

# PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

June 2020



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 Rickinghall Inferior  
www.stmarysrickinghallinferior.onesuffolk.net

New Parish Website:  
rbrchurch.org.uk

Instagram:  
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Foreword from  
Reverend Chris Norburn  
Rector of  
Redgrave cum Botesdale  
with the Rickinghalls  
The Rectory, Bury Road,  
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As I write this we are still very much in lock down, but Boris has given us a glimmer of hope with his announcements last Sunday (10<sup>th</sup> May). Maybe by the time you are reading this the situation has changed and we're experiencing greater freedoms! Maybe you're getting bored and itching to get out, back to some kind of "normality", whatever that is.

Our experiences, however, over the last 7 weeks may have been something similar to the Disciples of Jesus as they were getting their heads around His death and His appearances to them. He had risen from the dead – could this really be true, or were they seeing what they wanted to believe? They too appeared to be in lockdown; hiding behind locked doors. Yet Jesus suddenly appears to them! How did He get in when the doors were locked (*John 20:19*)! He is alive! They too were getting bored; Peter decides to do what he knows well, fishing, and asks if others want to go with him, and some do. This is another time when they meet the risen Lord Jesus. This time on the shore of the lake. They have fished all night but caught nothing. On the "promise" of this "stranger" they throw their net over the side of the boat and experience a miracle (*John 21*). He truly is alive!

Then fifty days after His death the Disciples experienced a radical change in their lives. We sense that they were getting used to Jesus appearing to them. Luke, in his Gospel, tells us that after Jesus was taken up to heaven (forty days after He'd died) they returned to Jerusalem, "staying continually in the Temple praising God" (*Luke 24:53*). On the day of the Jewish Festival of Pentecost they were all together when a new change came over them.

They started – after the fire and the wind of the Holy Spirit touched them and entered them (*Acts 2*) – to do things that they had never done before. They were made new creatures – brought to life in a new way – much like the bones in the valley of dry bones received new life in the sight of the prophet Ezekiel (*Ezekiel 37*). The Spirit of God – that breath that proceeds from the Father and the Son – creates and makes all things new – it makes us all that God intends us to be.

The Church celebrates this occasion, Pentecost Sunday (31<sup>st</sup> May). This supernatural event ushered in a new age, the age of the Holy Spirit – the age of new life – for all people. We very often hear about beginning new eras and new periods in human life, when things will be changed for the better. This was one such occasion. I would like to think that when we come out of lockdown things will be changed for the better.

But all too often human relationships go on as they have before with quarrels, fighting, deceptive talk, and selfishness. We cannot change the quarrels in a family by eating better food, by installing a larger TV or by buying a bigger car. A real evolutionary step can only be made if mentalities and attitudes change; real progress can only be made if outlooks and judgements change. This is my prayer for now.

This is exactly what happened the moment that the Spirit of God (The Holy Spirit) descended on Jesus' Disciples: mentalities and attitudes changed; outlooks and judgements changed. From that moment on the Disciples started to fulfil their God given design and purpose. Not only were they capable of speaking all kinds of languages, but they were willing to use those languages to contact people they never would have thought of addressing before. This is my prayer for now.

This happened when they went from believing in forgiveness to showing forgiveness. This happened when they went from believing that God would protect them to actually venturing forth from the upper room into the danger filled streets of Jerusalem. This happened when they went from thinking about what Jesus had said, to proclaiming what He said – in word – and in deed, and reaching out to heal, to serve – and to love – all those around them. This is my prayer for now.

God's gift of The Holy Spirit took them from having belief in God – to having God's power in them. And while we can stifle that power within us for a time, or even for a season; while we can turn from it and conceal it for a while, we can no longer escape it. It is there. God wants us to know this truth, for indeed the Spirit does all that Jesus said it would do. This is my prayer for now.

It brings to mind the words of God - the words we sometimes try to forget and the words that we sometimes look for - and suddenly have. Words that allow us to bring real comfort to a friend who is lost, words that allow us to really communicate forgiveness and love to someone in need, words that convict - and exhort - and at last – when surrendered to, bring peace to the soul, my soul - and the soul of others. This is my prayer for now.

Pentecost is a powerful supernatural reminder that God is with us in all situations, and no more so than when we are in lockdown. Pentecost reminds us that true Godly transformation is available for all. It leads us into a new way of living. All we have to do is to reach out for it. Jesus cried out; "*If anyone is thirsty, let him come to me and drink*" (*John 7:37*). When we drink, when we turn to God, when we believe and seek him in prayer, in church, in the world around us, He comes. He comes in the Spirit – and He honours all His word unto us, He works a new work in us and through us He works in others. He works to establish His kingdom fully upon the earth – as it is in heaven. "*As the scripture has said*", repeated Jesus, "*streams of living water will flow from within him.*"

That river flows because God makes it so. He makes it so through the gift of Pentecost – the gift of His Holy Spirit.... Praise be to God - Father, Son and Holy Spirit.

*Chris Norburn.*



## No Changes to the Local Services Directory this month

The latest version of the directory is available online at  
[www.stmarysrickinghallinferior.onesuffolk.net/local-information](http://www.stmarysrickinghallinferior.onesuffolk.net/local-information)



### Message from the Team

Here we are with our second on-line magazine. We have tended not to realise how many activities go on in the villages until now when we haven't got them. It must be leaving a lot of empty space in everybody's lives—I know it is for me. We can only hope that some things will be able to restart soon and we can get our events pages back. We are managing to fill the shortened magazine thanks to our advertisers and contributors. Please let us know if you have any ideas for future content.

