

PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

July 2020



*Thank you
for
keeping us
supplied
with
essentials*



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

New Parish Website:
rbrchurch.org.uk

Instagram:
[@rbrchurch](https://www.instagram.com/rbrchurch)

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



How we like to live life to the full. If you are like me perhaps you are making a bucket list of the things that you would like to do once restrictions are lifted. Mine includes enjoying sharing meals with my wider family, taking my Mum out for a drive for her to see the countryside, going to the cinema, watching sport, live or on TV. Perhaps you think that once we get back to "normal" it will be as if these last few months have not taken place. But what sort of life do we really want? Have you experienced things over the last months and said, "I'm happy with this"? Maybe you've noticed more the seasons change and enjoyed that. Maybe you've noticed bird song as never before, noticed the lack of noise from cars, lorries and planes. Noticed the clearer skies, no vapour trails. What about the conversations you've had round the table as you've shared a meal with those you live with, or the conversations you've had with your neighbours over the fence, or on the street as you've taken your exercise? What about the support you've had from family and neighbours, collecting prescriptions for you and doing your shopping? Despite what we've experienced I firmly believe that we can see God at work in this difficult time.

Why do I believe this? Well, it was something Jesus said, '*The thief comes only to steal and kill and destroy; I have come that they might have life, and have it to the full.*' John 10:10

This life-in-full Jesus offers isn't conditional on trending circumstances, such as good cash flow, plenty of things to buy, free to move about, free to work where you want, go where you want. It's a whole other kind of life that has nothing to do with crowded streets and beaches, full markets and exhaust-billowing trucks signalling promises of unbroken supply chains and a chance to be prosperous as the world sees prosperity. While none of the above are inherently flawed, they're just not what Jesus is talking about.

Addressing the religious leaders of His day, and perhaps those that might follow, Jesus explained that those guiding God's people were hindering them from recognising and placing trust in Messiah. As we continue to read the Gospels we read that such misled leaders would obstruct, persecute and conspire in the name of service to God to kill Jesus, the Son of God. These, Jesus warned, were thieves and robbers. Rather than tending and nurturing God's people as they should, they were doing dark work that equates to stealing, killing, destroying.

In contrast both then and now, Jesus has a different agenda. Rather than rules and regulations, He offers us new life that begins upon belief – and it's superabundant, supernatural and never-ending because this life He promises is in, and has, one unchanging source – Him. Life with Christ Jesus is full and brimming over, not because of momentary riches or rewards, but because Jesus is the constant treasure.

Earlier in chapter 10 of John's Gospel Jesus spoke about being the door. This was the door that the sheep would go in and out of the pen that they were kept in overnight, following the voice of the shepherd they knew. This door seeks not just to preserve life for the sheep, but to provide for it because it is their way to have safe passage in and out to the pastures and water that they need. So Jesus claimed that as the one and only door He was the means by which a person could "be saved." That Greek term, *sōthēsetai*, suggests rescue, protection, and healing. Isn't that a beautiful picture, Jesus our shepherd, looking out for us, rescuing us, protecting us and healing us. He has our best interests at heart. He alone really knows what our needs are. So in John 10:10 Jesus deepens this claim by saying that His purpose is not only tied to a good safe life, but to an abundant life.

That "abundant" life means something more meaningful than material wealth and prosperity (see *Colossians 3:2-3; Matthew 6:25-32*). It begins with salvation, being set free from an eternity of suffering the penalty of sin (*Romans 6:23*). Therefore, an abundant life is, first and foremost, eternal life with God (*John 17:3*). The abundant life means gaining a heavenly perspective (*Romans 12:2*), seeing things as God sees them. This is only achievable if we enter into a personal relationship with Him. As we do this Jesus leads us in such a way that we grow in trust and knowledge of God (*2 Peter 3:18*). As this relationship grows we start to blossom into a life full of the fruit of the spirit (*Galatians 5:22-23*). While false teachers and false religions offer shallow, temporary relief, only Jesus brings truly everlasting life and spiritual abundance (*John 14:6*). Jesus really is the way, the truth and the life (abundant life).

Go on, take that step of faith and believe in Him, the Son of God, who has "*come that they might have life, and have it to the full.*" (*John 10:10*). What have you got to lose? Nothing! What have you got to gain? Everything! If any would like to explore further getting to know God through His Son Jesus, please do get in touch with me, using the contact details at the top of this page, and I would be only too happy to help.

Praying that we are able to stay as safe as we can at this time.

With every blessing

PS - if you need help/support at this time of lockdown please do turn to the last page of this magazine for details of how the local churches can help.



Please note the following changes to the **Local Services Directory**

The latest version of the directory is available online at

<http://stmarysrickinghallinferior.onesuffolk.net/local-information/>



Deleted Entry	Notes
Nick Free	Resigned from Rickinghall Parish Council

Message from the Team

This situation drags on and so we have another month with no events taking place in the villages and another on-line magazine. We hope to go back to a printed magazine as soon as possible but we need to ensure that our delivery volunteers are in a position to be able to do their rounds. We also need to ensure we have enough income from advertising as most of our advertisers have not been earning money

Thanks to all advertisers and contributors.

Charles Murray

GDPR

- Personal Data provided to the Magazine and/or LSD Volunteers may be stored for the purposes of Magazine/LSD production
- anyone is free to request, via the Data Controller for the Magazine and LSD (ie the Parish Magazine editor), details of any Personal Data held about them
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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, Rickinghall, 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

- **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)**
- **Nov issue 12 Oct (Mon).** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **23 Oct (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:



RIDDLE

There is a word in the English language in which the first two letters signify a male, the first three letters signify a female, the first four signify a great man, and the whole word, a great woman. What is the word?

