

PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

August/September 2019



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

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

St Mary's Rickingham Inferior
www.stmarysrickinghaminferior.onesuffolk.net

All Saints, Redgrave
www.achurchnearyou.com/church/2274

Botesdale Chapel of Ease
www.achurchnearyou.com/church/22197

Foreword from
Reverend Chris Norburn
Rector of
Redgrave cum Botesdale
with the Rickinghalls
The Rectory, Bury Road,
Rickingham, Diss. IP22 1HA
Tel: 01379 898685



How would you behave if you suddenly found yourself in the presence of the Queen? If I were to meet the Queen, I would probably act differently to the way I act when meeting other people. So if I was to have tea with the Queen, although I hate to admit it, I'm certain I would suddenly become incredibly aware of my table manners, a topic which doesn't normally concern me in the least.

We're all a bit of a mixture. In fact, we sometimes refer to people who are very confident and happy with themselves as being "together", as though they have the different aspects of their personality in some kind of unity. And perhaps this is the aim of all of us - that we should be so happy and confident within ourselves that we never find ourselves slipping into a different mode with different people.

Jesus was like this. He treated everyone, from the highest Roman official to the lowliest beggar, exactly the same, with no thought at all for the consequences. He was the most "together" person it's possible to be.

But perhaps most of us are a bit like Legion, the man with multiple personalities whom Jesus healed, (see Luke 8:27-35). With Legion, the difference in the many personalities he displayed was exaggerated to such an extent that he seemed like a whole host of different people. He was regarded as quite mad and very dangerous, hence he was banished to live in total isolation amongst the tombs.

Legion was fragmented within himself, and this is a common experience today, although thankfully not usually to the point of madness as experienced by Legion. Sadly, I believe that individual fragmentation is symbolic of the larger fragmentation of society which is so apparent here in the West today. We are separated from each other in so many ways; through religion, race, age, gender, ability, money, and so on. And now we've added social media into the mix, which seems to bring another level of stress! This all shows that we're living more and more in an individualistic age, where we're encouraged to think only of ourselves. We're bombarded by the sort of advertising which constantly exhorts us to get more for ourselves and to beautify ourselves and make ourselves appear younger and so on.

Even our religion has become individual to a large extent. There's much more room for individual thought, which is probably a good thing, but if taken to its logical extremes, that could mean "anything goes". The worrying side of this individualistic religion is that people don't meet together for worship anything like as much as once they did.

Many people hold the opinion that "you don't have to go to church to be a Christian", but I think they're confusing living a good life, with Christianity. You certainly don't have to go to church to live a good life, but Christianity is a community faith in which members love each other, and that can't be achieved without those members meeting together. And the emptier our churches become, the emptier our faith becomes.

Christianity isn't a faith of lots of individuals, it's a faith of people coming together because it's based on community and loving one another. You can't love somebody you never meet. As Jesus said when he was challenged on something very like this issue, *"If you don't love your brother whom you do see, how can you possibly love God whom you don't see?"*

St Paul in his letter to the Galatians went even further. He said that all of us are one in Christ Jesus, which he expanded by saying that because we are all children of God through faith, there is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female. The Church, the body of Christ, should no longer be fragmented as if we were Legion, but should be united, as Christ is united within himself and to His heavenly Father. God's plan is that we see ourselves as all equal within the Church, through faith in Jesus Christ. This then helps us to live holy and righteous lives for God, based on His good, honest, healthy and loving character and with Christ directing and guiding us in everything we do.

Unfortunately, what the Church actually displays to the world is much more Legion-like than Christ-like. We are actually fragmented almost to the point of madness, and the result of that fragmentation is that we tend to live not basking within the healing warmth of God's love and life, but dying amongst the tombs, which are lonely desolate places where death is thick in the air.

If we want God's kingdom to come in this world, the Church must begin to ditch its suspicion and uncertainty of each other and begin to take the risk of accepting all Christians as equal, no matter how strange other people's worship may seem to us.

As the Church, the body of Christ, we always need to be prepared to reach out to all people, regardless of their relationship with God, with acceptance and love. As St Paul said, we must begin to ignore status and gender and race and colour and individual preference in order to become united within ourselves, within the body of Christ's Church. For its only when we're truly united, despite our differences of opinion and worship, and when we truly love one another, that Legion will become truly healed for all time.

With every blessing

Nothing to report from the Registers

Message from the Team



We still need help with delivering the magazines

If you can spare a bit of time 10 times a year to help with deliveries please contact a member of the team (see below). We want to make sure every household gets their magazine and the more volunteers we have the smaller and more manageable the delivery rounds will be.

Enjoy the rest of the summer and we will see you again in October
Charles Murray

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, Suffolk, IP22 1HA* or call **The Editor** 01379 890382

Please note that **the copy date for the forthcoming issues is as follows:**

- **Oct issue 9 Sep (Mon).** Come and help stuff the magazine @ All Saint's, Redgrave—4pm on **20 Sep (Fri)**
- **Nov issue 7 Oct (Mon).** Come and help stuff the magazine @ All Saint's, Redgrave—4pm on **18 Oct (Fri)**
- **Dec Jan issue 11 Nov (Mon)** Come and help stuff the magazine @ All Saint's, Redgrave—4pm on **22 Nov (Fri)**

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

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.



Printed by:



* *A successful man is one who makes more money* *
* *than his wife can spend. A successful woman is one* *
* *who can find such a man.* *
* *Lana Turner* *

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



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Groceries

Orders taken

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facebook/shellybrandsmallholding



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Events in August & September

Redgrave & Lopham  Fen

Wild Tots Every Fri-
For children aged 18 months to 5 years.
£24 for 6 sessions or £5 for individual sessions
Booking essential

Wild Babies Every Friday, 1pm-2pm
Perfect for little ones aged 3-18 months.
£15 for 5 sessions or £4 for individual sessions
Booking essential

Time to paint Friday 30 August, 10am-2pm
£5 donation, includes tea and cake
All welcome, no need to book. Contact 01379 688333

Children's activities 6-11 year olds, £7 per child, 10am-2pm
6 August **Wild fun and games**
15 August **Weird science**
For unaccompanied children only. Booking essential

Family activities
7 August, 10am-12noon, £4 child, £2 adult **Mammal mania**
9 August, 7.30pm-9.30pm, 6+ years, £6 child **Wild evening out**
14 August, 2pm-4pm, £4 child, £2 adult **Dragon quest**
23 August, 7.30pm-9.30pm, 6+ years, £6 child **Wild evening out**
Children must be accompanied by adult. Booking essential

Family drop-ins, 10am-3pm, £4 child
5 August **Crazy clay creations**
12 August **Teddy bears' picnic**
19 August **Brilliant birds**

Felted owl family workshop
Friday 2 August, 2pm-5pm
With Sarah Brown
For adults & 11-16 year olds
Adult £30 + £10 per
Booking essential

Wildlife photography teen course
Thursday 8 August, 10am-1pm
With Kevin Sawford
For 11-16 year olds
£10, booking essential

'Inspired by nature' Art Exhibition
Sat 24, Sun 25 & Mon 26 August, 10am-4pm
Artwork by local artists on display and for sale
Free entry. Refreshments available.

For further details and to book, visit www.suffolkwildlifetrust.org or call
01473 890089

**A date for your diary :
Sunday September 1st**

A once in a lifetime event!

St Mary's Redgrave bells will be re-dedicated
by Bishop Martin following their repair from Albert
Driver's bequest

The bells were last rededicated in 1898 and before
that in 1784 so it will not happen again for 100 years

In addition to being conserved to the best standards
the bells have been fitted with the most modern
electronics so that the ringers and the bells can be
seen in operation on screen at ground level

All ringing again

Rickingham Village Hall

Your local **Farmers' Market** 

Quality food
Café open
Car boot sale
Auto Jumble

Saturday 10 Aug 9-12.30

Music for a Summer Evening

music and song, old and new
performed by

The Shakespeare Singers
(former girl choristers of St Edmundsbury Cathedral)
and

Hexachordia
www.hexachordia.com



St Mary's Church, Rickingham Inferior

Saturday 10th August at 6pm



FREE ADMISSION



Retiring collection in aid of the
RICKINGHALL INFERIOR CHURCH FABRIC FUND

Botesdale Methodist Church

"Coffee down the Lane"

Tuesdays 27th August & September 24th 10.00am - 12.00pm



- HEADSPACE -

Time to clear your head, talk, think & be together

Join us @ All Saints Redgrave for

coffee & cake on September 5th, 11th, 19th, 25th at 9.30am

Children catered for. Any questions? Call Karen 01379 890897



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Filling Station
with **Abi Todd**
Friday 13 September 7.30pm

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FOOD ORDERS LUNCH			12-2PM	12-2PM	12-2PM	12-2PM	12-3PM ONLY
DINNER			6-8:30PM	6-8:30PM	6-8:30PM	6-8:30PM	

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Thur 10.00 - 20.00
Fri 10.00 - 23.00
Sat 10.00 - 23.00
Sun 11.00 - 21.00

Alcohol served from 11.00/All day snacks

Upcoming Events

HOPS 'n' HOGS
Saturday 14th September
Community Hop Picking Day
Hog Roast
Live Music

Contact us:

Star Wing Brewery, The Old Saw Mill, Hall Farm, Church Road, Redgrave IP22 1RJ
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Events in August & September

Motocross Wattisfield Hall



**Sunday 22nd
September
Solos EC Champ
11.30am start**

www.dissmcc.co.uk



Redgrave Garden Club

Thursday 29th August : Ian Bedford
Butterfly Gardening

Thursday 26th September : Jon Tyler
Foraging and Cooking Wild Food

For details, please contact redgravegardenclub@gmail.com
Website redgravegardenclub.org.uk



HERITAGE CIRCLE

28th August : Barbara McElroy,
The Story of a Suffolk Bevan Boy

25th September : Brenda Willison
Tales of a Lady Town Crier

7.30pm at Rickingham Village Hall. New members and guests welcome. See onesuffolk.co.uk/HeritageCircle



Thelnetham Windmill

- Monday 26th August
 - Sunday 15th September
- For more details, see
www.thelnethamwindmill.org.uk



the
CROSS KEYS
REDGRAVE



FORTHCOMING EVENTS AUGUST & SEPTEMBER

AUGUST

WED 7TH	GAMES & SOCIAL AFTERNOON	2.30 - 4.30PM
SAT 10TH	NICK STEPHENSON - LIVE MUSIC	FROM 9PM
TUES 13TH	COFFEE & CAKE MORNING	10.30 - 12NOON
THURS 15TH	IT HUB IN THE PUB	3.30 - 4.30PM
SAT 17TH	BIKES@THE_KEYS	12NOON - 3PM
SAT 17TH	EBONY ROSE - LIVE MUSIC	FROM 8PM
WED 21ST	GAMES & SOCIAL AFTERNOON	2.30 - 4.30PM
WED 21ST	ACOUSTIC NIGHT - LIVE MUSIC	FROM 7.30PM
FRI 23RD	BACKSTREET - LIVE MUSIC	FROM 9PM
TUES 27TH	COFFEE & CAKE MORNING	10.30 - 12NOON
SAT 31ST	LUDLAM PIKES - LIVE MUSIC	8.00 - 10.00PM

SEPTEMBER

WED 4TH	GAMES & SOCIAL AFTERNOON	2.30 - 4.30PM
FRI 6TH	JOHN WARD DUO - LIVE MUSIC	FROM 9PM
TUES 10TH	COFFEE & CAKE MORNING	10.30 - 12NOON
WED 18TH	GAMES & SOCIAL AFTERNOON	2.30 - 4.30PM
WED 18TH	ACOUSTIC NIGHT - LIVE MUSIC	FROM 7.30PM
THURS 19TH	IT HUB IN THE PUB	3.30 - 4.30PM
SAT 21ST	BIKES@THE_KEYS	12NOON - 3PM
TUES 24TH	COFFEE & CAKE MORNING	10.30 - 12NOON
WED 25TH	IAN'S QUIZ NIGHT	7.00 FOR 7.30PM

COFFEE ON A SUNDAY at PARKVIEW CHAPEL

**BOTESDALE 11.00AM-12.00PM Aug 18th
& Sep 15th - COFFEE, TEA, CAKE & FRIENDS**

For more info contact Kev at Parkview on
kevin@parkviewchapel.co.uk or 01379 898924



theWI Rickingham

August 8th: Peter Hesketh :
Circumnavigating the Globe on Container Ships
September 12th: Wendy Bishop- Wimbledon
New members and guests always welcome

7:30pm
Rickingham
Village Hall

RICKINGHALL FURTHER EDUCATION GROUP

10 weekly sessions starting Thursday 12 September 2019 at
Rickingham Village Hall, IP22 1HD

"Russia of The Tsars"

With David Prynn M.Phil, M.A., B.Sc (Econ)

More details in last month's Parish Magazine. To attend, or for any questions, please contact **Sue Emerson (01379 897010)**, email Emerson500@btinternet.com or **Janet Swann (01379 650615)**



Redgrave Church Heritage Trust

A SHORT HISTORY OF WOMEN ARTISTS

with Tania Harrington on Saturday September 14th
St Mary's Church, Redgrave 10.30am- 4.00pm
Admission: £18 pp, including light lunch

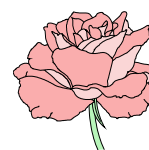
More details in last month's Parish Magazine
To book, please send stamped addressed envelope
with cheque (made out to Redgrave Church Heritage
Trust) to Mrs J, Shepherd, Barn View, Chapel Lane,
Botesdale, IP22 1DT.

