 27th Oct and 1st Nov. Nothing has been reported stolen from the house.

A car left in a lay-by on Grove Lane had its tyres slashed overnight of Friday 2nd Nov.

Barningham – metal posts were damaged at the side of the road in the village overnight of the 3rd Nov.

Walsham Le Willows - Offenders targeted the BT Kiosk in the High Street, Walsham-le-Willows, at approximately 5.30pm on Wednesday 14th November. They drilled the moneybox and stole the cash from within.

If you have details about any crimes, then please contact your local Police Station, or call Crimestoppers on 0800 555 111.

STAYSAFE

Operation Staysafe ran from May until mid-October, with extra patrols in town centres on Friday and Saturday nights. Their aim was to provide extra reassurance and advice for those enjoying a responsible night out, and to deal with anyone causing trouble by issuing fixed penalty notices to stop any violence escalating.

Over these five and a half months, 208 fixed penalty notices were issued in the west for public order offences in hotspot locations at key times. The level of serious violence in a public place in turn fell year on year by 8% - this covers offences of actual bodily harm upwards.

Superintendent Jon Brighton led the Staysafe campaign in the west, he says, "The proactive patrols at weekends appear to have had the desired effect, helping to reduce the amount of serious violence in our town centres. Lower level disorder can easily spiral into more serious offences, so by having more officers on hand to keep an eye on people's behaviour and issue fixed penalty notices seems to have deterred most offenders from committing a more serious violent crime.

"Because of our proactive stance, it meant the number of minor



HOME INSULATION

Act now - Generous Green Squirrel grants for home insulation

Owner-occupiers and private tenants wanting to reduce their heating bills by insulating their homes have until 31 December to apply for financial support that covers up to 100% of the cost.

If your loft insulation is at or below the level of the rafters (4 inches), you need more to reach the recommended thickness of 12 inches. If you have cavity walls without insulation, or if your house was built between 1930 and 1994 and you don't know if they have cavity wall insulation, you can get advice and help towards the cost of installation.

There are 100 percent grants if you receive certain benefits or credits, and partial grants plus an interest-free loan unique in Suffolk. All you have to do is get a form from www.greensquirrel.net (or phone 01473 690690) and submit it to Ipswich and Suffolk Credit Union by 31 December. You will then either get confirmation that your application for a full loan is being processed, or you'll be invited to join ISCU in order to apply for a partial loan, which you can decline. The final letter will be from the grant provider, (an energy company) giving you the details of their approved installer and telling you that they will be contacting you to arrange a visit. The contract is between you and the installer - you decide if you want to proceed or not.

For more information go to www.greensquirrel.net or call 01473 690690.

St Edmundsbury Borough Council offices will be closed for Christmas on 24, 25, 26, 27, 28 December and 1 January.

The offices will be open on Monday 31 December and then from 2 January as usual.

In case of emergencies, the out of office hours number is 01284 763252.

Community Safety

Play your part to keep safe on darker nights

Falling crime figures show Suffolk is getting even safer, but the darker evenings can make us feel more vulnerable, especially those who live alone. During the busy festive season we need to be extra careful to keep ourselves, our households and our neighbours safe and secure so that we can all enjoy the celebrations.

Suffolk County Council is working with the police Safer Neighbourhood Teams (SNTs), district, borough and parish councils, Neighbourhood Watch and local groups to improve community safety across the county, but to succeed we all need to play our part.

Here are some seasonal safety tips and useful contacts:

Your home

Don't leave your home in darkness – leave a light on using a timer switch and draw the curtains at night.

Fit a visible burglar alarm and outside lighting. Keep shrubs and hedges cut back.

Lock all doors and windows and secure fences, gates and sheds

Dispose of present boxes carefully – don't advertise what's new in your house

Check smoke alarms, electric blankets and festive lighting are working properly.

Personal Safety

Never open your door to unexpected callers, without checking they are genuine. Ring a neighbour or the police first if you are unsure.

Keep your mobile phone battery topped up and put in a taxi contact number. Consider buying an audible attack alarm.

Make sure you are visible to drivers – wear reflective clothing, use cycle lights or carry a torch

Limit how much money and valuables you carry. Avoid using cash machines late at night. Have your keys ready when you are approaching your car or home.

Park in busy, well-lit car parks near CCTV cameras. Keep valuables out of sight. www.saferparking.com lists police approved car parks

Where possible, don't walk alone after dark. Plan your route. Avoid isolated stops and sit near the driver or other passengers. Never accept lifts from strangers.

Contacts

To contact your area Safer Neighbourhood Team visit www.safersuffolk.org.uk or call Suffolk Constabulary on 01473 613500. Neighbourhood Watch news and crime prevention advice is available at www.suffolk.police.uki

For safety advice about bogus callers, electric blankets, festive lighting, smoke alarms contact Suffolk County Council Trading Standards on 01473 264859, or visit the county council website at www.suffolk.gov.uk

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Homelink - social housing online

From February 2008, people on the council housing register can use a new scheme called Home-link to view property on a web site and apply online, not just for houses in St Edmundsbury but also in six other neighbouring districts in the Cambridge sub-region.

The main benefit of the scheme is that it allows applicants to see immediately if they are a good match for a property and therefore if they have a good chance of getting it. Everyone on the register will be contacted with advice about how to use the system and a helpdesk number will provide backup.

Contact Housing Options team, St Edmundsbury Borough Council
01284 757605

BIN COLLECTIONS

Bin collections over the Christmas and New Year period are:

Monday 24th December - Brown & Blue Bins

Wednesday 2nd January - Black Bin