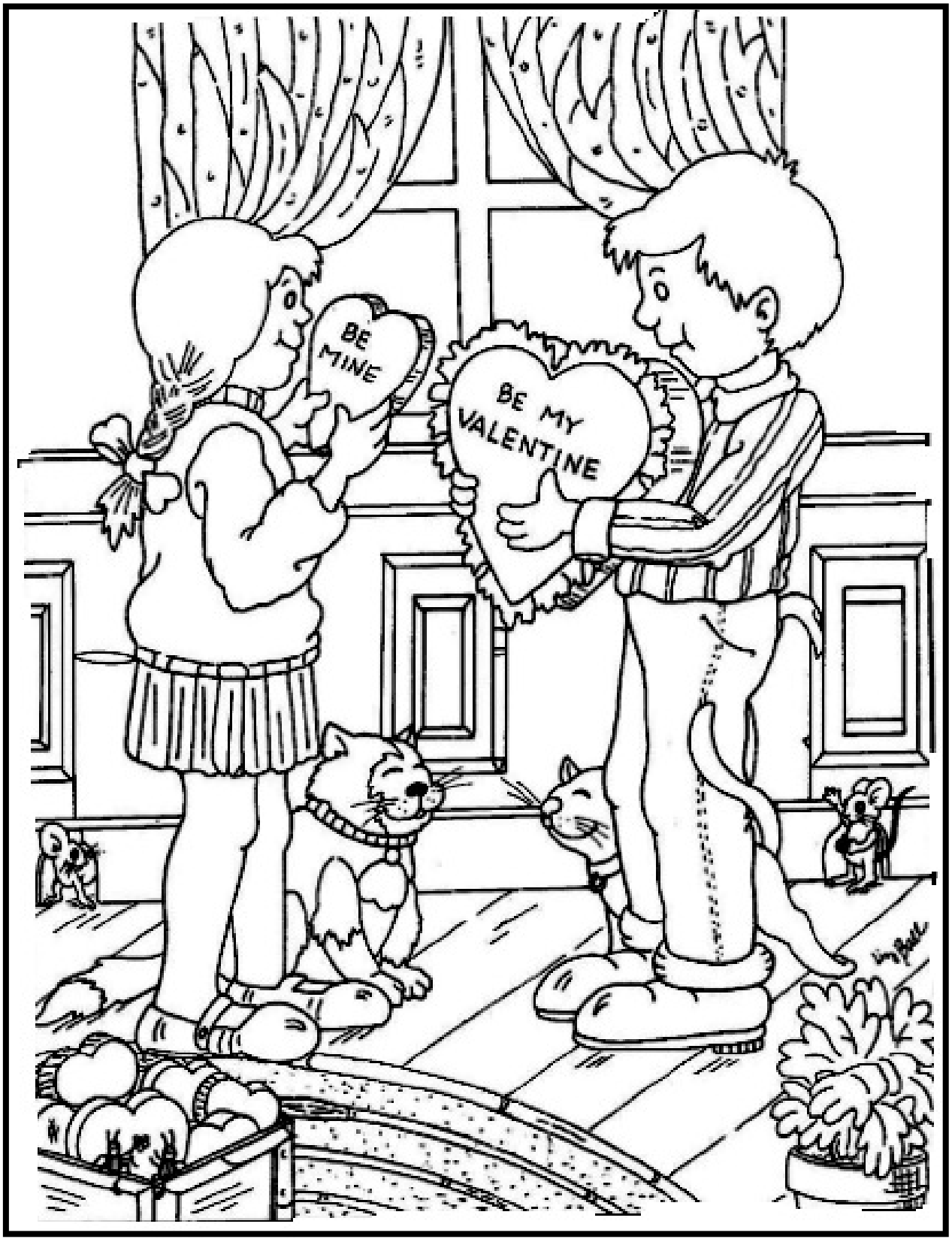
PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

February 2014



To celebrate Valentine's Day - can you find the hidden objects in the picture?
See Page 7 for the objects to find.

Rev'd Chris Norburn
Rector of Redgrave cum Botesdale with the Rickinghalls
The Rectory, Bury Road, Rickinghall, Diss. IP22 1HA Tel: 01379 898685
St Mary's Rickinghall Inferior has a web site
http://stmarysrickinghallinferior.onesuffolk.net/ or Google: St Mary's Rickinghall Inferior

Rev

A happy New Year to you all! I hope that you enjoyed the family 'get-togethers' of sharing meals and time together over Christmas and New Year.

For the last twelve years the local churches have during Advent engaged in 'Posada' (a Spanish word meaning 'inn') which helps people prepare for Christmas. This idea originated in Mexico where on Christmas Eve two young people are chosen to dress up as Mary and Joseph. They then travel from house to house in their village telling people about the imminent arrival of Jesus and asking them if they could give him a room. Later on they re-enact the Christmas story through a community play and bring figures of Mary and Joseph to be placed in a crib.

And so in preparation for last Christmas many homes across the villages again had a chance to share in a unique experience: they made room in their home for the crib figures of Mary and Joseph, Jesus' mother and father, to stay for one night. They also made room for the Shepherds, the first people to be told about the birth of the Saviour of the world, and the Wise Men who travelling from the east followed the star in eager anticipation of finding the king of the Jews! These figures set out from Parkview Chapel, the Methodist Church and the Parish Church on their journey on Advent Sunday, making their way through the villages of Rickinghall, Botesdale and Redgrave in time for the Crib Service on Christmas Eve. They stayed in our homes and helped us to get ready to welcome the Lord Jesus into our hearts and lives afresh last Christmas.

Taking part in Posada encourages us to think about the real meaning of Christmas and to share the message with others. As usual when the figures went out they were accompanied by a small notebook in which we asked those who gave them a room to write or draw something of the time they had with the figures. There were many delightful comments and reflections. And I would like to take this opportunity to share something of the essence of what was written and drawn.

The first thing that struck me when I read the notebooks was the sense of excitement and anticipation that many had about the visit of the Crib figures. A number of prayers were written for families over the Christmas period as they travel to see family and friends, for peace in the world, especially where Christians face persecution for their faith and that people will allow God to change their thoughts and hearts to ones full of love and peace.

Many wonderful encouraging thoughts were also shared, such as the way in which God welcomes all who travel to see him and the way God prepares the way for us to journey to Him. The hope was shared that we will allow God to lead us every day to a place where we can worship Jesus as our Lord and Saviour. Some were struck by the wonder and awe of someone far greater than them being born in such poverty, that Christmas is about the birth of an amazing baby who was to be the Saviour of the world. As they did this many welcomed Jesus into their hearts as the Shepherds and Wise Men did as they looked forward to hearing again the story of God's great love for us.

