

PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

May 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/>



Today we feel as if we have plunged into the depths of despair. We feel afflicted and may wonder what have we done to deserve this pandemic? The Bible is rich with texts about being plunged into the depths of despair. The Old Testament Book of Lamentations is one such example. This book portrays the broken heart of its author – believed to be the prophet Jeremiah – after the fall of his city – Jerusalem – by the Babylonians in 586 BC. This national tragedy was an unprecedented act of God’s judgement on His people’s unfaithfulness. It seemed inconceivable that God could allow His city to be destroyed by pagans, yet it happened.

So we read in this Book “*I remember my afflictions*” (3:19-20). But that is not all that the writer remembers. He also remembers the Lord – “*Yet this I call to mind and therefore I have hope: because of the Lord’s great love we are not consumed, for his compassions never fail.*” (3:21-22). The memories he expresses in the earlier verses trap him in distress and defeat; then the following set of memories have the power to change him. He suddenly realises that he must not give up the fight. He cannot. He refuses to believe that everything is lost.

Nothing is heavier than one's head when one is struggling; raising one's eyes requires great effort. Yet such effort is exactly what is called for at this time today. Like the author of Lamentations when he takes himself in hand we are to do the same. Like him we are to make a decision. For Christians our decision is to affirm our faith in God, and act with resolution and determination out of our faith. These verses in this Book encourage us all to lift up our eyes, and look beyond the current situation and focus our thoughts on God, whose goodness and compassion have not failed us (3:22). More than that, “*they are new every morning; great is your faithfulness*” (3:23). Yes, our circumstances have changed beyond recognition, but the good news is this, God has not! As you read on you discover that Jeremiah continues to think about this, and the more he does the more he recognises that the Lord is his real treasure, more precious than the riches of the temple and the city that he loves, the temple and the city that has been destroyed. He decides, “*I will wait for him*” (3:24), and reminds himself “*it is good to wait quietly for the salvation of the Lord*” (3:26).

Waiting quietly for the Lord gave Jeremiah confidence in the Lord, which in turn helps us to accept whatever comes. This attitude is not fatalism, but faith. We are not to keep silent because there is nothing to say, but because we know that God will deliver us in His own time and in His own way (3:26, 28). Because of this we can have a reason for hope! In fact, God takes no pleasure in suffering (3:33); and His judgments are carried out with compassion (3:31-32). He sees all the evil that is done under the sun (3:34-36). He will bring justice because He is the true ruler (3:37-38). As the author says it is time to stop complaining, because can it be right to complain when one's life has been spared despite one's many sins (3:39)?

When people see and discover the goodness of God many turn to Him and confess their sins. I include myself here; when I see God at work and experience His goodness for me He helps me to see my sin, my wrong doing, all the bad stuff I do that makes God sad and separates me from Him. This happens when I try and shape God into what I want, rather than allowing God to be who I need. When I am like this I need to do an about face and return to the Lord. When I do this I am not only to come before God with hands raised but also with a raised heart. This shows God that I come before Him with a willing, contrite and sincere heart as I recognise that my present situation is a result of my unfaithfulness and rebellion toward God.

Parents have to discipline children to produce right behaviour. Likewise, we must be prepared to allow God to discipline us when we turn our back on Him and choose to go our own way, especially when we don't include Him in what we are doing. It's a recipe for disaster. I believe that God wants us to learn from our present troubles, to learn as individuals, as a nation and as the world. Are we prepared to change for the better, to trust that God does have good plans for us?

Yet this I call to mind and therefore I have hope: because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, ‘The Lord is my portion; therefore I will wait for him.’

Trust in and wait for the Lord.

Chris Norburn.



Changes to the 2020 Local Services Directory this month

The latest version of the directory is available online at
www.stmarysrickinghallinferior.onesuffolk.net/local-information



Added Entry	Contact	Details
District Councillor - Rickinghall Ward	Jessica Fleming	07714 597980 jessica.fleming@midsuffolk.gov.uk

Message from the Team

Unfortunately due to the situation we find ourselves in we have had to take the decision to publish this shortened issue of the magazine as an online version. A few copies are being printed for those who need them but of course we can't do our normal delivery rounds.

Please continue to support our advertisers and local businesses in so far as it is possible.

We must give a mention to the wonderful people who, as soon as these restrictions were announced, stepped forward as volunteers to help those who are most in need. Thank you so much.

I have chosen a cover picture to remind us of happier times.

