



BOTESDALE
Traditional Fish & Chips
Tel: 01379 898 543

Tues	11.30 – 1.30	4.30	-	8.00pm
Wed	Closed in morning	4.30	-	8.00pm
Thur	11.30 – 1.30	4.30	-	10.00pm
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

Thursday 1st August	9.30 am 7.30 pm	RABBATS Rickinghall Parish Council Meeting - planning only	Rickinghall Village Hall
Friday 2nd August	9.00 am 9.00 am 8.00 pm	Church Cleaning Yoga. Booking essential on 01379 890955 Dance Classes	St Mary's, Redgrave Rickinghall Village Hall Botesdale Village Hall
Saturday 3rd August	10.00 am 10.30 am 2.00 pm	Church Open Guided Walk Forget-me-not-Club, visit by Ixworth Club Redgrave Football Club Summer Fete	St Mary's Red, Rick & CofE Redgrave Fen The Stagers, Redgrave
Sunday 4th August	6.00 pm	Zumba	Rickinghall Village Hall
Monday 5th August	2.00 pm 7.30 pm	Needlecraft Slimming World	Activities Centre Rickinghall Village Hall
Tuesday 6th August	9.30 am 10.00 am 2.00 pm 6.00 pm 7.30 pm	Yoga. Booking essential on 01379 890955 Open House Family Activity - Secrets of the Sea. Booking essential on 688333 Zumba Julie's Aerobics	Rickinghall Village Hall All Saints Redgrave Redgrave Fen Rickinghall Village Hall Rickinghall Village Hall
Wednesday 7th August	10.00 am 10.00 am 10.00 am 10.30 am	Day Centre Redgrave Art Club Bushcraft Activity Day. Booking essential on 688333 Macmillan Outreach Service	Rickinghall Village Hall Activities Centre Redgrave Fen Botesdale Health Centre
Thursday 8th August	9.30 pm 12.30 pm	RABBATS Phoenix Lunch Club Rickinghall W I Afternoon Outing to Coddendam Gardens	Activities Centre
Friday 9th August	9.00 am 8.00 pm	Yoga. Booking essential on 01379 890955 Dance Classes	Rickinghall Village Hall Botesdale Village Hall
Saturday 10th August	9.00 am 9.00 am 10.00 am	Farmers Market & Car Boot Sale Rickinghall Parish Council Surgery Church Open	Rickinghall Village Hall Rickinghall Village Hall St Mary's Rick & Chapel of Ease
Sunday 11th August	2.00 pm 6.00 pm	Summer on the Fen Zumba	Redgrave Fen Rickinghall Village Hall
Monday 12th August	2.00 pm 7.30 pm 7.30 pm	Summer Holiday Club runs until 23rd August Needlecraft Slimming World Botesdale Parish Council Meeting - planning only	Botesdale Village Hall Activities Centre Rickinghall Village Hall Botesdale Village Hall
Tuesday 13th August	9.00 am 9.30 am 10.00 am 2.00 pm 6.00 pm 7.30 pm	Coffee on the Corner Yoga. Booking essential on 01379 890955 Butterflies & Moths, Family Activity Morning. Booking essential on 688333 Redgrave Ladies Club outing to Wyken Vineyard Zumba Julie's Aerobics	Parkview Chapel Rickinghall Village Hall Redgrave Fen Rickinghall Village Hall Rickinghall Village Hall
Wednesday 14th August	10.00 am 10.00 am 10.00 am 2.15 pm	Day Centre Redgrave Art Club Wetland Adventure. Booking essential on 688333 Forget-me-not-Club	Rickinghall Village Hall Activities Centre Redgrave Fen Farnish House
Thursday 15th August	9.30 am	RABBATS	
Friday 16th August	9.00 am 9.15 am 8.00 pm	Yoga. Booking essential on 01379 890955 Rickinghall Ramblers. Long Walk, tba. Tel : 890064 Dance Classes	Rickinghall Village Hall Rickinghall Village Hall Botesdale Village Hall

Two confirmed bachelors sat talking. Their conversation drifted from politics to cooking. 'I got a cook book once', said the first, 'but I could never do anything with it.'