The Crib figures also visited many other places during Advent. They were at a coffee morning at St Mary's Church, Redgrave, listening to the organ and the bells. They were at a Sunday morning service. They even had a detour as far away as Bury St Edmunds, as well as attending an 18th Birthday Party! This was followed by the Christmas party for the reception class and Years 1 and 2 at St Botolph's Primary School, which by all accounts was noisy and hectic – what did they think of that!

As always the journey the crib figures made touched the hearts, minds and lives of all who received them into their homes. It made Christmas more meaningful. At the beginning of a New Year Jesus, as God's Son, wants us to allow him to touch our heart, mind, soul and spirit afresh with His Spirit, so that we walk life's journey with him. When we do this He will light our path, just as the three Wise Men had their path lit by the star, a path that led them to the promised and expected Messiah. Like the Wise Men Jesus calls us to do this journey with others who can support and encourage us on our journey of faith, where faith is our response to God's infinite love for us and where faith helps us to see what it truly means to be human.

If we are prepared to make a new years resolution may it be that we are willing to walk closer to Jesus on our life's journey so that together we follow a common star thus sharing in the fact that Jesus Christ is alive today.

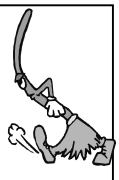
My thanks to all who welcomed the crib figures into their home and shared their thoughts, it was a privilege to read your reflections and see the pictures.

May you all experience God's peace and goodwill for the coming year.

Chris Norburn.

St Mary's Redgrave

A cleaning session will take place on Friday 31st January & 28th February from 9.00 to 11.00 am. All are welcome to join the happy group who dust, sweep, polish or even scrub. Coffee and eats are available. Please come along and give your support.



The Church will be open on Saturday 1st February from 10 am to 12 noon
Refreshments available

For further information or to help call 01379 898696.
Redgrave Church Heritage Trust

St Mary's Church Rickinghall Inferior

The church will be open to visitors on the first and third Saturday of each month until the end of March 2014 from 10 am to before dusk.

Before marriage, a man will lie awake all night thinking about something you say.

After marriage, he will fall asleep before you finish.

February Events

OPEN HOUSE at ALL SAINTS

OPEN HOUSE AT ALL SAINTS, REDGRAVE
1st Tuesday of each month

Tuesday 4th February
10.00 am to 12 noon
Everybody welcome. Coffee & cakes provided

FARMERS' MARKET AT RICKINGHALL VILLAGE HALL
SATURDAY 8th FEBRUARY
9 AM TO 12.30 PM

VALENTINE'S HAMPER FREE DRAW

Buy your food from the people who produce it—for truly local flavour ..... Stalls expected : Eggs, Local Fresh Vegetables, Mushrooms, Cakes and Bread, Meat Pies, Flour from Pakenham, Local Lamb, Pork, Beef, Venison, Chicken, Honey, Preserves, Jams, Chutneys, Suffolk Cheeses, Home-made Cup Cakes, Chocolates, Sweet Treats, Apples and Apple Juice, Freshly Ground Coffee, Plants and Home Made Curries.

LATEST COPY DATE BY 12 NOON FOR :

March 2014	**Friday 14th February**
April 2014	**Friday 14th March**

Divine Inspiration:	Chris Norburn	01379 898685
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Will contributors kindly e-mail copy to Charles, **or deliver to The Pightle, Water Lane, Rickinghall, Diss, IP22 1EL**. Emails are acknowledged within 48 hours. **The Editor welcomes reports on items of local interest. Please get writing!**

Please feel free to deliver your copy before the cut off date if you have it available. THE EARLIER IT IS RECEIVED, THE MORE LIKELY IT IS TO BE INCLUDED. The magazine is sent to the printer on Friday afternoon of the copy date.

We accept items for submission in any of the following formats :-) MS Word, e mail, .jpg, .bmp, .pub, Basildon Bond, Back of Envelope.

Our waiting list for prospective advertisers is oversubscribed. We have therefore closed the list until July 2014.

Notices from voluntary organisations within the Benefice are printed free of charge. We try to help similar organisations from outside the Benefice wishing to place a notice in our magazine; this is subject to space being available and we also make a small charge.

Web site for this parish magazine:
www.stmarysrickinghallinferior.onesuffolk.net
OR Google 'Redgrave Parish Magazine'

the WI
RICKINGHALL

Rickinghall Village Hall
7.30 pm

Thursday 13 February

"TALES FROM THE BENCH"
With Graham Higgins

Refreshments

New members and guests always welcome

WHIST DRIVE

Friday 14 February
7.30 pm at The Bowls Club

Refreshments

This is a friendly fun evening, open to everyone.
Further information from 01379 898566.

PROGRESSIVE WHIST DRIVE

TUESDAY 18 FEBRUARY

Redgrave Activities Centre at 7.30 pm

Beginners Welcome **Refreshments**

Ring 898 619 for further details

HERITAGE CIRCLE

www.onesuffolk.co.uk/HeritageCircle

RICKINGHALL VILLAGE HALL

WEDNESDAY 26 FEBRUARY
At 7.30 pm

"THE ORIGIN AND DEVELOPMENT OF SURNAMES"
With Derek Palgrave

New Members and Guests Welcome
Refreshments ***Raffle***

Redgrave Garden Club

THURSDAY 27 FEBRUARY

SPRING DINNER

Enquiries / information from : Chris Giddings on 01379 890548
www.redgrave.org.uk/redgrave-garden-club

It's better to have loved and lost than to do forty pounds of laundry a week. *Laurence J. Peter*

Cakes For All Occasions

by Sharon Castro

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www.thebellrickinghall.com

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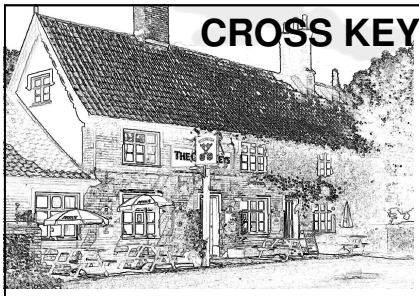
Monday - Saturday
9 - 1.00 Sunday



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Sat	**8:30 – 1:00pm**
Sun	**9:00 - 11:00am**

More February Events

Jumble Sale

Annual Grand Jumble Sale

Saturday 1st February 2014
at 2 pm
in Rickinghall Village Hall

Refreshments Raffle Tombola

Come along for the first bargains of the season!
Includes new and used items.

Admission only 20p.
Enquiries to Pam on 01379 898525.
Proceeds to Rickinghall Village Hall. Charity No : 1031063

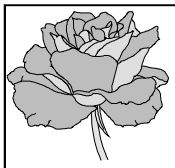
RICKINGHALL PARISH COUNCIL

SURGERY

To be held at Rickinghall Farmers Market
on Saturday 8 February 2014

Residents of Rickinghall are invited to come along and speak to their parish councillors about matters concerning the parish

Parish Councillors will be in attendance from 9 am to 12 noon



Redgrave & District Ladies Club

Tuesday 11th February
Redgrave Activities Centre
At 7.30 pm

"DESERT ISLAND DISCS - with a difference"
Bring your own favourite piece of music and explain why it is your favourite

The full 2014 programme is available on
www.redgrave.org.uk/redgrave-and-district-ladies-club

I don't understand why Cupid was chosen to represent Valentine's Day.