Redgrave & District Ladies Club

Tuesday 13th August

**A visit to Crows Hall,
Debenham**

Leaving at 1:30pm from
Redgrave Activities Centre. £18pp



*Please visit our website and Facebook page for details
of further events. We look forward to seeing you!*

www.crosskeysredgrave.co.uk

Tel: 01379 779822

MACMILLAN COFFEE MORNING

Friday 20th September - 9am to 12 noon at
Parkview Chapel, The Street, Botesdale

Tea, coffee and cakes available throughout the morning, with a varied selection of craft stalls so that you can start your Christmas shopping early, together with a produce stall and a Raffle as a fundraiser for this very worthwhile charity.

Any queries? Please contact Sue Allen on 01379 890423, or Carol Amps on 01379 898029

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QUATREFOIL

local history books on
Botesdale, Redgrave &
Rickingham

books are available from:

Redgrave Shop

(only books about Redgrave)

Jean Sheehan (01379 890237)

Di Maywhor (01379 898785)

full details of all books and
our events are available at:

www.quatrefoil.org.uk

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MSS 75407-1B

Events in September & October

Rickingham Village Hall

Your local



Farmers' Market

Quality food

Hamper Raffle

Café open

Car boot sale

Auto Jumble

Saturday 14 Sept 9-12.30

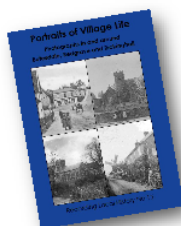
Quatrefoil invites you to

BRINGING LOCAL HISTORY ALIVE

SUNDAY 8TH SEPTEMBER 2019

10.00 am - 4.00 pm

RICKINGHALL VILLAGE HALL,
HINDERCLAY ROAD, IP22 1HD



LAUNCH OF OUR NEW LOCAL HISTORY BOOK

**PORTRAITS OF VILLAGE LIFE:
PHOTOGRAPHS IN AND AROUND
BOTESDALE, REDGRAVE AND RICKINGHALL**

- DISPLAYS OF DOCUMENTS AND MAPS -
- OLD PHOTOGRAPHS -
- LOCAL HISTORY BOOKS FOR SALE -

ILLUSTRATED TALKS

10.30 am and 2.30 pm

THE HISTORY OF REDGRAVE HALL
Tim Holt-Wilson

11.00 am and 3.00 pm

REVD EDMUND FARRER: A REMARKABLE LOCAL ANTIQUARY
Graham Clayton

FREE ADMISSION

TEA, COFFEE, CAKES & SANDWICHES ON SALE



You are invited to a
Coffee Morning
in aid of

The Children's Society



Saturday 19th October 2019 10.00 am - 12.00 midday at Anglian House, Chapel Lane, Botesdale (opposite Botesdale Park)

Raffle / Tombola / Bring & Buy / Cakes / Coffee and chat!

Would all box holders please bring their collection boxes

Enquiries - contact: Linda Green, Tel: 01379 890740

Indian Street Food Supper Club

Saturday 14th September

6.30 for 7.00 pm

Rickingham Village Hall

Join us for an informal evening exploring the culinary world of authentic Indian street food. Chaat Man has been cooking Indian cuisine for over twenty years and learnt his trade in the Indian state of Kerala.

The evening will comprise four courses: two chaat street food dishes, a curry and a sweet. Cost is £25 per head. Vegetarian and vegan options available. Please inform us of any food allergies or dietary requirements when booking.

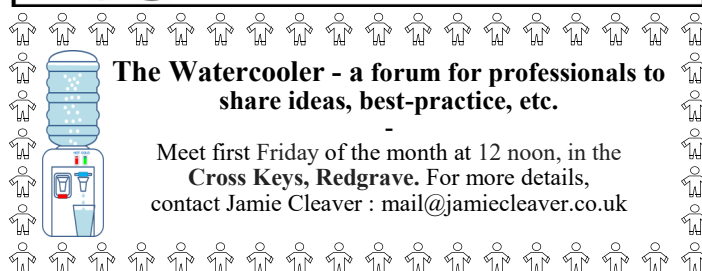
The bar will be open, please do not bring your own drinks.

Tickets (booking essential) from:

Phil the Chaat Man 07494 904057 www.chaatman.co.uk
Charles Greenhough 0770 996 2658



chaat man
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References available on request.



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Botesdale Parish Council

Leeann Jackson-Eve



JULY REPORT – Leeann Jackson-Eve (Clerk)

Five councillors were present with apologies from Des Bavington-Lowe. There are still three vacancies on the Parish Council so please give joining the Parish Council some consideration.

Public Forum: There were two members of the public present at the meeting. Peter Beck, the Neighbourhood Watch coordinator, reports that there will be a “summer safety” article in this parish magazine.

Planning: There was one planning application for works to convert Shop 2 at Chilvers, Market Place to a café. This was supported by the Parish Council.

Neighbourhood Plan: The Plan is still with the Examiner so it's looking like a referendum will take place in early Autumn. You can find more information on the current state of the Plan in an article in this magazine.

Play Area Consultation: We had a great response to the initial consultation and we thank everyone for their input. The results are being turned into draft designs and we hope to get some more feedback from you once those are available.

Back Hills One-Way? We've had a request from a resident to turn Back Hills one-way from The Drift to the B1113 due to traffic issues at peak times. The PC doesn't necessarily support this solution but has asked SCC for advice on it and other ways to resolve the problem.

**THE POPPY APPEAL NEEDS YOU!
POPPY APPEAL TEAM NEEDED IN BOTESDALE!**

Every year the nation shows its support for the work of The Royal British Legion during our two-week Poppy Appeal leading up to Remembrance Sunday and through our all year-round fundraising.

We are looking for an organised Poppy Appeal team, to deliver the Poppy Appeal in BOTESDALE.

This year's annual appeal will take place from 26TH October - 11th November 2019.

The money raised through the Poppy Appeal goes directly to The Royal British Legion's work providing support through life to anyone who is currently serving in the British Armed Forces, veterans, and their families.

The Legion uses your donations to support in so many ways including providing crisis grants, offering the children of Armed Forces personnel adventure breaks, researching the impact of blast injuries on the body, lobbying the government on key issues, and advising on benefits and money problems.

If you would like to get involved in supporting the Poppy Appeal in your local area or would like more information, please call Mandi Cox-Osborne on 07823 416748 or email to mcxosborne@britishlegion.org.uk. The Royal British Legion's vital work is entirely dependent on the public's generous support; please do get in touch to offer your support knowing that you will be helping the Armed Forces community to live on.



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**THE NEXT BOTESDALE PARISH COUNCIL
MEETINGS WILL TAKE PLACE ON
MONDAY 5th AUGUST (PLANNING ONLY)
MONDAY 2nd SEPTEMBER**

at 7.30 pm

at Botesdale Village Hall

**All residents welcome
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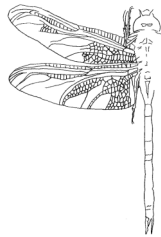
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Redgrave Parish Council



Redgrave July Report – by the Clerk

All seven councillors were present at the meeting. There are currently two vacancies on the Parish Council, so please get in touch if you are interested in becoming a councillor.

Public Forum: County/District Cllr Jessica Fleming was present to give a report. In County news: Highways England is planning to close the A14 in whole or part between J51 (Beacon Hill) and J43 (Bury) at night (8.00 pm – 6.00 am) Mondays – Fridays as follows (to be confirmed): Eastbound A14 will be closed between 8th and 18th July and westbound A14 will be closed between 29th July and 16th August. The official HGV diversion route uses the A143 and A140. The roll-out of superfast **broadband** continues. If you haven't yet received it, you can check your area at www.betterbroadbandsuffolk.com/upgrade-now. **Pothole Repair Criteria Changing** – You will be pleased to learn that a trial scheme in Ipswich to reassess how potholes are categorised for repair will be applied across Suffolk starting this summer. The new system allows engineers to repair potholes close to each other during the same visit, tackling smaller potholes before they can expand.

District news:

New Waste Collection Days - The majority of Babergh and Mid Suffolk District Councils' residents will be given a Black and Green new bin collection day commencing on week of 15th July in order to adapt to changes in settlement patterns and new development. Individual notices should be received this week. Brown bin collection will not be affected. For any questions, contact the waste team on 0300 1234000, option 4 or visit <https://www.babergh.gov.uk/waste-services/>. **Local Plan Consultation Draft** – Over the past year Mid Suffolk has received numerous responses to its call for new residential and commercial development sites. The August 2017 Draft Joint Local Plan has been updated to reflect current national policies (February 2019 National Planning Policy Framework) and the new version was approved for public consultation at the 27th June Council meeting, the consultation period will last 10 weeks, commencing shortly. Please refer to the new Draft JLP Homepage: <https://www.midsuffolk.gov.uk/planning/planning-policy/new-joint-local-plan/>.

The Tree Warden reported that the new "tree group" has ordered 150 trees to plant in the village. The Parish Council is supporting this by allowing planting on parish-owned land on Fen Street (the "town pit"). The planting will take place in October/November so there is still time to get involved (contact John Preston on 890974). The Tree Group is also looking at how it can involve the school.

Planning: There were no new planning applications, but the PC was very pleased to note that the planning appeal has been dismissed for the 30 proposed houses on land at Gallows Hill.

The PC discussed the new draft Joint Local Plan (see above) and has been advised by District Cllr Fleming to contact MSDC with any

immediate objections prior to the official consultation. The PC has since put in an objection to the inclusion of the proposed development at the southern end of Hall Lane in the new settlement boundary and requested the inclusion of the Old School Playing Field. When the public consultation begins, the PC will submit a full response.

Neighbourhood Plan: The NHP Committee has developed a questionnaire for the village and this will be launched from a stand at the Redgrave ShakesBeer Festival. Following that they will be delivered to your door and subsequently collected. They will also be online or available for access through a QR code for the technologically advanced! The NHP Committee has applied for a grant of £5,800 for the first year and this will go towards the cost of the consultant who will be helping the Committee write the Plan.

Entrance Gateways: The PC has clarified that it would have responsibility for public liability, upkeep and repair of the gates, with an additional insurance cost of £24.37 per annum, and has therefore agreed to go ahead with the scheme.

Grass Cutting: As reported in the last parish magazine, there is a new Highways Self Help Scheme that enables parish councils to do some of the work Suffolk County Council can no longer fund. Unfortunately, the scheme has highlighted that parish councils cannot legally work on the highway, including the verges (about 1.5 metres in), without specific training and supervision. You may have noticed a delay in getting The Knoll cut as a result. We are trying to clarify the parish council's position and would ask you to be patient. Please note that SCC is still responsible for cutting verges!

Correspondence: The PC has received an offer for purchase of part of the Old School Playing Field from an adjoining resident. This will not be taken up while the access right of way is being established.

**THE NEXT PARISH COUNCIL MEETING
WILL TAKE PLACE ON
WEDNESDAY 4th SEPTEMBER
at 7.30 pm
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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Email : botesdale_pc@btopenworld.com

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Rickingham :	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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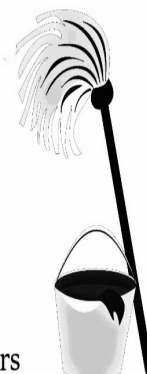
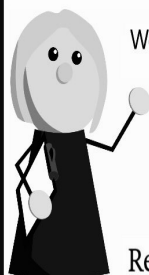
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Rickinghall Parish Council



Rickinghall Parish Council – July Meeting Report by Cllr Will Maskell

The PC received apologies for absence from Sally Smith. There are currently casual vacancies on the Parish Council, please express your interest.