'Too much fancy cooking in it, eh?' asked the second. 'You said it. Every one of the recipes began the same way - 'Take a clean dish and...'

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OFTEC & GAS SAFE REGISTERED



Saturday 17th August	10.00 am 10.00 am 7.00 pm	Church Open Introduction to Wildlife Photography. Booking essential on 01473 890089 Bingo Evening	St Mary's Rick & Chapel of Ease Redgrave Fen Activities Centre
Sunday 18th August	6.00 pm	Zumba	Rickinghall Village Hall
Monday 19th August	2.00 pm 7.30 pm	Needlecraft Slimming World	Activities Centre Rickinghall Village Hall
Tuesday 20th August	9.30 am 2.00 pm 6.00 pm 7.30 pm 7.30 pm	Yoga. Booking essential on 01379 890955 Treasure Hunt, Family Afternoon. Booking essential on 688333 Zumba Julie's Aerobics Progressive Whist Drive	Rickinghall Village Hall Redgrave Fen Rickinghall Village Hall Rickinghall Village Hall Activities Centre
Wednesday 21st August	10.00 am 10.00 am	Day Centre Redgrave Art Club	Rickinghall Village Hall Activities Centre
Thursday 22nd August	9.30 am	RABBATS	
Friday 23rd August	9.00 am 8.00 pm	Yoga. Booking essential on 01379 890955 Dance Classes	Rickinghall Village Hall Botesdale Village Hall
Saturday 24th August	10.00 am 10.00 am	Church Open Art Exhibition	St Mary's Rick & Chapel of Ease Redgrave Fen
Sunday 25th August	10.00 am 6.00 pm	Art Exhibition Zumba	Redgrave Fen Rickinghall Village Hall
Monday 26th August	10.00 am 7.30 pm	SUMMER BANK HOLIDAY Art Exhibition Slimming World	Redgrave Fen Rickinghall Village Hall
Tuesday 27th August	9.30 am 10.00 am 12 noon 6.00 pm 7.30 pm	Yoga. Booking essential on 01379 890955 Kids Holiday Club Redgrave Luncheon Club. Ring 898615 on 26th for vacancies Zumba Julie's Aerobics	Rickinghall Village Hall Parkview Chapel Activities Centre Rickinghall Village Hall Rickinghall Village Hall
Wednesday 28th August	10.00 am 10.00 am 2.15 pm 7.30 pm	MOBILE LIBRARY Day Centre Redgrave Art Club Forget-me-not-Club Heritage Circle	Rickinghall Village Hall Activities Centre Farnish House Rickinghall Village Hall
Thursday 29th August	9.30 am	RABBATS	
Friday 30th August	9.00 am 8.00 pm	Yoga. Booking essential on 01379 890955 Dance Classes	Rickinghall Village Hall Botesdale Village Hall
Saturday 31st August	10.00 am	Church Open	St Mary's Rick & Chapel of Ease

Mobile Library

Rickinghall : Rectory Hill 10.40 – 10.55
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

will be calling Wednesday ...
28 August / 25 September / 23 October / 20 November /
18 December