When I think about romance, the last thing on my mind is a short, chubby toddler coming at me with a weapon.

Anon

CRAFTY CORNER

Thursday 20th February
At 7.30 pm
At Parkview Chapel

This is an opportunity for you to spend time doing your favourite hobbies. So bring them along and sit with friends while you do them.

Refreshments will be available.

For more information contact Kev at the Chapel : Email : Kevin@parkviewchapel.co.uk or phone 01379 898924.

Give yourself time to create

RICKINGHALL COUNTRY MUSIC CLUB

Saturday 22nd February
at Rickinghall
Village Hall

8 pm til 11.30 pm

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Call Jill 01379 897055 or 07800 639141 MBACP, Dip, BA (HONS) Counselling Studies. CRB checked. Rates may be negotiated.

Even More February Events

REDGRAVE & LOPHAM FEN

Suffolk Wildlife Trust

Enquiries or to book : 01379 688333

Saturday 1 February, 10.30am – 1pm
Guided Fen walk
Enjoy the sights and sounds of the Fen with enthusiast and naturalist John Hill.
Cost : £3. Meet at the Education Centre, no booking required.

Wednesday 5 February, 10am – 12noon
Find out about volunteering
Come and find out about volunteering opportunities both at the Fen and at Knettishall Heath. Discover how you could get involved with work parties, educational activities and events. There are lots of roles from conservation work to admin. Come and find out more - just drop in. No experience necessary.

Tuesday 18 February, 2pm – 4pm
Bird Box Building - Family Afternoon
Make a nest box and willow bird feeder to take home.
£5 per box. Booking essential.

Wednesday 19 February, 10am – 2pm
Tracks and Trails Activity Day
For 6 – 10 year olds
Explore the Fen and track the wild animals that live there.
£6 each or 2 siblings for £10
Booking essential

WILDLIFE WATCH GROUP at Redgrave Fen
10.30 am to 12.30 pm

Saturday 8th February
Bird Nest Box Construction
A club for 6-12 year olds. Nominal charge of £1.00 to cover costs and refreshments.
Tel : Mike Wraight on 01379 644 508 for further information.

For more information on the events go to : www.suffolkwildlifetrust.org/reserves-and-visitor-centres/redgrave-lopham-fen/

QUIZ NIGHT
WITH FISH AND CHIP SUPPER

FRIDAY 28TH FEBRUARY 2014

RICKINGHALL VILLAGE HALL

DOORS OPEN FROM 6.30pm F0R 7.00 pm QUIZ START
Supper at approx 8.00 pm

RAFFLE ~ LICENSED BAR
(please support the bar provided and do not bring your own drinks)

BRING A TEAM OF 6
OR COME AS INDIVIDUALS AND JOIN OTHER TEAMS

ADMISSION BY TICKET ONLY

£8.00 TO INCLUDE FISH AND CHIP SUPPER
OR VEGETARIAN ALTERNATIVE (please advise)

TICKETS AVAILABLE FROM :
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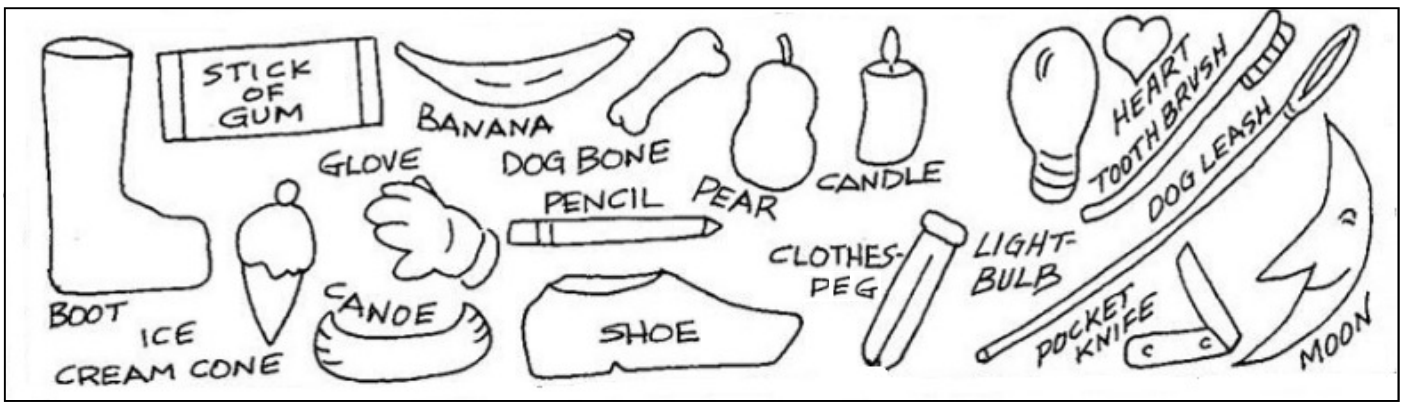
RICKINGHALL NEWSAGENTS

IN AID OF RICKINGHALL INFERIOR CHURCH FABRIC FUND

Ten Funny Things About Marriage

1. The woman always makes the rules
2. These rules are subject to change without notice
3. No man can possibly know all the rules
4. The woman is never wrong
5. If it appears the woman is wrong, it is because of a flagrant misunderstanding caused by something the man did or said
6. The man must apologise immediately for causing the misunderstanding
7. The woman can change her mind at any time
8. The man must never change his mind without the proper consent of the woman
9. The man must read the mind of the woman at all times
10. At all times, what is important is what the woman meant, not what she said

Picture clues for Page 1 celebration of Valentine's Day



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All abilities welcome
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Club News 1

British Red Cross
Suffolk Branch

Botesdale Centre Annual Report

The Centre's last meeting of 2013 was hastily re-sited because of the storm and following power cut! Nevertheless, eight people managed to attend including two Red Cross representatives. The main discussions were based around new and established things happening in the Red Cross, of which many people may not be aware.

Helen Campbell-White: Red Cross Mobility Aids Service :
Many people know of the Medical Loans Service which used to be based in Botesdale. Helen was appointed in August 2013 by the Red Cross to co-ordinate the newly launched, replacement and up-graded 'Mobility Aids Service' now run from Bury St. Edmunds. Anyone needing to borrow equipment to help people with physical problems should telephone the Bury base on 01284 727 252. Part of Helen's role is also to guide people to other services which may be of assistance.