Answer on p 13

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

> > Events? What Events?! < <

As last month, we continue to have to assume that any previously-planned events in the near future are not going ahead - see recent Parish Magazines for comments from some of our village clubs and services.

We've decided to advertise only hoped-for events in September and beyond.

If you have queries about any village activities, please contact the organisers directly. You'll probably find their details in the Local Services Directory at www.stmarysrickinghallinferior.onesuffolk.net/local-information/

	Motocross	
Sunday 20th Sept.	Solos EC Champ	11.30am start
at Wattisfield Hall www.dissmcc.co.uk		

Rickinghall Inferior Church Fabric Fundraiser

Friends of Rickinghall Inferior Church were hoping to hold another meeting in the church on July 18th to get more volunteers but this is unlikely to go ahead due to Covid 19. The meeting which we had arranged last November to form a group competed with England in the Rugby World Cup on TV and the TV won although sadly England did not.

Luckily we had a few good volunteers to form an informal group as part of the PCC but not enough to form a formal group. We are having a fundraiser on Saturday evening 24th October, when hopefully the lockdown will be over and we will have a talk by Clive Stevens on The Friendly Invasion, when the United States 8th Air Force had many airfields in East Anglia, with information on the 65th General Hospital which was situated in Redgrave Park during WWII. There will be refreshments and a bar.

We would be very pleased to have volunteers to help with this evening. If you can help please would you ring Jean Sheehan on 01379 890237 or Kit Brinkley on 01379 678279.

RAHOF Events

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

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"
*A traditional evening of non-alcoholic mulled
wine & mince pies, with carols, poems,
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 All Saints Church
 Redgrave
 7.00pm for 7.30pm start
 Admission £8
**FESTIVE/NEW YEAR HAMPER DRAW &
CHRISTMAS TURKEY DRAW!**



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 10.30am) you'll be able to celebrate Holy Communion, led by Chris, by going online to

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.

Please remember that the **Mobile Post Office** continues to visit the Parkview Chapel car park - but only on Fridays (2.45pm-3.45pm) until the situation improves

Updates from your Parish Councils

Rickinghall report

The unprecedented events of 2020's Covid-19 pandemic will go down in history, and everybody will have their own stories to tell. The normal daily activities virtually stopped overnight at the end of March, and many wonder if 'normal' will ever come back again. Perhaps in two or three years' time we will accept a new type of normal and in the meantime, we are still adapting to social distancing, the lack of cafes and restaurants, working from home and home schooling.

At least we are very fortunate in Rickinghall in that the number of cases in Mid Suffolk has been low, and we live in a village with countryside footpaths on our doorstep. I am sure that many people have discovered footpaths they had not ventured down before, and they now intend to use them more regularly. It was typical we had one of the warmest and driest Springs on record and were restricted to trips to the supermarket or the pharmacy. Now the situation has eased a bit the mood has lifted.

We do not know yet when meetings of groups of people will be resumed, and the Village Hall has remained closed. This has meant we have been unable to hold our monthly Parish Council meetings for some time, although we have continued with emails and phone calls behind the scenes. The activity on planning has decreased, but we have responded to the small number of applications presented. The clerk has put a lot of information on Facebook and we have assisted when contacted for specific guidance and assistance.

Many have been concerned about the presence of the travellers' encampment at Snape Hill near the bottle bank. Initially it was thought that they could not be moved on during the Covid-19 outbreak, but the pressure of the situation intensified. The travellers vacated at the end of May, and with the assistance of our county/district councillor, a swift clear up programme was put in place by MSDC. There is still a little more to do as I write, with a few more skip loads, and then there will be a road-sweeper lorry engaged to clear the broken glass. I attended a meeting at the site with Suffolk Highways, and plans are being finalised to erect substantial barriers as soon as possible. These will be multiple deterrents in the hope that the land is not similarly occupied in the future.

We hope to resume our normal meetings as soon as we can, and the public are always welcome to attend. We will put a notice on the village notice boards and the website to advise you accordingly. Gradually the activities around the village will get going again when we are able, but of course so many of the things we look forward to have already gone for this year. But there has been a great opportunity to perhaps help out a neighbour by getting shopping, or assisting in some other way, and people have been finding new things to do in the lockdown, so there is light at the end of the tunnel!

So, keep safe everybody - we hope to see you soon.

Geoff Short
Chairman
Rickinghall Parish Council

Redgrave report

Another month has passed and still we are unable to hold meetings as we used to. Parish business is still being conducted on a reduced scale, by email and telephone calls. With the gradual easing of lockdown conditions, there is hope that within a while, we will be having socially distanced meetings again. Given the usual low attendance of Parish Council meetings, we can achieve this with little disruption. As soon as we can hold the usual meetings, this will be on the notice boards and word of mouth should get the job done. Everybody keep safe and remember the support teams are about if you still need them.

Mike Denmark
Chairman
Redgrave Parish Council

Botesdale Report

The March meeting of Botesdale Parish Council was held face to face as normal, but the Covid-19 restrictions have prevented meetings since then. April and May are particularly significant to Parish Councils with Annual Parish Meetings, elections and the annual Parish Council Meeting which elects the Chairman and allocates other representations and responsibilities. One of the early acts initiated by government suspended the need for elections this year and made provision for fewer or virtual meetings. Botesdale Parish Council has assessed the need for such virtual meetings but so far has been able to review and make the necessary decisions by e-mail and telephone discussions.