I hope it will not be too long until we can get back to delivering hard copies—an on-line magazine doesn't really work for me, I like to have a copy I can pick up and dip into whenever I want.

Stay safe.

*Charles Murray*

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

For all editorial content: [editor@rbrparishmag.com](mailto:editor@rbrparishmag.com)

For all commercial adverts: [adverts@rbrparishmag.com](mailto:adverts@rbrparishmag.com)

To advertise events: [events@rbrparishmag.com](mailto: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:**

**NB stuffing meetings will not take place until further notice**

- **July issue 8 June (Mon).** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **19 June (Fri)**
- **Aug/Sep issue 13 Jul (Mon).** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **24 July (Fri)**
- **Oct issue 7 Sept (Mon).** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **18 Sept (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:



**Thank you....**

The late Russell Sharman who passed away on 21-12-2019. Valerie and family would like to thank family and friends for the cards and kind messages of sympathy for our sad loss, and everyone who attended his funeral. Donations for Botesdale Health Centre came to £332.50, and for Ashmore Nursing Home £272.50.

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



# Non-Events!



As last month, we continue to have to assume that any previously-planned events in the near future are not going ahead - the list below shows the latest updates received by the Parish Magazine.

However, on the next page you'll find reminders of events that organisers hope *can* take place later in the year - from July onwards. Let's hope we start to see some of the many activities that take place in and around our villages spring back into safe action fairly soon.

If you have queries about any village activities, please contact the organisers directly.

## **Botesdale Breakfast and After School Clubs**

- the Botesdale breakfast and after school clubs remain closed but we are looking at ways to provide some sort of setting for those parents of reception, Year 1 and 6 if need be when they return to school on 1st June

## **Cinema at Eye**

- no film shows until further notice

## **Coffee on the Corner**

- suspended for the foreseeable future

## **Friends of Botesdale Health Centre**

- the FoBHC AGM meeting did not take place on 11 May - to be rescheduled later in the year or next year's meeting will cover 2 years

## **Heritage Circle**

- the Heritage Circle has decided to cancel its meetings up to September

## **Rickinghall Area Hospice Fundraisers (RAHOF)**

- RAHOF Summer 2020 events "*Midsummer Pimms in the Park*" (in Redgrave Park, planned for Friday 19th June) and "*Summer Coffee Morning*" (at Lone Pine, Redgrave, planned for Wednesday 8th July) have been cancelled. It is hoped to be able to hold these events next year
- the RAHOF committee now looks forward to resuming on Friday 23rd October 2020 with our *Annual Quiz Night* at Hinderclay Village Hall. However, we must stress that we have to wait and see whether this event can go ahead. *Watch this space!*

## **Redgrave Church Heritage Trust**

- regrets that the Cello Recital by ORLANDO JOPLING, planned for Friday 28th August 2020 in St Mary's Church, Redgrave, has had to be cancelled. Orlando very much hopes that he will be able to perform this recital in the summer of next year

## **Rickinghall Farmers' Market**

- markets will not be held at Rickinghall Village Hall for the foreseeable future. We look forward to seeing you again in better times

## **Rickinghall Ramblers**

- no walks planned for the Rickinghall Ramblers

## **Suffolk Wildlife Trust @ Redgrave & Lopham Fen**

- all Suffolk Wildlife Trust offices, visitor and learning centres are closed
- all school visits, volunteer work parties, activities and events are cancelled
- you can still contact us through all the usual channels
- our reserves will remain open for individual enjoyment - for nature to replenish and cheer us all. Look out too for our regular nature updates on social media - we're all still trying to do something wild every day

## **U3A**

- there will be no meetings until we have the All Clear from Covid-19 isolation

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



# Events & Notices



Once again we have fingers crossed for events in July and beyond.

If you have any queries about these events, please contact the organisers directly.

	<b>Motocross</b> at	
Wednesday 1 <sup>st</sup> July	Evening MX Solos	5.45pm start
Sunday 20 <sup>th</sup> Sept.	Solos EC Champ	11.30am start
<b>Wattisfield Hall</b> www.dissmcc.co.uk		

**July 3rd - 25<sup>th</sup> September from 6.30pm**  
**'FUN FRIDAYS'**

-

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While we're all locked away at home, and Church doors have had to be closed, Rector Chris Norburn has turned to technology to "bridge the gap". Every Sunday (after 10.30pm) you'll be able to celebrate Holy Communion, led by Chris, by going online to

[www.youtube.com/channel/UCKexLS-m-rJgfA3xV0VwPKA](http://www.youtube.com/channel/UCKexLS-m-rJgfA3xV0VwPKA)  
which also has previously-recorded services. If you would like a paper copy of next week's service, please let Chris know.

