

PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

March 2022



The Parish Magazine email addresses have changed!

By the time you receive this Parish Magazine our new email addresses will have replaced our old ones as follows :

Old Parish Magazine Address	New Parish Magazine Address
articles@rbrparishmag.com	articlesatrbrparishmag@gmail.com
adverts@rbrparishmag.com	advertsatrbrparishmag@gmail.com
editor@rbrparishmag.com	editoratrbrparishmag@gmail.com
events@rbrparishmag.com	eventsatrbrparishmag@gmail.com

Please use these new addresses when you email us.



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

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

Parish Website:
rbrchurch.org.uk
St Mary's Rickinghall Inferior
www.stmarysrickinghallinferior.onesuffolk.net
Instagram:
[@rbrchurch](https://www.instagram.com/rbrchurch)
Email: revchris@rbrchurch.org.uk

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



Down through the ages people have always been puzzled by the continued existence and vitality of religion. Some say that religion and faith are a form of irrationality, that it is like having a virus of the mind! Some say that believing in God is just the same as believing in the Easter Bunny; they can't understand why people believe when there is no rational evidence for any of those beliefs.

I read this quote the other day, it's by The Rev. Ron Carlson, (deceased) an American author and lecturer. He asks us to consider two stories...

Story one: *"You are the descendant of a tiny cell of primordial protoplasm washed up on an empty beach 3 1/2 billion years ago. You are a mere grab bag of atomic particles, a conglomeration of genetic substance. You exist on a tiny planet in a minute solar system in an empty corner of a meaningless universe. You came from nothing and are going nowhere."*

Story two: *"You are the special creation of a good and all-powerful God. You are the climax of His creation. Not only is your kind unique, but you are unique among your kind. Your Creator loves you so much and so intensely desires your companionship and affection that He gave the life of His only son that you might spend eternity with him."*

The first story is a secular account of creation whilst the second is a Christian view of creation and today, as always, we can loosely group humanity into two tribes - the Secular Tribe and the Religious Tribe and ask ourselves "Which of the two is more likely to survive, prosper and multiply?" Research shows that the Religious Tribe is made up of people who have an animated sense of purpose, who view their every thought and action as consequential. The Secular Tribe is made up of people who are not sure why they exist at all because they are made up of matter that cannot explain why it is able to think at all.

If what I have just written is true, then we shouldn't be surprised to see that Religious Tribes are flourishing around the world. It can be proved that across the globe religious faith is thriving whereas an atheist lifestyle seems to produce listless tribes. The purposes of the religious are to achieve the goals of salvation for oneself and others. This is achieved by working at getting themselves right with their god. This can be done through worship and obedience to their god, and different religions have different understandings of salvation and god.

From a Christian perspective Jesus Christ offers real hope. He gives humanity the opportunity to become right with God and his fellowman. Thus Christianity offers a full life to those who will accept Jesus. His own testimony is "I have come that they may have life, and have it to the full." (John 10:10, NIV).

The good news is that this abundant life never ends. Through Jesus there is a hope of life everlasting based upon the promises of God in Jesus Christ. Jesus said, "I am the resurrection and the life. The one who believes in me will live, even though they die; ²⁶ and whoever lives by believing in me will never die. Do you believe this?" (John 11:25, 26, NIV). Such words are encouraging for despite living in a changing world under the pall of Covid-19, terrorism and talk of biological, chemical, and nuclear warfare, and global warming, there exists an unchanging God whose world lasts forever. "The grass withers and the flowers fall, but the word of our God endures for ever." (Isaiah 40:8, NIV), and Jesus Himself never changes, "Jesus Christ is the same yesterday and today and for ever." (Hebrews 13:8, NIV).

Many people go along with Story One above, and maybe the quote from Shakespeare's Macbeth "It is a tale told by an idiot, full of sound and fury, signifying nothing" sums up where they are at.