The adverts that enable publication of this Parish Magazine continue to be included to support our advertisers

Charles Murray

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

For all editorial content: editor@rbrparishmag.com

For all commercial adverts: adverts@rbrparishmag.com

To advertise events: events@rbrparishmag.com

Alternatively, please write to: *The Parish Magazine, The Rectory,*

Bury Road, 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

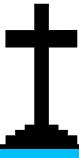
- **June issue 11 May (Mon).** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **22 May (Fri)**
- **July issue 8 June (Mon).** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **19 June (Fri)**
- **Aug/Sep issue 13 Jul (Mon).** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **24 July (Fri)**

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:

Gipping Press

- RICKINGHALL VILLAGE HALL LOTTERY INFORMATION
- Outstanding prize draws for April onwards will be made at the first Farmers' Market when this re-opens

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



Non-Events!



This month's Events pages must be unique in the history of the Parish Magazine!

There are only 2 events pages this month, and their main purpose is to confirm that what we thought would be happening *is not* - or, with a bit of luck, *will* go ahead later in the year.

It won't be a surprise to anyone that where unspecified, the assumption must be that any expected events are no longer going ahead. We have had a few explicit cancellations and notices from event organisers, which are summarised below. On page 5 you'll find reminders of events that are planned for later in the year - from July onwards, but of course there's no guarantee that they'll proceed - only time and the wicked virus will determine that...

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

Botesdale After School Club

- we will re-open for all our valued families as soon as we are able to, and hope that everyone is keeping safe and well

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

Heritage Circle

- we regret that because of the current situation that the meetings of the Heritage Circle in April, May and June have been cancelled. We will be monitoring the situation and hope that happier times return soon

Rickinghall Car Show & Craft Fair

- we have been forced to cancel the show this 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

- we are suspending our walk programme until the situation improves

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
- we will review the closure at the end of April
- 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 CV isolation

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



Events?!



This is where the green shoots of recovery may begin to take root - we can only hope so!

The following events are planned for July and beyond, so we've taken a chance to advertise them here, in the hope they will go ahead...

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

Motocross at		
Wednesday 1 st July	Evening MX Solos	5.45pm start
Sunday 20 th Sept.	Solos EC Champ	11.30am start

Wattisfield Hall
www.dissmcc.co.uk

RCHT (Redgrave Church Heritage Trust) presents ORLANDO JOPLING, Cellist, in concert Friday 28th August at St Mary's Church, Redgrave 7.30pm

This acclaimed musician has given 2 cello concerts in St Mary's Church, Redgrave. Since his last appearance here in 2012, his conducting career has flourished to include appointments as Conductor to the English National Ballet and at the Royal Opera House, Covent Garden. This leaves him time to give only a few cello recitals - one of which is this one at Redgrave. We are delighted to welcome him back.

For further information call 01379 898827

July 3rd - 25th September from 6.30pm

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10.15am-12 noon

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

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SUN	12-10PM	12-3PM ONLY

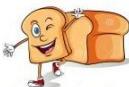
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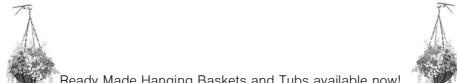
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Village News

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Our new Dispensary Manager arrived in March

The Dispensary has the information on the right for Patients

Please do not hesitate to contact us at BotesdalePPG@gmail.com or phone Janet Russell 07787 148947 if you need help with any clarifications related to the above or if you have any queries regarding Patient Participation Group matters.

Janet Russell PPG

FoBHC



the WI | Rickinghall INSPIRING WOMEN

On a windy cold March evening we were transported to beach life by Kate Osborne, who runs BeachBonkers.org.uk, an online site she founded after having a mid-life change of career, gaining a degree in environmental studies, and becoming very knowledgeable about the unique nature of our vegetative shingle beaches in Suffolk and Norfolk.

With heritage lottery support Kate has been able to encourage people to explore the coastline and to

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For further information: www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/

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WI continued:

discover hidden gems, some many hundreds of years old, on the beaches.

In small teams we examined some examples, including monkey bars (eggs of the common whelk), dog fish egg cases, shipworm, which can grow up to 3 metres long, and sea glass (man-made). Kate illustrated some of the plant life that grows in the shingle including the yellow horn poppy and the sea-pea, along with illustrations of the ground nesting birds, some of whom dump their eggs on the shingle. She runs conducted searches on the beaches, including for schools, stressing the fine line between conservation and recreation, and recognising treasures from trash.

Kate is passionate about reducing pollution in the sea, from plastic and other non or slow biodegradable products, including such products as Fairy Liquid bottles, tea bags and wet wipes, emphasising that what goes down drains ultimately ends up in the sea. She quoted that 1 million seabirds die every year from plastic.