CALENDAR contd SEPTEMBER

Sunday 1st September	6.00 pm	Zumba	Rickingham Village Hall
Monday 2nd September	9.15 am 2.00 pm 7.30 pm	Rickingham Ramblers. Short walk. Tel : 898912 Needlecraft Slimming World	Rickingham Village Hall Activities Centre Rickingham Village Hall
Tuesday 3rd September	9.30 am 10.00 am 6.00 pm 7.30 pm	Forget-me-not-Club outing to Lowestoft Yoga. Booking essential on 01379 890955 Open House Zumba Julie's Aerobics	Rickingham Village Hall All Saints Redgrave Rickingham Village Hall Rickingham Village Hall
Wednesday 4th September	10.00 am 10.00 am 10.30 am	Day Centre Redgrave Art Club Macmillan Outreach Service	Rickingham Village Hall Activities Centre Botesdale Health Centre
Thursday 5th September	9.30 pm 7.30 pm	ST BOTOLPHS SCHOOL STARTS AUTUMN TERM RABBATS Rickingham Parish Council Meeting	Rickingham Village Hall Rickingham Village Hall
Friday 6th September	9.00 am 9.00 am 8.00 pm	Church Cleaning Yoga. Booking essential on 01379 890955 Dance Classes	St Mary's Redgrave Rickingham Village Hall Botesdale Village Hall
Saturday 7th September	10.00 am 10.00 am 10.30 am	Church Open Master Crafts Fair Guided Walk	St Mary's Red, Rick & CofE Botesdale Village Hall Redgrave Fen
Sunday 8th September	6.00 pm	Zumba	Rickingham Village Hall
Monday 9th September	2.00 pm 7.30 pm 7.30 pm	Needlecraft Slimming World Botesdale Parish Council Meeting	Activities Centre Rickingham Village Hall Botesdale Village Hall
Tuesday 10th September	9.00 am 9.30 am 6.00 pm 7.15 pm 7.30 pm	Coffee on the Corner Yoga. Booking essential on 01379 890955 Zumba Yoga & Relaxation Julie's Aerobics	Parkview Chapel Rickingham Village Hall Rickingham Village Hall Botesdale Village Hall Rickingham Village Hall
Wednesday 11th September	10.00 am 10.00 am 2.15 pm 7.30 pm	Day Centre Redgrave Art Club Forget-me-not-Club Redgrave Parish Council Meeting	Rickingham Village Hall Activities Centre Farnish House Activities Centre
Thursday 12th September	9.30 am 9.30 am 7.30 pm	RABBATS Phoenix Lunch Club Waveney Outing Rickingham W I	Rickingham Village Hall Coach leaves Activities Centre Rickingham Village Hall
Friday 13th September	12 NOON 9.15 am 7.00 pm 8.00 pm	LATEST TIME FOR OCTOBER MAGAZINE COPY Rickingham Ramblers. Shotley - long walk. Bring a picnic. Tel : 788275 Yoga. Booking essential on 01379 890955 Dance Classes	Rickingham Village Hall Rickingham Village Hall Botesdale Village Hall
Saturday 14th September	9.00 am 9.00 am 10.00 am 10.30 am 2.00 pm	Farmers Market & Car Boot Sale Churches Sponsored Bike Ride Church Open Wildlife Watch Group RAHOF Jumble Sale	Rickingham Village Hall St Mary's Rick & Chapel of Ease Redgrave Fen Botesdale Village Hall
Sunday 15th September	10.00 am 6.00 pm	Quatrefoil Local History Day Zumba	Rickingham Village Hall Rickingham Village Hall

Changes to the 2013 Telephone List

Page S1 - Botesdale Parish Council

Delete information for Mrs Kim Spilling
Rickingham Parish Council
Delete information for Mr Nick Free

Page S2 - Friends of Botesdale Health Centre

Contact email should read :
fobhc@btinternet.com

FACING THE ENEMY

He had seen this man in action before. Had seen him terrorise others with his relentless speed and aggression. His reputation for showing no mercy or compassion was well deserved. He seemed to delight in watching the fear and consternation in his opponent's eyes. Once again he bore down on his adversary, ready to launch the missile gripped tightly in his hand.

A short distance away the cricketer raised his bat, ready to play the ball that was hurtling toward him.



