

PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

November 2016



Produced by the Parish of Redgrave cum Botesdale with the Rickinghalls, for the local community.

Also available at <http://stmarysrickinghallinferior.onesuffolk.net/parish-magazine/>

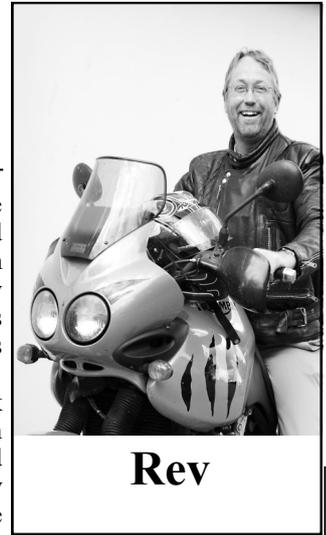
Rev'd Chris Norburn

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



Someone once said "God's in his heaven, and all's right with his world." But when we look around is this true? Sadly this year has been a difficult year with natural disasters and continued conflicts that seem to have no end, so we would be forgiven from saying 'No! All is not right within the world'. Almost anything can happen to almost anybody almost anytime! So where is God? Does God bribe us to be good so that we can avoid suffering? I say no to this because from my personal experience I have found that God undergirds us in the struggle of life. You see it was into this kind of world that his Son Jesus Christ came, where he identified with our suffering and invaded life with love.

But why do bad things happen to good people? There are some things you can put your finger on: Evil in the world, carelessness, ignorance, selfishness, injustice, sin, hate, germs, natural disaster, wars. But why? Job, a character from the Old Testament wanted to know; you want to know; I want to know. Why? A couple whilst out taking a quite drive one evening crash head on into a car driven by a drunk travelling at 70mph. The couple are killed the drunk survives. Why? An earthquake kills tens of thousands of people – wiping out whole generations and families. Why?

You see suffering is all around us: people being prevented from doing useful things because of suffering. Back to Job, he'd lost everything and he wanted to know why. His so called friends had come to see him on the garbage heap. They said, "Its simple, Job. You have sinned. Admit it. Repent and this will be lifted from you." Job knew it was not that simple. He knew he was not perfect. But he knew he loved God and tried to serve him. He knew there was a deeper reason, so he challenged God: "What's wrong? Where did I miss it? Is it my fault? What are you doing, God? Is there an answer? Just explain it to me, God." God doesn't mind confrontation. When we engage with him, he engages with us, and we begin to work things out. Rather than assertiveness, it's indifference that separates us from God, and from discovery.

If this world, this experience of life, were all there was, then we might assume that justice does not prevail. It takes God two worlds, earth and heaven, to complete his process of justice. He planned it that way. Christ makes it clear that there is another life where the process of fulfilment is completed. I believe that our Heavenly Father is seeking to heal our hurts here as well as hereafter.

A father was playing with his son. In their play the fathers elbow hit his son on the head. It hurt. His son was about to cry. Before he did, he looked up into his father's eyes. There he saw, not anger, but only love and sorrow that he had accidentally hurt his son. Instead of crying, the little boy broke out laughing. It made all the difference what he saw in his father's eyes. There is a great truth here. What do you see in your Heavenly Father's eyes when you hurt? That's where trust comes in. On a cross Christ looked up into his Father's eyes. He was content. He whispered, "Into your hands I commend my spirit." Job, in his agony, looked up

into the eyes of God. There he caught a glimpse of love, and something deep within him cried out, "I know that my Redeemer lives." God is working something out. All this will make sense some day.

So when we ask questions where was God when this or that tragedy happened perhaps we should respond by saying "I don't know, unless he was where he was when his son was killed." God aware. God caring. God, himself, entering this world's sorrow. God involved in my anguish. God suffering with Christ and with all his children in the redemptive process. You know, we can best see the eyes of God when we look into the eyes of Christ. There is no doubt what we see there.

Suffering may be a kind of tunnel you pass through to get to higher ground, like a pass in the Alps. There the vista of life opens up and the air is clear. The tunnel itself is not pleasant. It is dark, smoky, dusty, gloomy; you do not want to settle down and live there. You seek and strive to pass through to the next stage in life, whatever that is for you.

But how did it work out for Job? What's become of him? Well, in agony he catches a glimpse of the face of God – in fact several glimpses. But still all this is a mystery. However God wills goodness; he wills health; he wills joy; he wills life. You see God is holding us in his concern. He seeks to use each situation to lift us closer to himself, closer to the fulfilment of our lives. No matter how deep the mystery, God acts in love. All things do work together for good to those who have seen the eyes of God in the eyes of Christ and have learned to trust him. Job experienced calamity; he experienced pain; he experienced loneliness. In the end he had been purified by suffering, because he had glimpsed what lay beyond the shadows and he had entered into a new dimension of life.

To know God is life's ultimate answer! Like Job, you and I may first discover for ourselves our life's meaning. We can know it first hand, not merely by rumour or hearsay - for God bids us to look into his eyes, to see the love and suffering there.

What do you see in God's eyes when you hurt?

With every blessing.

Chris Norburn.

From the registers. This month can be found on p19

PARISH MAGAZINE—MESSAGE FROM THE EDITORS



Lest we forget

To contact the team that produce the magazine, please use the details below.

For all editorial content:	editor@rbrparishmag.com
For all commercial adverts:	adverts@rbrparishmag.com
To advertise events:	events@rbrparishmag.com

Alternatively, please write to: *The Parish Magazine, The Rectory, Bury Road, Rickingham, Diss, Norfolk, IP22 1HA .*

Please note that **the copy dates for the forthcoming issues are as follows:**

- Dec/Jan issue: 7 Nov (Mon); come and help stuff the magazine @ All Saint’s, Redgrave—4pm on 18 Nov (Fri)
- Feb issue: 9 Jan (Mon); come and help stuff the magazine @ All Saint’s, Redgrave—4pm on 20 Jan (Fri)
- Mar issue: 6 February (Mon); come and help stuff the magazine @ All Saint’s, Redgrave—4pm on 17 Feb (Fri)

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

Best wishes,
The Parish Magazine Volunteers

Changes to June 2016 Telephone List

Page S3: Please delete “Order Anytime Oil Syndicate” as Mrs Hurrell has left the village.



WELCOME

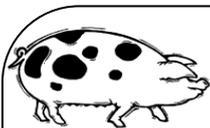
Welcome to new residents in our villages. If you have recently moved into one of our villages the churches wish you a warm welcome. If you would like someone from the church to visit you, or perhaps you would like your house blessed, then please do get in touch with the Rector on 01379 898685. May your life in these communities be peaceful, prosperous and a blessing to your neighbours.



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November Events



REDGRAVE & LOPHAM FEN

For further information.
01379 688333
www.suffolkwildlifetrust.org

Book online at www.suffolkwildlifetrust.org

Wildlife Watch Group

Saturday 12 Nov, 10.30am-12.30pm

A club for 6-12 year olds, £2

Contact marcus.halmshaw@btinternet.com

or call 01379 688333

The crane story – by Chris Durdin

Tuesday 29 Nov, 7.30pm

Organised by the SWT Valley Fens Wildlife Group

£2 per person (includes refreshments)

All welcome, no need to book

Adult courses

Chutneys & jellies masterclass

Sunday 13 November, 10am-3pm

Learn how to make a variety of chutneys & jellies with local master preserver, Janet Peachey.

£25 + £7 on the day, please book

Weave a festive wreath & willow heart

Saturday 26 November, 10am-1pm

With local basketmaker Karen Lawrence

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Macmillan in the Community Information and Advice as below:

Park View Chapel, The Street, Botesdale

9.30am – 11.30am

Tuesday 8th November 2016

If you would like any information about cancer, caring for someone with cancer, financial support etc then come and see us

Or call the Macmillan Information Centre at the West Suffolk Hospital on 01284 713023 (no appointment necessary)

PROGRESSIVE WHIST DRIVE

Tuesday 15th November

Redgrave Activities Centre : 7.30 pm

Beginners Welcome

Refreshments

Ring 898 619 for further details



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Wednesday 23rd November at 7.30 pm

“The Whistlecraft Family of Rickingham”

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The Women's Institute

Thursday 10th November

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November Events

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Saturday 26th November

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Thursday 24th November 7:00pm

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December Events



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7.00 for 7.30 pm

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Botesdale Parish Council



Leeann Jackson-Eve

October Report – Leeann Jackson-Eve (Clerk)

All councillors were present except Mike Bishop, who sent his apologies. County Cllr Jessica Fleming and District Cllr Derek Osborne were also present. Councillors looked at whether to request a formal reduction in the number of councillors required for the Parish Council as there had consistently been vacancies since the last election. It was agreed to keep it at nine and make a push to recruit.

Public Forum: Cllr Fleming reported that the devolution debate continued and a vote would take place at the County Council on 21 November. The recent consultation results were largely positive about devolution but with some significant reservations about having an elected mayor. Connecting Communities is looking for volunteers. Connecting Communities is the transport service provided by Suffolk County Council to help people who might not have access to a regular bus service. It is run separately from our local community bus. For more information email connecting.communities@suffolk.gov.uk. PC councillors talked to Cllr Fleming about the lack of sense applied by the contractor (Kier May Gurney) when filling potholes, i.e. filling only those which meet the criteria and ignoring others nearby until they were large enough to qualify for repair. Cllr Fleming explained that there were still problems with the system which had been made worse by recent huge losses of staff at KMG. District Cllr Osborne alerted the PC to a new programme of phone box removals and it was noted that the box at the corner of Fen Lane is not marked for removal.