Planning Applications:

Land Rear of Broland, Garden House Lane. Details under Outline Planning Permission - Appearance, Landscaping, Layout and Scale for Erection of 1no. dwelling. No objections from PC.

The Barn, Briar Lane. Conversion of barn 1no. Dwelling. No objections from PC.

Upper Church Farm, Finningham Road. Erection of building in association with existing business industrial use. No objections from PC.

Notice of Intent to prune/remove tree(s) in the Conservation Area:

The Uplands, The Street. Fell 5no. Silver Birch Copse. No objections from PC.

Park Lodge, Rectory Hill. Walnut - Reduction of canopy and Beech Tree Saplings - Remove. No objections from PC.

Notification of Planning Appeals by Mid Suffolk DC:

Bell Hill Cottage and the Newsagent, The Street. Appeal Reference: APP/W3520/W/19/3229585. Planning Application. Change of Use of ground floor to A5 Hot Food Takeaway. Installation of extract equipment internally and flue through roof. Internal alterations to provide sound and fireproofing to party walls and floors. The PC will send in a comment reiterating its objection to the application.

Neighbourhood Plan: The Plan is still with the Examiner and it's now looking like the referendum will take place in the autumn. Please see the full-page report in this magazine.

Correspondence:

MSDC: The new Draft Joint Local Plan will be going out to public consultation later this summer.

RBR Parochial Church Council (PCC): There is now a new Church Warden, Kit Brinkley.

Resident: The PC has agreed to request "pedestrians crossing" signs on A143 near the footpath crossings.

General Items:

Reserves Policy: The PC has adopted a policy which gives guidelines on the level and use of financial reserves. Recommended levels of general reserves are roughly 50% of annual expenditure and the PC has a small shortfall to make up.

Village Hall Skate Park: The PC has agreed to support the VH Management Committee skate park development by providing funds and helping obtain funding from outside bodies. PC will consider using Community Infrastructure Levy funds from local development. Initially contributing 10% and capped at £4000. The PC would like to encourage parishioners to suggest other infrastructure projects within the village that the CIL Money could be used for if you do not support this use.

Waste Collection: Rickinghall residents have new Black and Green bin collection dates commencing week beginning 15th July. Brown bin collections will not be affected. Any questions contact 03001234000, option 4 or visit the councils' website.

Next meeting 1st August 2019 (only if needed for planning)
5th September 2019

RICKINGHALL PARISH COUNCIL'S NEXT MEETING IS ON

**THURSDAY 1st AUGUST (Planning only)
THURSDAY 5th SEPTEMBER**

at 7.30 pm

AT RICKINGHALL VILLAGE HALL

All residents are very welcome
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Your Clerk is :

Mrs Leeann Jackson-Eve
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Village News

BOTESDALE HEALTH CENTRE PATIENT PARTICIPATION GROUP HEALTH CENTRE CAMPAIGN ON SINGLE USE PLASTIC

The Botesdale Health Centre have asked, via the PPG, for Patient support for their campaign:
"The Health Centre are doing their best to cut down on single-use plastic to help preserve the environment for the future.

Therefore, please be advised that the Practice is no longer supplied with free white -topped specimen bottles, however these can be purchased for 10p per bottle from the Dispensary which can be taken home, rinsed & re-used every time you need to provide a urine specimen.

However, should you wish to provide your urine specimen in your own container, please ensure this is a clean but not glass container. Your clinician will return your container to you for you to take home to dispose or clean & reuse on another occasion"

VOLUNTEERING OPPORTUNITY

Are there any helpful volunteers able to assist with transport for patients who cannot make the journey from their home to The Botesdale Health Centre. This increasingly busy service needs more volunteer drivers. A contribution to petrol expenses is given.

To volunteer for this role you need a car, a helpful disposition & have availability of time (as little or as much as you wish to contribute). Winter requirement is more crucial for this service.

Please contact Val Goodwin (01379 890910) for further information on this very valuable service.

TRANSPORT FOR PATIENTS TO THE HEALTH CENTRE FROM THEIR HOME

Patients requiring Transport from their home to The Botesdale Health Centre please call 01379 898343 - answerphone in use to take calls (24-36 hour's notice is appreciated, unless appointment is urgent)

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PPG NEWSLETTER

The August PPG Newsletter will be available on The Health Centre Website (<http://www.botesdalehealthcentre.nhs.uk>) & in hard copy format at The Health Centre desk in Main Reception. If you are interested in learning more about the Patient Participation Group at Botesdale Health Centre please contact Janet Russell 07787148947 or mail BotesdalePPG@gmail.com

FoBHC

THE 38TH SUFFOLK HISTORIC CHURCHES TRUST RIDE AND STRIDE ON 14TH SEPTEMBER 2019

Cyclists and walkers are invited to seek sponsors who will agree to pay a sum of money either per church visited or a lump sum for the cyclists or walkers taken part. The money raised is divided equally between the nominated church and SHCT which makes grants to churches and chapels towards repairs, improvements and restoration.

Over 600 churches and chapels will be open in Suffolk For sponsor forms-

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For Redgrave St Mary's contact Bob Hayward 898726

For Redgrave All Saints, signing in at the Cross Keys 779822

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If there is sufficient interest and enthusiasm to forming such a club and more importantly, enough of you to make it a viable proposition, then an exploratory formation meeting will be held where aims and objectives can be discussed.

Could this be for you? If so, we would love to hear from you. Please contact Lawrence or Barbara Thompson on 01379 890 667

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Village News



advice and support for older age
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Whatever happens as we get older, we all want to remain independent and live life on our own terms. That's why, as well as offering regular friendly contact and a strong campaigning voice, Independent Age can provide you and your family with clear, free and impartial advice on the issues that matter: care and support, money and benefits, health and mobility. A charity founded over 150 years ago, we're independent so you can be. Independent Age provides clear, free and impartial advice on the issues that matter to older people and their families: care and support, money and benefits, health and mobility. We also offer regular friendly contact to those who need it and a strong campaigning voice.

For advice or information call our Helpline on 0800 319 6789, email advice@independentage.org or visit our website www.independentage.org. You can also follow us on Twitter<<https://twitter.com/IndependentAge>> and Facebook<<https://www.facebook.com/independentage/>>.

Our advice and information services are completely impartial. We do not sell products or services and we do not receive a payment from any organisation for recommending that organisation's product or service.

Independent Age is the operating name of The Royal United Kingdom Beneficent Association. Registered address: 18 Avonmore Road, London W14 8RR. Registered in England & Wales: charity number 210729, and in Scotland: charity number SC047184.

St Mary's Church Redgrave open
Saturday Aug 3rd, Sept 7th
10.00—12.00

Transport needed?



The Rickingham and district Community Bus is available for hire to readers of this publication. Typical journeys include shopping trips, health centre visits, dentist, optician, hospital appointments and visits. The bus is also available for visiting friends and relatives, in fact pretty well anything you need. Door to door service, any help a pleasure. Wheel chairs no problem. Please telephone Gordon on 01379 897109 (24/7 answerphone)

Botesdale Village Hall

Administrator Job

Our village hall is relied upon everyday by its regular users and is also booked for craft fairs, occasional parties/events and charity fund-raisers.



In order for this brilliant village hall to stay open and functioning – we need to employ a Hall Administrator.

The job is to co-ordinate the upkeep of the hall and deal with the occasional one-off bookings.

The role will need to be filled by a self-motivated, confident person who is organised, computer literate and can work flexibly. Responsibilities will include, acting as the main key holder for people hiring the hall/contractors carrying out work, keeping a diary of bookings and reporting any issues to the chairman. The pay is £11.50 an hour for six hours a month.



For more information about the role please contact Victoria Curry on 01379 890939 or drop your CV and covering letter to:

botesdalevhchair@gmail.com

Bell Hill House, The Street, Rickingham, IP22 1BN



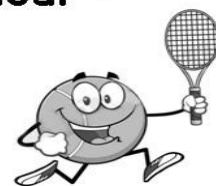
The mobile Post Office will be at Rickingham Village Hall car park, IP22 1HD, on the following days :

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Fridays from 2.45 to 3.45 pm

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Rickingham Village Hall

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Thursdays @ 6pm Rickinghall village hall

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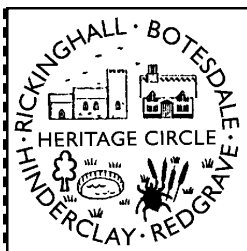


This is an exciting dance craze, which will keep you fit, shape your
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Suitable for people of all ages and ability, and, what's more,
you don't need a partner!

Mondays @ 6pm Garboldisham village hall

Fridays @ 10am Palgrave village hall

Club News



HERITAGE CIRCLE

Scott, Amundsen and the Race to the Pole - Robert Burridge

Robert Burridge gave a very detailed and interesting account of the conditions in Antarctica, the personalities of both Scott and Amundsen and how they approached their prospective expeditions when he spoke to the

June meeting of the Heritage Circle. He explained that Antarctica is the fifth largest continent. It is uninhabited as it is so cold as the temperature drops to -60°F, and has been known to drop to -126°F. It has 90% of the world's snow and experiences 200mph gales.

Robert Scott was appointed by the Royal Geographical Society to lead the Terra Nova expedition to the South Pole. At the time, the British attitude toward expeditions was both amateurish and arrogant. There was a common belief that the qualities required of explorers were innate. As a consequence he was ill-prepared; Scott knew very little about the weather conditions and the terrain of the Antarctic. His provisions, equipment and clothing were woefully inadequate. He did not take into account that the team would need a high protein/fat diet, along with fresh fruit and vegetables in order to sustain them and to prevent scurvy. They needed a daily intake of 6,000 calories in order to cope with the extreme conditions. In addition, the group was often dehydrated.

Similarly, Scott's expedition faced further difficulties. His ship, *The Discovery*, was not built to sail through ice and developed various problems during the journey. He chose to take ponies which were ill suited to the Antarctic. His motorised sledges were heavy and did not function well in the extreme cold. His team was not trained to use skis which made their journey even more arduous. The depots of supplies that his team left for the return journey were never found because the markers were inadequate.

Sadly, Scott was not a good leader. He did not create a positive team spirit. He could be indecisive as he did not consult or include others in decision making. His team became resentful. This was compounded by Scott's character as he tended to be humourless and a loner. He had poor navigational skills and certainly did not understand the psychology of living in the Arctic.

Scott's rival in the 'Race to the Pole,' the Norwegian Roald Amundsen, arrived at the South Pole on 15 December 1911, a month before Scott. His team was able to cover 40 miles in 9 hours, a distance which took Scott a week. Before he left for the expedition, Amundsen prepared carefully as he went to the North Pole to learn about the currents in Arctic Sea and lived with Eskimos who taught him survival skills. He learnt to ski. He built light sledges and coated the runners with ice and moss so that they glided more easily. He took dogs to pull sledges. He also understood the importance of diet and took whale meat, caribou, and animal fat as well as fresh fruit and vegetables. By contrast, Scott took tinned meat, crackers, cheese and port. His ship was built to move through the ice. Amundsen read everything he could on Antarctica as well as studying aspects of leadership. He promoted autonomy and independence. He took responsibility for his actions and understood the psychology of living in extreme cold and darkness, and resolving the tensions created when being in a group together for long periods of time.

Tragically, Scott and his team perished and were buried where they died. A cross was erected in their memory. His expedition was regarded as a heroic failure. Similarly, Amundsen is considered to be a hero in Norway. He died in 1928 flying on a rescue mission that disappeared in the Barents Sea.

The next meeting of the Heritage Circle will be at 7.30pm on Wednesday 24 July when Barbara McElroy will give a talk entitled *The Story of a Suffolk Bevan Boy*. New members and visitors are very welcome.

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

Coffee On



Another Coffee on the Corner and quite a few visitors, although some of our regulars were obviously busy elsewhere - if you are one of those who couldn't make it, we hope to see you next month.