We all left the meeting keen to treasure and look after our beaches more and to think about how many products we can buy that support conservation.

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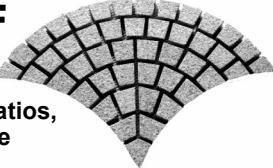
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DRAFT EDITION - SUBJECT TO REVIEW

Exploring the Past

Jean Sheehan, 01379 890237

Small Shops

Lockdown for Covid -19 has made many people realise how useful a small shop can be.

After we bought Waveney Stores, Redgrave in 1966, we never had anything quite as bad as Corona Virus but there were many times when people were grateful that there was a shop in the village. The problems were mainly weather related and lasted for days rather than weeks, but at the time it seemed like a huge problem, although sometimes had amusing outcomes.



Waveney House and Stores — Redgrave 1966

When we first moved to the shop my husband, Frank, went round canvassing a free delivery service. He delivered in Fen Street on Tuesday lunchtimes and Friday evenings, and Blo Norton and Hinderclay. He delivered to the north of our shop as Headley Goddard had the shop at the other end of the village. At first there was also Peter Jenkins the butcher, and Mr. Feetham who grew vegetables in his own garden and also had a delivery round selling fruit and vegetables.

Fen Street always had a problem with water draining away. One Friday evening Frank was delivering to Millie Flatman on a very wet evening. After delivering he could not start our Morris Traveller but Arthur and Chris managed to dry the engine out with an electric hair-drier and he continued his round. Another time he was delivering in Fen Street one Tuesday lunch time. The previous Saturday there had been a terrific thunder storm and all the electricity went off on Saturday in Redgrave and it was off until at least Sunday. He delivered to one lady and she mentioned that her electricity was still off, so he looked at her fuse box and turned the trip switch back on. She was very pleased to have electricity again.

My cousin visited us in 1968 but the floods came and the village was cut off. The river overflowed at Crackthorne Bridge and stretched right down to Buttons duck factory, now Gressingham Foods.(1) Water Lane, Rickinghall, was flooded and the south aisle of Rickinghall church was under water. In Wattisfield, the bungalows at Victoria Gardens were being built and the water was up to the windowsills and the crossroads flooded, even Simonds buses could not get through.

One winter the snow was so deep that the only way people could get to the shop was by tractor. One Tractor driver who worked

for Walls pig farm in Fen Street arrived on his tractor and told me he had driven over hedges completely covered in snow as you could not see where the hedges were.

I expect many people will remember the great storm of 1987. I went to a meeting in Diss that evening and left about 9 pm. I was surprised to see tiles coming off the roof of the old Dolphin Building in Diss and when I arrived home my children were very excited because the television aerial had been blown down and damaged the lattice window in the dining room where they had been watching television. This was nothing to the devastation discovered the next morning. Most of the tiles had blown off the Cross Keys roof, and trees blocked many of the roads. The shed in the garden of Pine Tree Cottage had been blown away but strangely all the contents of the shed stayed where they had been placed on the floor. We were lucky to have local builders and the ridge tile which had blown off our roof was repaired by Terry Hunt the next day, and Mark Kenyon replaced the tiles on the Cross Keys. Cyril Brown had just re-tiled his barn at Dunroamin where he lived, (now part of Fox Cottage) but he had to replace the tiles again.

One of the other things that reminded me about our shop was the request from a farmer asking for people to go and pick asparagus as the usual pickers could not come. In our first few years at the shop Mr Higham of Fir Tree Farm used to grow asparagus in the fields at the crossroads on the B113, the junction with Fen Street and Hinderclay road. When the asparagus was ready to be picked he would bring a poster to the shop advertising for pickers. Local housewives would look out for these posters, as most did not have telephones. They would cycle to the fields and spend the day picking asparagus. At the end of the day many of them would come to the shop with their bikes to buy food for their evening meal, before the time of having home freezers.

Another farmer who brought in a poster was Mr Rash of Dashes Farm, Low Road, Wortham. He grew peas for Birds Eye to be frozen and they had to be picked on a certain day after the peas had been inspected by Birds Eye to make sure that it was the right time for them to be frozen. At this time peas were only packed in small bags, not the large bags we buy now.

Redgrave is fortunate to have the community shop, although the hours have had to be cut due to many volunteers having to self-isolate. For the past three weeks it has been customary for people to stand on their doorsteps on Thursday evenings and clap for the NHS and care workers. I think the shop workers, as well as many other people, should also be applauded for putting themselves on the front line to keep us supplied with food. Please remember the shop after the restrictions are lifted.