Planning: There were no applications or decision notices.

Meeting Dates 2017: *Please note that we are changing to the first Monday in the month from the beginning of next year* for administrative reasons. The meeting dates will be 9 Jan; 6 Feb; 6 Mar; 3 Apr; 8 May; 5 Jun; 3 Jul; 7 Aug (Planning only); 4 Sep; 2 Oct; 6 Nov; 4 Dec. The January and May meetings are a week later due to bank holidays.

Post Office Closure: The Chairman has been in contact with the Post Office again and they are no further forward with plans for a temporary PO service for the community due to staff changes and absences. There was almost no take-up of the Community Bus service to Wortham PO so that has finished.

Traffic Issues: A letter from a resident expressed concern about the proposed double-yellow lines at the junction of Back Hills and The Drift. The PC is sympathetic to problems finding space to park in the village and so it is only proposing to install double-yellow lines following what is already in the Highway Code, i.e. Rule 243 which says: DO NOT stop or park opposite or within 10 metres (32 feet) of a junction, except in an authorised parking space. The Chairman had also received some negative feedback about the lines but all were satisfied with the explanation that the restrictions would be consistent with the Highway Code.

Street Lighting: Following yet another staff change, this time at SCC, the

Clerk met a new street light engineer to go over the options for moving the light on Bridewell Lane opposite Chapel Lane. It is looking like the most viable option will be to move it across the street and slightly down from the junction towards the dead end of Bridewell Lane.

Walks Leaflet: The cost of designing and printing 2,000 leaflets will be in the region of £700 to £750 and SCC will pay 50%. Botesdale and Rickinghall PCs will pay the remaining 50%. SCC will keep half of the leaflets to send out to Tourist Information Centres and members of the public as well as other outlets. The PCs are considering erecting an information board with the footpaths map at the corner of Fen Lane and The Street in place of the dead birch, which will shortly be removed. If you are an area business and would like some leaflets to give out to customers, please let us know and we'll arrange for you to have some once they're printed.

Play Area: The PC will be actively looking for new play equipment, including the possibility of a zip line and/or toddler zip line, over the next few months and will be carrying out a few upgrades following the recent play inspection.

Council Documents: The Standing Orders and Financial Regulations were reviewed and agreed.

Remembrance Sunday Service: The parade service will take place on 13 November. The parade forms up and leaves the top of the hill near the Old Post Office at 14:45 and the service in the chapel begins at about 15:00. The ceremony at the war memorial usually takes place at about 15:45, depending on the length of the sermon.

Christmas Events: The Christmas tree Lights On Ceremony on Saturday, 3 December at 6.15pm. The annual Art Competition will also go ahead and the winners will be announced next month.

Next Meeting: 14 November 2016

THE NEXT BOTESDALE PARISH COUNCIL MEETING WILL TAKE PLACE ON MONDAY 14th NOVEMBER

at 7.30 pm

at Botesdale Village Hall

All residents welcome

www.botesdale.suffolk.gov.uk

Your Clerk is: Mrs Leeann Jackson-Eve, Wayside Cottage, Cherry Tree Lane, Botesdale, Diss, Norfolk, IP22 1DL.

Tel : 01379 890 141

Email : botesdale_pc@btopenworld.com

Please contact her during OFFICE HOURS ONLY.

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Rickinghall :	Hinderclay Road	11.00 – 11.15
Rickinghall :	Village Hall	11.20 – 11.35
Botesdale :	Farnish House	11.40 – 11.55

Botesdale :	Village Hall	12.00 – 12.15
Botesdale :	Backhills	12.20 – 12.35
Redgrave :	The Knoll	12.45 – 1.05

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Redgrave Parish Council

Leeann Jackson-Eve



Redgrave October Report – by the Clerk

Most councillors were present at the meeting (Ann Preston sent apologies) in addition to the Clerk, District Councillor Derek Osborne, County Councillor Jessica Fleming and a whopping 43 members of the public. It was great to see so many people at the meeting.

Public Forum: There was a complaint from a resident about the road markings on Churchway not being restored after the resurfacing. County Cllr Fleming agreed to follow it up with SCC Highways officers. Cllr Fleming spoke about devolution and reported that the results of recent consultation showed that there were mixed feelings, particularly about having an elected mayor. She also asked people to check out the new Suffolk Community Transport system which aimed to fill in the gaps in local transport provision. For enquiries about services call 0345 606 6171. A resident expressed her concern about the September changes in the bus timetable which removed the mid-day service.

The final speaker was Paul Sutton from Strutt and Parker who talked about proposals for a small development site (1.68ha) off Hall Lane near the end of the village, which was submitted to the District Council's 'Call for Sites' (under 2ha) consultation in August this year. The aim, he explained, was to deliver 20-25 houses, together with public open space and a new access from Hall Lane. The outline scheme showed 25 houses of which 35% (9) would be affordable housing managed by a housing association or a shared equity scheme. This gave a density of 15 houses/ha which was about half the number allowed, but they felt was more appropriate in a village setting. Cllr Fleming spoke at this point to say that a previous Call for Sites had looked at sites of over 2ha, none of which were in Redgrave, and it was likely that one-half to two-thirds would not be considered suitable due to sites being poorly related to the existing settlement, services and facilities, access problems or issues like flooding. In addition, the District Council would be undertaking a Housing Needs Assessment in the near future, which would look at whether housing was actually needed in the locality. This would be based on government housing statistics and, she hoped, consultation with parish councils. Many residents felt that there was a need for affordable housing in Redgrave but were dismayed to see 12 four-bedroom houses as part of the mix in the proposals. Mr Sutton explained that this was an outline proposal in the very early stages and the mix of houses was not set in stone. This was not the only objection to the proposals expressed – there were grave concerns about the effect on infrastructure, particularly the school, health centre and the sewage system, and the effect of a large number of cars accessing Hall Lane near a very sharp bend. There were also comments about flooding and who would maintain the community areas in the proposal. Finally, there was an overall complaint about the lack of notice for the presentation. The Clerk apologised and explained that Strutt and Parker had requested a presentation to the Parish Council. There would be additional opportunities for a public meeting if the proposals passed MSDC's assessment process. In addition, the previous Call for Sites had initiated in 2014 and the results were not published until May 2016 so this process was in the very early stages. However, given the interest this presentation had generated, the PC (and the Clerk) undertook to keep the public in the loop as much as possible given limited means of communication. Any further information will be published on the website at www.redgrave.onesuffolk.net, the notice board opposite the Shop and, deadlines and longer notice permitting, the parish magazine.

Planning: The PC received two planning applications. The first was on land adjacent to Green Farm House for the erection of a timber entrance gate to serve the house under construction approved by planning permission 1478/15. There was no objection to this. The PC also considered an application on land adjacent to Green Farm Cottage for erection of a detached dwelling and garage. A resident had expressed concern about the limited notice to nearby residents, only two of which had received a formal notice from MSDC, the

possible damage and obstruction of the single track lane by construction vehicles, flooding issues from the pond which it was felt made the site unsuitable for building on and the loss of trees. It was agreed to ask the PC Tree Warden to have a look at the proposals. The PC had mixed feelings, as there was no objection to the design of the house, and agreed to convey these comments to MSDC.

Community Assets: After the September meeting, the PC submitted an expression of interest under the Community Right to Bid to purchase the Redgrave Community Shop. This has triggered the full moratorium period of 6 months during which the asset can't be disposed of before 1 March 2016. A meeting has been held with the District Council's funding officer and the PC has written to the owner to find out the details of the sale with no reply as of yet. ***The PC will be holding a public meeting at 7pm on 9 November (prior to the regular meeting of the PC) to discuss the way forward for the Shop.***

Speedwatch: The Speedwatch group carried out four sessions each in August and September and had their speedar calibrated by the local PCSO team. The numbers of motorists recorded and reported continues to vary between nought and fifteen during each hour-long operation. Figures from June to September continue to show that peak speeding times are between 6 am and 8 am, and 5 pm onwards through the evening. This means that they can concentrate on peak times during the summer, but it is not possible at other times of year. The police announced that their speed enforcement team would be prioritising The Street during September and there were at least two surveillance sessions during the month. They also said that The Street would remain one of their sites for ongoing observation.

Insurance: After a three-year agreement, the PC's insurance was up for renewal and a comparison was made with another specialist parish council provider. It was agreed to accept the much lower quote from Came and Company (Hiscox).

Phone Box: The PC received a letter from BT saying that the phone had not been used at all in the previous 12 months and they were therefore proposing to remove it. The PC was given the option to "adopt" the box. Given the lack of use, the PC had no objection to the equipment being removed and would consider adopting the box subject to details of the contract. It was suggested that the new defibrillator could be housed there.

Meeting Dates 2017: *Please note that we are changing to the first Wednesday in the month from the beginning of the new year for administrative reasons.* The meeting dates for next year will be 4 Jan; 1 Feb; 1 Mar; 5 Apr; 3 May; 7 Jun; 5 Jul; 6 Sep; 4 Oct; 1 Nov. As usual, there will be no meeting in August or December.