At the Volunteer Forum last autumn other new services were highlighted:
Support at the East Coast Recovery Service (for addiction)
Coroners Service (supporting families at the Coroner's Court)
Working with Police Cadets (linking home support to the Safer Neighbourhood Scheme)
Supporting victims of distraction burglary
Free 1st Aid App for smart 'phones
Facebook project (TV linked gadget – no computer needed)
Supporting the Red Crescent in Syria

Existing services - these stay as important as ever, including such things as :
1st Aid training and 1st Aid support at events including the Suffolk Show
Recent support to the Police when they rescued circa 100 workers in Lincolnshire
And, an important service called 'Home from Hospital' which supports people in their homes when recovering from a hospital stay

Fund Raising :
Jane Dow : Red Cross Fund Raising Co-ordinator for Suffolk
Jane explained that, apart from specifically named projects (e.g. the Philippine Typhoon Disaster), all monies raised in Suffolk are used for services in Suffolk; this covers about 50% of Suffolk's running costs. Her fund raising target has been raised from £40k to £75k this year, while Suffolk spend is expected to be about £140k. So all fund raising help is greatly appreciated – whether you run a coffee morning, bake cakes or attend an event.

Botesdale Centre Fund Raising Events for 2014 are :
26th – 27th April - Lamb & Alpaca Weekend in Wattisfield
5th – 11th May - Flag Week
18th May - Rickinghall Open Gardens

Sally Last has organised our Flag Week for the last 12 years and raised over £11,000. Our thanks and appreciation to her on her retirement for all she has done. 2014 Flag Week is likely to be organised from the Red Cross Centre in Bury St. Edmunds, volunteers for doorstep collecting are very welcome.

The meeting closed with grateful thanks to centre members who have retired and a warm welcome to our new member, Linda Green.

For those who would like to be more involved with supporting the Red Cross, our local contact is: Ann Topham on 01359 253 614.

Did Adam and Eve ever have a date?
No, but they had an apple.

Twinning Association
Visit to France, October 2013

New to the triple village Twinning Association, we were thrilled at the speed, nay alacrity, with which we found ourselves included in this autumn's visit to our French partners in Tinteniac, Brittany.

With fourteen other English then, and many more French members in situ, we were to celebrate the Association's twentieth birthday; something which our French hosts ensured we all did at length and in style!

First on the Saturday night at the Town Hall, with a warm welcome followed by a delicious three-course meal at the nearby, aptly named, 'Restaurant des Voyageurs'. In between, our meal was punctuated by the playing of three harpists, one teacher, plus two talented pupils from the local French secondary school. Being serenaded as we dined was as delightful as it was original. As a fitting finale, French and English together performed a traditional Breton dance again to the accompaniment of the French harpists, watched with fascination by the English children of all ages.

The following evening, the festivities switched to the village hall at neighbouring Quebriac, with a potluck of dishes providing a hearty informal supper with a distinctly regional flavour. The fun evening was to come to a dramatic conclusion – supplied this time by an electricity outage which affected the whole village! As we packed up in the dark, clutching close our bottles of locally bottled wine, gifts from our ever-generous hosts, it seemed like an early start to Halloween mischief rather than the opening shots of the St Jude's storm…!

Sandra Todd – Joint Secretary of the RBRTA
Nov 2013

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BARWOODS

Botesdale & Rickinghall Community Woodlands

All our three sites are looking good now, waiting for spring.

In Low Meadow the new section of hedge has been planted and has benefited from the recent rain and relatively mild weather.

Brush cutting in Northfield Wood has exposed the young trees to view so that people can see more clearly the community wood that is taking shape. The new hedge planted by the allotment holders is doing well and looks better than just the fence on its own. It will provide the allotments with shelter from the north and act as a barrier to seeds that may blow that way from the wood.

Rosemary Jones

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Children are collected daily from St Botolph's Primary School and escorted to Botesdale Village Hall. Children from other local schools and home educated children are welcome. Collections and drop-offs can be arranged for Mellis and Wortham primary schools. Excellent OFSTED Report received.

Botesdale Breakfast Club

Need a more flexible day? Simply book your child with us.
The Club is based at St Botolph's School and is open from 7.45 am till 8.45 am Monday to Friday during term time for children between the ages of 3 and 11 years and can offer your child a nutritional breakfast. We are working in partnership with Botesdale After School Club to provide wrap around care for your children. Come and try us! See what we can offer you.

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Club News 2

Heritage Circle

We welcomed John Goodhand to our November meeting, who has what he describes as a 'weird and wonderful' hobby. He takes photographs of pub signs. His images, some dating back to the 1960s, illustrated a fascinating talk to the Heritage Circle November meeting where he explored the meaning of pub signs and their links to local and national events in history.

Many of the oldest pubs have links to the church. *The Angel and Royal* in Grantham has a bust of the Archangel Gabriel topped by a crown. The 'royal' in its name is derived from reputed visits to the pub by three monarchs, King John, Richard III and Henry VIII.

Not all pub signs have an obvious meaning or origin. *The Tide End* at Teddington is located close to the end of the tidal range of the River Thames which accounts for its name but its sign has a picture of the little boats supporting the evacuation of Dunkirk in May 1940. Further research has found that two brothers who had a boatyard near to the pub had organised the flotilla.

A number of pub signs are humorous. *The Bulls Head* at Barnes shows a bull tossing some tea cups in the air, hinting at a bull in a china shop. Youngs pubs often have a joke in their signs.

The origins of some very well-known pubs were explained. *The Old Bull and Bush* in North Hampstead was originally a farmhouse before being bought by the artist Hogarth who developed a private house and a garden. The pub's name came from the past uses of the site.

Other pubs have sad or sinister tales behind their signs and names. *The Widow's Son* in Bow is on the site of a cottage where a poor widow lived. Her only son was a sailor and she baked him a hot cross bun each year waiting for his return. He never came home. When the pub was built, it carried on the tradition and each Good Friday a new bun is added. *The Busby Stoop* in Yorkshire stands near the site where John Busby was hanged and gibbeted for murder. Busby's ghost apparently haunts the pub.

It is sad to note that pub signs are disappearing or their images are being replaced only by words. Modern signs often lack the meaning or humour of earlier times. The speaker regretted that 'a free art gallery is being lost.'

The December meeting of the Heritage Circle combined the Christmas Social with very entertaining songs and stories by Pip Wright. He is a popular speaker and did not disappoint his audience. Pip Wright linked songs to humorous and unusual extracts from largely Essex newspapers.

One story recounted how a mob complaining about the price of corn and flour in 1789 was dispersed by a magistrate who also managed to collar the ring leaders. Few magistrates would regard this as part of their role today. Other stories were more poignant, such as the last request of Edward Clark before he was hanged. He wanted three fingers of his right hand to be removed after his death and given to his three children as a warning that crime does not pay. His wishes were fulfilled. There were other newspaper extracts where husbands sold their wives. One butcher from Newmarket sold his wife to a friend who was a tanner for 5½d per pound of her weight. This totally illegal action evidently had a contract drawn up by an attorney.