CALENDAR contd

Monday 16th September	2.00 pm 7.30 pm	Needlecraft Slimming World	Activities Centre Rickinghall Village Hall
Tuesday 17th September	9.30 am 6.00 pm 7.30 pm 7.30 pm	Yoga. Booking essential on 01379 890955 Zumba Julie's Aerobics Progressive Whist Drive	Rickinghall Village Hall Rickinghall Village Hall Rickinghall Village Hall Activities Centre
Wednesday 18th September	10.00 am 10.00 am 7.30 pm	Day Centre Redgrave Art Club Wives Club	Rickinghall Village Hall Activities Centre Methodist Church
Thursday 19th September	9.30 am 7.30 pm	RABBATS Hartismere Ward meeting with Tim Passmore	Rickinghall Village Hall Rickinghall Village Hall
Friday 20th September	9.00 am 8.00 pm	Yoga. Booking essential on 01379 890955 Dance Classes	Rickinghall Village Hall Botesdale Village Hall
Saturday 21st September	10.00 am 10.00 am 2.00 pm	Church Open Make a Catalonian Tension Tray. Rickinghall W I Jumble Sale	St Mary's Rick & Chapel of Ease Redgrave Fen Rickinghall Village Hall
Sunday 22nd September	6.00 pm	Zumba	Rickinghall Village Hall
Monday 23rd September	2.00 pm 2.00 pm 7.30 pm	Needlecraft Royal British Legion Women's Section. Box making Slimming World	Activities Centre Farnish House Rickinghall Village Hall
Tuesday 24th September	9.30 am 12 noon 6.00 pm 7.30 pm 7.30 pm	Yoga. Booking essential on 01379 890955 Redgrave Luncheon Club. Ring 898615 on 23rd for vacancies Zumba Julie's Aerobics Cankers, Tumours and Protuberances	Rickinghall Village Hall Activities Centre Rickinghall Village Hall Rickinghall Village Hall Redgrave Fen
Wednesday 25th September	10.00 am 10.00 am 2.15 pm 7.30 pm	MOBILE LIBRARY Day Centre Redgrave Art Club Forget-me-not-Club Heritage Circle	Rickinghall Village Hall Activities Centre Farnish House Rickinghall Village Hall
Thursday 26th September	9.30 am 7.30 pm	RABBATS Redgrave Garden Club	Rickinghall Village Hall Activities Centre
Friday 27th September	8.30 am 9.00 am 8.00 pm	World's Biggest Coffee Morning Yoga. Booking essential on 01379 890955 Dance Classes	The Old Rectory, Mellis Rickinghall Village Hall Botesdale Village Hall
Saturday 28th September	10.00 am 10.00 am	Church Open Botanical Illustration	St Mary's Rick & Chapel of Ease Redgrave Fen
Sunday 29th September	6.00 pm	Zumba	Rickinghall Village Hall
Monday 30th September	9.15 am 2.00 pm 7.30 pm	Rickinghall Ramblers. Short walk. Tel : 898243 Needlecraft Slimming World	Rickinghall Village Hall Activities Centre Rickinghall Village Hall

From the Registers - Rickinghall

Funeral with burial

20th June 2013

Roland Ray

Died 10th June 2013 age 76

9th July 2013

Alexander Watson Whitefield "Jock" Russell

Died 18th June 2013 age 90

Baptism

16th June 2013

Henry Shawn Moyes

14th July 2013

Sophia-Rose Lee Cummings



Lesson in Employee Relationship

Fred Gibbs was in his early 60's, retired and had started a second career in catering. However, he just couldn't seem to get to work on time. Every day he was 2, 3, 5 minutes late. However, he was a good worker, really clever, so the owner was in a quandary about how to deal with it. Finally, one day he called Steve into the office for a talk.

Fred, I have to tell you, I like your work ethic, you do a top class job, but you're being late so often is quite a worry.'

'Yes, I realise that, sir, and I am working on it.' replied Fred.

'I'm pleased to hear that, you are a team player. It's odd though, you're coming in late. I know you're retired from the Royal Navy. What did they say if you came in late there?'

'They said, "Good morning, Admiral".'