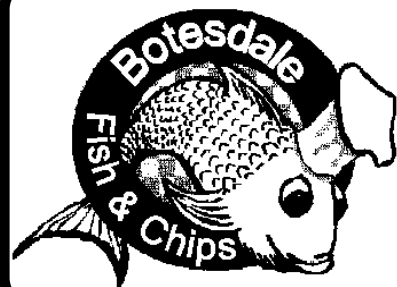
As those of you who read the Parish Magazine last month will know, we didn't have an allocated charity at the time of writing. However we were asked to support the "Friends of Botesdale Health Centre" by one of the grateful and well served patients and so that is where the £74.00 kindly donated this morning will be sent. I realise that this particular charity was not published last month, but I did put out the usual advertisements in Botesdale and delivered over 40 leaflets, but only our regulars came along (which was lovely) but a bit disappointing in the light of the fact that we all make use of our fantastic Health Centre. I used to put out more local poster advertising, both outside the school and on the footpath by the Health Centre, but as these were regularly removed the day after I had put them up, and before the event, I have, sadly, ceased to do this.

Once again I do not have an allocated charity for any of the forthcoming Coffee Shops - I can make a choice as to where the money goes, but I prefer to support either local charities or national charities that have helped local people and which you choose. **PLEASE DO COME FORWARD** and let me know if you have an organisation of this nature that is close to your heart and you would like us to donate funds to them.

FORTHCOMING ITEMS - "Proms at Parkview 2" will be on Sunday 21st July at 7pm - a very enjoyable evening last year and I am sure this year's will be no different; a Macmillan Coffee Morning will be held at Parkview on Friday 20th September from 9am through to 12 noon - our usual bakers will be busy and we will have a lovely selection of craft stalls and produce for you to browse. Do please come along and support this.

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



Traditional Fish & Chips

Tel: 01379 898 543

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TUESDAY

11.30am - 1.30pm 4.00pm - 9.30pm

WEDNESDAY

4.00pm - 9.30pm

THURSDAY, FRIDAY, SATURDAY

11.30am - 1.30pm 4.00pm - 10.00pm

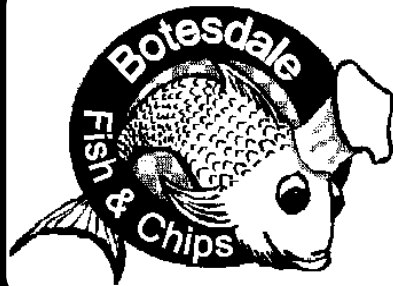
SUNDAY

4.00pm - 9.00pm

Date, start and end time			>>> What's On in August 2019 <<<	Location
Thursday 1 st	10:00am	-	St Nicholas Hospice Care Drop-in	Botesdale Health Centre
	10:00am	11:30am	Wild Tots	Redgrave & Lopham Fen
	10:30am	-	U3A Pots and Potting	United Reform Church Diss
	1:00pm	2:00pm	Wild Babies	Redgrave & Lopham Fen
	6:00pm	-	Zumba	Rickingham Village Hall
	7:00pm	-	Botesdale & Rickingham Runners	Rickingham Recreation Ground
	7:30pm	-	Rickingham Parish Council (Planning only)	Rickingham Village Hall
Friday 2 nd	9:15am	-	Rickingham Ranblers	Rickingham Village Hall
	10:00am	-	Positive Steps	Parkview Chapel
	10:00am	11:30am	Wild Tots	Redgrave & Lopham Fen
	1:00pm	2:00pm	Wild Babies	Redgrave & Lopham Fen
	12:00pm	-	Watercooler	Cross Keys, Redgrave
	2:00pm	5:00pm	Felted Owl Family Workshop	Redgrave & Lopham Fen
Saturday 3 rd	8:00pm	-	Dance classes	Botesdale Village Hall
	10:00am	-	Church open	St Mary's Redgrave
Monday 5 th	10:00am	-	Church open	Rickingham Inferior St Mary's
	10:00am	-	Zumba	Rickingham Village Hall
	10:00am	3:00pm	Crazy Clay Creations Family Drop-in	Redgrave & Lopham Fen
	2:00pm	-	Needlecraft	Redgrave Activities Centre
	5:30pm	-	Slimming World	Rickingham Village Hall
Tuesday 6 th	7:30pm	-	Botesdale Parish Council (Planning only)	Botesdale Village Hall
	10:00am	2:00pm	Children's Wild Fun & Games	Redgrave & Lopham Fen
Wednesday 7 th	6:00pm	-	Zumba	Rickingham Village Hall
	9:30am	-	Redgrave Art Club	Redgrave Activities Centre
	10:00am	-	Day Centre	Rickingham Village Hall
	10:00am	12:00pm	Mammal Mania Family Activity	Redgrave & Lopham Fen
Thursday 8 th	2:30pm	4:30pm	Games & Social Afternoon	Cross Keys Redgrave
	10:00am	1:00pm	Wildlife Photography	Redgrave & Lopham Fen
	12:30pm	-	Phoenix Luncheon Club	Redgrave Activities Centre
	6:00pm	-	Zumba	Rickingham Village Hall
	7:00pm	-	Botesdale & Rickingham Runners	Rickingham Recreation Ground
	7:30pm	-	Women's Institute	Rickingham Village Hall
Friday 9 th	10:00am	-	Positive Steps	Parkview Chapel
	10:00am	11:30am	Wild Tots	Redgrave & Lopham Fen
	1:00pm	2:00pm	Wild Babies	Redgrave & Lopham Fen
	7:30pm	9:30pm	Wild Evening Out Family Activity	Redgrave & Lopham Fen
	8:00pm	-	Dance Classes	Botesdale Village Hall
Saturday 10 th	9:00am	12:30pm	Farmers' market & Car Boot Sale	Rickingham Village Hall
	10:00am	-	Church open	Rickingham Inferior St Mary's
	6:00pm	-	Music for a Summer's Evening	Rickingham Inferior St Mary's
Monday 12 th	9:15am	-	Rickingham Ranblers	Rickingham Village Hall
	10:00am	-	Zumba	Rickingham Village Hall
	10:00am	3:00pm	Teddy Bears' Picnic Family Drop-in	Redgrave & Lopham Fen
	2:00pm	-	Needlecraft	Redgrave Activities Centre
	5:30pm	-	Slimming World	Rickingham Village Hall
Tuesday 13 th	9:00am	-	Coffee on the corner	Parkview Chapel
	9:30am	-	Macmillan information & advice	Parkview Chapel
	10:30am	12:00pm	Coffee & Cake Morning	Cross Keys Redgrave
	1:30pm	-	Redgrave & District Ladies Club Visit	Redgrave Activities Centre
	6:00pm	-	Zumba	Rickingham Village Hall

Don't forget the mobile Post Office : Every Tuesday 12:30-1:30pm and Friday 2:45-3:45pm at Rickingham Village Hall

<i>Date, start and end time</i>			<i>> > > What's On in August 2019 < < <</i>	<i>Location</i>
Wednesday 14 th	9:30am	-	Redgrave Art Club	Redgrave Activities Centre
	10:00am	-	Day Centre	Rickingham Village Hall
	2:00pm	4:00pm	Dragon Quest Family Activity	Redgrave & Lopham Fen
Thursday 15 th	10:00am	2:00pm	Children's Activity Weird Science	Redgrave & Lopham Fen
	3:30pm	4:30pm	IT Hub in the Pub	Cross Keys Redgrave
	6:00pm	-	Zumba	Rickingham Village Hall
	7:00pm	-	Botesdale & Rickingham Runners	Rickingham Recreation Ground
Friday 16 th	10:00am	-	Positive Steps	Parkview Chapel
	10:00am	11:30am	Wild Tots	Redgrave & Lopham Fen
	1:00pm	2:00pm	Wild Babies	Redgrave & Lopham Fen
	8:00pm	-	Dance Classes	Botesdale Village Hall
Saturday 17 th	10:00am	-	Church open	Rickingham Inferior St Mary's
	12:00pm	3:00pm	Bikes @ the Keys	Cross Keys Redgrave
Sunday 18 th	11:00am	12:00pm	Coffee on a Sunday	Parkview Chapel
Monday 19 th	10:00am	-	Zumba	Rickingham Village Hall
	10:00am	3:00pm	Brilliant Birds Family Drop-in	Redgrave & Lopham Fen
	2:00pm	-	Needlecraft	Redgrave Activities Centre
	5:30pm	-	Slimming World	Rickingham Village Hall
Tuesday 20 th	6:00pm	-	Zumba	Rickingham Village Hall
Wednesday 21 st	9:30am	-	Redgrave Art Club	Redgrave Activities Centre
	10:00am	-	Day Centre	Rickingham Village Hall
	10:45am	1:05pm	Mobile Library	See www.suffolklibraries.co.uk
	2:30pm	4:30pm	Games & Social Afternoon	Cross Keys Redgrave
	7:30pm	10:30pm	Acoustic Group	Cross Keys Redgrave
Thursday 22 nd	6:00pm	-	Zumba	Rickingham Village Hall
	7:00pm	-	Botesdale & Rickingham Runners	Rickingham Recreation Ground
	7:30pm	-	Redgrave Garden Club	Redgrave Activities Centre
Friday 23 rd	9:15am	-	Rickingham Ranners	Rickingham Village Hall
	10:00am	-	Positive Steps	Parkview Chapel
	10:00am	11:30am	Wild Tots	Redgrave & Lopham Fen
	1:00pm	2:00pm	Wild Babies	Redgrave & Lopham Fen
	7:30pm	9:30pm	Wild Evening Out Family Activity	Redgrave & Lopham Fen
	8:00pm	-	Dance Classes	Botesdale Village Hall
Saturday 24 th	10:00am	-	Church open	Rickingham Inferior St Mary's
	10:00am	4:00pm	Art Exhibition : "Inspired by Nature"	Redgrave & Lopham Fen
Sunday 25 th	10:00am	4:00pm	Art Exhibition : "Inspired by Nature"	Redgrave & Lopham Fen
Monday 26 th	10:00am	-	Zumba	Rickingham Village Hall
	10:00am	4:00pm	Art Exhibition : "Inspired by Nature"	Redgrave & Lopham Fen
	5:30pm	-	Slimming World	Rickingham Village Hall
Tuesday 27 th	10:00am	-	Coffee down the Lane	Methodist Church
	10:30am	12:00pm	Coffee & Cake Morning	Cross Keys Redgrave
	12 :00pm	-	Luncheon Club	Redgrave Activities Centre
	6:00pm	-	Zumba	St Botolph's School
Wednesday 28 th	9:30am	-	Redgrave Art Club	Redgrave Activities Centre
	10:00am	-	Day Centre	Rickingham Village Hall
	7:30pm	-	Heritage Circle	Rickingham Village Hall
Thursday 29 th	6:00pm	-	Zumba	Rickingham Village Hall
	7:00pm	-	Botesdale & Rickingham Runners	Rickingham Recreation Ground
	7:30pm	-	Redgrave Garden Club	Redgrave Activities Centre
Friday 30 th	10:00am	-	Positive Steps	Parkview Chapel
	10:00am	11:30am	Wild Tots	Redgrave & Lopham Fen
	10:00am	2:00pm	Time to Paint	Redgrave & Lopham Fen
	1:00pm	2:00pm	Wild Babies	Redgrave & Lopham Fen
	8:00pm	-	Dance Classes	Botesdale Village Hall
	8:00pm	-	Dance Classes	Botesdale Village Hall
Saturday 31 st	10:00am	-	Church open	Rickingham Inferior St Mary's