Next Meeting: 9 November 2016

**THE NEXT PARISH COUNCIL MEETING WILL TAKE PLACE
On WEDNESDAY 9th November at 7.30 pm
Preceded by public meeting on future of Shop at 7.00pm
Redgrave Amenities Centre
All Parishioners are cordially invited to attend**

**Your Clerk is: Mrs Leeann Jackson-Eve,
Wayside Cottage, Cherry Tree Lane,
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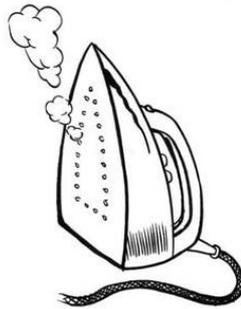
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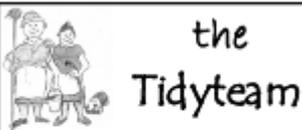
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Rickinghall Parish Council



October Report – Sally Smith

Five Councillors attended the October Parish Council meeting with apologies received from Robyn Brown.

A discussion was held regarding whether to consider a formal reduction in the number of Councillors required for Rickinghall Parish Council. Currently there are 3 vacancies and this has been the case for a number of years.

The Clerk agreed to outline the pros and cons of going down this route and it would be reinvestigated at the next meeting.

Public Forum

Mid Suffolk District Councillor Derek Osborne outlined the planned move of Mid Suffolk District Council and Babergh District Council into one shared office in Endeavour House in Ipswich. Following the merger of the two councils it was decided that neither one of their existing offices was suitable for the merged council and hence the move to Ipswich. There was comment from the public that Ipswich seemed remote from many of the areas these two councils serve and Cllr Osborne confirmed there would be drop in centres around the County.

Cllr Osborne also advertised the fact that the Boundary Commission were looking at boundary changes and further details would follow.

Cllr Jessica Fleming of Suffolk County Council also attended and spoke of the devolution process between Norfolk and Suffolk. A decision was expected towards the end of November although there were rumours of a number of North Norfolk Councils not wishing to be involved. Watch this space!!

A member of the public raised concerns about parking in The Street and particularly either side of Harvey's Close. There is little the Council can do to prevent people parking on The Street and in many cases this is the only place residents are able to park if they do not have a driveway. However we would always ask people to park considerately so as to allow others to access and exit their driveways safely.

Planning

There were no planning applications to discuss this month. There were however a number of tree applications.

3 St Georges Street - an application had been received to fell a number of Scots pine trees in the back garden. The Council felt that although there were a large number of trees within the garden there might be an option to keep some of these pine trees and not lose them altogether.

Redwings, Rectory Hill – no objection made to 25% reduction in the crown
Newholme, Bury Road – no objection to tree works requested

Planning Decision

Planning had been granted for the caravan site and toilet block on New Delight Road.

Chairman's Report

The Chairman reported on a number of points:

The Walks Leaflet would be produced in the next 2/3 months by Suffolk County Council. A number of these would be given to the Parish to distribute, and SCC were looking at the provision of a new large map and leaflet dispenser to be placed at the corner of Fen Lane to replace the dead Silver Birch tree (expenditure of £180 agreed for removal).

Only one person took up the offer of the community bus to Wortham Post Office during the three week trial and therefore this arrangement has now been stopped due to lack of demand.

Four large pot holes were reported in Water Lane and details will be sent on to Highways.

Correspondence

The PC agreed to an expenditure of £50 per year to Community Action Suffolk to host the Parish website.

Footpath 1 Broom Hill – duck boarding is due to be put down along the muddiest parts of this footpath to ensure the footpath stays passable.

Parish Councils have been asked by SALC to write and object against the proposed precept referendum as the amount of money involved in the smaller Parish Councils would make this system unworkable.

Rickinghall Village Hall requested the support of the Parish Council to the use of s.106 money (from local development) to repair various Hall windows. This was supported by all.

The owner of West Hall Farm wrote to confirm the permissive right across his land was to cease on 31 October. This was noted but it was agreed the Clerk would contact the owner to establish whether there was a way this permissive right could continue as it was a much used and well loved footpath.

The Chairman of the Allotment Association wrote to say he was resigning as from 2/11/2016. The Parish Council would like to thank Maurice Smith for all his hard work and commitment to the post and congratulate all the allotment holders on a lovely space .

General Matters

The Parish Council Financial Regulations and Standing Orders were reviewed and agreed.

A number of overgrown hedges are still making it difficult for pedestrians to walk along The Street and various pavements throughout the village. Could we please ask everyone to make sure that your hedges are cut back and do not impede the pavement. Many thanks.

Your Clerk is :

Mrs Leeann Jackson-Eve

Wayside Cottage, Cherry Tree Lane

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RICKINGHALL PARISH COUNCIL'S NEXT MEETING IS ON

THURSDAY 3rd NOVEMBER

at 7.30 pm

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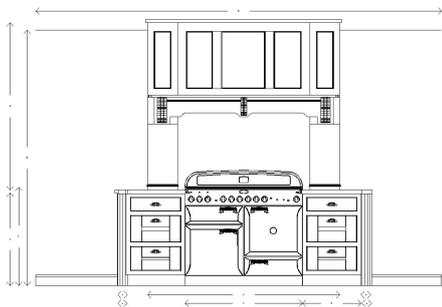
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Rickinghall Post Office closes

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David Sloan

Rickinghall Village Hall - Halloween Hunt

Bats and ghosts and witches all came together at the Rickinghall Farmers' Market Halloween Hunt on Saturday 8 October.

All participants in the Hunt received a bag of Halloween Chocolate Coins and the lucky winners of the prize draw for a Halloween Goody Bucket were Annabel Bray, Jasmine Bartrum and Monty Huckle.

Our next Farmers Market is on Saturday 12 November.

The next treat for the children will be a visit from Santa to the Christmas Farmers Market on Saturday 10th December.

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Village News

ARMISTICE DAY AND REMEMBRANCE SUNDAY 2016 13th November 2016.

On WW1 Armistice Day, the eleventh hour of the eleventh day of the eleventh month, we salute the Fallen by a short period of silence at the War Memorial. Join us on Friday 11th, just before eleven am.

The Three Villages' Parade to commemorate Remembrance Sunday will take place on 13th November 2016.

The Gislingham Silver Band will play and we will march behind the Band. It is your Parade; come and join in.

No training is needed. "Fall in", three lines, behind the Brownies, facing downhill. Orders - "Attention" then "Quick March". "Eyes Left" at the Memorial, then "Eyes Front". At the Blue Orchid, break lines and go up to the Chapel.

We will set off at 2.45 pm from the Old Post Office to the Chapel of Ease. After a short service we will march to the War Memorial where wreaths and tributes will be laid and the two minutes' silence observed. The parade finishes at that point, but the good ladies of the WI will have tea and coffee for us in the Bowls Club. Join us!



For the Fallen

Poem by Robert Laurence Binyon (1869-1943), published in The Times newspaper on 21st September 1914.

With proud thanksgiving, a mother for her children,
England mourns for her dead across the sea.
Flesh of her flesh they were, spirit of her spirit,
Fallen in the cause of the free.

Solemn the drums thrill: Death august and royal
Sings sorrow up into immortal spheres.
There is music in the midst of desolation
And a glory that shines upon our tears.

They went with songs to the battle, they were young,
Straight of limb, true of eye, steady and aglow.
They were staunch to the end against odds uncounted,
They fell with their faces to the foe.

They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.

They mingle not with their laughing comrades again;
They sit no more at familiar tables of home;
They have no lot in our labour of the day-time;
They sleep beyond England's foam.

But where our desires are and our hopes profound,
Felt as a well-spring that is hidden from sight,
To the innermost heart of their own land they are known
As the stars are known to the Night;

As the stars that shall be bright when we are dust,
Moving in marches upon the heavenly plain,
As the stars that are starry in the time of our darkness,
To the end, to the end, they remain.

From the registers

- 17th June : Funeral in the Churchyard, St Mary's Church, Rickinghall Inferior of Diana Christina Mills, age 53.
18th June : Marriage of James Robinson to Alexa Victoria Louise Smith at St Mary's Church, Rickinghall Inferior .
23rd June : Funeral and burial in the Churchyard, St Mary's Church, Rickinghall Inferior of Betty May Kerry.
Died 27th May 2016 age 90.
2nd July : Marriage of Neil Martin Foulger to Katie Marie Meadows at St Mary's Church, Rickinghall Inferior.
31st July : Marriage of William Colin Davis to Grace Hannah Clarke at St Mary's Church, Rickinghall Inferior.
2nd September : Interment of Ashes in the Churchyard, St Mary's Church, Rickinghall Inferior of Elizabeth Ann Christie Davies.
Died 10th April 2016 age 84
14th September : Funeral and burial in the Churchyard, St Mary's Church, Rickinghall Inferior of Muriel Norah Foulger
Died 28th August 2016 age 86
24th September : Renewal of Marriage vows of Robert and Christine Lister at St Mary's Church, Rickinghall Inferior
6th October : Funeral at Hinderclay Church followed by burial in the Churchyard, St Mary's Church, Rickinghall Inferior
of Marjorie Noren Garnham. Died 16th September 2016 age 90.