We are very lucky in Rickinghall to have the local Co-op which I gather has been fairly well stocked after the initial panic buying. I am very lucky and had several offers of help from local people and the three denominations of churches in Redgrave, Botesdale and Rickinghall have organised volunteers to collect shopping and prescriptions for those people who have to self-isolate.

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The Black Death 1349

As we are going through difficult times at the moment, with the Corona virus pandemic, I thought I would write about another time in the history of our villages, when things were much worse.

Sometime in April 1349 the plague, later called the Black Death, reached Botesdale, Rickingham and Redgrave. It had arrived on the south coast of England the previous year and the villagers must have heard reports of it moving towards them from village to village, a terrifying prospect. No one knew what was causing it.

It was a highly infectious disease which, once caught, proved fatal to many within a few days, sometimes within hours. Because of the rapid spread, short incubation period and duration it is thought that it was a pneumonic disease; probably the pneumonic form of the bubonic plague. Throughout the country it appears to have killed between 40% and 60% of the population.

It swept through our villages lasting until late June or July. In Redgrave and Botesdale 70 deaths were recorded in the May court and about 150 in July. In Rickingham Inferior about 130 deaths were recorded by July. There are no records for Rickingham Superior.

In the medieval period Courts were held in each manor every month or so to deal with the general administration and business of the manor. In 1349 these continued throughout the summer almost as if nothing was happening.

They were held in early May, in July and October. Villein (peasant) deaths were recorded only because the court was anxious to reassign the land the dead had held to their heirs or, if there were no heirs, to any new tenants who wanted it. So the Abbot of Bury St Edmunds, who was lord of the manor, could receive the rents and labour services from these lands.

Only people who held land, both men and women, were recorded as dying but not their families or dependants so we do not have accurate numbers of deaths. It is notoriously difficult to determine the exact population of the villages at the time but using a ‘multiplier’ of four as a rough calculation we find that nearly 900 people died in Botesdale & Redgrave with 550 in Rickingham.

Some families were completely wiped out but in others several members of the family survived to claim their inheritance; of the 130 landholders who died in Rickingham Inferior only about 50 had no relations to take over their land. It is not known why some survived. Were they living in a different part of the manor where plague did not reach or were they immune for some reason?

The court roll entries do not show the full horror of the disease. They are dry matter-of-fact statements. For instance one entry merely says that Christiana Payn should pay for her licence to marry John Thurston but in the margin a later entry says that she had been pardoned from paying as she had died before the marriage took place. One can only imagine the horror and misery caused by this death and all the others.

A typical entry from the Redgrave and Botesdale May court reads '*Item that Juliana atte Chaumbre held from the lord on the day she died 2 acres and 1 rod of land with half of one cottage. And that Matilda her sister is her nearest heir who did not come.*' The following three entries note that her sister Isabella, her brother John, who was a chaplain, and William, Isabella's son, had also died. Presumably Matilda had died as she was not mentioned here or in any later manor court, however she may have taken the opportunity to go to live in another manor. She never claimed her inheritance.

In the same May court Roger Cuttyng was recorded as having died. His brothers Thomas, Walter, Bartholomew, Simon and Denis paid the fine to take over his land. But by the July court Thomas, Walter and their sisters Isabel, Matilda and Mariot had all died ‘since the last court’ in other words between May and July. However Simon, Denis and Bartholomew had survived. They paid to take over their siblings’ land. The work of the court was nearly back to normal by July as Simon was fined for not paying back a debt of 4s 6d. Simon and Bartholomew were fined for not carrying out some of their labour services to the lord. So despite the awful tragedy they had suffered, with three brothers and three sisters dying, they were still being fined for minor infringements. Walter’s wife Cristina had also died. She is recorded as she had her own land. The sisters were recorded as they had been left land by Roger.

A prominent villein family in the 14th century were the Reve family. In the 1330s and 1340s the head of the family Roger Reve held office as a Capital pledge in Botesdale. In the 1340s he was also head of the gild of Corpus Christi. As far as is known Roger lived in a house next to St Botolph’s Chapel on the site where The Priory stands today. His son and grandson certainly lived there later in the century.