One effect of the pandemic appears to be a reduction in planning applications which would normally be assessed at Parish Council meetings. The next activity related to the newly approved Neighbourhood Plan is to set up the group to develop the Parish Infrastructure Investment Plan. This will prioritise the infrastructure projects that the Community Infrastructure Levy can finance, but we have had to put that on hold until we can actually get together with village groups.

It is clear from the messaging on the *Nextdoor* good neighbour app that community spirit is strong in our village, and people are supporting each other where the pandemic has disrupted normal activities. There is a potentially confusing volume of information on the restrictions and support associated with Covid-19, and our Parish Council Clerk has been ensuring that the key information is available through links on the Parish Council Facebook Page. There are also links to the national guidance and to the specific support within Suffolk on the Parish Council website botesdale.onesuffolk.net.

In an appeal to that community spirit, there are currently four vacancies for councillors for Botesdale, although I realise that this may not be the best time to canvas for new members. If you are interested, there is plenty of information about Parish Councils and Councillors on the National Association of Local Council website nalc.gov.uk or get in touch with our Clerk.

William Sargeant
Chairman
Botesdale Parish Council



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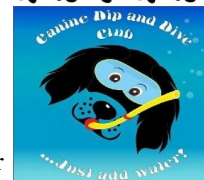
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Village News

RICKINGHALL VILLAGE HALL LOTTERY

The outstanding monthly Lottery draws for April, May & June will take place at the first Farmers' Market once this resumes, which may hopefully be as soon as Saturday July 11th.

When this does happen there will be eighteen prizes to be drawn, including three of £100.00 and three of £50.00, so look out for confirmation of the Farmers' Market re-opening date. £100.00 is good to win at any time!

As for the new Lottery year, your local collector will visit to renew your membership, and to welcome new members, as soon as it is safe for them and for you. We look forward to this time, when so many residents choose to support the Village Hall, while also having the chance to win a share of the £200.00 prize fund every month. A good deal all round!

Cooking for One project to champion local restaurants and food suppliers

The publishers of a new book aimed at helping those who are newly bereaved to learn the art of **Cooking for One** are looking for local restaurants and food suppliers to get involved.

The book, being published next year, will feature anecdotes, stories and recipes from people who have lost a loved one. We are now also reaching out to chefs, food suppliers and local restaurants to share with us some inspiring and simple recipes for one. In return, we want to champion those who create amazing ingredients and dishes for us by offering space to feature your products or restaurant in the **Cooking for One** book.

For example, we would be keen to hear how a versatile product could be used for several different types of recipe to help those looking for inspiration when cooking for themselves. Alternatively, restaurants may have experiences how they cater for those who may eat alone in their establishments and the support that it gives them.

Cooking for One aims to offer great recipes along with practical self-help and wellbeing tips. We are thrilled that the charity Cruse Bereavement Care has already backed the idea and we hope to be able to help them in return by donating all profits to them from book sales.

Anne Beckett-Allen, Director of Rosedale Funeral Home, who are behind the book, said: "COVID-19 has brought into sharp focus how important our local food businesses are. We miss local restaurants terribly when we can't visit or when we have problems getting hold of great local products. We want to play our part in raising the profile of food producers of all kinds and show that we care."

We have already had a great selection of recipes and inspiring stories from many who have backed our project. Submissions for inclusion are still open and anyone who has experience of losing a loved one is welcome to take part.

If you are a chef, local food producer or restaurant owner who would like to help the **Cooking for One** project, please visit our website for more information www.rosedalefuneralhome.co.uk/cookingforone or contact Community Ambassador Lucy Coote at Rosedale Funeral Home

Community Woodland Group

What an amazing May we had! The driest, hottest and sunniest ever. But that is not always good news, especially for young trees.

In Botesdale, Miller's Orchard provided a cool break for people walking along Mill Lane in full sun. The June issue had an inviting photograph of the footpath.

Unfortunately, some people are thoughtless enough to leave their rubbish behind for others to pick up. Dumped rubbish is not pleasant to look at and does nothing for wildlife.

In Low Meadow our neighbour kindly mowed the footpath and also two loops giving access to the benches. There is plenty of wildlife in the meadow. In the early days of lockdown there was hardly any traffic so it was an especially quiet, peaceful place to sit and enjoy the unusually hot weather.

The same goes for Northfield Wood, next to the allotments. The dry weather has been hard on some the small trees and this weekend's rain showers have been welcome. It is good to see birds making the wood their home. The wild roses have been glorious too.