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Club News



HERITAGE CIRCLE

A Short History of Shopping - Linda Sexton

Linda Sexton provided an overview of the evolution of shopping from earliest times to modern day when she gave a talk to the September meeting of the Heritage Circle at Rickinghall Village Hall.

Linda thinks that people have always had to shop. She mentioned the use of coins by the Iceni and the Trinovantes from about 10BC. These two Celtic tribes living in East Anglia appear to have engaged in trade. An early Suffolk market was established on Cornhill in Ipswich from the 7th Century AD because this was higher ground above a navigable river. Initially, there would have been no buildings but gradually craftsmen would have built workshops around the market and a town would have begun to develop. By the time the Domesday Book was completed in 1086 there were several markets in Suffolk, including Eye and Bury St Edmunds.

An early shop may be found in Lavenham, next to the Guild Hall. It would have had no glass in the windows, only shutters. One was above the window to offer protection from the weather to customers and another below the window which could have acted as a counter. The interior of the shop would probably have had a workshop and a kitchen downstairs with the family's bedroom upstairs.

Medieval streets tended to be narrow. An example is Dial Lane in Ipswich where the modern shops opposite the former St Lawrence Church stand on the medieval building line. It was originally called Cooks Row as the bakers had shops here. Early markets often had narrow entrances which allowed the town authorities to tax those entering the market. This led to an illegal practice known as 'forestalling' where farmers were encouraged to sell their produce before entering the market place.

There were significant changes to shopping during the 18th and 19th centuries. The architect, John Wood, redesigned parts of Bath. His shops had a distinctive design. They were constructed with bricks and had windows with panes of glass about 12" square. Shop signs were hung from brackets and the name of the shopkeeper was displayed, rather than a picture of the goods, as there was an increasingly literate population. Inside the shop there were oil lamps rather than noxious tallow candles. This allowed the shops to be open in the evening. This design was copied by other towns where the timber framed shops were given a new façade.

By the 19th century, corner shops began to appear in many industrial towns. These often began as places where products like tea were sold to workers from front rooms in the evening. They gradually extended the range of foods available. Village shops started at a similar time to offer a variety of goods, such as soap, sweets, dry goods and paraffin. Further developments at this time were gas lighting which came to Ipswich in 1821 and the invention of plate glass by the 1870s which allowed bigger displays of merchandise. Similarly, shop names were moved to the front of buildings, replacing overhanging signs.

During the middle and late 19th century, many well-known high street shops opened, including the Co-op in 1844, Sainsbury's in 1869, and Marks and Spencer formed in 1884. One of the most influential retailers was Harry Selfridge, an American, who opened his London store in 1909. The size of the shop allowed customers to browse. There was also a restaurant and toilets which allowed women to come to London for the day to meet friends and to shop at leisure. In the same year, another American, Frank Woolworth, offered cheap goods to working people in Liverpool because he paid cash for bulk purchases of manufactured goods.

The internet and shopping malls are now a further stage in the continuing evolution of shopping.

The next meeting of the Heritage Circle will be at 7.30pm on Wednesday 23 November at The Village Hall, Rickinghall. Pip Wright will be talking about the Whistlecraft family of Rickinghall.

Further information about the Heritage Circle is available on its website, www.heritagecircle.onesuffolk.net

The meeting on Wednesday 14 December will be by David Reeve on "My Life as a Royal Bodyguard". There will be a £10 charge for this meeting as it is the Christmas Social and there is a buffet. Entry is by ticket only and they are available from Brenda Deaville on 01379 898561. This is the only meeting in the year requiring ticket entry.

Gerry Gurhy

Coffee On



The Corner

Well I made some of the cakes, purchased the milk, put up the posters and looked forward to our monthly gathering at Coffee on the Corner and then I twisted my knee and was unable to make it! So disappointing! However, the team at Parkview stepped up to their usual high mark in my absence and all went ahead. I did call during the morning and apparently it was rather quiet - where were you all? I had a good excuse!

I have really missed the regulars at Coffee on the Corner as I was away in September on holiday and then injured this morning. I gather that there was a goodly crowd last month and donations were given to the Royal National Lifeboat Institution.

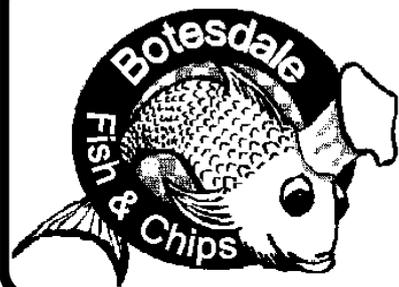
From this morning's event, even though it was quiet, £106 was given by you lovely people and that money will be sent to the charity "Mercy Ships", a floating hospital that delivers healthcare to some of the world's poorest people - from all at Parkview and on behalf of the charity themselves, I thank you so much for your generosity. I know that many of you come along for a chat, a munch and a catch up, but the donations you give will make such a difference to many, both in this country and abroad - those less able or less fortunate than ourselves, or those with less freedom. We really do appreciate both your presence and your monetary presents!

In between the September and October Coffee on the Corner regular monthly events, we held what I hope will be a regular annual fixture, a Macmillan Coffee Morning. Last year we raised an impressive "first effort" of £420, but this year was even better. Armed with a little more experience and some very kind offers of extra help, we managed almost 50% more - I have just sent on a total of £625! Thanks to all those who came along and I do hope that you had a really enjoyable morning. Whilst I made every effort to advertise the event, obviously here in the Parish Magazine and in the local press, with local posters and "A date for your diary" flyers, I know there were still some people who did not manage to note the date and come along. Well, here is an advance warning - all being well, we should be holding our third Macmillan event on Friday 22nd September 2017 - you can't say you weren't told early enough! I shall keep reminding you throughout the coming year.

Whilst we at Parkview Chapel thoroughly enjoy the company of our regular visitors at our Coffee Shop and the other events that we hold, do remember that we are always "Open for Business" on a Sunday morning. We have coffee and refreshments at 10.30 and an all age Worship service at 11am. We also hold a short Communion service at 10am on the 2nd, 3rd and 4th Sundays. If you have not come along to one of our services before, but would like to, DON'T BE SHY, you can be sure of a warm welcome, both from us and the Lord Himself. We really would love you to join the Church Family at Parkview.

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

Sue Allen



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THURSDAY, FRIDAY, SATURDAY 11.30 am - 1.30 pm 4.15 - 10.00 pm
SUNDAY 4.15 - 8.00 pm

November Calendar

Tuesday	1 st	10:00am 6:00pm 7:15pm 7:30pm	Open House Zumba Yoga and relaxation Julie's Aerobics	All Saint's Redgrave Rickinghall Village Hall Botesdale Village Hall Rickinghall Village Hall
Wednesday	2 nd	9:30am 9:30am 10:00am	Redgrave Art Club Headspace Day Centre	Activities Centre All Saints Redgrave Rickinghall Village Hall
Thursday	3 rd	9:00am 9:30am 10:00am 6:00pm 7:30pm	Church Cleaning RABBATS St Nicholas Hospice Care: Drop in Fitsteps Rickinghall Parish Council	St Mary's Redgrave Rickinghall Village Hall Botesdale Health Centre Rickinghall Village Hall Rickinghall Village Hall
Friday	4 th	10:00am 5:00pm 8:00pm	Positive Steps FIREWORK PARTY Dance Classes	Rickinghall Village Hall Rickinghall Village Hall Botesdale Village Hall
Saturday	5 th	10:00am	Church open	Rickinghall Inferior
Sunday	6 th			
Monday	7 th	10:00am 2:00pm 7:30pm	Zumba Needle craft Slimming World (5:30pm and 7:30pm)	Rickinghall Village Hall Activities Centre Rickinghall Village Hall
Tuesday	8 th	9:00am 9:30am 6:00pm 7:15pm 7:30pm	Coffee on the corner Macmillan Information and Advice Zumba Yoga and relaxation Julie's Aerobics	Park View Chapel Park View Chapel Rickinghall Village Hall Botesdale Village Hall Rickinghall Village Hall
Wednesday	9 th	9:30am 10:00am 7:30pm	Redgrave Art Club Day Centre Redgrave Parish Council	Activities Centre Rickinghall Village Hall Activities Centre
Thursday	10 th	9:30am 9:30am 12:30pm 6:00pm 7:30pm	RABBATS Headspace Phoenix Luncheon club Fitsteps Women's Institute	Rickinghall Village Hall All Saints Redgrave Activities Centre Rickinghall Village Hall Rickinghall Village Hall
Friday	11 th	9:15am 10:00am 11:00am 7:00pm 8:00pm	Rickinghall Ramblers Positive Steps Armistice Day Silence Whist Drive Dance Classes	Rickinghall Village Hall Rickinghall Village Hall War Memorial Bowls Club Botesdale Village Hall
Saturday	12 th	9:00am 9:30am 10:30am Website	Farmer's market British Christmas Crafts Wildlife Watch group Cinema : Florence Foster Jenkins	Rickinghall Village Hall Blackthorpe Barn Redgrave Lopham Fen Palgrave Cinema
Sunday	13 th	9:30am 10-3:00 2.45pm	British Christmas Crafts Chutneys & Jellies Masterclass Remembrance Day Parade and Service	Blackthorpe Barn Redgrave Lopham Fen Old Post Office