Roger and his wife Matilda had four sons, John, Simon, William and Adam. Roger’s death was reported in May 1349. He left his land to all his sons. However by July Simon, William and Adam had died leaving their land to John. John suddenly found himself with 16 acres of land instead of four which he would have had if his brothers had survived. We don’t hear if Matilda died as she did not have land. From the 1360s until the 1380s John leased the market from the Abbot nearly every year which meant, although a villein and therefore ‘unfree’, he became very wealthy. In 1388 he bought his son Henry’s manumission, or freedom, from the Abbot. By the time he died in 1392 he had over 30 acres of land. So the plague benefited him in that he gained land he would not have had if it had not occurred, but at what a cost?

So although we are all pretty fed up with self isolating and social distancing and it is awful that some people are dying, at least we can follow the course of the disease through the media and we have emails, telephones and ‘Zoom’ to keep in contact with family and friends. It must have been far worse in 1349.

[This information is taken from the documents held in Chicago and at the British Library.]

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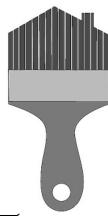
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Nyall's Notes

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

This is an interesting time to answer a question: will God protect me from corona virus? There are some sections of Christianity that will answer that question with a very positive, "Yes." They see God as being there to give them healthy, happy and prosperous lives. It reaches its heights in America with what is known as prosperity doctrine. Become a Christian and you will be rich.

It isn't the Christianity that is presented to us in the Bible. The apostle Paul experienced his Damascus road conversion with Jesus Christ telling him that he would suffer much for him. Those Christians who tell you that you only have to pray and Jesus will heal you don't appear to notice that they all die in the end. Persecution of Christianity is at an all-time high. All over the world Christians are dying for their faith.

I am convinced that if you could perform a statistical analysis you would find that the infection and death rate aren't any different in churches than the rest of the population.

Four friends brought a paralysed man to Jesus in order that he might heal him. They couldn't get to Jesus and rolled the roof back and let their friend down to come to rest at Jesus' feet. This man was paralysed. He'd been brought on a bed. He'd been let down through the roof with ropes attached to his bed. He clearly needed healing.

What did Jesus say to him? He said, "Take heart, my son; your sins are forgiven."

Despite this man being paralysed Jesus saw that his greatest need was forgiveness.

There was more than a bit of murmuring from those around as they knew that only God could forgive sins. Hearing this Jesus produced words to the effect of, "Look, I'm going to show you that I have authority on earth to forgive sins." At that he said, "Rise and walk," and the crowds were amazed.

To Jesus the miracle of healing was a demonstration that he could meet a much greater need. Forgiveness is needed before healing. That could be why the statistics don't demonstrate that Christians are immune to corona virus.

Now you could say to Jesus, "Please protect me from corona virus and I'll follow you; I'll become a Christian. I think Jesus would answer, "I'm not in the business of bargaining with you. Through my death on the cross I've already paid the price of forgiveness and your greatest need is forgiveness. Go for that first. It is what I have on offer."

If you do that whether it be life or death you can have peace and joy.

It's very easy. It simply involves saying and meaning something like the following: Jesus where I have done things wrong I am sorry and I ask you to forgive me. I don't fully understand it but I accept that you have paid the price. Thank you for that."

In Jesus Christ we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace.

Ephesians Ch 1 v 7

Bill's Birds

Bill Cordeaux Tel: 898286

What a day to start Bill's Birds. First Swallow reported on 5 April in Gislingham and two more today, 6 April, in Rickinghall. But here we are glued to our homes and our TV sets, papers, books, feeders and gardens, if we are fortunate to have a good view. Now we have to spend more time indoors it is a good time to observe our garden birds. If outside listen for them now as

there is less traffic. Watch for House Martins and Swifts and let me know the dates. Before the lock-down I had been to Redgrave Fen and noted that the Chiff Chaff had been heard on 10 March. Now it is in full voice from our terrace. Recently the son of a keen bird watcher in Frome, Somerset, phoned his father last Christmas Day to say he could hear the Chiff Chaff and recorded it to prove it! Was this an early arrival or a winter stayer?

At present I hear a Robin and Blackbird all the time. I once saw two Robins perching peacefully side by side beneath our feeders. Male Robins are usually very dominant, presumably like most males they will dominate over their wives? Here there was a picture of domestic bliss? Of other birds several 'wheezing' Greenfinches, but only an occasional musical note from the Goldfinch. Have you seen the Chaffinch this year, let alone heard this typically Spring bird? I phoned the BTO about this and immediately got an email from them (very impressive) to say that the Chaffinch population had decreased recently, the cause being trichomonosis. This disease has also caused a decrease in the Greenfinch population.