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MONDAY Closed

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TUESDAY

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WEDNESDAY

4.00pm - 9.30pm

THURSDAY, FRIDAY, SATURDAY

11.30am - 1.30pm 4.00pm - 10.00pm

SUNDAY

4.00pm - 9.00pm

<i>Date, start and end time</i>			>> <i>What's On in September 2019</i> <<	<i>Location</i>
Sunday 1 st	-	-	Re-dedication of Church Bells	Redgrave St Mary's
Monday 2 nd	9:15am	-	Rickingham Ramblers	Rickingham Village Hall
	10:00am	-	Zumba	Rickingham Village Hall
	2:00pm	-	Needlecraft	Redgrave Activities Centre
	5:30pm	-	Slimming World	Rickingham Village Hall
	7:30pm	-	Botesdale Parish Council	Botesdale Village Hall
Tuesday 3 rd	9:45am	-	Pilates	Rickingham Village Hall
	5:30pm	-	Brownies	St Botolph's School
	6:00pm	-	Zumba	Rickingham Village Hall
	7:15pm	-	Yoga and relaxation	Botesdale Village Hall
Wednesday 4 th	9:30am	-	Redgrave Art Club	Redgrave Activities Centre
	10:00am	-	Day Centre	Rickingham Village Hall
	2:30pm	4:30pm	Games & Social Afternoon	Cross Keys Redgrave
	7:30pm	-	Redgrave Parish Council	Redgrave Activities Centre
Thursday 5 th	9:30am	-	Headspace	All Saints Redgrave
	9:30am	-	RABBATS	Rickingham Village Hall
	10:00am	-	St Nicholas Hospice Care Drop-in	Botesdale Health Centre
	10:30am	-	U3A: The Journey of a Novel	United Reform Church Diss
	6:00pm	-	Zumba	Rickingham Village Hall
	7:00pm	-	Botesdale & Rickingham Runners	Rickingham Recreation Ground
	7:30pm	-	Rickingham Parish Council	Rickingham Village Hall
Friday 6 th	10:00am	-	Positive Steps	Parkview Chapel
	12:00pm	-	Watercooler	Cross Keys, Redgrave
	8:00pm	-	Dance Classes	Botesdale Village Hall
Saturday 7 th	10:00am	-	Church open	Redgrave St Mary's
	10:00am	-	Church open	Rickingham Inferior St Mary's
Sunday 8 th	10:00am	4:00pm	Bringing Local History Alive	Rickingham Village Hall
Monday 9 th	10:00am	-	Zumba	Rickingham Village Hall
	2:00pm	-	Needlecraft	Redgrave Activities Centre
	5:30pm	-	Slimming World	Rickingham Village Hall
Tuesday 10 th	9:00am	-	Coffee on the corner	Parkview Chapel
	9:30am	-	Macmillan information & advice	Parkview Chapel
	9:45am	-	Pilates	Rickingham Village Hall
	10:30am	12:00pm	Coffee & Cake Morning	Cross Keys Redgrave
	5:30pm	-	Brownies	St Botolph's School
	6:00pm	-	Zumba	Rickingham Village Hall
	7:15pm	-	Yoga and relaxation	Botesdale Village Hall
Wednesday 11 th	9:30am	-	Headspace	All Saints Redgrave
	9:30am	-	Redgrave Art Club	Redgrave Activities Centre
	10:00am	-	Day Centre	Rickingham Village Hall
Thursday 12 th	9:30am	-	RABBATS	Rickingham Village Hall
	12:30pm	-	Phoenix Luncheon Club	Redgrave Activities Centre
	6:00pm	-	Zumba	Rickingham Village Hall
	7:00pm	-	Botesdale & Rickingham Runners	Rickingham Recreation Ground
	7:30pm	-	Women's Institute	Rickingham Village Hall

Don't forget the mobile Post Office : Every Tuesday 12:30-1:30pm and Friday 2:45-3:45pm at Rickinghall Village Hall

Date, start and end time			>>> What's On in September 2019 <<<	Location
Friday 13 th	9:15am	-	Rickinghall Ramblers	Rickinghall Village Hall
	10:00am	-	Positive Steps	Parkview Chapel
	7:00pm	-	Oude Valley Filling Station	Garboldisham Village Hall
	8:00pm	-	Dance Classes	Botesdale Village Hall
Saturday 14 th	9:00am	12:30pm	Farmers' market - hamper raffle & car boot sale	Rickinghall Village Hall
	9:00am	-	Church open	Rickinghall Inferior St Mary's
	7:00pm	-	Indian Street Food Supper Club (doors open 6:30pm)	Rickinghall Village Hall
Sunday 15 th	11:00am	12:00pm	Coffee on a Sunday	Parkview Chapel
Monday 16 th	10:00am	-	Zumba	Rickinghall Village Hall
	2:00pm	-	Needlecraft	Redgrave Activities Centre
	5:30pm	-	Slimming World	Rickinghall Village Hall
Tuesday 17 th	9:45am	-	Pilates	Rickinghall Village Hall
	5:30pm	-	Brownies	St Botolph's School
	6:00pm	-	Zumba	Rickinghall Village Hall
	7:15pm	-	Yoga and relaxation	Botesdale Village Hall
Wednesday 18 th	9:30am	-	Redgrave Art Club	Redgrave Activities Centre
	10:00am	-	Day Centre	Rickinghall Village Hall
	10:45am	1:05pm	Mobile library	See www.suffolklibraries.co.uk
	2:30pm	4:30pm	Games & Social Afternoon	Cross Keys Redgrave
	7:30pm	10:30pm	Acoustic Group	Cross Keys Redgrave
Thursday 19 th	9:30am	-	Headspace	All Saints Redgrave
	9:30am	-	RABBATS	Rickinghall Village Hall
	3:30pm	4:30pm	IT Hub in the Pub	Cross Keys Redgrave
	6:00pm	-	Zumba	Rickinghall Village Hall
	7:00pm	-	Botesdale & Rickinghall Runners	Rickinghall Recreation Ground
Friday 20 th	9:00am	12:00pm	Macmillan Coffee Morning	Parkview Chapel
	10:00am	-	Positive Steps	Parkview Chapel
	8:00pm	-	Dance Classes	Botesdale Village Hall
Saturday 21 st	10:00am	-	Church open	Rickinghall Inferior St Mary's
	12:00pm	3:00pm	Bikes@the Keys	Cross Keys Redgrave
Sunday 22 nd	11:30am	-	Motocross	Wattisfield Hall
Monday 23 rd	9:15am	-	Rickinghall Ramblers	Rickinghall Village Hall
	10:00am	-	Zumba	Rickinghall Village Hall
	2:00pm	-	Needlecraft	Redgrave Activities Centre
	5:30pm	-	Slimming World	Rickinghall Village Hall
Tuesday 24 th	9:45am	-	Pilates	Rickinghall Village Hall
	5:30pm	-	Brownies	St Botolph's School
	10:00am	-	Coffee down the lane	Methodist Church
	10:30am	12:00pm	Coffee & Cake Morning	Cross Keys Redgrave
	6:00pm	-	Zumba	Rickinghall Village Hall
	7:15pm	-	Yoga and relaxation	Botesdale Village Hall
Wednesday 25 th	9:30am	-	Headspace	All Saints Redgrave
	9:30am	-	Redgrave Art Club	Redgrave Activities Centre
	10:00am	-	Day Centre	Rickinghall Village Hall
	7:30pm	-	Heritage Circle	Rickinghall Village Hall
	7:30pm	-	Ian's Quiz Night - 7:00pm for 7:30pm	Cross Keys Redgrave
Thursday 26 th	9:30am	-	RABBATS	Rickinghall Village Hall
	6:00pm	-	Zumba	Rickinghall Village Hall
	7:00pm	-	Botesdale & Rickinghall Runners	Rickinghall Recreation Ground
	7:30pm	-	Redgrave Garden Club	Redgrave Activities Centre
Friday 27 th	10:00am	-	Positive Steps	Parkview Chapel
	8:00pm	-	Dance Classes	Botesdale Village Hall
Saturday 28 th	10:00am	-	Church open	Rickinghall Inferior St Mary's
Monday 30 th	10:00am	-	Zumba	Rickinghall Village Hall
	2:00pm	-	Needlecraft	Redgrave Activities Centre
	5:30pm	-	Slimming World	Rickinghall Village Hall

The Botesdale & Rickinghall Neighbourhood Plan

- - - Status and “the Bigger Picture” - - -



The Neighbourhood Plan for Botesdale and Rickinghall is nearly complete

Much has been learned about the way residents can influence the future of our villages within the legally-binding planning guidelines - known as *Local Plans* for all the districts around the UK. Also, about how the Neighbourhood Plan must remain consistent with the relevant *Local Plan*.

Local Plans are built by our District Council Planning Teams based on Government guidelines (the *National Planning Policy Framework*). They address housing, economy, infrastructure and the environment. Babergh and Mid Suffolk District Councils have together been working on a *Joint Local Plan* which is, or soon will be, open for consultation - again, YOUR views matter, so look out for this consultation opportunity.

Our Neighbourhood Plan is now being checked (by “The Examiner”) to make sure it is indeed consistent with the existing *Local Plan* - that’s the one in force until the *Joint Local Plan* replaces it some time next year. Our Neighbourhood Plan is not set in stone - it can be reviewed from time to time as residents see the need to do so.

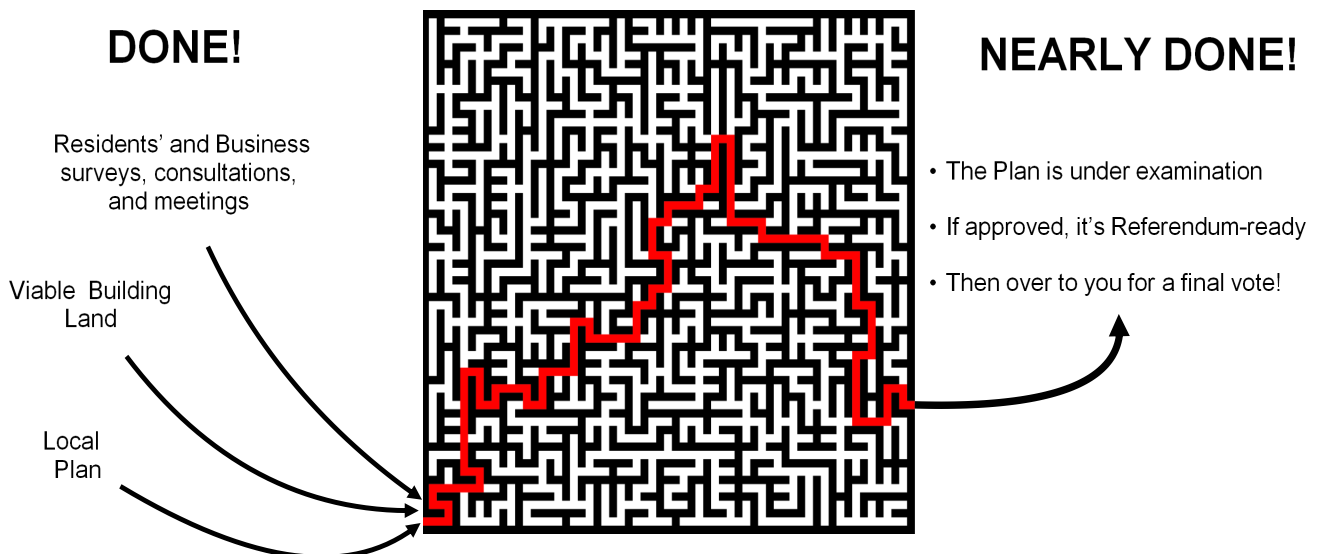
The Joint Local Plan determines *strategic* planning, with the Neighbourhood Plan providing *details* that relate to our community’s wishes. This provides guidelines to be adhered to by those who may want to change our villages in any way - for example the *types* of houses that are built, such that they do not disrupt local vernacular.

Thank you for your help in bringing us to this stage with your participation in meetings, surveys and discussions. The inclusion of your views has strengthened the Neighbourhood Plan, and has given the Steering Group confidence that the Plan is well worthwhile.

Your final task will be to vote for or against the Neighbourhood Plan in a Referendum later this year. We’ll keep you posted about this.

Your reward for reading this! A nice picture to show where we are with the Neighbourhood Plan!

The Neighbourhood Plan Maze



The Neighbourhood Plan is close to completion after which Botesdale & Rickinghall residents will be invited to vote in a Referendum on whether you want Mid Suffolk District Council to use the Plan to help it decide planning applications in Botesdale & Rickinghall. Look out for posters about this after the Summer holidays!

For more details, see <http://botesdale.onesuffolk.net/neighbourhood-plan> or email rickinghall_pc@btopenworld.com

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EXTRA BITS

Why did you start to write?

This was a question I was asked a little while ago, and at the time could not provide a satisfactory answer to it. On reflection, it had to be an experience that triggered the desire to write.

In 2003 I was living in Abu Dhabi with my late wife. At lunch with good friends one day we agreed that we should take a few days holiday as it was spring time, and visit a small town called Khasab in Oman. It was quite a long drive through Dubai, Sharjah, Ajman, Um al Quain and over the border crossing at Ras Al Khaimah into Oman. From the border to Khasab took about another thirty minutes.

Of course the "What shall we do?" had to be answered. Apart from visiting the fort and the harbour (a story for another day), one opportunity was a day long dhow trip to Telegraph Island in the Elphinstone Inlet (Khor As Sham) and when we booked we were given a small printed description of it. We discovered that the island had its name because in about 1850 it was the location of a Repeater Station on the first telegraph cable to India. We found also that the people who operated the telegraph were British and they lived in tents or Barasti huts without benefit of the air conditioning that we find essential these days. Water and food had to be supplied by ship. Mental problems occurred due to the isolation and those affected had to be taken away by sea. I believe this spawned the phrase "Gone round the bend" as the island is just past a bend in the inlet.