Monday	14 th	10:00am 2:00pm 7:30pm 7:30pm	Zumba Needle craft Slimming World (5:30pm and 7:30pm) Botesdale Parish Council	Rickinghall Village Hall Activities Centre Rickinghall Village Hall Botesdale Village Hall
Tuesday	15 th	6:00pm 7:15pm 7:30pm 7:30pm	Zumba Yoga and relaxation Julie's Aerobics Progressive Whist Drive	Rickinghall Village Hall Botesdale Village Hall Rickinghall Village Hall Activities Centre
Wednesday	16 th	9:30am 9:30am 10:00am 2:30pm	MOBILE LIBRARY Redgrave Art Club Headspace Day Centre Methodist Wives club	Activities Centre All Saints Redgrave Rickinghall Village Hall Methodist Church
Thursday	17 th	9:30am 6:00pm 7:30pm	RABBATS Fitsteps Crafty Corner	Rickinghall Village Hall Rickinghall Village Hall Park View Chapel
Friday	18 th	10:00am 8:00pm	Positive Steps Dance Classes	Rickinghall Village Hall Botesdale Village Hall
Saturday	19 th	8:00am 9:30am 10:00am 10-12:00	Men's Breakfast meeting British Christmas Crafts Church open CHRISTMAS SALE	All Saints Redgrave Blackthorpe Barn Rickinghall Inferior Methodist Church
Monday	21 st	9:15am 10:00am 2:00pm 7:30pm	Rickinghall Ramblers Zumba Needle craft Slimming World (5:30pm and 7:30pm)	Rickinghall Village Hall Rickinghall Village Hall Activities Centre Rickinghall Village Hall
Tuesday	22 nd	10:00am 6:00pm 7:15pm 7:30pm	Coffee down the lane Zumba Yoga and relaxation Julie's Aerobics	Methodist Church Rickinghall Village Hall Botesdale Village Hall Rickinghall Village Hall
Wednesday	23 rd	9:30am 10:00am 7:30pm	Redgrave Art Club Day Centre Heritage Circle	Activities Centre Rickinghall Village Hall Rickinghall Village Hall
Thursday	24 th	9:30am 9:30am 6:00pm 7:30pm	RABBATS Headspace Fitsteps Redgrave Garden club	Rickinghall Village Hall All Saints Redgrave Rickinghall Village Hall Activities Centre
Friday	25 th	10:00am 8:00pm	Positive Steps Dance Classes	Rickinghall Village Hall Botesdale Village Hall
Saturday	26 th	9:30am 10-noon 10-1:00 8:00pm	DEADLINE FOR OIL SYNDICATE ORDERS British Christmas Crafts Advent coffee morning Weave a Festive Wreath R'hall Country music club	Blackthorpe Barn St Mary's Rickinghall Redgrave Lopham Fen Rickinghall Village Hall
Sunday	27 th	9:30am	British Christmas Crafts	Blackthorpe Barn
Monday	28 th	10:00am 2:00pm 7:30pm	Zumba Needle craft Slimming World (5:30pm and 7:30pm)	Rickinghall Village Hall Activities Centre Rickinghall Village Hall
Tuesday	29 th	12 noon 6:00pm 7:15pm 7:30pm 7:30pm	Luncheon Club 898615 or 898619 Zumba Yoga and relaxation Julie's Aerobics The Crane Story	Activities Centre Rickinghall Village Hall Botesdale Village Hall Rickinghall Village Hall Redgrave Lopham Fen
Wednesday	30 th	9:30am 9:30am 10:00am	Redgrave Art Club Headspace Day Centre	Activities Centre All Saints Redgrave Rickinghall Village Hall

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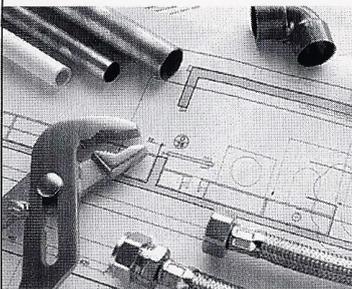
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Club News

St Botolph's & District Bowls Club

The weather intervened and spoilt our usual end of season events. Downpours and a flooded green forced the cancellations of our annual President's v Captain's team game and the Closing Day drive.

However, in between the deluges, a very successful Club Finals' Day and the annual Triples tournament took place.

The latter, sponsored by Coldrey & Bryant Financial Consultants, attracted 22 teams from 13 clubs from Norfolk and Suffolk and proved to be a good money raiser for the Club. In addition the Charity Tea during the afternoon collected over £150 for the Macmillan Cancer Support Nurses charity.

The green, having been scarified, top-dressed, tynd and re-seeded is now 'resting' for the winter. In the spring, work will recommence in earnest in readiness for an April start to the 2017 season.

During winter, planned events include a Quiz Night and monthly Whist Drives. The club is also open every Thursday for an informal social evening to which all are invited.

Contact David Maycock on 01379 890275 or email davidmaycock@btinternet.com.

More information about the Club can also be found on our web-site: www.stbdbc.btck.co.uk

Sudoku

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

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

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BARWOODS

As promised, Low Meadow has been cut now and it looks good. The shrubs are getting their autumn colours and fruits; the footpath runs alongside a dense hedge and is punctuated with trees in traditional English countryside style. One bench faces a memorial tree and the other faces the setting sun, a nice place to sit in the evenings.

Northfield Wood is taking longer to tidy up as it is a large space and we are only a small band of volunteers. Please think about giving us a hand; it is only once a month on a Sunday morning.

At the time of writing the wood is already looking a lot tidier than it did in the summer, when it was overrun with the beautiful but unpopular fireweed. The ring of young fruit trees has produced a small crop of apples, also quinces and medlars, which are picked later.

The nettles have died down in Miller's Orchard, and we have to thank Linda Green for keeping them in check during the summer.

If you have any seedlings in your garden that are native trees, you might like to transplant them in Northfield Wood. It is quite large and we still haven't filled it! Please get in touch with one of us.

Rosemary Jones, 01379 890238



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Exploring the Past

Jean Sheehan, 01379 890237

Post Office – Part 2

Another change in 1968 was the two tier postal system. Until this time there was only one rate for postage and all mail was supposed to be delivered the day after posting. The two tier system changed this to next day delivery for first class mail, and the second class mail was delivered in two days.

When the Revd. Hocking died in 1971 Frank acquired another job. Every village in the country was connected to Fylingdales ballistic missile early warning system on the north Yorkshire moors. The machine, connected by BT to Fylingdales, was kept at the home of a person considered to be responsible in the village. During the cold war Frank had to be available to test the machine, when requested to do so, at regular intervals. If a nuclear attack had become imminent it would have had to have been manned permanently. When friends visiting us asked what this machine was in our porch they thought we were joking when we told them the truth. We were also given a large siren in a wooden crate and if a nuclear missile was on its way Frank would have to set the alarm off to warn the villagers. When the firemen were on strike the parish council set up an emergency plan and were going to use the siren to attract the attention of volunteer firemen but no-one heard the siren going off. Fortunately there were no fires.

The post code system was trialed in the Norwich area in 1959 to try and organise faster sorting. After a trial period it was introduced in stages to the whole country between 1966 and 1974. When Redgrave was given post codes, as we had two farms named Street Farm in the Street, the house opposite our post office was changed to Gable End, although it has been changed back to Street Farm House now, after a period of being called Generations Farmhouse.

Between 1971 and 1974 Donald Neilson carried out raids on 18 post offices and in 1974 killed three people in these raids. Until that time the post office would not supply security screens and the sub-postmaster had to supply his own screen. After the murders the post office agreed to supply a screen providing the sub-postmaster paid for the installation. They also supplied burglar alarms around this time which were sometimes more trouble than they were worth. Wendy Matthews heard our alarm going off one night and sent Steve over to check that we were all right. Fortunately we did not go outside looking for the burglar, we may have thought it was Steve! The burglar alarm was serviced regularly, and it contained very large batteries in case of a power failure. We had a large Labrador dog, who was much more effective than the burglar alarm, but one day he stole a new battery from the bag belonging to the man servicing the alarm, and chewed it but fortunately it did not seem to do him any harm. One Sunday we went to London for the day and left the key with Jill Robinson to look after the dog. The burglar alarm went off and the local policeman came out but the dog would not let him into the house. Fortunately it was another false alarm. Another morning the alarm started to go off at 4 am due to replacement windows being fitted. It took Frank an hour to find out how to disconnect it. When Mrs. Nunn from Street Farm came in to the shop that morning Frank apologised to her as her house was directly opposite the shop, but she had slept right through it.

When we first took on the post office there were no paid holidays and we had to pay a person to run the post office if we went away. After a few years a small amount was paid for holidays.

The books had to be balanced every Friday. Everything had to be counted, down to the last postage stamp. All the payments in and out had to be accounted for. If there was any money short Frank had to put it in immediately, but if there was any money over it took three months to come back to him. Nowadays everything in the post office is

computerised, but it still has to be balanced weekly. E mails were not in use then so everything was written out by hand and sent off in special plastic pouches with the post.