## RAHOF Events

*in aid of St Nicholas Hospice Care  
Bury St Edmunds*

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Friday 23rd October  
Annual Quiz Night  
(Quizmasters Mike Webb & John Kilgannon)  
Hinderclay Village Hall  
7.00pm for 7.30pm start  
Light finger buffet  
Admission £9pp  
(Admission by ticket only)  
Tables of 6

Note: Please bring your own  
Beer/wine/favourite glasses

Friday 11th December  
"A Christmas Evening"  
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All Saints Church  
Redgrave  
7.00pm for 7.30pm start  
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Please remember that the  
**Mobile Post Office**  
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Fridays (2.45pm-  
3.45pm) until the  
situation improves

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or 07726335547

## Rickinghall Inferior Church Fabric Fundraiser

Due to Coronavirus all fundraisers for the Fabric Fund at Rickinghall Inferior Church have been put on hold for the time being. Please make a note in your diaries for Saturday evening on the 24<sup>th</sup> October, when hopefully the lockdown will be over and we hope to hold a talk by Clive Stevens on The Friendly Invasion when the United States 8<sup>th</sup> Air Force had many airfields in East Anglia, with information on the 65<sup>th</sup> General Hospital which was situated in Redgrave Park during WWII. The evening will include a supper. More details will follow nearer the time.

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# Village News

## Redgrave's Neighbourhood Plan



### WORKING TOGETHER TO PLAN OUR FUTURE

Work is continuing on the Neighbourhood Plan for Redgrave, although timescales have inevitably slipped due to the unavailability of staff at MSDC and SCC and our inability to meet residents face-to-face.

The Steering Group are meeting on Zoom and work has progressed well on the first version of the Draft Plan. Independent consultants AECOM have provided their professional assessment of the 5 sites put forward by land owners to the RNP Call for Sites process plus a further site submitted to the SHELAA process of the Babergh/Mid Suffolk Local Plan. The report has been shared with both District and County Councils in their role as statutory consultees in the Neighbourhood Plan process and is available on the RNP website. The next stage is for the draft plan to be published for full public consultation at REG14 in early summer when comments will be welcomed.

Don't forget, you can keep up-to-date with notifications of any news or additions to the website by visiting [redgraveneighbourhoodplan.com](http://redgraveneighbourhoodplan.com), going to Latest News, entering your email address and pressing the Green Follow button.



Now most of us are at home on lockdown, apart from the courageous NHS workers, carers and other key workers of course, it could be the time for the ladies in Rickinghall, Botesdale, Redgrave and surrounding villages to consider how they can socialise more, once lockdown eases and we are fortunate to be back to a more normal life.

Rickinghall Women's Institute is a lively informal gathering of ladies of various ages who meet once a month in Rickinghall Village Hall on a Thursday evening. We have a mixture of social events, speakers on a wide variety of topics and some hands-on demonstrations – we have had fun making hanging baskets, flower arrangements and Christmas crackers. Everyone is made welcome at each meeting and guests and new members are especially welcomed and introduced.

Recent speakers have talked about :

- 1000 years of fashion
- Pearl – a famous gemstone
- Circumnavigating the globe on container ships
- Wimbledon – as described by an umpire/linesperson
- Self defence – as demonstrated by an amazing 80 year old ex police officer!
- Redgrave & Lopham Fen
- Welding and Joining in everyday life
- Beach combing

As you can see it's definitely not all jam and cake-baking – although we do of course make cakes for village functions.

We support village activities, hold jumble sales, have held fashion shows and been on outings - last September we went to Somerleyton Hall nr Lowestoft, touring round the hall and magnificent gardens. In addition we have a monthly tea and chat afternoon at a variety of local cafes giving members an additional opportunity to catch up with each other.

Belonging to the WI feels like having another family. We all look out for each other - when any of our members or their family are ill, the WI is there to give help and support.

Whilst our meetings are on hold members have been keeping in touch regularly by telephone and email and making sure those living on their own are keeping well and safe, helping out where possible with shopping etc.

We have all missed our meetings and looking forward to when we can meet up again. Look out for the notice when we can advertise our re-opening and please come along. You will be made very welcome.

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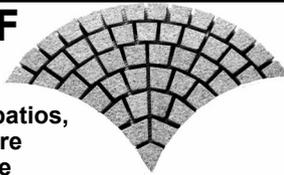
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# Exploring the Past

Jean Sheehan, 01379 890237

## VE Day and WWII

I am writing this article on the seventy fifth anniversary of VE Day. I do not personally remember the day although I remember living in London during the blitz and my return to London after being evacuated to Lancashire for nine months towards the end of the war.

When I was a baby in 1940 the block of flats next to the one we lived in was hit by a bomb and the blast blew all the doors and windows out of our flats and we had to live with my grandmother for a while, where I slept in a drawer. I was too young to remember this but my mother told me about it. At this time my grandmother had two of her 9 children living at home, one of them was my Auntie Doll who was my godmother.

My father was in a reserved occupation as he had his own shop and he was not called up, but he joined the ARP (Air Raid Precautions) and as he was very small he could get into small spaces and he was one of the people who went into bombed houses and brought out the dead and injured. After a couple of years he gave up the shop and he went into the RAF and spent three years in Madagascar, working on flying boats in Air Sea Rescue.

By this time we had another flat in the same street as the one we had been bombed out of. My brother Douglas was born two years after me.