Of our other early Spring birds. There are reports of the Wheatear moving up the East Coast. A small multi-coloured finch-sized bird, with a crown and back of grey, a white rump and black wings and a white underside. A very conspicuous bird which keeps bobbing up and down. It is noticeable on small raised areas of land, for instance sand dunes, golf courses and rocky mounds. Flies quickly from one place to another. It is going all the way from the Mediterranean to the Arctic.

Although an uncommon migrant, you may be fortunate enough to see the Osprey on its way up the East Coast of England to nest in Scotland. A large bird of prey, usually seen over water. You may be lucky enough to see it diving and pick up a fish in its talons. This bird became extinct in the United Kingdom in 1916, due to persecution by gamekeepers who thought it slaughtered game for its food source. It famously returned to Loch Garten near Aviemore on the River Spey in 1959. I remember seeing it there and at the Loch of Lawes near Dunkeld in the late 1990s. There are now about 160 breeding pairs in Scotland and even one pair on Bassenthwaite Lake in the English Lake District.

I end this report in Easter Week in fine weather listening and awaiting the arrival of more birds. How lovely to have it coincide with the coming of Christ 2000 years ago. Happy Easter.

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IN YOUR GARDEN

Lawrence Thompson 01379 890667

Gardens look set to look their best as the Government 'stay at home' edict has seen intrepid new as well as seasoned gardeners, with unexpected time on their hands, springing into action and tackling all the numerous tasks that require attention at this time of the year.

With the garden centres closed, the mail order seed company organisations have been rushed off their feet busy supplying seeds and plug plants via the delivery companies who are playing such a vital role during this current crisis.

As a result, we have probably all ordered far too many seeds and plants, seduced by the almost irresistible pictures in the catalogues and brochures. Certainly, I have been guilty in the past and ended up with growing vast amounts of vegetables. You can enjoy them to excess, preserve quite a lot but there is a limit. Just how many pounds of runner beans can you give away to friends and neighbours? When people avoid you in the street, it is time to take the hint! Oh well, there is always the compost heap – so it is recycling in action and nothing is really wasted.

As this column is written some weeks ahead of publication to meet copy deadlines, I have to be conscious the weather may change dramatically and any comments I make could be way off beam when published. However, bearing this in mind, I think it is fairly safe to say we can expect all kinds of weather in May. On average, the second week of the month is one of the five driest weeks of the year and can be one of the sunniest.

However, late May frosts are the bane of all gardeners. They are especially likely when the night skies are clear which is usually the case for much of the month. So it is best to protect tender plants with fleece if there is any chance of frost.

I am keeping to last an interesting plea from a reader who says she just does not have the time to tend her garden but wants it to look attractive. What do I suggest?

If you want a no fuss, low maintenance and save the cost and time in replanting with annuals, I would choose shrubs. If you really want to cut down on the work, grow only those that are undemanding, with no need to prune regularly or to keep lifting, dividing or controlling by cutting back. Some even thrive on neglect and not get out of control!

Most shrubs, do however, require very occasional trimming to cut out dead or diseased shoots or gently reshape.

A visit to a good local garden centre when we are allowed out and they are open is where you are most likely to be able to get a good choice of suitable plants including the following which hopefully will fit the bill.

Some of my favourites include, *Berberis*, with many varieties including purple and gold leaved as well as variegated. *Choisya*, both green and golden varieties are trouble-free plants but protect them from cold winds in the winter. *Cotinus*. This deciduous shrub is round shaped with either pale green or purple leaves that turn yellow in the autumn and has feathery sprays of purple or pink flowers in the summer. *Fatsia japonica* is a lovely large plant with glossy green leaves and white ball shaped flowers in the autumn. For a stunning display *Kniphofia* (red hot poker) is a perennial with large upright blooms in either orange or yellow and the flowering season extends from early summer to mid autumn.

Enjoy your garden. Through engaging with nature, hopefully it will provide a therapeutic antidote to the stress of these very challenging times.

IN THE KITCHEN

Chicken, Bacon and Prune Rolls

(Prepare 3 or 4 for each person.)

Ingredients:

Approx. half a chicken fillet per person.

Thinly sliced streaky bacon.

Pitted prunes. (one for each roll)

Olive Oil

White wine or flat sparkling wine.

Salt and pepper.

Small wooden skewers eg. toothpicks.

Method

Remove any sinew or connective tissue from the fillet and cut vertically into slices about 5 to 10 mm thick.

Lay the fillet slice on a chopping board and tenderise both sides with a meat hammer.

Lay a rasher of the bacon on the board and then lay a slice of fillet on the bacon so that the top edges of bacon and chicken line up.