In 1989 the post office were advertising for postmen at Diss post office and Frank realised he could earn more money by delivering the post than having all the responsibility of running the post office, so he became a post man.



Florence Hinton & Lily Green with Mr & Mrs Day at the house where they used to live (Charity Cottage).

Letter box from Charity Cottage - the site of the first post office in Redgrave, by 1869.

The sub post office in Redgrave was moved back to Redgrave Stores and became a community sub-office. At this time the shop was owned by Mr and Mrs T. Whitmarsh. The following year Freda Butterworth took over the shop and post office until 1995, when her brother David Broad purchased the shop as she could not sell it and he employed a manager to run it. In 1997 an extension to the shop was made to house the post office and make more room for selling in the shop. This extension is now the current community shop. David Broad sold the business to Carole and Darren in 1998. The post office was temporarily closed in November, 2000. By March 2001 Shirley and David Raine were running the shop and the post office re-opened in October 2001, but was closed again in July 2003 and never re-opened. The old Redgrave Stores property was eventually sold as a private house and the community shop was opened in 2007.

Post Offices in Rickinghall and Botesdale continued in various premises during the nineteenth and twentieth centuries. Mr and Mrs Chard ran the last Rickinghall post office which closed in 1985 when they retired. Botesdale post office had moved to Hillside in Rickinghall Superior in the late 1940s but was still known as Botesdale post office. This post office is the one which moved to the Paper Shop and has recently closed. (For more information on Botesdale and Rickinghall post offices see Quatrefoil Books 'A Walk through Botesdale' and 'A Walk through Rickinghall' by Diana Maywhort.)

In the first part of my articles on post offices last month I mistakenly named the road opposite the first Botesdale post office as Mill Lane instead of Mill Road.

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Exploring the Past Again

Di Maywhort, 01379 898785

During the Great War 1914 -1918 it has been discovered so far that over 290 men served from the villages of Botesdale, Redgrave and Rickinghall. Of those, 61 are commemorated on the Botesdale War Memorial and research has shown that another 24 men died that are not named on the War Memorial. Of those who survived many returned back to the villages and their families still remain to this day.

In 2018, Quatrefoil is planning to publish a book about all of these men and would appreciate any information concerning them, or maybe you have other names to add to the list.

Please contact Deborah Wells on 01953 853175 or email tommyresearcher@gmail.com

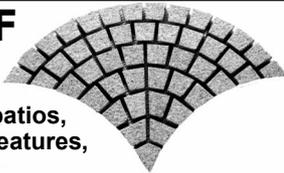
Abbott - Henry.
Allen - Arthur.
Arnold - Frederick.
Arnold - John.
Ashford/Ray - Ernest,
Robert & William.
Bailey - Arthur C.
Bailey - Arthur J.M.
Bailey - Charles.
Bailey - Edgar C.
Bailey - Frank.
Bailey - George R.
Bailey - Herbert E.
Bailey - Robert L.
Bailey - Robert.
Bailey - Spencer & Frederick.
Bailey - Walter V.
Baker - George.
Banham - Harry.
Bason - Arthur G.
Baxter - James, George, William,
Charles, Walter & Robert.
Bean - Arthur.
Bean - Charles.
Bean - Frank E.
Bean - George.
Bean - Walter & Jesse.
Bennett - Ernest & Harold.
Bennett - George.
Bennett - Herbert F.
Bird - Robert.
Blake - George.
Blake - Stephen.
Bloomfield - William.
Bloomfield - Henry W.
Blyth - Reginald E.
Box - William.
Boyce - George
Boyce - Leonard H.
Boyce - Stephen.
Bradstreet - Philip, Frederick
& James.
Branford - Bernard.
Brown - Basil.
Brown - James.
Bryant - Arthur & Ernest.
Bryant - John (Jack)
Buck - John.
Buckenham - John.
Bullock - Cecil J.
Buxton - Charles G.
Canham - Ernest.
Carman - David.
Chaplin - George.
Chenery - Charles, Stephen & Oliver.
Claydon - Edward G.
Cook - George, William & Frank.
Cook - Richard & Frederick.
Cornish - Charles E.
Cotten - Robert.
Cracknell - Philip O.
Crane - Arthur..
Dade - William.
Daines - Frederick.
Debenham - Herbert E.
Dix - Frederick W.
Doddington - Miles.
Doe - Aubrey & George.
Doggett - Walter W.
Dorling - George.
Elliott - William.
Finn - Thomas.
Fisher - Harry, George & James.
Fordham - James.
Fordham - William B.
Foulger - Robert & Ernest.
Foulger - William.
Francis - Frederick A.
Fryett - Arthur.
Fryett - Philip J.
Fryett - Robert.
Game - George & Walter.
Gardiner - Henry.
Gardiner - Walter.
Garnham - James & Thomas.
Garnham - Walter V.
Gates - Harry & George.
Girling - George.
Girling - Walter.
Goddard - Ernest G.
Goddard - Walter.
Gooderham - Frederick.
Gort - Spencer F.
Hales - Ernest, James & John.
Hart - Walter & Arthur.
Hasted - Arthur W.O.
Hayward - William & Percy.
Head - George.
Holland - Tyrell & Lionel.
Hood - Hugh E.T.
Huggins - Bertie R.
Huggins - David.
Huggins - William.
Hunt - Raymond.
Hunt - Walter.
Johnson - William H.

Kemp - Leonard.
Kerry - William.
King - Ernest.
Knapp - Bertie A.
Knights - Arthur.
Laffling - Ernest.
Land - Alfred.
Last - Jack.
Leader - William.
Leggett - Sidney J.
Ling - Bertie.
Lingley - Frederick J.
Loynes - Arthur.
Lummas - David & Albert.
Machin - Arthur.
Markham - Charles E.
Matthews - Albert & Ernest.
Matthews - Charles & George.
Matthews - Henry.
Miller - James & Frederick.
Miller - Harold.
Miller - Stephen A.
Moore - Frederick A.
Moore - William H.
Moule - Clarence & Edgar.
Moule - Gordon & Albert.
Musk - Arthur R. (40)
Noakes - Arthur B.
Noble - Arthur.
Nunn - Bertie.
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Alfred & Charles.
Orves - Reginald T.
Orves - Albert V.
Palmer - David W.
Payne - Reginald L.
Pearce - Arthur.
Pearce - David & Bertie.
Pearce - Frederick W.
Pearse - George V.B.
Pearse - James W.A.
Pemberton - Reginald.
Phillips - James
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Ridgeon - William.
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Robinson - Percy V.
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White - Frederick H.
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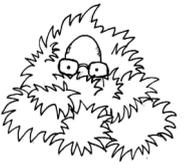
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Not Nyalls Notes Bills Birds



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Bill Cordeaux Tel: 898286

A computer-related mishap means that Nyall's notes cannot be published this month in spite of Nyall's best efforts. Apologies to all avid readers. Please find below instead an article which looks at:

Sikh beliefs about God, karma, death and rebirth.

- There is only one God
- God is without form, or gender
- Everyone has direct access to God
- Everyone is equal before God
- A good life is lived as part of a community, living honestly, caring for others
- Empty religious rituals and superstitions have no value

Living in God and community

Sikhs focus their lives around their relationship with God, and being a part of the Sikh community. The Sikh ideal combines action and belief. To live a good life a person should do good deeds as well as meditating on God.

The God of grace

Sikh spirituality is centred round this need to understand and experience God, and eventually become one with God.

To do this a person must switch the focus of their attention from themselves to God. They get this state, which is called *mukti* (liberation), through the grace of God. That means it's something God does to human beings, and not something that human beings can earn. However, God shows people through holy books, and by the examples of saints, the best ways to get close to him.

Sikhs believe that God can't be understood properly by human beings, but he can be experienced through love, worship, and contemplation.

Sikhs look for God both inside themselves and in the world around them. They do this to help themselves achieve liberation and union with God.

Getting close to God.

When a Sikh wants to see God, they look both at the created world and into their own heart and soul.

Their aim is to see the divine order that God has given to everything, and through it to understand the nature of God.

Most human beings can't see the true reality of God because they are blinded by their own self-centred pride (Sikhs call *ithauman*) and concern for physical things.

God inside us

Sikhs believe that God is inside every person, no matter how wicked they appear, and so everyone is capable of change.

Living a good life in this world

Sikhs don't think it pleases God if people pay no attention to others and simply devote themselves slavishly to religion.

Sikhism doesn't ask people to turn away from ordinary life to get closer to God. In fact it demands that they use ordinary life as a way to get closer to God.

A Sikh serves God by serving (*seva*) other people every day. By devoting their lives to service they get rid of their own ego and pride.

Many Sikhs carry out chores in the Gurdwara as their service to the community. These range from working in the kitchen to cleaning the floor. The Langar, or free food kitchen, is a community act of service.

Sikhs also regard caring for the poor or sick as an important duty of service.

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Owing to various mishaps it has not been possible to give an account of our local birds and as we have been staying in Woodbridge there are a few interesting points to let you know about bird life in that area.