*Jean with her mother and younger brother - 1943*

The flats were arranged around squares in which air raid shelters had been built to accommodate the people living in the flats. From what I remember we just had mattresses on the ground but we may have had very low beds. The bedding had to be taken down to the shelters each night. As my mother had a young baby and a two-year old child and we lived on the third floor with no lift, it was difficult for her to get to the shelters carrying the bedding. We slept in our own flat until a kind lady who lived in a basement flat offered to let my mother keep the bedding in her flat. In the mornings when we took the bedding back she used to give us bread and sugar. Another kind act I can remember at this time was when my mother tried to buy a little oil lamp to use in the shelter. The hardware shop had sold out and a customer that we did not know invited us back to her house where she gave my

mother a tiny oil lamp. I had conjunctivitis whilst we slept in the shelters and my mother was convinced it was because the lady who swept the concrete floor did it whilst I was still in bed. I can also remember being rushed off to hospital in an ambulance one foggy evening as I had developed whooping cough and bronchitis.

The next-door block of flats had several children living in them and they had the air-raid shelter next to ours where they always used to sing, but our block was full of old ladies and was very quiet and I wished we could go in the shelter next door. I can remember the planes going over and the air raid sirens going off. One afternoon we went to visit an aunt and when we walked back we walked through a street which had just been bombed and the fire engines were there.

When I was four it was arranged for me to be evacuated to Lancashire. My Auntie Doll had joined the WAAF's (Women's Auxiliary Air Force) and was stationed at a camp in Kirkham, in Lancashire. Civilians also worked on the camp and one of the carpenters and his wife wanted to take an evacuee and it was arranged that I would go. I can remember being taken to Preston by a neighbour in the flats, and there were lots of soldiers on the train. When we got to Preston I was met by my aunt, the lady who I was to stay with and one of my Aunt's friends in the WAAFS who all took me to Kirkham. I can remember I was not worried about going and I was very happy with the people I lived with who were very kind to me. I called them Auntie Annie and Uncle John. I loved living in the country and Uncle John took me on his bike to look for birds. Milk was delivered in churns by two sisters from their family farm and then poured into jugs.

I started school at Kirkham in April, 1945. I used to sit on the front doorstep of the house as there were also Americans billeted in Kirkham who used to drive past and throw sweets to the children as they passed by in their jeeps. One day I was sitting on the step and a man was walking up the road and Auntie Annie said to me 'That is your Daddy'. I had not seen him for at least three years and did not know him. I was not aware that the war was over so did not know I would have to go back to London. I can remember having hysterics when I got home, it seemed strange to go to bed in London and not hear the planes going over.

We lived at the Elephant and Castle which was bombed very badly. The roads which led to many of the bridges met here, and there were many bombed sites surrounding the street where we lived and these sites became our play ground after the war. They seemed to be the only place where flowers grew and attracted butterflies. Another place where we played when the war ended were some air raid shelters which had steeply pitched roofs covered in black shiny concrete which we used to slide down and we called this area 'The Slides'.

My father's family were mostly living in the London area during the war with their children and three of his brothers and one sister were in the forces. My mother's parents also lived in London near to us and had two sons in the forces and I thank God that none of our family were killed or injured.

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# Exploring the Past Again

Di Maywhort, 01379 898785

## Violet Hales' Memories - Part Two

*On the 8<sup>th</sup> May we celebrated the end of WWII in Europe 75 years ago – VE Day. The war against the Japanese would last another 2 months. Here are Violet Hales' memories of her war.*

'It was necessary to do something to help the war effort and I thought about joining the W.A.A.F but Charlie wouldn't hear of it because he was in the army and had heard too many stories about what the other women in it got up to! So, I joined the Women's Land Army and found myself in a hostel in Little Bradley near Haverhill. I got on a bus in Bury in the black out and had no idea where I was going until the driver dropped me with my suitcase at the bottom of a long drive and said that was where he usually left the land girls! I eventually found my way to the hostel and dormitory and what an eye opener that was! On my first night I got undressed, put on my daring new Baby Dolls and got in to bed at Lights Out. The other girls got in bed fully clothed and no sooner had the warden done her rounds than the fire ropes were let down for the waiting American GI's who climbed up for quite a party. I was stuck in bed with the covers pulled up tight.

I'm afraid I was not a brilliant Land Army girl. I actually managed to saw the branch off a tree that I was sitting on at the time and land myself in a very green slimy smelly pond and have always been scared of cows, so was no good with the stock either. As if the work was not bad enough the land army girls were always playing pranks and would trick me into doing some stupid things. Once when I was going home on leave for a family occasion they gave me something special to wash my hair with which turned out to be bleach which ruined it so I ran off to Heather's house in Upper Layham near Hadleigh for her help.

I liked some of the uniform though especially the Sunday best we would wear as we went to Church in a procession every week and I was amazed to find at one re-union Melanie took me to how many people were still wearing their original uniform and wished I'd kept some of mine back but when I was asked to return it to help the war effort I dutifully did so to the place behind Woolworth's in Bury where I had originally joined.(1)

One weekend on a break from the Land Army I returned to the village and met Jeff (Godfrey Lionel) Hales who was driving lorries for Button Harvey, either moving livestock to and from markets all over the country or taking prisoners of war from the POW camp near Redgrave Lake all over Suffolk to work on the roads etc. We would walk miles to find a pub, such as the Tumble Down Dick on Wortham Ling that was not too crowded with Americans in the hope of getting to the bar and finding some beer for Jeff and a Gin and It for me. Of course, the long walks home were not so bad. Even so my father who was now living in the house he had bought for his mother and step father in Rickinghall, would lock me out if I had not returned by 10pm.