Another piece of good news is that, to date, 7,500 people have signed up to Garden BirdWatch free, and will be recording the birds in their garden. The more figures the better for statistical reliability; and so much information can be gleaned from these stats concerning bird populations, movements, health, etc. We live in a world where numbers are more important than ever before. (See gbw@bto.org)

Rosemary Jones, 8th June 2020
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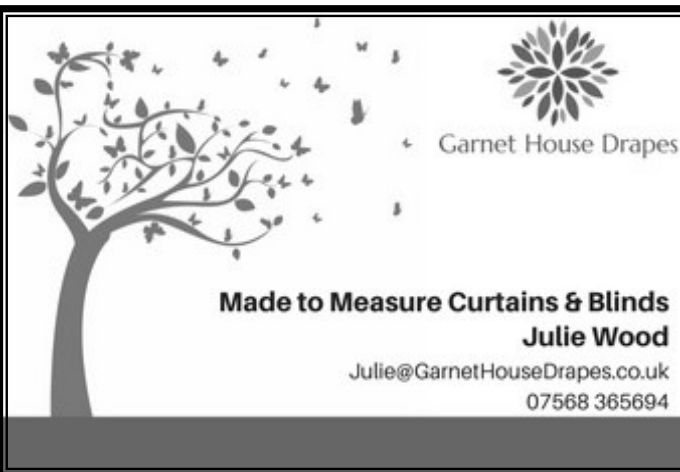
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Exploring the Past

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Redgrave Park and Gardens

During the past ten weeks of lock down due to the Covid 19 virus gardening and walking in the countryside have become very popular as it was the only place people could go. At the start of the pandemic people were finding it difficult to buy food and many of them decided to start growing their own vegetables. Fortunately, most of the people living in our villages have at least a small garden and most of the time we have had good weather to go with it. Towards the end of this period we had an extremely dry spell and rain was urgently needed by the farmers and gardeners but we have now had lots of rain to the relief of many people. The interest in gardening and walking made me think about the gardens and park of Redgrave Hall.



Early in the thirteenth century Abbot Samson of Bury Abbey built a hunting lodge on land which was part of the Manor of Redgrave as there was already a deer park here. By 1344, as well as the hall, there were many buildings used for keeping animals for food.(1) Probably vegetables and herbs were grown to provide food and medication for the monks and travellers. There was also a dove house which would have been used to provide pigeons for eating. The Abbott had fishponds in the park, but not the ornamental ones which we think of, they would have been for keeping fish for eating. The surrounding land would have been wood pasture.

After the reformation when the Abbey had to surrender its lands to the king in 1539, the manor of Redgrave was eventually bought by Nicholas Bacon who started to build a new house there between 1545 and 1554. There was a stream running through the park, which he straightened and the line of it is still the boundary between Redgrave and Botesdale. Nicholas, became Queen Elizabeth's Lord Keeper and was knighted. He built a larger house at Gorhambury, St. Albans, to be closer to London. His son, another Nicholas, was living in the house at Redgrave but Sir Nicholas was still the leading force behind the building work and land. He wrote to his son in 1568 about the bridge which he wanted to be built across the stream and in line with the front door of Redgrave Hall. He wanted his friend, Sir Edmund Withipoll, who owned Christchurch Mansion and Park to come and look at it as the design was very similar to Redgrave Hall. There was an avenue of trees planted along the drive. When the summers are very dry it is possible to see the position of this bridge and the driveway leading to and from it.

There was a good supply of water to a pond and water system for the house coming from the conduit house built over a spring higher up near to the border with Wortham. This also fed a pond to the rear of the house. (2)

Sir Nicholas built a viewing mount in the 1560s which may have been to view the deer hunting in the park. (3)

At a later date two wings were added to the house and an oil painting of the hall dated c. 1676 shows a small garden to the side of one of the wings.(4)

The estate was bought by Sir John Holt early in the 18th century and later great changes were made to the park and house by 'Capability' Brown between 1763 and 1773 for Rowland Holt. He dammed the stream to make a lake and the Tudor red brick house was partly demolished and the remainder encased in white brick with stone dressings to look like a more fashionable Palladian mansion. This work was directed by two of his associates John Hobcroft and Henry Holland. In with his plans was a design for an orangery although this was built later.(4) The little building referred to as 'The Temple' or the 'Round House' was built shortly afterwards, but it looks like a Brown design. The little house down by the lake was designed by Brown with the gable end facing Redgrave Hall designed to look like a classical building. This cottage was later extended. Many of the trees in the landscape were not added to the park but were part of the natural wood pasture of Suffolk.

Four hundred trees on the Redgrave Hall Estate were sold at an auction sale in 1924.

In the first half of the 1930s the hall and park were let as a country club. A large wooden board advertising it mentions bathing, boating, fishing, golf, tennis, bowls, putting, billiards and shooting. The lake was also used for skating in very cold winters.

Many photographs taken by the American staff at the 65th General Hospital, situated in the park during WW11, show really old gnarled trees and there are a few remaining trees now which look as if they may have been the avenue of trees planted by Nicholas Bacon leading down to New Waters. There was a gate house on the old A143 road to Bury St. Edmunds which was removed to make way for the road to be straightened in the 1970s.

A Redgrave estate book of 1803 shows a large walled garden to the west of the hall probably to supply food for the family. To the rear of the hall set in a wood was an ice-house and ice from the lake would have been used for this originally.

When a prisoner of war camp site was situated in The Warren during and just after the war there are photos of small neat gardens in front of the huts with prisoners tending them.

It is said that King William 1V stayed at Redgrave Hall in the 1830s and admired the Park and apparently called it the most beautiful combination of land and water in Eastern England.(5)

British Library ADD roll 63574.

Proceedings of SIAH 1961 page 19

Suffolk's Gardens and Parks – Tom Williamson

Letters from Redgrave Hall – Darnid MacCulloch -SRS

Tim Holt Wilson – Article written for The Annual – The Bulletin of the Norfolk Archaeological Historical Research Group 2018.

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Violet Hales' Memories — Part Three

'I married Jeff on July 14 1945 at the Registrar's Office in Eye. No bridal gown for this war time bride but a very smart suit. We did not have much money to spend on a reception and we still had rationing but Heather threw us a party in Hadleigh providing, by some miracle, a proper cake and a barrel of beer and our one and only wedding present – a wooden spoon.