The speaker told the story of Kitty Canham who reputedly haunts the Bell Inn at Thorpe le Soken. She was a beautiful woman who was married to the vicar of the village but ran off with a wealthy businessman named Lord Dalmeny. They lived bigamously in Europe until her death in 1752. She too had a final wish, to be buried in the churchyard of Thorpe le Soken. Dalmeny was intercepted by Customs men when returning with her body in a crate as they thought he was a smuggler. However, she was buried in the churchyard at Thorpe le Soken and her funeral was attended by both of her husbands.

Pip Wright explored some reports of cases tried by magistrates in Rickinghall. He also found out that there were no Christmas decorations in the local church in 1900 because of the British involvement in the Boer War.

A final story showed flouting of the law. In 1799 Richard Chaplin, a publican in Ardleigh, was tried in London for smuggling. He was accused of running goods worth £26,100 in one year, a massive amount of money. He was defended by a barrister named Garrow, of later television fame, who tore apart the testimony of the prosecution witnesses. After his acquittal, Chaplin went to live in Sudbourne, near Orford. He cheekily offered for sale a wagon suitable for smuggling in a local newspaper.

All of the stories recounted were linked to songs of a similar theme. A very enjoyable evening concluded with the Christmas Social.

The next meeting of the Heritage Circle will be at Rickinghall Village Hall at 7.30pm on Wednesday 26 February when Derek Palgrave will speak on *The Origin and Development of Surnames.*

Gerry Gurhy

Coffee On The Corner

As I sit here to write two months' worth of Coffee on the Corner, I realise that the memory may be such that I should have written myself some notes!

The December morning was a very busy one. A large group of the younger children from St Botolph's Primary School came over to join us and sang us a selection of traditional Christmas songs. Their efforts were appreciated by Mums, Dads and quite a few proud Grandparents, as well as our regular visitors and of course the Church members who are normally in attendance. I have no idea how many cups of tea and coffee were made and drunk, but it was certainly quite a few! The refreshments were boosted too by some edibles provided by the children. The visit was greatly appreciated and thanks must go to all the children and also to the members of School staff who accompanied them. The donations from all those who came along amounted to £175 which will be happily received by the fundraisers at Marie Curie Cancer Care, a very worthwhile charity.

This month there were slightly fewer visitors - poor weather and illness did not encourage people to come. However, I trust that those who did venture out felt that it was an enjoyable morning - there was certainly less cake at the end than we had at the start of the morning. As always Audrey Simonds manned the bric a brac stall and the donations from purchases there and elsewhere amounted to £100. This money will ensure that the "Sponsor a room for a homeless young person" at Centre Point in London can continue for another year. The reports that the charity send out about progress there are truly heartwarming.

Once again, I would like to thank all those who come along to Coffee on the Corner each month. If you haven't yet been, do put the date for next month in your diary ... this will be **Tuesday 11th February** and we shall be supporting the work of TWAM (Tools with a Mission), a charity that refurbishes all manner of tools to send out to help businesses in places such as Kenya and Uganda. We look forward to seeing you there!

If you feel you would like to know more about the coffee shop or any of the happenings at Parkview, please call me on 01379 890423.

Sue Allen

Royal British Legion - Women's Section

"A quiet period"

We last met in December when eleven members enjoyed mince pies and sherry. No meeting was held in January and there will no meeting in February. However, our annual lunch will take place this month.

Margaret Brown

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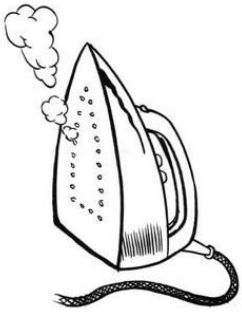

PHONE KAREN FOR DETAILS 01379 652767

Botesdale Parish Council

Clerk, Leeann Jackson-Eve

December Report

Councillors were in full attendance at the Parish Council meeting. There is still a vacancy on the Parish Council and we urge you to contact the Clerk for more details or to put your name forward.

Planning: There was one application for change of use and works (including a single storey extension) to convert a building from offices and a leisure barn to self-catering holiday accommodation at Burfields Farm, Burgate. The PC agreed to support the application - there were no nearby properties to affect and it has the potential to support tourism in the area.

Christmas Tree: The Christmas Tree Lights On event was very well attended and everyone's efforts were very much appreciated. The PC extends its thanks to Chris Burnard for his help erecting and decorating the Christmas tree, Keith Smith for his annual signing-off of the electrical installation and a special thanks to David Freeman who accompanied the event on the piano accordion. Father Christmas showed up on time and on form on Christmas Eve thanks to a little help from The Bell Inn.

Bin Collection and Public Bins: If you have not received a bin collection calendar, you can download one from http:// www.midsuffolk.gov.uk/waste-services/household-waste-and-recycling/collection-days/. The PC has received notification from Mid Suffolk District Council that the cost of the dog and litter bin emptying service will again increase per bin per annum by £5 from 1 April 2014. This is a valued local service and we appreciate your continued use of these facilities.

British Legion: The PC noted the details of Remembrance Sunday costs and agreed that the PC was happy to continue funding the event as long as the RBL were able to continue organising it, though the reduction in membership of the local branch was noted.

BARWOODS: The PC received a request for support with annual liability insurance, needed due to the public access at Miller's Orchard. It was agreed to ask Barwoods to consider passing ownership on to the PC so that the insurance could be covered under the PC's existing insurance. The land would also continue to be held publicly if Barwoods was disbanded.

January Report

There were no planning applications this month.

Community Achievement Award Nominations: Mid Suffolk District Council's Community Achievement awards started eight years ago and aims to give recognition and honour to those individuals and groups who strive to make a real difference in their communities to make them better places in which to live and work. Local communities are now being invited to nominate people. To be eligible, nominees must be living in the Mid Suffolk district, work in the local community on an unpaid or voluntary basis and be someone who the community feel should be recognised for their contribution. The winners will be honoured at the Ninth Mid Suffolk Community Achievement Awards Ceremony which will be held on Thursday, 20th March, 2014 at The John Peel Centre for Creative Arts in Stowmarket, at 6pm. The closing date for nominations is Friday 7th February 2014, More details, including a nomination form, can be found at http://www.midsuffolk.gov.uk/your-community/msdc-community-achievements-awards/.

Post Office Change of Location: No doubt everyone has heard by now that our current Postmaster is approaching a well-earned retirement. The Newsagent has bid to run the Post Office in future and the community is being consulted about the change of location. The PC fully supports the move.

BARWOODS: The PC had received a reply from BARWOODS regarding public liability insurance (see above). It was noted that transfer of ownership was restricted. The PC agreed to support the purchase of the insurance with £50 from its local grants budget.