Jeff had suffered from Polio as a child and walked with quite a pronounced limp (some people still remember him by his nickname of Hoppy) so was unfit for the services

but he did join the Home Guard and always enjoyed Dad's Army in later years on the TV, as I think it struck a chord.



*Violet and Jeff - July 1945*

My brother Charlie was in the Territorials and when the war broke out he was one of the first two to go from the village. He had worked as a Butler in Newmarket but was actually working at Wattisfield pottery when we heard war was declared. He was an Officers Batman in the Royal Artillery and contracted TB in Italy. The MOD actually sent my father and me tickets to fly out to escort him home when he was invalided out in 1945 but we didn't go as he got flown back to Chester Hospital and later transferred to Papworth Hospital in Cambridge where we used to visit him. When they discharged him he was given 3 years to live but he actually died 10 years later at Dad's house in Rickinghall aged just 31 on January 3<sup>rd</sup> 1954.

My father was too old for active service in the 1939-45 war and went to work at the hospital for American servicemen that was founded at Redgrave Park. Whilst Dad was working at the hospital on one side of the lake, Jeff was in and out of the POW camp on the other side. It was not considered proper for women to be seen by the POW's or go in to such a place, so if I was out with Jeff in his lorry I had to duck down in to the foot well as we passed the Commandant's hut. He was a giant of a man and they called him Battleship. Apparently, he could kick his leg up and touch the roof of the command post hut, being so tall, but I never got close enough to find out!

*(1) The Government after many years decided to award all women who had served in the Women's Land Army and Timber Corps with a badge. Violet received hers in 2008 along with a letter of appreciation. Due to where she lived on the border she was invited to two services to thank all the women who had worked on the land in the war and Melanie was able to take her to both of them. One was in St Edmundsbury Cathedral Bury St Edmunds, the other was a service of Festal Evensong and Celebration for the Women's Land Army and Timber Corps held in 2008 at Norwich Cathedral. The Lord Lieutenant of each county greeted each of the veterans as they arrived and tea was served afterwards.*

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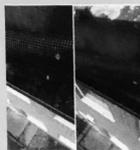


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# Nyall's Notes

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

I heard a report recently that said that more people were attending online services and that 25% of people were now praying every day as a result of the corona virus. I imagine that they are praying for personal protection for themselves and their family and possibly the demise of the virus nationally and worldwide.

I am sure that God is pleased to have their attention and the credit for being able to intervene with possible miracles however I doubt if we were able to produce the statistics that we would find that Christians are any more immune to the virus than anyone else. They are certainly not immune from physical death. It hovers very close to 100%.

I'm not saying that God doesn't occasionally intervene with a miracle but that we live in a natural, physical world and he regards them as a last resort. Being occasional they don't affect the statistics. (He leaves governments to do that.) If Christians could simply ask and receive miracles of healing everyone would become a Christian.

What happens is that people accept God's intervention when they are in danger but forget about him once it is past. I have a friend that asked me, "I have had a heart bypass and an operation for cancer. I was scared stiff and prayed and I came through them both but have forgotten about God since and his presence doesn't feature in my life. Is that OK?"

I think I replied something along the lines of, "That's not really on, is it?"

Let us put ourselves in God's position. He sees people asking for and expecting his protection and healing when they need it and ignore him the rest of the time. He must see us as a very narcissistic generation, taking what we can and expecting to do nothing in return. We expect him to go the extra mile for us and to turn the other cheek when we do things to each other that offend him. He knows us through and through and sees our self-serving motives.

Despite this he did something much bigger than a miracle in that he gave his son Jesus to die an excruciating death on the cross to provide forgiveness for us. If we can see that it is unreasonable to accept a miracle of healing from a heart attack or cancer and not be grateful for it in some way, what would we expect God to think if we ignore the gift of his son?

Can we expect him to open up the gates of heaven and welcome us into his presence when we too find that the death rate for the human race still hovers very close to 100%?

*For Christ also suffered once for sins, the righteous for the unrighteous, that he might bring us to God.*

*1 Peter Ch 3 v 18*

# Bill's Birds

Bill Cordeaux Tel: 898286

What a Spring this has been. From record blue skies to now cold easterly winds.

We are fortunate living in a bungalow with a terrace and good views of the sky. You, the walkers and watchers, have been kind in keeping me updated with news of new migratory arrivals. Not forgetting the internet 'Birding with BINS'.

Next the hirondines—first Swallow for us in Gislingham in mid-April. In fact we have not heard the familiar 'twittering' over our house but many have! House Martins first in Hinderclay on 26 April. And what about the Swift? A joyous phone call on 27



*Three Swifts*

April, 'Bill, the Swifts are here!' Great news from Botesdale Market Place, the usual port of arrival, but by the next day they were gone after, presumably, a good meal, or 'fly up' then away north to their breeding ground. Now the skies are full of them, screaming with happiness to be back. They certainly deserve the picture of three birds (and not just one) in this article.

The same watcher phoned two days later having heard a Turtle Dove on Botesdale Common. Now, as the years pass by I hear of Turtle Doves seen or heard at various sites but only for a few hours. Do they go over past breeding grounds hoping to find their previous partner and if successful, staying.

Redgrave Fen deserves mentioning. Several of you have heard but not seen the Bittern. (Some did not know of its previous existence). The same place, the green path that joins Little and Middle Fen. Again only one. Some new watchers seem to take its existence for granted, but it is a very rare recurrent sighting or hearing on this Fen. Has it failed to find a female this year? The other Fen bird of interest is the Cetti Warbler. I am glad it survives from year to year. What an exciting 'song' if you can call it a song. This intermittent song, every ten minutes, emanating from the middle of a thick bush, but unseen. So loud it makes one jump!