Place a prune on the top edge of the bacon & chicken slice.

Roll the prune in the bacon & chicken slice and secure with a toothpick.

Repeat as required.

Season the rolls with salt and pepper and lay in an oven proof dish.

Coat the rolls with olive oil.

Pour the wine into the dish to about half the height of a roll.

Place in an oven preheated to 200C and cook for 45 to 60 minutes. Turn the rolls over two or three times during cooking.

Serve as hors d'oeuvre or as a main course with roast potatoes and a mixed salad.

Thanks to John Langdon for another recipe

Three men arrived at the gates of heaven at the same time. Peter as always was on the gate and told them, "You can go where you like and do what you like but don't tread on a duck."

Off they went together and there were ducks everywhere. You couldn't move without encountering a duck. The ground was covered with them.

A week later one of them trod on a duck. Immediately he was handcuffed to the ugliest woman going.

The other two were very careful now but after a month the second one made a mistake and trod on a duck. Immediately he was handcuffed to the second ugliest woman going.

The third man was very very careful now, shuffling around and hardly raising his feet off the ground. He'd been there six months and hadn't trod on a duck when they brought along a gorgeous blonde. She had everything and was very beautiful.

He was so pleased. With a smile that spread from ear to ear he said, "I don't know what I've done to deserve you."

She replied, "I can't help you with that but I trod on a duck."



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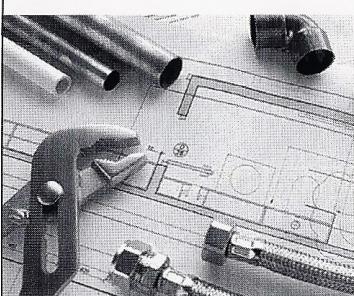


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Sadly, the current Covid 19 pandemic has resulted in the fraudsters stepping up their unacceptable activities aimed at the unwary.

FAKE RED CROSS DOORSTEP CALLERS

One of the most heartless scams reported involves people claiming to be from the British Red Cross and calling at properties of the elderly and the vulnerable offering to do their shopping. They then ask for the money to pay for the purchases but never return with the goods.

All British Red Cross staff and volunteers carry recognisable ID. Shut the door on anyone claiming to be from the British Red Cross and cannot produce an ID card.

Also fake postcards have been circulating branded with the British Red Cross name and logo offering help and assistance. The British Red Cross has stated they are **NOT** using a postcard system in connection with Covid 19 and any distribution of these cards locally are fake and should be reported to the Police or Citizens Advice.

We are warning all residents to be especially alert for fake text messages claiming to be from government agencies, authorities and organisations referencing the current Corona virus pandemic.

CASH PAYMENTS DUE TO YOU

Text messages claiming UKGOV has issued a payment of £485 to all residents as part of its promise to help them financially. The message contains a link 'to apply'. Anyone following the link will be taken to a very well presented fake version of the UKGOV website which then attempts to gather personal financial details. There are several variations of this message but all lead to embedded links which can then be used by scammers to commit fraud.

HMRC -TAX REBATES

Text messages claiming to be from HMRC offering tax rebates ' as a result of the coronavirus pandemic'

FREE SCHOOL MEALS

Emails are currently circulating claiming to be from the Department of Education with the message 'your child is entitled to free meals. Send us your bank details to receive the funding whilst the schools are closed.'

CORONAVIRUS TRUST FUND

Calls have been received from persons claiming to be from the 'Coronavirus Trust Fund' offering discounts on replacement windows and doors if the resident is currently self isolating. Personal bank account details are required to 'action the discount'

All these texts, calls and emails are not genuine.

Remember. You can report suspected scam emails and texts to Citizens Advice consumer helpline on free phone 0808223113

Always be very wary of claims made during these unsolicited approaches and **NEVER** give or confirm any personal details or agree to someone visiting your home as a result of these contacts.

Maundy Thursday

As you probably expected the talk by Roy Tricker BEM originally to be held in Rickinghall Church this May has been cancelled and postponed until May next year.

You may be interested to know that Roy had deservedly been chosen as one of the people from Suffolk to receive the Maundy money from Queen Elizabeth at Windsor Castle on Maundy Thursday for his services to Suffolk. Unfortunately the presentation had to be cancelled due to Covid-19 but he did receive the coins through the post. The other person from Suffolk who was due to receive the money was Canon Sally Fogden who many people will know as the agricultural Chaplin for Suffolk and helped to set up the Coffee Caravan which usually tours the villages.