Save the Date: The Spring Litter Pick will be held on Saturday, 26 April and the Annual Parish Meeting will be held on Monday, 28 April. More details to come.

Waste Collection Schedule: District Cllr Sara Michell reported that information leaflets about waste collection should have been delivered to all houses but some areas had been missed out, including Botesdale. The information is available on the District council website www.midsuffolk.gov.uk but for those who are not able to access this, leaflets will be left in the Post Office.

Internships and Apprenticeships: County Cllr Jessica Fleming reported that over 20 internship placements are available in councils across Suffolk starting in the summer of 2014, but interested parties need to get their applications in by Tuesday 28 January 2014. Details of the internship opportunities can be found on: www.risinghighsuffolk.org.uk Also, Suffolk County Council has secured a grant of £195,750 from the Creative & Cultural Skills' Creative Employment Programme for related work-based learning in Suffolk. The grant will support approximately 80 paid apprenticeships / internships for young, unemployed people in Suffolk. Obtain information from your local Job Centre Plus advisor or by visiting www.suffolkartlink.org.uk/cep

Missing Tools!! The PC was dismayed to hear that tools belonging to Cllr David Green were taken on 22 December during a recent working party on the streams and footpaths at the bottom of Fen Lane. If you have any information about these tools (contained in a pink cotton bag), please get in contact with the Parish Clerk or Cllr Green.

The future of the Botesdale Play Area: Expenditure on maintaining the Play Area constitutes a significant portion of the Parish Council's budget, yet the perception is that the facility is underused and perhaps underappreciated. The Parish Council would like to know what you think about that, i.e. is the money well spent? Or do you think there are greater priorities for future expenditure? If so, what are they? Should the play area remain as is, with funds focussed on maintenance, or do you have big ideas about new facilities you would like to see there? All thoughts and suggestions are welcome!

The next Parish Council Meeting will take place on
MONDAY 10th FEBRUARY
at 7.30 pm
at Botesdale Village Hall
All residents welcome
www.botesdale.suffolk.gov.uk

Your Clerk is: Mrs Leeann Jackson-Eve,
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Redgrave Parish Council

Councillor John Giddings

Report of the Meeting held on Wednesday 8th January 2014
On the first meeting of the year, while only one councillor was absent due a holiday in Australia, disappointingly there was only one resident present.

The council still has one vacancy for a councillor to be co-opted. If any resident wishes to join us could they please contact Jason Walker on 01379 898 696.

County Councillor Jessica Fleming informed us that applications for the 2014/5 school year are due by 28 January 2014 and that SCC has a significant number of paid internships available for young people in Suffolk. Applications are due by 28 January 2014, before the Parish Magazine will be published. Details were therefore been posted on the Parish Council website and the Parish notice board for the benefit of residents.

District Councillor Sara Michell apologised to residents for the lack of information on waste collection over the Christmas period which was due to distribution difficulties and advised she would be taking this up with the relevant department. Sara also advised that MSDC's share of council tax may increase by 1.72% (equivalent to 5p per week for a Band D property) for 2014/5 due to reductions in government grants but a final decision is being deferred until the government's decision on capping has been announced so as to avoid incurring the cost of a referendum.

Permission for a single storey extension to Willows, Fen Street has been granted.

Following a meeting at the finance offices in Hadleigh in December and additional information sent on Christmas Eve, Councillor John Giddings outlined the background to the base Redgrave parish precept for 2013/4 and 2014/5. After some discussion it was proposed by Councillor Ann Preston, seconded by Councillor John Giddings that the 2014/5 precept request should be £7,500 as originally requested in 2013/4. This was approved after a vote was taken. Councillor Ian Baird voted against the proposal.

Due to changes imposed by Mid Suffolk as a result of government action in February 2013, modified by the additional information from Mid Suffolk received in December 2013, a resident in a Band D property will see the Redgrave part of the council tax increase by 4% (£1.70 per annum) from £29 per year to £31 per year, even though the precept will remain as £7,500. As with the proposed Mid Suffolk Council Tax increase finalisation of the precept request will be delayed until February in case government capping action triggers the need for a Redgrave Parish referendum.

The meeting to discuss noise was postponed at the request of Gressingham Foods and a date is still awaited.

The Parish speed gun is undergoing its annual re-calibration and it is anticipated that a replacement flashing speed sign with improved security may be made available to villages. A recent 24 hour survey of traffic over a 7 day period indicated that while traffic volumes in the village were unchanged, average speed was 6% lower.

The notice of disbandment of the British Legion branch was noted but it was agreed the Parish would still wish to participate in the Remembrance Sunday ceremony.

Councillors expressed concerns that the Botesdale Post Office consultation proposals do not show clear details of disabled access and that customers will have to park and cross a relatively busy road and often congested road or directly increase traffic congestion by parking outside the new Post Office.

REDGRAVE PARISH COUNCIL
NEXT MEETS ON
WEDNESDAY 12 FEBRUARY
AT THE ACTIVITIES CENTRE
AT 7.30 pm

All Parishioners are cordially invited to attend
www.redgrave.org.uk

Ten Rules For Eating Your Valentine Chocolates

1. Put 'eat chocolate' at the top of your list of things to do on Valentine's Day. That way, at least you'll get one thing done.

2. If you've got melted chocolate all over your hands, you're eating it too slowly.

3. Chocolate covered raisins, cherries, orange slices and strawberries all count as fruit, so eat as many as you want.

4. The problem : How to get two pounds of Valentine chocolate home from the shop in a hot car. The solution: Eat it in the car park.

5. Diet tip : Eat a chocolate bar before each meal. It'll take the edge off your appetite, and you'll eat less.

6. If you can't eat all your Valentine chocolate, they will keep in the freezer. But if you can't eat all your chocolate, what's wrong with you?

7. If I eat equal amounts of dark chocolate and white chocolate, is that a balanced diet? Don't they actually counteract each other?

8. Money talks. Chocolate sings. Beautifully.

9. Chocolate has many preservatives. Preservatives make you look younger. Therefore, you need to eat more chocolate.

10. A nice box of Valentine chocolates can provide your total daily intake of calories in one place. Now, isn't that handy?

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Competition!

Calling all residents of Botesdale, Redgrave and Rickinghall. You could win Sunday lunch for two at The Bell Inn, Rickinghall, just by sending your food question in for Ross to answer! Send or email your question, along with your name, address and daytime phone number to Ask the Chef, The Bell Inn, Rickinghall, Diss, IP22 1BN.

E-mail:info@thebellrickinghall.co.uk

Closing date is **FRIDAY 7th February 2014**. Whatever your food query, Ross can help! If your question is published you will win a Sunday lunch for two people.

ASK THE CHEF

Q. After all the Christmas Turkey and rich food eaten, do you have a recipe for a winter hotpot?

A. There's something about a good hotpot isn't there, it's so warming and hearty, like comfort food, and especially when served with warm crusty bread.