But we have not done so badly this spring from our home. Blackbirds and Robins throughout, also the Chiff Chaff all the time. Blackcap once—what a beautiful voice it has; several of you mixed it up with the Nightingale—not heard here for several years. And don't forget the butterflies, the occasional Peacock and the white ones. Look at their wings, if they are orange they may well be the Orange Tipped. And the small Holly Blue—very common. They eat the honey dew from the surface of leaves, not the nectar from flowers.

We only heard the Cuckoo one morning in May, very loud, for two hours but then it disappeared! Keep watching and walking. We still have the Flycatcher and Nightjar to come.

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## IN YOUR GARDEN

Lawrence Thompson 01379 890667

The year is flying away and by the 21<sup>st</sup> of this month it will be the longest day.

Yes. In some ways hard to believe only six months have passed for it seems it has been very long year already and a very tedious one as well because of all the lock down restrictions made even worse for us gardeners by garden centres being out of bounds!

I think we will all agree being able to get out into our gardens has not only kept us physically active, but has also helped improve our health and well being by raising our spirits.

But one thing for sure is that many of you have decided to take the opportunity to embark on various projects and I hear tales of raised beds for vegetables springing up despite difficulties in sourcing suitable timber or old railway sleepers. Ponds also seem to have struck a popularity chord with enthusiastic excavators in the midst of creating everything from glorified 'wild life' puddles to an expanse of water that would not disgrace the local fen!

And things are looking up. We are on the cusp of the summer and glorious weather is hopefully on the way when your garden will become the main attraction at your home. Whether it will be for sitting out and enjoying the great outdoors with your morning coffee or an early evening beer or G&T along with even hosting a barbecue with your friends -if we are ever allowed to gather in group again!

Whatever you are planning, you will want your garden looking its best. More importantly without breaking the bank or your back. That's where flowers are your saviour.

Flowers are the real showstoppers of summer, whether it's bedding plants in pots or hanging baskets or perennials in the borders or those glorious stalwarts, the roses.

To my mind, it is hard to beat well chosen display of roses for not only creating that stunning visual impact you are seeking to achieve, but filling the air with fragrant perfume.

Nine out of ten gardeners grow them even though few now feature the traditional formal rose beds. Roses are often viewed by new gardeners as being difficult to grow and maintain, requiring some specialist knowledge and the hundreds of varieties available only add to the bewilderment. In fact, they are one of the easiest of garden plants to successfully cultivate.

Firstly, they thrive in most garden soils and are very fast growing. Many need only minimal pruning and are very forgiving if you are over enthusiastic with the secateurs.

Roses are very versatile too with a huge range of scented ramblers, floribundas, shrub, and ground cover types. Standard roses are perfect if you want height and formality. The very pretty and compact patio roses are ideal for pots and have a long flowering season. I have insufficient space in this column to go into details about the various types and their merits but suffice to say if you get your hands on a rose growers catalogue you will be spoilt for choice!

In the herbaceous border there is a huge array of perennials now coming into flower including delphiniums, lupins, bearded iris along with pinks and penstemons as well as the alstromerias and euphorbias- the latter being fairly drought resistant.

## IN THE KITCHEN

### Summer Waldorf Salad (Serves 2)

#### Ingredients:

- 90g pasta shells (or similar)
- 2 red skinned apples (cored, chopped small and tossed in lemon juice to prevent browning)
- Small tin tuna
- 2 sticks of celery, chopped
- Handful raisins
- Mayonnaise to mix (about 3 tablespoons)
- A few chopped walnuts (optional)

#### Method:

- Cook pasta shells according to pkt instructions, drain and cool under running cold water
- Add all other ingredients, mix well and serve.

### Duck Salad with Ginger Dressing

#### Ingredients:

- 2 small, boneless duck breasts
- Bag salad leaves
- For dressing:
  - 2 spring onions
  - 2-3 tablespoons olive oil
  - 1 teaspoon sesame oil
  - 1 teaspoon soy sauce
  - 1 tablespoon lemon juice
  - Zest and juice of half an orange
  - 1/2 level teaspoon caster sugar
  - 1/2 level tablespoon grated fresh ginger
  - 1/2 crushed garlic clove
  - Pine nuts and orange slices to garnish

#### Method:

- 1) Prick breasts all over with a sharp knife and sprinkle with salt. Place skin side down on a rack over tin. Cook at 200c, 180 fan or reg 6 for 10 mins. Turn and cook a further 20 mins or until meat is tender and the skin is crisp. Cool then slice.
- 2) Finely chopped onions and combine with all the other dressing ingredients.
- 3) Toss duck in half the dressing and arrange on a bed of salad leaves. Garnish with pine nuts and orange slices.
- 4) Serve with the remaining dressing.

*This month's recipes from Sara Schofield*



## OIL SYNDICATE

The next Oil Syndicate Order will be the Summer one at the end of July.

As always, details will be published here in the Parish Magazine, but

final order day will be the 25th of July.