We put our names down for one of the wonderful new Prefabricated Homes (prefabs) that were placed on the site where Farnish House is now in Chapel Lane, Botesdale. There weren't very many of these and they were in great demand having all mod cons most residents in these villages could only dream of such as fitted kitchens and indoor flush toilets in a proper bathroom. Imagine our joy when we were allocated one. We moved in when our first child Caroline, born June 20th 1946, was still a baby. One of the reasons we were given the prefab was concerns over my getting Caroline (always called Carol then) up to bed by a ladder that served in place of a staircase in our lodgings.

We were so happy in the prefabs. We had some wonderful parties in the ring of prefabs and I have often cooked our friends breakfast before they went off home or to work. Our neighbours were Gordon (Jock) and Florence MacDonald and on the other side Anne and Alec Sparkes.

Our second child Robert (Bobby) followed on in September 6th 1947. Both of these were homebirths and I was ably assisted by the district nurse Nurse Farnish who lived long and was later commemorated by the naming of Farnish House built where the prefabs had been. She never forgot any of the children that she had helped bring into the world and there were more than a few.

My father, whom we all now called grandad, carried on living in Rickingham and would come to visit us in the prefabs. I used to cook him meals and do his washing etc. He would always be included in our annual holiday, usually a week in Harry Proctors caravan in Gt. Yarmouth.

Grandad got a fixation about buying both Kathy and myself a house. This was in the days when property in these villages was affordable to men of modest means. Kathy and Eric eventually found a cottage they liked in Bentley near Capel St Mary.

When the house he had lived in as a child came up for auction at The Bell he only went and bought it for me for the sum of £500.00 in 1954. The house was originally 2 cottages but by then had been made into one and was known as Raleigh Cottage although at some point it got changed to Rayleigh Cottage and/or House. At some point it had also been called The Old Lodging House and I believe it started life as a flop house, there being rooms with beds on the second floor but a rope was suspended across the large attic room on which poor travellers could pay to sleep by flopping over it. The attic is still unchanged today.

There were stables attached to the house for horses and carts but these had already been sold off to the owners of Cloister Cottage next door. My dad's mother had run a wet fish shop from one of the front rooms at the house and his father had been responsible for the post and used the stable for the post horses.

When I heard what Grandad had done my heart sank. This house was old fashioned and until recently had been occupied by an old lady named Emma Ray who had died there. It did not have any of the comforts of my lovely prefab and I was in no hurry to move. Eventually, it became known that I had two houses, at a time when property was still in great demand and we were obliged to give up the prefab and move to Rickingham. I tried to console myself with the thought that the prefabs were only temporary, but they remained in use until well after Melanie was born in 1963.



*The Street, Rickingham
Early C20th showing Rayleigh Cottage*

Grandad did what he could to cheer the old place up. For example, he filled in the well in the middle of the kitchen with some old brass bedsteads and concrete and put plasterboard over the old beams that I could not stand, but we still had the outside privy at first. There was method in my father's madness in that we could see his house from our back windows and he did not have so far to come to us which he now did for his main meal every day. When he bought a television set long before they were commonplace he also found a way of luring Carol and Bobby to spend more time with him.

Rayleigh House used to have a little front garden with iron arches over the doors covered in flowers. I got fed up with the rubbish that collected in them and they had to go (no listed planning consent required). The roof had originally been thatched and was replaced by the asbestos sheeting that adorns it today. Someone will have the job of taking that lot off, but not in my time.

I must admit I have warmed to the house over the years. It has been something of a magnet to all those descendants of the 14 children who lived there, many of them Canadian who travel back to see the 'Old Homestead' as they refer to it. Shortly before she died, her daughter Beryl brought her mum my Auntie Nellie in for a visit and a last look round. She astounded me by saying that she and two siblings slept in the cupboard in one of the bedrooms that I use for a wardrobe; they had a mattress on the floor and it was their bedroom. Several others slept head to toe in a double bed in the main part of the room. Although the attic was huge it was never used by the family and she had never been up there.'

To be continued.

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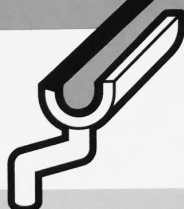
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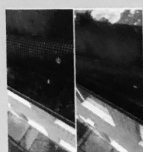
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Nyall's Notes

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

When a number of young men with more courage than sense badly injured themselves by jumping off 200 feet high cliffs at Durdle Door the police had to push back the crowds to land the rescue helicopter. We were shown pictures of crowds watching, crammed shoulder to shoulder on the beach. With such large crowds of people not knowing each other yet crammed so tightly, what hope is there of tracing anyone. The 25,000 track and tracers must have looked at the pictures in despair.

We are constantly being asked to behave so as to keep the covid 19 reproduction rate (R) down. In East Anglia the present R factor of 0.94 means that we have a very long tail before the infection rate is low. If, by tracking and tracing we can remove just 10% of those infected so that they don't infect others we can increase the rate the tail decays by a factor of 5. The R factor is very powerful.

Thus track and trace is a very effective way of reducing the spread of infection. Without track and trace more people will die.

However great the desire to get out onto the beach, or however good the cause, acting in such a way as to put many other people's lives at risk can't be right.