VEGETABLE HOTPOT
1/2 lbs potatoes, peeled and diced
2½ lbs vegetables, chopped (you can use almost anything, including carrots, broccoli, peppers, onions, courgettes, celery)
2 cloves garlic, crushed
3 tablespoons olive oil
1 teaspoon dried thyme
1 teaspoon rosemary
2 teaspoons paprika
1 tablespoon fresh parsley, chopped
1 bay leaf
1 teaspoon mustard powder
3 tablespoons flour
1 tablespoon tomato paste
2/3 cups cold water
2 cups vegetable stock
salt and pepper, to taste

DIRECTIONS:
1 Boil potatoes just lightly until they are about cooked.
2 Place all the chopped vegetables and garlic in a large saucepan or a casserole dish and add 1 tablespoon oil then sweat the vegetables for 5 minutes. (This means to put them (preferably) in a covered frying pan and let them cook on low heat for about 5 minutes -- just long enough to take a bit of the crunch off, but not enough to cook them entirely.)
3 Do not overcook.
4 Next add the herbs and seasonings to the vegetables.
5 Mix the mustard powder together with the flour and tomato paste with water and stock until smooth.
6 Then pour the mixture onto the vegetables and bring to a boil, stirring constantly.
7 Season with salt and pepper.
8 Transfer the mixture to an ovenproof dish if necessary.
9 Place the potatoes in a bowl with the remaining 2 tablespoons of oil and toss until they are coated.
10 Season with salt and pepper.
11 Pile the potatoes on top of the veggies and bake in a preheated oven at 200C / 400 F for 45 minutes.
12 The potatoes should be brown, but if they're not you can place them under the grill for another 5 minutes.
13 Serve on top of rice.

"In Your Garden"

with Ian Shilling of Tripp Batt Country Store of Stanton

Although the weather may not be enticing us out into the garden, the new year's range of vegetable and flower seeds may draw us out, and encourage us to think of warmer growing days ahead. Despite the traditional nature of gardening, the world of garden seeds changes slightly each year, with new varieties coming onto the market as a result of scientific tests and trials.

Green manures are growing in popularity as a way of improving the soil structure and fertility. The seed packets are clearly marked 'green manures' and there is a range of easy-to-grow species which can look good as well. These species perform the task of adding nutrients to the soil whilst they are growing, and once flowers start to go off, they should be dug into the ground, serving to improve the soil's texture. If you have a spare patch in the vegetable garden then this is way of keeping it weed free.

Those who want to limit their use of garden chemicals will want to look for seed varieties with disease resistance. A new variety to our own range is the Tomato 'Sweet Million F1' which produces bunches of 'cherry' tomatoes from June to October, inside or out.

Also new amongst the seeds is a friendly bacteria which gets applied when sowing peas and beans. This serves to 'unlock' nutrients in the soil, boosting the uptake by the vegetable varieties. Mr Fothergill's carry this and a pack priced £3.60 will cater for four vegetable packs.

Apple and Pear trees should be pruned during January or February, removing old and diseased wood, and taking about two thirds off last years growth. It's normally easy to tell where last years growth starts by a change in the thickness and colour of the stems.

If you haven't already done so, buy your potato tubers now, looking for firm examples with tight eyes. These can be 'chitted' (put into a tray until the shoots have emerged) at home and planted from mid March. Shallots and onions can go into the ground as well providing it isn't too wet and cold. New year vegetable seeds are also available now.

Happy Gardening!

Quatrefoil .....

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The following books about our local history are available :

A Suffolk Boy in East Africa, the story of Samuel Spear of Rickinghall at £5 per copy
(£1.70 from the sale of each book will be donated to St Mary's Rickinghall Inferior Fabric Fund).

A Walk Through Botesdale by Diana Maywhort, at £5 per copy

A Guide to St Mary's Church, Rickinghall by Jean Sheehan, at £3 per copy. (£2 from the sale of each book will be donated to St Mary's Rickinghall Inferior Fabric Fund).

A Walk Through Rickinghall by Diana Maywhort at £5 per copy

Reflections on Redgrave, Part 1 by Jean Sheehan at £5 per copy

Victorian & Edwardian Rectors by Sarah Doig at £5 per copy

Post and packing extra (if applicable).

Books are available from : Jean Sheehan, 01379 890237
Di Maywhort, 01379 898785

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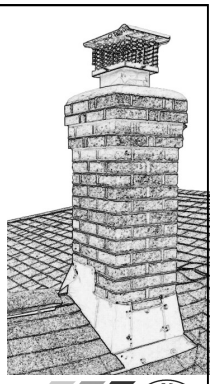

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Rickinghall Parish Council

Report of the December 2013 Meeting - by L Jackson-Eve
All Councillors were present with the exception of Cllrs Jones, Longley and Smith. There is still one vacancy on the Council and any expressions of interest are welcome.

The PC looked at two planning applications. The first was for the erection of a two storey dwelling with a 2 car garage adjacent at 5 Brook Park. The PC felt that the design was acceptable and in keeping with the other dwellings at Brook Park and in that respect had no objection to the application. However, it was agreed to add that, as in a similar application at Brook Park in 2003, the parish values the area very highly as a visual amenity, both as a Very Important Open Space which is key to the appearance of the conservation area and in view of its close proximity to the Grade I Listed church. The PC would not like to see that compromised. The second application was for change of use and works (including a single storey extension) to convert a building from offices and a leisure barn to self-catering holiday accommodation at Burfields Farm, Finningham Road, Burgate. Although located in Burgate, access to the site is through Rickinghall and Botesdale! The PC supported the application as it is completely visually isolated and therefore will have no affect on neighbouring properties, and it has the potential to enhance the tourism of the area.

The British Legion had written to the Council regarding the cost of the Annual Remembrance Day celebrations. The Council supports this event continuing, though it notes that the local branch is short on members who are able to coordinate the event.

Despite having just been notified that the cost to the PC of having dog and litter bins emptied by Mid Suffolk District Council has risen by £5 each, the PC agreed to a request for an additional dog bin to be installed near the allotments. The allotments are currently looking very nice with the addition of a hedge on the boundary with Northfield Wood. The funds to buy the hedging plants were donated by County Councillor Jessica Fleming from her Locality Budget.

We then – it being Christmas – adjourned for a drink and refreshments in The Bell!

Report of the January 2014 Meeting – by Councillor Rosemary Jones
A full complement of councillors met on 9th January 2014.

As there were no members of the public present, the meeting moved swiftly on to consider planning applications. No objections were raised to the two applications submitted : Suggen Hall Farm, Church Lane and Glenfields, The Street, and the Council noted that approval had been granted by MSDC to an earlier application.

The Clerk reported that there was no news yet on the application for a temporary speed advisory sign on Bury Road.