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Coffee on the Corner, like all other local fundraising coffee mornings, has had to be postponed for the foreseeable future and we are, of course, very sad that we will not be able to host our monthly event and see our wonderful visitors. We trust that you will be able to keep safe and stay sane during these unusual times.

Having said that, the charity that we had planned to support in the month of April was RAHoF ... Rickinghall Area Hospice Fundraisers, who do a fantastic job in helping to raise the much needed funds for St Nicholas Hospice in Bury St Edmunds. Like the majority of charities at this time, they will almost certainly be facing a huge downturn in their funds, whilst the demand for their services will not abate.

In a recent article in The Guardian it stated:

"Voluntary-sector leaders are warning that a financial crisis caused by the likely cancellation of hundreds of fundraising events due to coronavirus fears could undermine charities' ability to support vulnerable beneficiaries."

"With expected losses for the sector likely to run into hundreds of millions of pounds, and many organisations already struggling financially, charities have called on ministers to provide "substantial, simple and swift" cash grants to support frontline charities "who help knit communities together".

"Charity leaders also warn that the cancellation of local fundraising events – such as fetes, coffee mornings, concerts, gala dinners and pub quizzes – because of fears around coronavirus infection – could have a devastating effect on smaller community groups, many of which have minimal financial reserves."

Whilst we cannot change anything as regards Coffee on the Corner at the present time, various members of Parkview Chapel, along with the other Churches in these villages, are doing what they can to help folks who are self isolating. Prescriptions have been collected and delivered to doorsteps, shopping has been done and there are some volunteers willing to dog walk as well - although, as a cat lover, that probably won't be me!

So what can I personally do? As those of you who come along to Coffee on the Corner regularly know, I normally have a stall selling lovely greetings cards and stationery and I am a firm believer in the power of sending cards. The company have suggested that you can "Send a Card and Deliver a Smile" - and I really believe that is true.

With that in mind, and the fact that I am still able to continue working as I have a website and a stock of cards here at home, I have decided that I will donate 10% of the value of all my greetings card orders to St Nicholas Hospice between now and the end of May. If you are interested, do please email me or call and I will either send you a link to my brochures so that you can view them online, or alternatively I can drop a brochure through your door and you can browse through, over a nice cuppa and then call me with your order. It will be delivered to your doorstep so that you can get writing and send your love to those struggling with this isolation situation.

I do hope that it won't be too long before we can offer our hospitality once again at Parkview Chapel, so do look out for the advertising once the situation eases.

If you would like to take advantage of my fundraising initiative and purchase some greetings cards (all lovely quality and printed here in the UK), then do get in touch.

In the meantime, I wish you all the best,
Sue Allen

Contact details: telephone: 01379 890423.
email: sue@brookview.clara.co.uk

Community Woodland Group

Since my last report we have had national lock down imposed - and for a very good reason. It occurs to me that our small woodland and meadow patches are ideal places for residents of Botesdale and Rickinghall to visit for their daily walk.

Miller's Orchard has a footpath running through it. We have had to do some work to remove dead and dying wood from near the path and we are clearing some of the ivy; it remains a pleasant, shady break in the short walk we are allowed.

Low Meadow, too, has a path, a listed footpath, running through it that leads to the bypass and a choice of circular walks. In the meadow there are benches to sit and enjoy the sun or observe the birds and butterflies that are now out and about. In Northfield Wood the paths do not lead to a longer walk but you can do a figure of eight to see the range of trees that are growing; and a couple of benches there also provide a resting place for watching and listening to the birds.

And if any of you are enjoying the bird life in your gardens and would like to record it on a regular basis, why not join Garden BirdWatch, the ongoing survey that is run by the British Trust for Ornithology. This is the 25th year that the survey has been running and it has amassed a huge amount of information that is helping scientists to understand which birds are doing well and which are not, and why. Data are compared with climate patterns and agricultural practices; bird diseases are studied and possible causes examined. New birds are visiting and settling here - why?

If you would like to try your observation and recording skills you can take up this special offer of free membership for a year: you will have access to their website where you can submit data and also use online resources and you will receive their eNews weekly. Go to gbw@bto.org and enjoy the enhanced appreciation of your garden birds just by observing them with a purpose.

Rosemary Jones
01379 890238



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 either the 18th or the 25th of July. Watch this space for details.

David Sloan.

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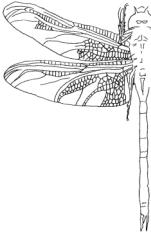
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To ALL Redgrave, Botesdale and Rickinghall Residents

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:

- | | |
|---------------------|-------------------------------|
| Revd. 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."