In telling the Christians at Philippi how they should behave Paul said, *"Do nothing from selfishness or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others."* He then goes on to give us the example of Jesus: *Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be hung on to, but made himself nothing And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross.*

Christians don't just look at Jesus as an example though. Human beings are built to survive and that often means putting ourselves first. That effect spills over beyond survival into desires for pleasure. The result is that all, at times, suffer from selfishness and fail to consider others. We aren't like Jesus who gave himself for others. However, when that happens, we can look to him for forgiveness.

I was once involved in a Christian event where cups of tea were given away free and people engaged in conversation about Christianity. I remember someone being asked the question, "What would you say if when you arrive at the gates of heaven you were asked, 'What reasons can you give that we should allow you in?'" His reply was amusing, he said, "Bloody hell, what a question at this time of the morning."

So the question could now be, "We don't have selfishness in heaven. Why should we let you in?"

The answer that gets you in is, "I'm forgiven. Jesus offered me forgiveness and I accepted so I'm forgiven."

Bill's Birds

Bill Cordeaux Tel: 898286

It is many years since I visited Knettishall Heath to see and hear a Nightjar, a brown coloured bird that visits us in the summer and only appears and sings (a 'churring' voice) at night, at which time it also satisfies its appetite for moths.



Nightjar - note the eye

Due to its colour it is difficult to see during the day as it merges with dark ground cover and then only its eye is noticeable. It is an inquisitive bird which may fly round you at night displaying its white wing feathers as you look for it.

I once had a memorable non-medical call to a stray 'churring' nightjar on Wortham Ling to which I naturally immediately responded! Nowadays I advise an evening visit to Minsmere and Dunwich Heath to see the Nightjar at which time you can look for glow worms which you may also find in the vicinity.

There have been several instances of the other 'churring' migrants, the Turtle Dove, in Redgrave and Botesdale (the Common); a day-time singer. The Turtle Dove does its round of previous breeding sites and if it meets its old partner all is well! Incidentally, if I am asked by the authorities about an outing to the Common in Botesdale could I say I was only testing my hearing aid batteries to see if they were working by listening to the Turtle Dove?

Next the Spotted Flycatcher, Sparrow-sized, it fly-catches from a perch to which it always returns. One of its usual habitats is a churchyard, locally Redgrave or Rickinghall Inferior, and it always returns to the same gravestone. Be patient, if it is there it may be a little while coming.

Our Hirondine visitors are not as frequent this year: the screaming Swift with its fascinating fast flight and wonderful performance, the Swallow and the House Martin. I fear the reason for the population fall is lack of flies, (query : due to pesticides?), and very poor nesting sites.

I have made several further visits to Redgrave Lake. There are fewer birds in the middle of the Lake, such birds usually breed on the periphery, but the Tufted Duck has returned to its summer breeding grounds. The noisy Oyster Catchers are still present. You may hear them over Rickinghall or Botesdale village as they take their evening exercise.

And now the Herons on the north end of Redgrave Lake. Of the Grey Herons, four adults and five juniors have been noted. Also a pair, possibly two pairs, of Little Egrets which have bred. I was thrilled to notice that a pair of Great Egrets were still present, no evidence of their breeding but if they did it would be a first for England.

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IN YOUR GARDEN

Lawrence Thompson 01379 890667

I have become obsessed with water. But I am writing this during the almost unbroken spell of sunshine we have enjoyed for the past few weeks. Or to put it another way, very little rain has hit my garden for over five weeks. Now I have said it, the heaven will open – if only!

We gardeners do fret about rain as it is the life blood of plant growing. Surprisingly the majority of established plants, shrubs etc. can endure a prolonged dry spell without suffering unduly. Soil acts like a wick drawing up moisture from deeper down, so you don't need to water mature trees or shrubs.

It is a different story for anything recently planted. Young shallow rooted plants are the top priorities along with plants in containers, annuals, young trees and the vegetable patch. These will need regular watering. But when you actually water surprisingly makes a great deal of difference. Its not an old wives tale that watering in the mid day is really a waste of water as the moisture just evaporate before it can do much good. Early morning or evening is preferable. But one thing is important. Give the planting a proper drink not just a quick splash indiscriminately and direct the water at the roots not the foliage.

There are a number of watering methods and I much prefer hand watering when going around with the hose or watering can enables me to check on everything and sort out any pests or diseases before they take a firm hold.

The time may come when you end up with more watering than you can do by hand and start looking at alternatives such as sprinklers, drip irrigation and perforated pipes. There are many options but if your water is metered, just remember you pay for every drop.

Of course, if we have regular and steady rainfall then we can be relieved of the tedium endlessly lugging the watering can round the garden or fighting kinking and recalcitrant hoses.!

If you are growing vegetables, then they will need a lot of watering to flourish and mature.

Vegetables can lose over 5 litres of water per square metre on a sunny day. Even when it is cool and overcast they will still lose over a litre per day. An amazing amount of water is absorbed through a plant, but only a tiny percentage remains in it – yet that tiny percentage makes up the vast majority of the mature vegetables. The important thing to remember is any lack of water when the plants are rapidly growing or in flower will irreversibly affect the resulting crop.

Leafy vegetables will flourish in response to a steady supply of the wet stuff. So for instance, spinach, cabbage, lettuce will produce larger plants. But this does not carry through to root crops. You can water to your hearts content parsnips and carrots and whilst the foliage may thank you, in my experience, it is not replicated in larger parsnips or carrots.