David Sloan



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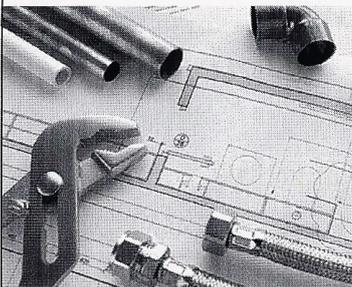


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Botesdale & Rickinghall	Peter Beck	01379 890495	peter@pbeck.plus.com	Emergency	999	For Ambulance, Fire Brigade, Police
Redgrave	John Campbell	01379 890946	redgrave.nwatch@outlook.com	Manned desks		Bury St Edmunds - Raingate Street IP33 2AP Ipswich - 10/10a Museum Street IP1 1HT Lowestoft - Old Nelson Street NR32 1PE

## NEW SERVICE TO COMBAT SURGE IN SCAMS

The UK's National Cyber Security Centre, part of GCHQ, has launched a new 'Suspicious Email reporting Service' following a rapid growth in criminals exploiting the Covid-19 pandemic by promoting fake coronavirus-related services via malicious emails and tricking people into online deception.

The new service, launched on April 21st will make it easier to flag suspicious emails, and allows people to forward questionable emails to [report@phishing.gov.uk](mailto:report@phishing.gov.uk). By forwarding any dubious emails to [report@phishing.gov.uk](mailto:report@phishing.gov.uk) including those claiming to offer support related to coronavirus, the NCSC's automated programme will test the validity of the site. Any found to be phishing scams will be removed immediately. Already, the programme has received over 5000 reports leading to 83 scams being nullified. According to NCSC Chief Executive Officer Ciaran Martin, this rise in scams is attributable to the current coronavirus scenario which is being used as the top lure to conduct cybercrime and exploit the public unease and fear of the pandemic.

"The immediate take-up of our new national reporting service shows the UK is united in its defence against callous attempts to trick people online" "We hope the success of the Suspicious Email Reporting Service deters criminals from scamming but if you do receive something that doesn't look right forward the message to us – you will be helping to protect all of us from email scams and cybercrime" said Ciaran Martin.

The Suspicious Email Reporting Service is an integral part of the new cross-government **CYBER AWARE** campaign and was co-developed with the City of London Police. As well as taking down malicious sites it will support UK policing by providing live time analysis of reports and identifying new patterns in online offending and helping to thwart the perpetrators in their tracks.

**Remember. If you have lost money to online scams, you should tell your bank as quickly as possible and report it as a crime to ACTION FRAUD on 0300 123 2040. But also forward the suspect email to [report@phishing.gov.uk](mailto:report@phishing.gov.uk)**

### From Peter Beck—NW coordinator:

Since the 22<sup>nd</sup> March, we have had a huge rise in crime in Rickinghall. On 3<sup>rd</sup> April a burglary to an unoccupied house in Water Lane. The 18<sup>th</sup> in Harvey Close, burglary from a shed and theft of a cutting machine valued at £500. On 27<sup>th</sup> April, breaking to a building at Rickinghall Village Hall and a theft leaf collecting equipment. On 3<sup>rd</sup> May, two metal garden gnomes stolen from a house in The Street. On 3<sup>rd</sup> May a can of petrol stolen from a garden in Rectory Hill. On 3<sup>rd</sup> May the theft of a collecting box from a charity stall in a house. In The Street a breaking to a shed, whereby a bicycle was stolen, subsequently found on the side of the road in Snape Hill and recovered. On 9<sup>th</sup> May in Bury Road, a brick build shed entered and a trolley and scrap copper and brass stolen.

The police are well aware of this situation, as are the council and our MP.

- Keep your property as secure as possible
- Be vigilant
- Report any suspicious behaviour to the police
- Report any incidents to the police
- Do not venture on to Snape Hill for the bottle bank or for walking

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## Community Woodland Group

At the time of writing we are still in lockdown, but with the prospect of some lifting of the restrictions. So here is a reminder of the spaces we look after where you can go to walk and sit to enjoy the wildlife.

Northfield Wood, beside the allotments, is maturing nicely, and several people go there for short walks. There are two benches where you can sit and enjoy the trees and wildlife. A roe deer was seen there recently, and it did not run away!