The island is simply the small barren top of a submerged mountain (the masonry is what remains of World War fortifications), and after I disembarked from the dhow I sat down on the island to think about what I had learnt. It wasn't hot, and I could not believe that the telegraphers were able to function day in, day out, in the heat of an Arabian summer.

I felt there was a story to be told about Telegraph Island, and with my late wife's encouragement, I wrote it.

JML

John Langdon is one of our newer Botesdale residents

We need:

Jumble, Bric-a-Brac, books, and anything suitable for raffles and tombola
For a Mega jumble sale in Botesdale village hall on 5th October 2019 In aid of East Anglian air ambulance at 2.00 pm.
We will be offering a collection service for picking these up. Villagers to Ring.
Sandie 01379898282. 07760168119.
Val 07597643707

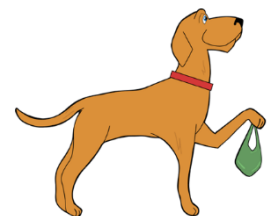
Thankyou

Caption competition



DOGGY CORNER

- I love to see so many dogs around the villages, such a great variety and I always recognise the dog before the owner (if I see the owner without the dog I may not recognise them at all). We are lucky to have so many footpaths for walking and such favourites as Knettishall Heath, Wortham Ling and Thetford Forest nearby. The whole area is very dog friendly and many pubs welcome dogs and provide water bowls, dog treats and even a dog bed in some cases. I also know of at least one tea shop in Bury St Edmunds which welcomes well behaved dogs. Of course we must recognise that not everyone is a doggy person and as long as we all behave considerately to others we can get along together. C.M.



Wouldn't it be great if dogs cleared up after themselves!

But - it is up to you.

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Club News



Mill Lane Allotment Association MLAA

The latest heat wave was very welcome, the combination of rain and sun saw crops flourish, especially the soft fruit which has been bountiful in the warm weather. We have another of our "Why did I get an Allotment" Testimonials this month, this time a rather special candidate.

PLOT 9 When I asked him how he got involved he told me the following story.....

*When he moved to the village his house didn't have enough land to plant vegetables. His family history of "Produce Gardening" went back generations and it was in his blood, so he searched until he met someone with excess land that he could use, this worked well until that house sold. It was at this time that the council were considering allocating land for allotments in the village, so he put his name down. He was no 2 on the list but Mr no1 died before the allotments came into being so he was in fact our Founder Member! Eventually he became our Chairman after seeing that the attitude and ethos of the association needed to be more welcoming, he actively encouraged a membership in tune with the needs of all its members. I asked him what he enjoyed most about heading the team and he said "I get to meet new people from different walks of life, and said how at one time he would pass people with a smile or a wave, the allotments allowed him to get to know people, turning them from acquaintances to genuine friends.

My final question was how did he see the future of Mill Lane Allotments? Strength to strength he said and ever ready for the task he said he saw the need escalating in the future. We are to have a lot of new homes built in the village, their gardens will be small, they will need somewhere to grow their vegetables, and if I know him, he will already have been looking out for more land to accommodate them.... For current availability please call The Secretary, Mark Wiseman on 01379 898805

theWI
INSPIRING WOMEN

Rickingham - News

A Thousand Years of Fashion

Our June meeting was a fascinating tour through a thousand years of fashion presented by professional historian and author Kindra Jones, whose enthusiasm for history was infectious. Using her personal collection of quality historical reproduction clothing, she showed us how religion, politics and necessity have shaped garments over time and she brought the changing timeline of fashion to life before our very eyes as she padded, flattened and squeezed her silhouette into costumes to match each era.

If only history had been as entertaining as this at school!



Botesdale and Rickingham Community Woodland Group

Over the summer there are tidy-up jobs at all our sites, before the planting season. Low Meadow will be cut late in the season and the cuttings

raked off; this impoverishes the soil, once farmland, and allows wildflowers to flourish. There is, or should be, a D-shaped path (it had not been mown when I last looked!) leading off the public footpath to a couple of benches. They are quiet places to sit, especially in the evening when the sun is going down in the western sky.

I hope dog walkers are exploring the new path in Northfield Wood. During the summer holidays, perhaps parents will bring their children to walk there and look at the new trees, including the fruit trees, apple, medlar and quince. They are there for the community to enjoy in more senses than one! Walkers in Botesdale should find Miller's Orchard a cool relief from the summer sun, assuming we get any. The seasons have been unpredictable lately. Our summer work parties will depend on the weather so it's always a good idea to check by phoning me on 01379 890238 or anyone else listed on our leaflet. The leaflets go out with Welcome Packs to newcomers in the villages. We also display them when we have a stall and sometimes they can be found the Village History stalls.

Rosemary Jones

Oak Tree Alert



If anyone has planted young oak trees recently that might have been imported from the continent, there is an important health check to be made. This applies to trees with a girth of more than 8cm at 1.2m above the root collar.

Check your trees for Oak Processionary Moth caterpillars (OPM). This pest has to be taken seriously but do not try to do it yourself. Especially do not touch the caterpillars as they pose a risk to human health. You should report any sightings to the online portal:

<https://treealert.forestresearch.gov.uk/>

For more on OPM visit: <https://www.forestresearch.gov.uk/tools-and-resources/pest-and-disease-resources/oak-processionary-moth-thaumetopoea-processionea/>

Do it now!

Rosemary Jones, Tree Warden, 01379 890238

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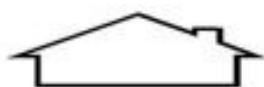
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Exploring the Past

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Rickingham Inferior Church Needs Friends

Recently, Notre Dame caught fire and initially it was thought that it would be destroyed completely. The media showed pictures of people standing around watching the fire. They were in a state of shock, many people in tears when they spoke about it. Most of the cathedral, fortunately, was saved much to the world's relief.

If St Mary's Rickingham Inferior disappeared, the whole world would not be upset but local people would miss seeing it as they drive into the village, and sometimes use it. The lower part of the round tower is probably at least one century older than Notre Dame.



Rickingham Inferior Drawing 1854

This church needs your help, the congregation at Rickingham Church is small, with many elderly people. Would you be interested in Joining a Friends of Rickingham Church? You do not have to be a church goer to join a Friends Group. Maybe you are interested in old buildings or have family connections with ancestors buried in the churchyard, married in the church or baptised in the font. We need help in two different ways; one financially to help pay for work to be carried out, and offers of physical help to maintain the church and churchyard. Wortham Church have a very active Friends group who organised a Victorian Flower Festival and concert over a weekend in June which raised in the region of £3,000. Apart from the money raised, many people enjoyed the event as a community. This was thanks to a team who worked very hard to achieve this. Wortham church warden told me she does not know what the church would do without the help of the Friends Group. Bardwell has a group who recently organised an open gardens weekend and Palgrave's Friends held a concert one evening with a plant stall the next day. If you cannot help physically, Friends Groups usually have a subscription scheme.

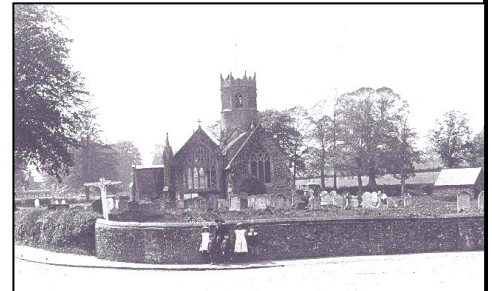
Every five years Church of England churches are required to have a Quinquennial Inspection by a qualified Architect. Rickingham Inferior Church had one in 2018. The major part of the work needed for St. Mary's is to the north side of the chancel roof, and drainage and guttering problems, with a guessed total budget of just under £80,000.

A review was carried out of the state of English church buildings called the Taylor Review and as a result a pilot scheme is being carried out for eighteen months in two areas, Greater Manchester and the County of Suffolk giving minor repairs grants to listed places of worship. Although it will not cover re-roofing it can be given towards drains and gutters and we have been awarded a grant of £5,640 towards the expenses of building works due to be carried out in September/October for a small part of the QI repairs needed. Further grants will be requested for the remainder of the repairs but the church has to make contributions also.

The Taylor Review Pilot grant is being given by Historic England and funded by the Department for Culture Media and Sport. The government do not usually help with any funding for church buildings. To obtain this grant the PCC has had to sign a contract to maintain the church for the next six years with annual inspections to be carried out. The Taylor Review Pilot allocated

two support officers for Suffolk, one who has been advising on the buildings and helping with the grant and one trying to encourage communal activity in the villages. Laura Emmins is the Community Development Officer and she will be coming to Rickingham Church on Saturday morning 2nd November at 10 am to give advice on starting a Friends Group. If you are interested please would you contact me on the above number. Fundraising can be a rewarding experience in itself. Several of us had a lot of laughs raising £30,000 in 2010/11 for the 2008 QI, even if it was hard work.

Rickingham Inferior Church is grade 1 listed, the highest category of listing. This is not the first time the church has requested help from the village people. The south aisle of the church was re-dedicated as a



Rickingham Inferior Church

Lady Chapel in 1962, and Friends raised the money for this. The lower church (Rickingham Inferior) was due to be closed in the 1970s but an appeal went out in opposition to the Rector, Rev. Leslie Welton and the Upper Church (Rickingham Superior) was made redundant in 1977 instead of Rickingham Inferior. The nave roof was replaced at Rickingham Inferior in the 1970s.

An appeal went out for help to raise £25,000 for repairs needed from 1980-1985 by The Friends of St. Mary's Rickingham Inferior and funds were raised.

Jeff Lamb has been the only churchwarden for two years, trying to look after three churchyards amongst all his other duties. Jeff has now taken well-earned retirement as churchwarden and there is no one person to take his place. Help in the churchyard would be much appreciated. We have one very good volunteer who regularly cuts round the cremation area and paths for



Rickingham Inferior - Churchless

which we are very grateful and many people keep their own relatives' graves neat and tidy. It can be very peaceful weeding the flowerbeds in the churchyard, and the traffic from the main road is hardly noticed. A

friendly Robin waits for worms in the cremation area. The path through the churchyard is used by many people as it is a designated public footpath.

Over the next few months there will be a few events held for the church fabric fund. Sarah Doig has organised a concert on Saturday evening, 10th August at 6pm, a talk by Tim Holt-Wilson on Redgrave Hall and Park on Friday 4th October, Quiz and Fish and Chip Supper evening Friday 28th February, 2020, and a talk by Roy Tricker on the history of Rickingham Inferior Church on 15th May. (Further details in Magazine).

Please support these events.

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Memories

Last month I wrote about memories of earlier times being written down, or recorded, for people in the future. In the next few parish articles I am hoping to include memories, that have already been written, about our villages in the early decades of the 20th century.

We would love to have your memories. These need not be essays but could be noted down as answers to questions such as: What do you remember about your family? Where did you live? Where did you go to school?

In the late 1980s Peggy Healey née Fellingham replied to the following questions which had been asked by her grandson Ewan for a school project. Ewan was six years old at the time. The first five are below and the rest will appear in next month's Parish Magazine.



*Peggy Fellingham
in the 1920s*

In what year were you six years old?

I was born in 1924 so that would be 1930

Where did you live?

I lived, and still do so, in a small village called Rickinghall in the county of Suffolk, two miles from the Norfolk border where, in the village of Redgrave, the River Waveney and the Little Ouse River rise under the road, the Waveney going east and the Little Ouse going west.

These two rivers divide Norfolk from Suffolk. Rickinghall is divided into two parts; Rickinghall Superior and Rickinghall inferior. The boundary line is very complicated, sometimes going down the middle of the road and going between houses. In one or two places it actually goes through the houses. It made the old rating system very complicated. There were even two churches but one is now redundant. Rickinghall is also adjoined to the village of Botesdale. When I was six years old it was just one long street.

How large was your family?

Ours was a small family; mother (*Rosetta Fellingham, née Musk*) and father (*Frederick Fellingham*), my brother (*Fred*) and myself.

What was your house like?

We lived on the end of a terrace of four cottages (*now Glenfield*), ours being much the largest as there was an integral sweet shop, with bedrooms above. They were about one hundred years old. The kitchen was about nine feet by nine feet, with a walk in pantry nine feet by five feet. There was a Dutch oven in the wall and also a copper for wash days, both heated by sticks and coal, one sink, also an open coaled fire.

There was one living room downstairs about thirteen feet by thirteen feet with an open coaled fire. The shop was about twenty two feet by ten feet. Upstairs was a sitting room, or lounge as it would be called today, and three bedrooms. The toilet was outside as they all were in those days in the villages. There was no electricity; everybody used oil lamps.