However, generous watering regimes are to be avoided in the early stages of growth with peas, beans and tomatoes because too much water when they are young will encourage the plants to produce masses of greenery and limit the production of pods, beans and fruit – but once the flowers appear, an increase in the frequency of watering will result in much better crops all round.

But do remember water is a precious commodity and we should act responsibly by not wasting it but use it wisely for the benefit of all the plants. Enjoy your garden.

IN THE KITCHEN

KEDGEREE

- Serves 2 greedy people
- 5-6 OZ LONG GRAIN RICE
- 2 SMOKED HADDOCK FILLETS
- 2 EGGS
- 1 ONION (chopped)
- 2 Tsp CURRY PASTE
- CHOPPED PARSLEY OR CORIANDER
- FROZEN PEAS (OPTIONAL)
- OIL OR BUTTER
- MILK
- Put a pan of water on to boil
- Put haddock in a frying pan with milk and poach until cooked
- Put eggs and rice in boiling water
- Flake the haddock and remove bones
- Remove eggs when hard boiled and cool them enough to be able to shell them
- When rice has been cooking for 12 mins, tip out into sieve
- Rinse and dry the pan and return to heat with oil or butter
- Fry onion until softening then add curry paste and continue to Fry for a few minutes
- Tip in milk from haddock, and the flaked haddock, stir
- Rinse rice with boiling water and then stir into the fish mixture
- Stir in chopped parsley or coriander and cooked peas if using
- Put into serving dishes and scatter chopped hard boiled eggs on top

Lockdown Walk

A flowery froth along the pathway,
Common cow parsley uncommonly beautiful,
Speedwell's bright blue showing through,
While underneath, the hard, dry ground
Magnifies the sound of my steps...
And the scent, the divine scent of my God's creation
Fills me with elation.
The joy of the word I have heard
In the thrushes song.
It tells me that we all belong
To God, whose loving plan
Takes every man into His warm embrace-
No matter what we face.

By Janie Whitehead



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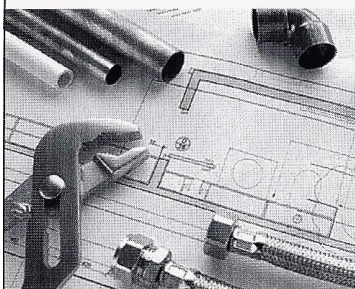


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	Neighbourhood Watch Coordinators			Police	Tel	Notes
	Contact ↓	Tel ↓	Email ↓	Non-emergency, queries	101	email : stowmarket.snt@suffolk.pnn.police.uk web : www.suffolk.police.uk/your-area/stowmarket
Botesdale & Rickinghall	Peter Beck	01379 890495	peter@pbeck.plus.com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

BE SCAM SMART

Coronavirus test and trace scam warning

Fraudsters have been using the new coronavirus test and trace system as a chance to obtain personal financial information or trick people into handing over money in this area according to Suffolk Trading Standards. They have urged people to remain vigilant of scam messages following the new system roll-out. Under the system, you will be alerted by the NHS test and trace service if you have been in close contact with someone who has tested positive. Contact tracers will only call from 0300 013 500 and send texts from 'NHS'. You will only be asked your name, date of birth, postcode and if you are experiencing any coronavirus symptoms. Contact tracers will never ask you to dial a premium rate telephone number, ask for a payment or request any personal financial information. Nor will they ask you to download any software or access your PC, smartphone, or tablet. You can report any suspicious contacts on 0808 223 1133 or find out more about the test and trace service at gov.uk/guidance/nhs-test-and-trace-how-it-works

Remember scammers cannot get any information from you unless you give it to them

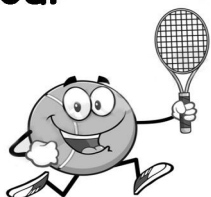
NEIGHBOURHOOD WATCH UPDATE

Peter Beck the Neighbourhood watch coordinator for Rickinghall and Botesdale has announced his intention to stand down from the position. As he has done that job for about 25 years I think he deserves a well earned rest and I would like to thank him on behalf of everyone for his years of service to the villages. This means that we now hope someone will step forward to continue Peter's good work. The job is mainly about liaising, collating and distributing information and would suit someone who is well up on IT and social media. Please think about whether you could do this job and if you are interested in volunteering contact Peter (details above) who will explain the role and give every assistance to the new coordinator.

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Rickinghall Village Hall

60mph speed limit on Mill Lane!

On Sunday the 31st May, my wife and I were walking along Mill Lane Rickinghall as part of the circular walk around the villages. We heard a vehicle coming up fast behind us and we tried to get to the farm flat area up the hill from the allotments. We didn't make it before the Range Rover (preferred vehicle of bullies) rushed past us and we had to jump onto the verge. I was annoyed at this ignorant behaviour and shouted "thanks for slowing down". The driver slammed on his brakes and got out of the grey Range Rover and started abusing me. I was evidently an "arrogant little prick" for daring to walk along the road. I again said he was driving too fast, but as he got closer and more abusive, advised me that the speed limit on the lane is 60mph!!! And did I know that? It was also my problem because I was not walking fast enough to get out of the way and onto the verge! I decided to just agree with him as he was not making sense and fearing that he would attack me stepped back. He got back in his vehicle and drove away, but as I turned to talk to my wife to see if she was ok, he stopped again, got out his RR and asked what I was saying. I told him I was talking to my wife! He left but stared at me in his wing mirror whilst doing so. My wife and I are both 65. We will not be going via Mill Lane again, as he probably lives along this road and we don't want to come across this thug again. So much for the community spirit being rekindled during the virus. This bloke was clearly wanting a fight!
(name withheld. Editor)