To start with, where we are staying, the garden has its resident robin (who hasn't?), and, at night, a Tawny Owl who 'hoots' me to sleep. Earlier this year a pair of Blue Tits used a nesting box and it was interesting to see in the last week of September a group of Blue Tits flying in and out of the same box. Could the parent birds have brought the family back to see where they had been brought up? I have not seen in the literature anything about parent birds coming back late in the season to visit their nesting box. Perhaps they were showing their children around and warning them not to use the box next year as it has already been booked! One morning I heard a Wood Pigeon call. I am certain that its song was different, only to a small degree, to that of Wood Pigeons in Rickingham. I realise that much work has been done on the very slight variation in bird song in the same species in different parts of the country.

The best habitat for watching bird life at Woodbridge is from the banks of the River Deben, particularly at low tide when the mud is exposed.

Curlews were calling; how lovely to hear that lonely wild voice again. A Black Swan was swimming on the river. It is bigger than our Mute Swan with a longer, thinner neck, and a distinctive red beak. Apparently there had been two more earlier in the month. Obviously escapees.

What appeared at first sight to be a Swallow flew past me, but as it came nearer it was a bigger bird and as it turned the corner opposite the white mill it produced a flash of blue from the rising sun. A Kingfisher.

In the distance three skeins of Brent Geese flew over at intervals. This is the time of the year when one sees them flying low over the sea skimming the tops of the breaking waves, and then coming inland alongside our rivers.

On the second occasion when visiting the harbour there was the now common appearance of four Little Egrets; several small waders were also present, notably Dunlin, Lapwing and Redshank.

In a previous report I mentioned a Starling's song having incorporated an imitation of a telephone bell. In Woodbridge, our host family had heard their Starling imitating the sound of an ambulance. Well known to them as paramedics!

When I was last in Botesdale somebody said to me that they were certain that they had seen four Red Kites flying together low over our villages. They were certain they were not Buzzards. This was a very interesting event. However, I would be grateful if someone could contact me to verify that such a flypast had taken place.



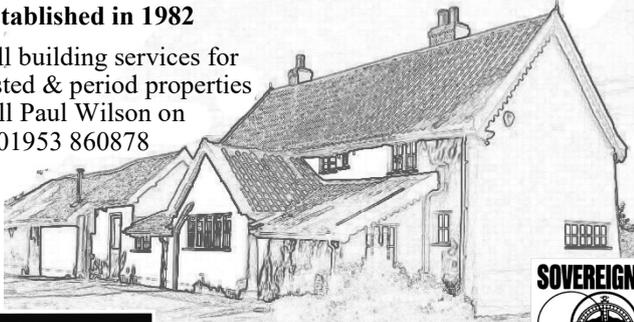
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In your garden

Cookbook



* "In Your Garden" with Tripp Batt of Stanton *

* November is a month for keeping warm in the garden, and the various tidying up tasks will certainly help. Excessive leaves can cause lawns to go yellow and ponds to become clogged up, blocking light to the plants and creatures which need it. So, using a spring lawn rake or garden blower, round up the leaves and then add them to the compost heap, mixing them in with other material to speed up the decomposing process.

* Various woody plants can be pruned at this time of year, and in the case of Roses, just a light pruning is sufficient with a second pruning mid spring. Use sharp bladed tools to make cutting easier and to get a 'cleaner' cut without tearing the bark. Remove stems which cross the centre of plants, and stems which are old or dead. Pruning encourages more new growth next year and more growth usually results in more flowers.

* Gardeners always have to think ahead, and for a colourful garden in spring, now is the time to plan and plant. Tulips are the most colourful of spring bulbs, some starting to flower in March and others as late as May, but now is the time to plant them. Select varieties according to their colour and height and they'll provide splashes of colour in amongst borders and strategically placed tubs and planters.

* If you have over-wintering vegetables on the go, then protect them now against pigeons and other pests, using netting and sticks and cloches. Be prepared to check these over time in case they loosen, as it's very disheartening to see your crops disappear before they come up to harvest. It's also time to protect frost-prone containers and semi-hardy plants in greenhouses. Use bubble-wrap or fleece to wrap around tender plants and pots and make sure they don't sit in areas of poor drainage. Greenhouses can be lined with polythene bubble wrap.

* Lastly, before lighting your bonfires, make sure that a hedgehog hasn't already made it into a home.

* Happy Gardening!

* *Ian Shilling,* *

* *Tripp Batt Country Store, tel. 01359 250268* *



In the Cookbook, we'd like to share your favourite recipes with baking enthusiasts in our villages.

To include a recipe in the column below, please send it to editor@rbrparishmag.com

Please don't copy straight out of cookbooks—we want to avoid problems with copyright! ☺



Lemon and poppy seed drizzle cake



Ingredients

- 375g/13oz plain flour, plus extra for dusting
- 1 tsp salt
- 125g/4½oz unsalted butter, softened
- 2 medium free-range eggs
- 2 tbsp poppy seeds
- 40g/1½oz parmesan, grated (or a similar vegetarian hard cheese)
- 1 tbsp sun-dried tomato paste
- 1 tbsp sesame seed

Method

1. Put the flour, salt, butter, one of the eggs and 40ml/1½ fl oz water into a bowl and mix well for five minutes until you have a smooth dough. Divide the dough in half.
2. On a lightly floured work surface, knead the poppy seeds in to one half of the dough and the parmesan and sun-dried tomato paste to the other.
3. Using a rolling pin, roll out each piece of dough on a lightly floured work surface to about 3mm thick. Place each piece of dough on a baking tray, cover with cling film and refrigerate for 30 minutes.
4. Preheat the oven to 200C/180C(fan)/Gas 6. Dust two large baking trays with flour.
5. Using a 7cm/2¾cm round cutter cut out 18 rounds from each half of the dough, re-rolling as necessary. Place the rounds on the baking tray.
6. Brush the biscuits with beaten egg and sprinkle the parmesan and tomato ones with sesame seeds.
7. Bake for 10-15 minutes until golden-brown. Remove from the oven and transfer to a wire rack to cool. Serve warm or cold.

Recipe from The Great British Bake Off

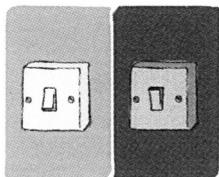
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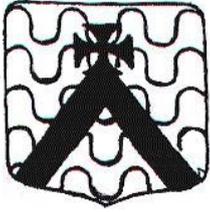
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School news

Last academic year was a fruitful one for the school. We made good progress and had some very pleasing results for our children. As a school we will continue to focus on improving our writing skills and how we assess the children so that we can support and challenge them and keep parents informed with their progress. We have recently completed a Parental Survey during our first Parent Consultations and have had some good and productive feedback. I am looking forward to discussing the finding with both the Parents Forum and School Governors.

Our school governors recently spent a day in school as part of their monitoring role. The morning was spent in class with the children and many Governors rolled up their sleeves and played an active part in the lessons. During the afternoon the Governors completed their safeguarding training so that they have a solid understanding of what safeguarding looks like in a primary school.

The sports season is well and truly up and running. We took over 50 children to participate in the annual cross country competition and observed some determined performances from the children. Our girls football team has also been in action. We travelled to Framlingham to compete against nine other schools. The girls played some wonderful football and worked well together both on and off the pitch. We won six games, drew one and lost one meaning that we narrowly missed out on both first and second place. However we were all pleased with a third place finish and a bronze medal.

Harvest was a great event at the school this year with all of the children getting involved to produce a harvest display for our local church. The pictures show some of the outcomes from the children.

Our current Yr6 children will soon be going off on a week-long adventure to North Norfolk. This is an annual residential visit which is shared by other local schools. It's a great experience for the children and a real opportunity for them to get to know each other before they move up to Hartismere.

Mark Cobbold
Head teacher

Diary Dates for November

Thur 17 th	Lions Class assembly
Fri 18 th	Children in need (non-uniform)
Thur 24 th	Leopards Class Assembly





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School transition: We work closely with St Botolph's Primary School to ensure a smooth transition for our children into primary school. In the academic year before they start school, our pre-school children graduate from being "Caterpillars" to "Butterflies" and our Butterflies benefit from specific activities, such as phonics and numeracy, to help them prepare for school. We make regular visits with the children to St Botolph's to take part in activities such as assemblies, PE lessons & lunches.

OFSTED: We were thrilled to receive a fantastic OFSTED report in December 2014 and were very proud to have received particular praise for providing an "extremely calm, relaxed and friendly atmosphere". A copy of the full report is available on request.

Committee: The Committee is responsible for the management of the pre-school. Parental involvement is key to a child's successful development and volunteering for the Pre-school Committee is an ideal way to be involved in both your child's development and their life at preschool. Committee members also help to shape how the pre-school setting is managed. New members are always welcome (and needed). You can choose how much time to commit and there are lots of ways to contribute so please contact us if you would like to get involved.



Rainy day fun

How many words containing three or more letters can you make from the letters in the grid above? There are at least 45 words to be found. Proper nouns are not allowed. Can you find the nine letter word?

I	X	M
E	N	N
G	A	I

Children's Book Titles

Can you work out the names of these children's books from the initial letters of their titles?
Eg TVHC = The Very Hungry Caterpillar

WTWTA

WTP

WGOABH

GHMILY

HPATPS

TCITH

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CATCF

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Future Events

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Following the success of last year's exhibition, we are inviting people to display their nativity sets for all to see.