Where did you go to school and what was it like?

I went to school at the church school in Rickinghall. It was very strict! There were about one hundred to one hundred and twenty pupils on average. Every morning the number of children present was chalked up on a board hanging in the hall. This was done before morning assembly. After assembly we all went back to our classrooms. When I was six years old there were four teachers but as the years went by pupil numbers dropped so the staff was cut down to three teachers.

Each classroom had a large open coaled fire with an iron guard round it. If your desk happened to be near it in the winter you roasted. Those further away were not so lucky; it was very cold at the other end of the room.

A small room just off the hall was used for storing games equipment etcetera. It was also where the Horlicks malted milk was heated in winter for the children during morning playtime. You were able to buy a mug every morning for threepence a week. In later years school milk was introduced. The room was also used by the school doctor and nurse.

There were two playgrounds, one for the boys and one for the girls. The toilets were outside on one side of the playground. Lessons started at nine o'clock until twelve and in the afternoon from one thirty until four o'clock. In winter, school ended at three forty. The infant class always went home at three thirty.

Some pupils lived quite a long way from the village, many cycling up to three miles, not very good in wet weather. There were no facilities to dry clothes. There were no school dinners in those days. If you lived near enough to the school you went home to dinner. Pupils living outside the village brought sandwiches which they ate in the classroom.

As the teachers all went home to dinner there was no supervision during the dinner time. I don't remember there being much unruliness, the threat of the cane was quite a deterrent. It was used for any bad behaviour or misconduct. Also in those days anyone being caned at school got into more trouble with their parents when they arrived home for being a nuisance to the teachers. We had various head teachers over the years and quite a number of different assistant teachers.

Lessons were as follows: After morning assembly we had mental arithmetic; anyone with more than three wrong stayed in at playtime. Next came the main maths lesson. By then it was morning break. Usually the next lesson was English or we had to write an essay. Then it was dinner time. Afternoon lessons mostly consisted of history, geography, reading, two art lessons a week. Knitting and sewing were also taught.

Games lessons: football and cricket for the boys, netball or shinty for the girls. Sometimes we played against another village school which was quite an event. We had exams at the end of every term.

To be continued.

With thanks to Chris and Marcia Bell for this transcription.

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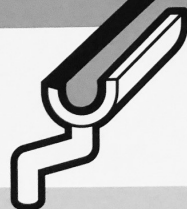
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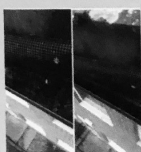
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Nyall's Notes

I welcome feedback, do get in touch. Nyall Davies 01379 897 067

Western secularism has embodied in it two basic tenets: one, that its values, those particularly of equality for all and concern for the poor are universal and, two, that they are the outcome of modern logical thought.

The fact is that neither of these are true. Other cultures in the world do not have the same attitude to equality although western pressure is pushing them reluctantly in that direction. As to these ideas being the result of modern logical thinking anyone who has any knowledge of the Bible knows that over and over again God reprimanded his people for their lack of concern for "the poor and needy." It is thousands of years old and not modern at all.

I'm sure most people think that their beliefs are the result of logical thought processes. I'll just examine that for a moment. Any child brought up in a Christian home is likely to have a hard time in school. Any parent of such a child can see it. With a result it takes quite a single minded child to resist the peer pressure to come through their school days and still be a Christian. Many fall away. It is not a result of thinking it out but simply succumbing to peer pressure. Those attitudes will, more often than not, stay with that person for the rest of their lives. What a way to determine the things of eternity.

If I wish to present Christianity to someone these days their eyes will glaze over with them simply waiting for me to finish. It isn't that they have long thought out the counter-arguments and are bored with the subject but that the idea of even contemplating Christianity is alien to them. I find it difficult to put it into words but somehow their minds never begin to engage. It is as if there is a reject process in action before any normal mental rejection process takes place. It isn't a matter of "This is nonsense therefore I will not listen." There is no "therefore," just, "I do not listen." This is largely down to peer pressure, not necessarily at school but the pressure of modern secular society. They are not personal views but societal views.

To be an atheist needs faith, faith in the fact that there is no God and thus no judgement for what we do, neither is there heaven and hell. Atheists have faith in their own opinion. They are banking on death being simply the end of existence. The Christian has faith in the fact that there is a God and there is heaven and hell and that there is a way of forgiveness through Jesus. If the atheist is right and death is the end of existence then no one has anything to fear neither the atheist or the Christian. If the Christian is right the atheist will be in very deep trouble.

Another way of saying what I was trying to say above is that it seems to me that a large proportion of the population of 21st century Britain have no faith at all, not even the faith of an atheist.

What a way to determine the things of eternity.

The words of Jesus.....

"Whoever has ears, let them hear."

Matthew Ch 13 v. 9

Bill's Birds

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There have been many new bird sounds recently; several young birds squeaking for parental feeding, pathetic sounds and behaviour before disappearing into the nearest cover, followed by a parent with a beak full of food. In the past one would have heard a parent Thrush crushing a snail on a stone, now sadly no Thrushes—at least, not in my garden.

It was good to learn that Spotted Flycatchers had returned to their usual site in Redgrave. Year after year I get reports from this site. Sometimes with two broods. I have been there when the youngsters from the first brood mix with the second brood. The neighbouring field had several sheep which encouraged the flies to keep coming and was food for the family. Redgrave and Rickinghall Inferior churchyards have been sites in previous years for Flycatchers, with the parent birds flying to and fro from their favourite gravestones to catch their meals.

The last of our migratory arrivals will be the Nightjars—by day well camouflaged when sitting on their ground nests, but coming out at night. Because they are dark-coloured birds, they blend with the night. The observer may, with luck, see a few white feathers in their plumage. But the main attraction about the Nightjar is its 'churring', so characteristic of a warm summer's night. Years ago I have heard and seen them



Nightjar

on Knettishall Heath, but now no more, probably put off by the increase in visitors and their dogs. I well remember a group visit to the Heath for the 'churring'. Two of us heard a 'churring' but it was too high-pitched and we both agreed it was a Grasshopper Warbler. Now I fear my hearing may not pick up these sounds. Two years ago I received an urgent call to Wortham Ling and there was a lone Nightjar seen as well as heard. Perhaps, like our occasional 'booming' Bittern on the Fen, it was 'churring' for a mate. If one occurred in either case, its 'job done' and the singing ('booming' or 'churring'), stops.

I visited Dunwich Heath one day this summer. A brilliant view of Sole Bay from the top of the cliff (but a cool easterly wind off the sea). Sand Martins were flying around us. Apparently below us on the Minsmere Reserve an Iberian Chiff Chaff had appeared, a very rare sighting indeed. This was Suffolk's third visit ever. Only its song is its distinguishing feature from our Chiff Chaff. It is interesting how some birds can only be distinguished by their song e.g. Marsh and Willow Tits, Chiff Chaffs and Willow Warblers. Another rare warbler has again appeared at Minsmere, a Savis Warbler—looks like a Reed Warbler, but has a very individual song—a 'churring' similar to the Grasshopper Warbler, but lower, and whilst singing rotates its body causing a ventriloquistic effect.

However, I did get a call from another observer of a Turtle Dove in their garden. I visited. There were two (apparently occasionally three) birds present. AND I heard its 'churring' call. It 'made' both my day, and my monthly Bill's Birds.

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AUGUST COOKBOOK

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! ☺



It's summer which often means getting outside for a BBQ! Rather than buy them why not have a bash and your own burgers—this is a great recipe for a spicy burger!

DIY Burger

Makes about 8 burgers

Ingredients:

- 1kg Minced steak—the best quality you can get
- 1 onion—peeled and finely chopped
- Olive oil
- Spices—a few crushed cumin seeds and a couple of teaspoons of coriander
- Sea salt and ground black pepper

- 1 tablespoon English Mustard
 - 1 egg
 - 120g breadcrumbs
 - 75-100g parmesan cheese—grated
 - Burger buns of your choice
1. Cook the onion in a frying pan for 5 mins until softened but not browned.
 2. Put the minced steak in a bowl and add the cooked onion. Mix up the spices, salt and pepper and add to the meat.
 3. Add the parmesan cheese, mustard and egg and then add half the breadcrumbs. Mix well. Add breadcrumbs if too sticky
 4. Put greaseproof paper on a baking tray and sprinkle with some of remaining breadcrumbs.
 5. Shape the burger mix into 8 flat shaped burgers and place on the tray—sprinkle the remaining breadcrumbs on the top.
 6. Ideally put in the fridge until ready to cook—and then fry them in a little oil for about 8-10 minutes.
 7. Serve on or in your burger buns, perhaps with some hand-cut chips or potato wedges, and of course a bit of salad to be healthy!

Redgrave's Neighbourhood Plan



WORKING TOGETHER TO PLAN OUR FUTURE

Questionnaire—seize the opportunity to shape the future of Redgrave

As you read this, you should have received a questionnaire through your door and should arrive on every doorstep in Redgrave over the coming weeks. This will be hand delivered and collected.

Please complete this questionnaire. Our collective opinions and suggestions will shape the Neighbourhood Plan that is under development which will, in turn, influence future planning decisions for Redgrave.

You can also complete this questionnaire online.:
<https://redgraveneighbourhoodplan.com/questionnaire-summer-2019>

Did you see us at the Shakesbeer Festival?

The Redgrave Shakesbeer Festival included a great performance of Twelfth Night. The Redgrave Neighbourhood Plan Team were delighted to be able to be there to talk to folk about their views, ideas and thoughts regarding the future of Redgrave.

Many thanks to the Starwing Brewery Team for allowing us to be there and share the experience!

Good News on Funding

In early July, it was confirmed that our bid for a grant from 'Locality' had been successful! This is an important step in the Neighbourhood Plan process and will cover the costs of any external expenses (such as printing etc) and the costs of our consultant.



Thankyou!

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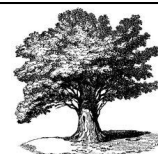
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Literary Suffolk

School holidays are upon us, allowing an opportunity to reflect on how Suffolk has been an inspiration to writers and poets over the years.

Charles Dickens was a regular visitor to Suffolk, which features in several novels:

David Copperfield— the character was born in ‘Blunderstone’ and Dickens is thought to have got the idea from a signpost seen on a 1848 walking holiday from Lowestoft to Yarmouth. Much of the novel is set in the latter Norfolk town!

The Pickwick Papers— The corrupt, rotten borough of Eatanswill is thought to have been inspired by Ipswich or Sudbury. Dickens stayed in Bury St Edmunds in 1835 while reporting on the corrupt elections in Sudbury.

Oliver Twist—Barham is one of the workhouses with a claim to have been the basis of Charles Dickens' story Oliver Twist. Dickens is said to have been shown around the workhouse on a visit to Suffolk and to have seen a record book containing the details of a ten-year-old boy's apprenticeship.

George Orwell's real name was Eric Arthur Blair, and went to school in Southwold and later lived in the town. He adopted the surname Orwell, inspired by the River Orwell.

Suffolk is thought to be referenced in several Shakespeare's plays:

In “**Henry VIII**”, Ipswich School can possibly claim to be the only school mentioned in Shakespeare. Griffith says of Cardinal Wolsey: “Those twins Of learning that he raised in you, Ipswich and Oxford! one of which fell with him”.

In “**Henry VII, Part II**”, Shakespeare depicts the – alleged – murder of Duke Humphrey at Bury St Edmunds. “Run to my Lord of Suffolk; let him know

We have dispatch'd the duke, as he commanded.”

“**Cymbeline**” is thought by some to be based upon Cunobelin, an ancient ruler of South Suffolk and North Essex.

Ruth Rendell – who once lived in Polstead – features Suffolk in many of her crime novels. For example, “**A Fatal Inversion**” features Polstead and Nayland, “**Gallowglass**” is set in Sudbury, “**The Brimstone Wedding**” in Bury St Edmunds and “**No Night is Too Long**” in Aldeburgh and Orford.

Coincidentally, Polstead was the scene of the infamous Victorian Murder in the Red Barn .

PD James lived in Southwold and set some of her novels in Suffolk, including Death in Holy Orders.

Arthur Ramsome moved to Suffolk to be nearer the sea, and moored his yacht, the Nancy Blackett at Pin Mill on the Shotley Peninsula.

Suffolk Towns and Villages Word Search

There are 20 well known places in Suffolk in the grid below—can you find them all?