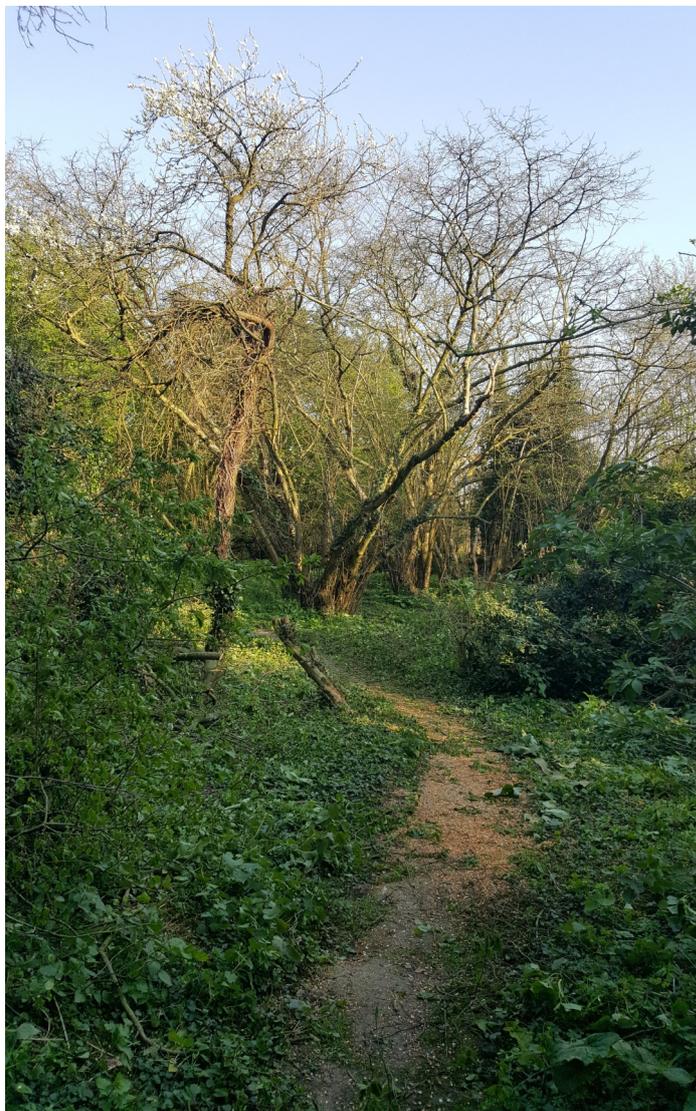
At Low Meadow, the pesky cleavers, or goose grass, has reappeared vigorously and is doing its best to pull down the young branches of the new hedge; so there is work to be done. Many people walk through this meadow but not many stop to look and listen. If you can ignore the background noise from the A143, which isn't very busy at the moment, there are songbirds to hear and insects a-plenty.

Miller's Orchard is looking good and there has been marginally less throwing of rubbish lately. It would be so nice if that trend continued after lockdown.

Our little team continues to work on these sites as we can do that while keeping our social distance and using our own tools. Anyone who would like to join us is welcome.

It's only for a couple of hours a month on average - not onerous!

Rosemary Jones, 7th May  
01379 890238



Millers Orchard path

I wandered lonely as a cloud  
Two metres from the madding crowd  
When all at once my name was called  
To enter Waitrose hallowed hall  
This was the pensioners' special hour  
I'd gone to get a bag of flour  
But I forgot, when through the door  
What I had gone to Waitrose for.  
The Waitrose staff are extra kind  
I told them it had slipped my mind  
They asked what else I had forgot  
They clearly thought I'd lost the plot  
I phoned my wife again to ask  
She reminded me of this special task:  
"I need some flour to bake a cake  
With all that cream you made me take"  
"Ah yes I recall" I had to lie  
I dared not ask which flower to buy  
But then I saw them next the tills  
A bunch of golden daffodils.

Anon



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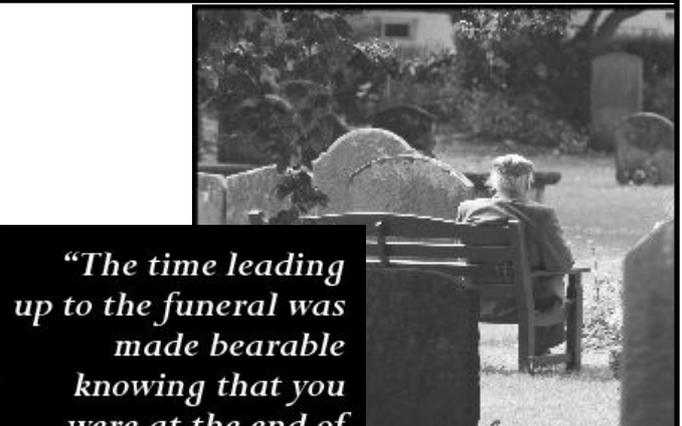
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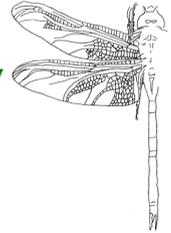
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# To ALL Redgrave, Botesdale and Rickinghall Residents

## COVID-19/Coronavirus Outbreak

These are worrying times but as a community it is good to know that we have been helping and supporting each other. Many of you are already helping friends and neighbours, so thank you for all that you are doing.

This is a reminder of the coordinated plan that we've established to safely offer assistance to anyone, in the community, so that everyone can receive the help they need.

**During this time of lock down many people have volunteered to help with the following:**

- Shopping
- Picking up a prescription
- Posting mail
- A friendly phone call
- Walking your dog
- Light gardening

We are also happy to talk to anyone and, when required, to refer people to other organisations offering support locally and nationally.

If you ***need help with any of the above***, or can **offer** to help with any of the above please contact one of the following:

- |                    |                               |
|--------------------|-------------------------------|
| Rev. Chris Norburn | (Church of England)           |
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| Mr. Brian Shurmer  | (Botesdale Methodist Chapel)  |
| 01379 890898       | or b.r.shurmer42@gmail.com    |
| Mr. Kev Gladwell   | (Parkview Chapel)             |
| 07557 784152       | or kevin@parkviewchapel.co.uk |

Volunteers will then be offered any relevant advice and guidance before their name is passed on to people in need as and when they are requesting help.

***"Cast all your anxiety on him because he cares for you." 1Peter 5v7***

***Sent on behalf of all the churches in these villages.***

*N.B. Coronavirus/Covid-19 is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash hands regularly. Items should be left on the doorstep.*

"Together in these villages we offer Christ's healing grace through our worship and service."