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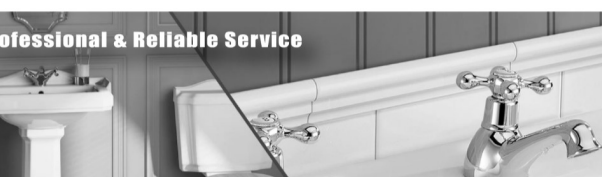
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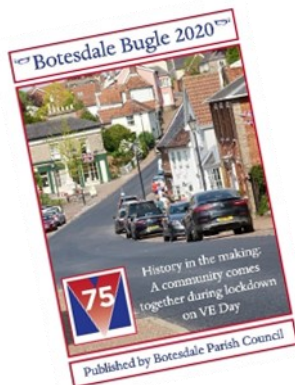
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Our 2020 annual newsletters are here! Unfortunately, we will not be able to deliver them door to door due to Covid-19 restrictions. However, we will have a small number of hard copies available to anyone who is unable to access them online so please just call us on 01379 890141. Otherwise, the newsletter will be available on the PC websites at botesdale.onesuffolk.net/ or rickinghall.onesuffolk.net/ and on our joint Facebook page which can be found at www.facebook.com/BotesdaleRickinghall



Len Nice

Rickinghall, 20.05.20

He lived up to his name, a nice man,
gentle and soft spoken.
After his young wife died
he had a long widowhood,
continuing with the rambles
and other interests in the village.

The last time I saw him
his arm was in a sling;
he'd fallen and broken it.
Then he fell again, became dependent,
went to hospital;
the will to live deserted him.

Today was his funeral.
Unable to attend, some of us
waited in the road to pay our respects
at the passing of the small cortege.

The hearse drove slowly by us
taking him home from the hospital.
There the family would join it
to return down The Street
on its way through Rickinghall
to the crematorium.

But they went another way,
not through the village
where he belonged.
We waited in vain.

© Rosemary Jones,

- It is a long time ago now when the conductor
- Thomas Beecham was attending a prestigious
- reception and got into a conversation with a lady
- whom he recognised but her name just wouldn't
- come to mind. Desperate to find a clue to who she
- was he started the conversation, "So are you well?"
- "Yes, thank you." "And your family?" "Yes, they are
- fine." "And your husband. Is he well?"
- "Yes he is very well thank you." "And is he still in the
- same business?"
- "Yes, he is still king."

Coffee on the corner update

Whilst writing this, I hope that all of our lovely readers/ Coffee on the Corner regulars are coping well with the current situation. I know that, during lockdown, I have spoken to some of you and, whilst the restrictions are frustrating, you seem to be keeping well, for which I thank God.

Obviously at the moment there is still no chance that Coffee on the Corner will be returning all that soon, as the whole point of the coffee shop is that we can sit together, chat, eat cake and drink tea and coffee - something that is difficult at 2 metre distances, and impossible wearing a mask!

An update from me ... I have been busy selling plants in front of my house in aid of St Nicholas Hospice, which is the charity we would have supported had our last event taken place, and making fabric masks, again in aid of the charity. If you do want to obtain a mask, please feel free to get in touch. The suggested donation is £5.00. If you'd like any plants for your garden - do ensure your daily walk takes you past Brookview in Cherry Tree Lane!

Another charity request ... I know that some of you will have been having a "good old sort out" during lockdown. If the sort out has included any tools - either workman's tools or sewing machines etc - that you are planning on ditching, then please consider the charity **"TOOLS WITH A MISSION"** - this charity refurbishes tools and sends them out to worthy recipients in Africa - something which can really change lives. If you think you might have something that they would be interested in, either take a look at their website, or get in contact with me - thanks in advance if you can help.

Coffee on the Corner will return as soon as we possibly can, bearing in mind the safety of our visitors and we look forward to welcoming you all back. In the meantime I wish you all well - stay safe and keep sane!

If you can offer help to the charity or would simply like a chat, don't hesitate to get in touch on 01379 890423.

Sue Allen

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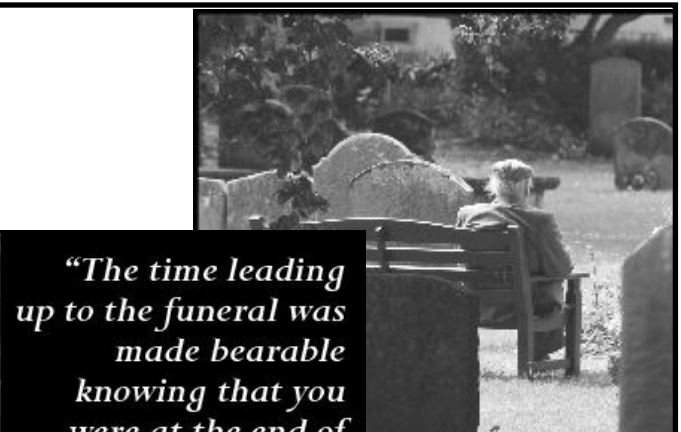
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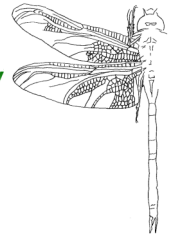
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To ALL Redgrave, Botesdale and Rickinghall Residents

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)
01379 898685	or revchris@rbrchurch.org.uk
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."