We welcome handmade or shop bought, old or new, big or small, whether designed for children or adults. We would love to see them all.

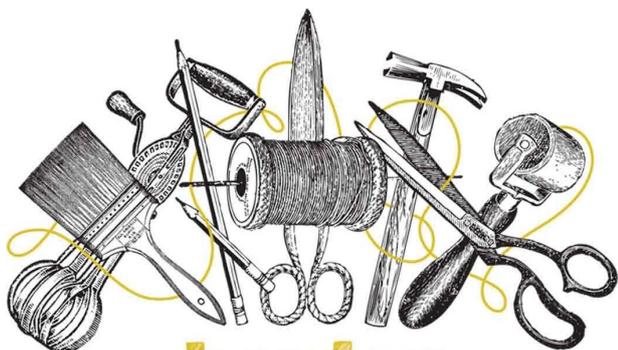
If you are a crafter, knitter, baker etc. why not get busy and have your work appreciated? Could you make a set as a family? Do you belong to a club, organisation or group of friends who would like to make a set together?

Look out for more details next month.

Further enquiries:

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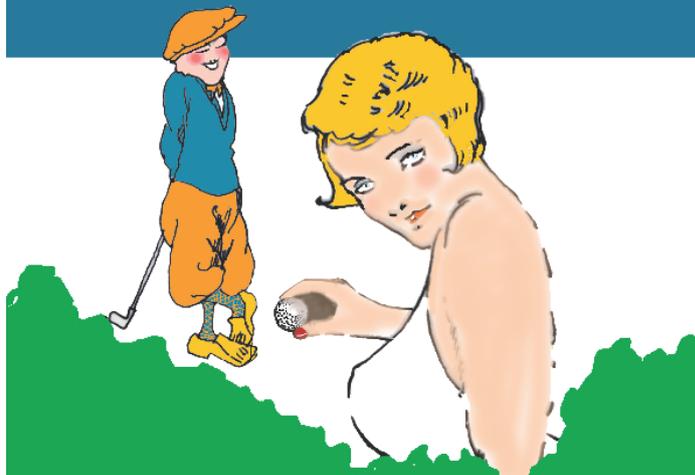


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NOVEMBER : Readings for Parish Church Sunday Services

Date	1st reading	2nd Reading
Nov 6th (All Saints)	2 Thessalonians 2:1-5, 13-17	Luke 20:27-38
Nov 6th (Botesdale)	2 Thessalonians 2:1-5, 13-17	Luke 20:27-38
Nov 6th (Rickinghall)	Isaiah 53 : 1 to 10	Romans 8 : 31 to end
Nov 13th	Micah 4 ; 1 to 5	Luke 21:5-19
Nov 20th	Colossians 1:11-20	Luke 23:33-43
Nov 27th	Romans 13:11-end	Matthew 24:36-44

ROTAS	Chapel of Ease		Redgrave		Rickinghall	
	Sidesman	Lector	Sidesman	Lector	Sidesman	Lector
Nov 6th	Mrs D Hodson	Mrs J Stokes	Mrs C Davidson	Mrs J Dickman	Mr R Rixon	Mrs J Bennett
Nov 13th	Mr J Lamb	tba	Mr J Walker	Mr C Davies	Mr & Mrs Miles	Mrs J Dickman
Nov 20th			tba	Mrs J Shepherd	Mrs S. White	Mrs J. Whitehead
Nov 27th			Mrs J Wilson	Mr K Wilson	Mrs J Sheehan	Rector

NOVEMBER : Flower rotas

	Chapel of Ease	Redgrave	Rickinghall
Nov 6th	Mrs Cordeaux	Mrs F Lamb	Mrs Rixon
Nov 13th	Mrs Whiteside	Mrs R Powell	Mrs Sheehan
Nov 20th	Mrs Whiteside	Mrs R Powell	Mrs Sheehan
Nov 27th	Mrs Heath	Advent	Advent

Thank you

To Our Dear Customers/friends

I would like to say Thank you for your words of comfort, good wishes and generous gifts I received. Such thoughtfulness from so many is very humbling and says so much about the community we are very lucky to live in.

I am still receiving treatment but with your support and encouragement and the help of Addenbrooks and the lovely nurses

at St Nicholas Hospice, who the villagers support so readily. I know I will soon get better.

Thank you all once again from the bottom of my heart.

Sue and Mick
(Newsagents Rickinghall)

I've just been catching up with the latest issue of the Parish Magazine and was sorry to read that it's been necessary to remove the telephone number of your volunteers because of some abusive callers.

As a resident of Botesdale for a number of years, I simply want to express my thanks and appreciation to all the volunteers who put such effort in producing the magazine. I hope that the unacceptable behaviour of a minority is more than outweighed by the majority who value this service to the Community.

Many thanks to all of you and keep up the good work.

Botesdale Resident

Neighbourhood Watch

Local Contact Details

For Neighbourhood Watch contact your local Co-ordinator, or else in Botesdale and Rickinghall Peter Beck on 01379 890495, (email : peter@pbeck.plus.com), and in Redgrave John Campbell on 01379 890946 or email him on redgrave.nwatch@outlook.com



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11.00 am All Age Worship

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Tuesday 8th; 9 am – 12 noon 'Coffee on the Corner'

Thursdays 3rd and 17th 2.00 pm Praise Hour on

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Also regular activities for children and young people.

Phone 01379 898924 or 783216 for more details.

<http://www.parkviewchapel.co.uk>

PARKVIEW YOUTH

(All held at Parkview Chapel, Botesdale)

JUNIOR CHURCH

Reception – Year 9

Sundays 11.00am – 12.00pm

LMNT

Years 6 – 9

Mondays 7.00pm – 8.15pm

PYP

Years 10 – 13

Sundays 7.00pm – 8.30pm

JUNIOR FRIDAY CLUB

Reception – Year 6

Fridays 6.00pm – 7.00pm

SENIOR FRIDAY CLUB

Years 7 – 11

Fridays 7.30pm – 9.30pm

For further information

please contact

Kev Gladwell on

01379 898924

or check out our website

www.parkviewchapel.co.uk

BOTESDALE METHODIST CHURCH

Services are held every Sunday at 10.30 am unless otherwise indicated.

A friendly welcome to everyone to services and all meetings

6th November Rev David Ely Holy Communion
13th November Rev David Kemble
20th November Congregational Service
27th November Mr Patrick Mottram



Bible Study 10th November at 10.00 am. All welcome.

Christian Forum Tuesday, 1st November 7.30 pm Rev Heather Sorrell A reluctant Pioneer

Wives Club Wednesday, 16th November 2.30 pm : Sophie Charlton: Finny Music :

Taking Music into Prisons

"Coffee down the Lane" Tuesday, 22nd November 10—11.30 am

November 19th : **CHRISTMAS SALE AT THE CHURCH** 10 am – 12 noon -----Saturday 19th

Exploring life course

Cafe Church and Tuesday evenings

November for 6 weeks

Sundays 6th onward

At Cafe Church 10.30 Sundays

and Tuesday evenings 8th onward

both at 1 Helens Close at 7.30 pm

Contact Nyall on 01379 897067



Free to every household thanks to the local businesses that advertise here. Please support local businesses.



**All Saints
Redgrave**



**St. Botolph's
Botesdale**



**St. Mary's
Rickinghall**

6th November '16 All Souls'

8:15 St. Botolph's, Botesdale BCP Communion



10.30 All Saints, Redgrave
All Saints Altogether

*An interactive service for people of all
ages starting with coffee*

3.00pm St. Mary's, Rickinghall

All Souls' Remembrance Service.

13th November '16 Remembrance Sunday

8:15 St. Mary's, Redgrave BCP Communion

10:30 St. Mary's, Rickinghall CW Communion



with the children and young people
starting in Rickinghall Village Hall for
"Footprints"

3.00pm
St. Botolph's, Botesdale Parade Ser-
vice

St. Botolph's, Botesdale Parade Ser-
vice

20th November '16 Christ the King

8:15 All Saints, Redgrave BCP Communion



10.30 St Mary's, Rickinghall
Worship Together

*An interactive service for people of all
ages*

27th November '16 1st Sunday of Advent

8:15 St. Mary's, Rickinghall BCP Communion

10.30 All Saints, Redgrave CW Communion



10.30 Messy Church in Botesdale
Village Hall for tea, cake, crafts,
songs, stories and family fun.

4th December '16 2nd Sunday Advent

8:15 St. Botolph's, Botesdale BCP Communion

10:30 All Saints, Redgrave All Saints Altogether

3.00pm St Mary's, Rickinghall Evening Prayer

Also this month:



Tue. 1st November 10–12noon

"Open House" at All Saints

For coffee, cakes and chat



Fri 2nd December

6.45pm **Carol Singing**

The Knoll, Redgrave



Wed. 2nd November 10.00am

Albert Close Holy Communion

Thur. 17th November 9.45am

Farnish House Holy Communion

*These services are open to everyone,
and follow the order of BCP (Book of
Common Prayer)*



Tues 15th November 7.15pm

All Saints, Redgrave

*A time of prayer for the work and minis-
try of the church in the community*



*"Together in these villages we offer Christ's healing grace through our worship and service."
For more information; Revd Chris Norburn 01379 898685*