Dates for Future Events
The Annual Parish meeting was set for Thursday, 3rd April at 6.30 p.m., prior to the April Parish Council meeting. It will be advertised in the village.
A litter pick is arranged for the morning of Saturday, 26th April. Notices will be put out advertising this and residents are warmly encouraged to join in. Many hands make light work.

District Cllr Sara Michell reported that information leaflets about waste collection should have been delivered to all houses but some areas had been missed out, including Rickinghall. The information is available on the District Council website www.midsuffolk.gov.uk but, for those who are not able to access this, leaflets will be left in the Post Office. There have been a few problems with the actual collection, with refuse littering the street. If this happens again, please report it, with the date, and a photograph if possible. The officer in charge at Mid Suffolk District Council is Hannah Bridges.

Correspondence
Mid Suffolk District Council is inviting nominations for the Community Achievement Awards for 2013-14 but the closing date is 7th February. Nominees must live within the District and work on an unpaid, voluntary basis. More information and forms are available from emma.bendall@midsuffolk.gov.uk or tracey.brinkley@midsuffolk.gov.uk or by phoning 01449 724650/724637.

In March, the Post Office is due to move to Bell Hill Cottage in The Street, currently the newsagent's, run by Sue Duggan. Public comments have been invited before 3rd February and it is noted that hours will be longer and services will be a little different (see notices in the Post Office). The PC supports the move fully.

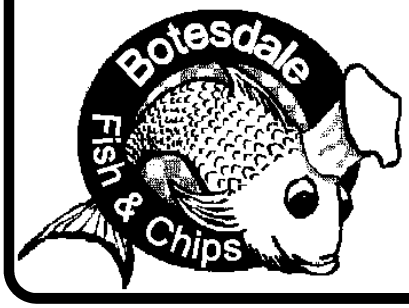
The Botesdale and District Branch of the Royal British Legion is to close this year. Members will have the option of joining other branches in the area. It is hoped that members will continue to help in the organisation of the Remembrance Day Parade, but the Standard will not be paraded, as it will be laid up. The PC has agreed to support the continuation of the event in any way that it can.

PC Surgery
The Council will continue its trial run of surgeries at the Farmers' Market for a while longer and then review whether they should be continued.

Your Clerk is :
Mrs Leeann Jackson-Eve
Wayside Cottage, Cherry Tree Lane
Botesdale, Diss, Norfolk, IP22 1DL
Tel : 01379 890 141
Email : rickinghall_pc@btopenworld.com
Please contact DURING OFFICE HOURS ONLY

Rickinghall Parish Council
next meets on
THURSDAY 6 FEBRUARY
at 7.30 pm in Rickinghall Village Hall
All welcome
www.rickinghall.onesuffolk.net

Kulula is a low-cost South-African airline that doesn't take itself too seriously and here is another example that was heard :
"As you exit the plane, make sure to gather all of your belongings. Anything left behind will be distributed evenly among the flight attendants. Please do not leave children or spouses."



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Fri	11.30 –	1.30	4.30	-	10.00pm
Sat	11.30 –	1.30	4.30	-	10.30pm
Sun	Closed in morning		**5.00**	**-**	**8.00pm**

Saturday 1 February	10.00 am	Church Open	St Mary's, Redgrave & Rick Inf
	10.30 am	Guided Fen Walk	Redgrave Fen
	2.00 pm	Grand Jumble Sale	Rickinghall Village Hall
Sunday 2 February	6.00 pm	Zumba	Rickinghall Village Hall
Monday 3 February	9.15 am	Rickinghall Ramblers. Tel : 01379 898348	Rickinghall Village Hall
	2.00 pm	Needlecraft	Redgrave Activities Centre
	7.30 pm	Slimming World	Rickinghall Village Hall
Tuesday 4 February	9.30 am	Yoga. Booking essential on 01379 890955	Rickinghall Village Hall
	10.00 am	Open House	All Saints, Redgrave
	6.00 pm	Zumba	Rickinghall Village Hall
	7.15 pm	Yoga & Relaxation	Botesdale Village Hall
	7.30 pm	Julie's Aerobics	Rickinghall Village Hall
Wednesday 5 February	9.30 am	Redgrave Art Club	Redgrave Activities Centre
	10.00 am	Day Centre	Rickinghall Village Hall
	10.00 am	Find out about volunteering at the Fen	Redgrave Fen
	10.30 am	Macmillan Outreach Service	Botesdale Health Centre
	2.15 pm	Forget-me-not-Club	Farnish House
Thursday 6 February	9.30 am	RABBATS	Rickinghall Village Hall
	7.30 pm	Rickinghall Parish Council Meeting	Rickinghall Village Hall
Friday 7 February	8.00 pm	Dance Classes	Botesdale Village Hall
Saturday 8 February	9.00 am	Farmers Market with free Valentine's Hamper draw	Rickinghall Village Hall
	9.00 am	Rickinghall Parish Council Surgery	Rickinghall Village Hall
	10.30 am	Wildlife Watch Group	Redgrave Fen
Sunday 9 February	6.00 pm	Zumba	Rickinghall Village Hall
Monday 10 February	2.00 pm	Needlecraft	Redgrave Activities Centre
	7.30 pm	Slimming World	Rickinghall Village Hall
	7.30 pm	Botesdale Parish Council Meeting	Botesdale Village Hall
Tuesday 11 February	9.00 am	Coffee on the Corner	Parkview Chapel
	9.30 am	Yoga. Booking essential on 01379 890955	Rickinghall Village Hall
	6.00 pm	Zumba	Rickinghall Village Hall
	7.15 pm	Yoga & Relaxation	Botesdale Village Hall
	7.30 pm	Julie's Aerobics	Rickinghall Village Hall
	7.30 pm	Redgrave & District Ladies Club	Redgrave Activities Centre
Wednesday 12 February		MOBILE LIBRARY	
	9.30 am	Redgrave Art Club	Redgrave Activities Centre
	10.00 am	Day Centre	Rickinghall Village Hall
	7.30 pm	Redgrave Parish Council Meeting	Redgrave Activities Centre
Thursday 13 February	9.30 am	RABBATS	Rickinghall Village Hall
	12.30 pm	Phoenix Lunch Club	Redgrave Activities Centre
	7.30 pm	Rickinghall W I	Rickinghall Village Hall
Friday 14 February	**12 noon**	**LATEST COPY DATE & TIME FOR MARCH MAGAZINE**	
		ST BOTOLPHS PRIMRY SCHOOL BREAKS FOR HALF TERM	
	9.15 am	Rickinghall Ramblers. Tel : 01379 897251	Rickinghall Village Hall
	7.30 pm	Whist Drive	Bowls Club
	8.00 pm	Dance Classes	Botesdale Village Hall

I recently read that love is entirely a matter of chemistry. That must be why my wife treats me like toxic waste.

David Bissonnette