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A	A	T	D	K	D	I	V	R	S	D	I	W	S
G	V	H	L	B	E	O	X	E	B	A	E	C	L
N	E	W	P	H	U	W	L	S	R	D	E	O	H
U	N	O	B	E	Y	R	D	A	T	H	O	D	E
B	H	L	E	W	H	H	Y	M	B	O	I	O	C
X	A	D	D	A	I	S	S	M	U	O	W	L	W
I	M	R	M	A	H	N	E	B	E	D	S	E	L
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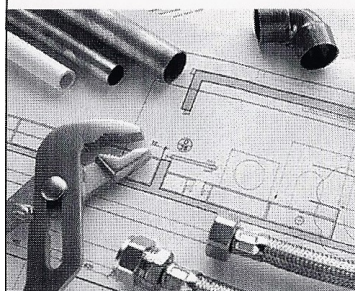
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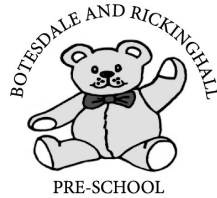
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PRE SCHOOL NEWS

School transition

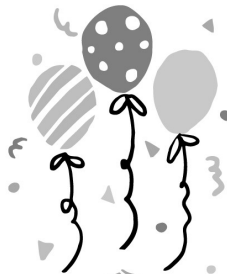
We work closely with St Botolph's Primary School to ensure a smooth transition for our children into primary school. In the academic year before they start school, our pre-school children graduate from being "Caterpillars" to "Butterflies" and our Butterflies benefit from specific activities, such as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

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.



We held our leavers party for all our Butterflies starting school in September. We were sad to see they all go but wish them all the very best for the future.

We went on our summer trip to the play barn where lots of fun was had including pony and tractor rides.



We are looking forward to the beginning of a new school year and welcome on new families joining us in September and beyond.

We will be holding an open day on 18th September if any new parents would like to come and have a look around 10am-11.30

HELP NEEDED!

If you, or any family member would be interested in joining the committee, then please do come along to the next meeting.

To find out more about us or to arrange a visit please contact **Karen Hails** on **07796 014304** visit www.botesdaleandrickinghallpreschool.co.uk or search for **Botesdale & Rickinghall Pre School** on Facebook

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8.00 and 8.45pm - Bar and refreshments
See our website for details of this and our Autumn 2019
programme of films
www.cinema-at-eye.org.uk

**An Evening of Clairvoyance with International Medium
Pauline Mason**

At the Park Hotel, 29 Denmark Street, Diss IP22 4LE
Thursday October 31st 7.30-10.00pm Doors open 7.00pm

Tickets £15.00 (a booking fee applies)



Since the age of 12, Pauline has been touched with the gift of Clairvoyance. She now works extensively in the UK and Europe

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To buy a ticket, please visit the website & follow the link
Tickets can also be bought by phone, from TicketSource,
there is a booking fee of £1.75 call 0333 666 3366

www.paulinemasononevents.co.uk

Win a private reading with Pauline!
During the evening we will be holding a raffle to win a
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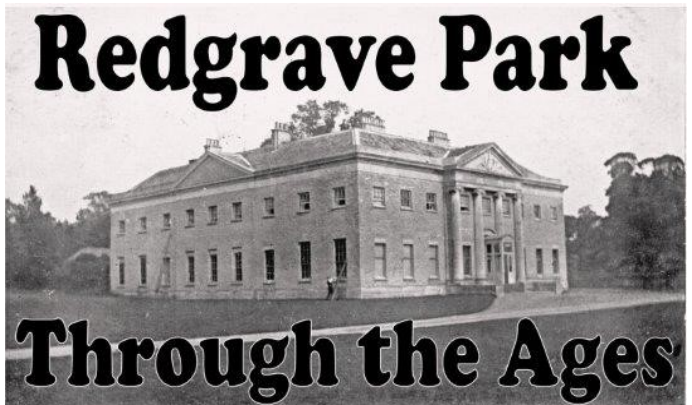
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Through the Ages

Friday 4th October

7.00 pm for 7.30 pm

Rickingham Village Hall

**Speaker :
Tim
Holt - Wilson**

**Tickets : £5
Jean Sheehan
01379 890237**

Light refreshments will be served



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Readings for Parish Church Sunday Services in August and September		
	1st reading	2nd Reading
August 4 th	Colossians 3:1-11	Luke 12:13-21
11 th	Hebrews 11:1-3, 8-16	Luke 12:32-40
18 th	Hebrews 11:29-12:2	Luke 12:49-56
25 th	Hebrews 12:18-end	Luke 13:10-17
September 1 st	Hebrews 13:1-8, 15-16	Luke 14:1, 7-14
8 th	Philemon 1:21	Luke 14:25-33
15 th	1 Timothy 1:12-17	Luke 15: 1-10
22 nd	1 Timothy 2:1-7	Luke 16:1-13
29 th	Revelation 12:7-12	John 1:47-end

Church Services and Flower Rotas in August/September										
Service	Task	August 4 th	August 11 th	August 18 th	August 25 th	September 1 st	September 8 th	Sept 15 th Harvest Festival TBC	September 22 nd	September 29 th
9:15 Redgrave All Saints Holy Comm'n	Lector	Mr J Lamb	-	Mrs L Wills	-	Mrs S McGrath	-	-	-	United Service Methodist Chapel 10:30
	Sides-man	Mrs F Lamb	-	Mrs J Stokes	-	Mrs L Wills	-	-	-	
10:30 All Saints All Together	Lector	Mrs C Davidson	-	Mrs K Gunn	-	Mrs C Davidson	-	-	-	-
	Sides-man	Mrs S White	-	Mrs F Lamb	-	Mrs S White	-	-	-	-
10:30 St Botolph's Chapel of Ease Holy Comm'n	Lector	-	-	-	Mrs C Davidson	-	-	-	Mr J Lamb	-
	Sides-man	-	-	-	Mrs C Hilliard	-	-	-	Mrs C Hilliard	-
10:30 St Mary's R'hall Holy Comm'n	Lector	-	Sarah Raynham	-	-	-	Sarah Raynham	-	-	8.15 Holy Comm'n
	Sides-man	-	Mrs M Self	-	-	-	Alick & Linda Miles	-	-	Maureen Self
6:30 St Mary's R'hall Evening Prayer	Lector	-	-	-	Rector	-	-	-	Rector	-
	Sides-man	-	-	-	Mrs M Self	-	-	-	Mrs M Self	-
Redgrave All Saints	Flow-ers	Mr Walker	-	Mrs Hilliard	-	Mr Walker	-	Mrs Button	-	-
R'hall St Mary's	Flow-ers	-	-	-	-	-	-	-	-	-

					Tel	Notes
Area	Contact	Tel	email	Non-emergency, Police queries	101	email : stowmarket.snt@suffolk.pnn.police.uk web : www.suffolk.police.uk/your-area/stowmarket
Botesdale & Rickinghall	Peter Beck	01379 890495	peter@pbeck.plus.com	Emergency	999	For Ambulance, Fire Brigade, Police
Redgrave	John Campbell	01379 890946	redgrave.nwatch@outlook.com	Manned Police desks	Bury St Edmunds - Raingate Street IP33 2AP Ipswich - 10/10a Museum Street IP1 1HT Lowestoft - Old Nelson Street NR32 1PE	

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Botesdale Methodist Church & Parkview Chapel in August & September

Parkview Chapel - For more details, please call Kev Gladwell on 01379 898924 or see http://www.parkviewchapel.co.uk		
Sunday Services (Refreshments served on all Sundays from 10.30am)		
Sunday August 4 th	One service at 11.00am	
Sunday 11 th	One service at 11.00am	
Sunday 18 th	“Coffee on a Sunday” at 11:00am	
Sunday 25 th	One service at 11.00am	
Sunday September 1 st	One service at 11.00am (including Communion)	
Sunday 8 th	Communion service at 10.00am and Harvest service at 11.00am	
Sunday 15 th	Communion service at 10.00am and “Coffee on a Sunday” at 11.00am	
Sunday 22 nd	No Services at Parkview	
Sunday 29 th	No Services at Parkview (United Service at Botesdale Methodist Church)	
Events at Parkview Chapel		
Thursday September 19 th 2:00pm	Praise Hour	
Tuesday Aug 13 th and Tuesday Sep 10 th 9:00am	Coffee On The Corner	
PARKVIEW YOUTH (not in August) - Activities for Children & Young People - all at Parkview Chapel, Botesdale		
Junior Church : Reception - Year 6— Sundays 11.00am - 12.00pm		Junior Friday Reception - Year 6 Fridays 6.00pm - 7.00pm
PYP : Years 7 - 13 Sundays 7.00pm - 8.30pm		Senior Friday Club Years 7 - 11 Fridays 7.30pm - 9.30pm
Botesdale Methodist Church - A friendly welcome to everyone at services and events		
Services (every Sunday at 10:30am unless otherwise indicated)		
Sunday August 4 th	Circuit Section Service at Diss	
Sunday 11 th	Rev. David Ely	
Sunday 18 th	Local Arrangement led by members	
Sunday 25 th	Mr David Freeman	
Sunday September 1 st	tba	
Sunday 8 th	tba	
Sunday 15 th	tba	
Sunday 22 nd	tba	
Sunday 29 th	tba	
Events		
Tuesday August 27 th	Coffee down the Lane	10.00am-12.00pm
Tue September 3 rd	Christian Forum Planning Meeting and Quiz	7:30pm
Friday September 13 th	Bible Study	10:00am
Sat September 14 th	Suffolk Churches “Ride and Stride” - Church open	-
Sun September 15 th	Harvest Festival Service - Visitors welcome	10:30am
Wed September 18 th	Wives Club : Holiday Evening with Brenda Deauville at Church	-
Monday September 23 rd	Bible Study	10:00am
Tuesday September 24 th	Coffee down the Lane	10.00am-12.00pm

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All Saints
Redgrave



St. Botolph's
Botesdale



St. Mary's
Rickinghall

4th August 7th Sunday After Trinity

9:15 All Saints, Redgrave BCP Communion
10.30 All Saints, Redgrave All Saints Altogether

11th August 8th Sunday After Trinity

10.30 St Mary's, Rickinghall CW Communion

18th August 9th Sunday After Trinity

9.15 All Saints, Redgrave BCP Communion
10.30 All Saints, Redgrave All Saints Altogether

25th August 10th Sunday After Trinity

10.30 St. Botolph's, Botesdale CW Communion
6.30 St Mary's, Rickinghall Songs of Praise

1st September 11th Sunday After Trinity

9.15 All Saints, Redgrave BCP Communion
10.30 All Saints, Redgrave All Saints Altogether
3.30 St Mary's, Redgrave Rededication of Church Bells with Bishop Martin



8th September 12th Sunday After Trinity

10:30 St. Mary's, Rickinghall Confirmation with Bishop Mike

15th September Harvest Weekend

8.15 St Mary's, Rickinghall BCP Harvest Communion
10:30 Starwing Brewery, Hall Farm, Redgrave Harvest Celebration with bring and share lunch

22nd September 14th Sunday After Trinity

10.30 St. Botolph's, Botesdale CW Communion



10.30 Messy Church, Botesdale Village Hall for "activities fun and food"

6.30 St Mary's, Rickinghall Evening Prayer

29th September Michael and All Angel

8.15 St Mary's, Rickinghall BCP Communion
10.30 Methodist Church, Botesdale, United Service

6th October 16th Sunday After Trinity

9:15 All Saints, Redgrave BCP Communion
10.30 All Saints, Redgrave All Saints Altogether

Also

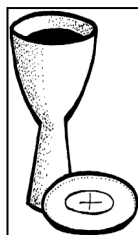


Sat 14th September

Men's Breakfast

All Saints, Redgrave

Please contact Mark Duxon on 01379 890897 if you wish to join us



St Mary's, Rickinghall, Midweek Communion

No service in August
Wed. 4th September. 10.00am

Farnish House, Botesdale, Midweek Communion

No service in August
Thurs 19th September. 9.45am

These services are open to everyone

HARVEST 2019 CELEBRATION



Join us for a celebration of harvest on Sunday 15th September 10.30am at Starwing Brewery, Farm Hall, Redgrave, IP22 1RJ

We will conclude our worship with a bring and share lunch.

For further details please contact the Rector on 01379 898685

"What is Next, God?"



Thurs 5th September 7.15pm
St Mary's, Rickinghall

Tues 17th September 7.15pm
All Saints, Redgrave

A time of prayer for the work of the church in the community.



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