But the Bible verses above are in stark contrast to the Macbeth quote. Digging deeper into the Bible we find these words written by the Apostle Paul shortly before his death, "For I am already being poured out like a drink offering, and the time for my departure is near. ⁷ I have fought the good fight, I have finished the race, I have kept the faith. ⁸ Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day – and not only to me, but also to all who have longed for his appearing." (2 Timothy 4: 6–8, NIV). It is Christianity alone that offers the world a genuine hope for God's greatest desire is for you to truly know how special a creation you are, created by the One True good and all-powerful God, who wants you to know that You are the climax of His creation, and that you are unique among your kind. The Creator God loves you so much and so intensely desires your companionship and affection that He gave the life of His only son that you might spend eternity with him.

If, having read this, you would like to explore Christianity further then please do get in touch with me using the contact details above.

With every blessing.



The latest *Local Services Directory* is printed in the middle pages of this magazine. For any changes, please contact eventsatrbparishmag@gmail.com
Changes since the last update (in October 2021) are shown below.



Bacon Exhibition Charity : Contact details changed
Botesdale Methodist Church : <i>Christian Forum/Assistant Senior Steward</i> details removed; <i>Coffee down the Lane</i> contact updated
Dance Fitsteps : new entry added
Parkview Chapel : "Praise Hour" removed
Redgrave Parish Council : details of new Parish Clerk added
Rickingham Further Education Group : Contact details changed
Rickingham Village Hall : updated Chair and Farmers' Market contacts
<i>Village History</i> entry renamed <i>Local History Recorders</i>
Botesdale Parish Council : New councillor added
Redgrave Community Society Ltd (including The Cross Keys) and Redgrave Community Shop entries updated
Patient Participation Group added to Botesdale Health Centre entry
St Botolph's & District Bowls Club entry updated (website added)
WI President's email address added
Reviewed and updated <i>Community Services (regional)</i>

Contacts

For all editorial content: editoratrbparishmag@gmail.com
For all commercial adverts: advertsatrbparishmag@gmail.com
To advertise events: eventsatrbparishmag@gmail.com

Alternatively, please **write** to: *The Parish Magazine, The Rectory, Bury Road, Rickingham, Diss, Suffolk, IP22 1HA* or call **The Editor** 01379 890382

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

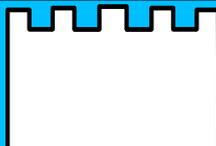
STUFFING MEETINGS

- **Apr issue 14 Mar (Mon)** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **25 Mar (Fri)**
- **May issue 11 Apr (Mon)** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **22 Apr (Fri)**

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

The views and opinions expressed in this magazine are those of the authors and do not necessarily reflect those of the editorial team.



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:



Life is like a coin—you can spend it any way you wish but you can only spend it once
Lillian Dickson

Redgrave Community Shop

We are still open every day, however please note the temporary timings, until further notice.

CURRENT OPENING HOURS

Mon – Sat 8:30 - 1:00pm
Sun 9:00 - 11:00am

Telephone: 01379 898848

Email: www.redgravecommunityshop@gmail.com

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07825 709155



Mick

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Fri, Sat, Sun 9am - late

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Facebook @StarWingBreweryRedgrave

The Old Saw Mill, Hall Farm,
Church Road, Redgrave IP22 1RJ
01379 890586



THE CROSS KEYS

A Community Owned Free House

	Opening	Food Served
MONDAY	2 - 10	
TUESDAY	2 - 10	
WEDNESDAY	2 - 10	
THURSDAY	12 - 10	12 - 2.30 & 5 - 8.30
FRIDAY	12 - 10	12 - 2.30 & 5 - 8.30
SATURDAY	12 - 10	12 - 2.30 & 5 - 8.30
SUNDAY	12 - 6	12 - 3

Future Events:

Thur 17th Mar: ST PATRICK'S DAY - *live Irish music*
from 8pm

Sat 19th Mar : *BACKSTREET* - *live music*
from 8.30pm

Sun 27th Mar : *MOTHER'S DAY LUNCHES*
Booking essential

PLEASE BOOK IN ADVANCE TO AVOID DISAPPOINTMENT

Takeaways available Fridays and Sundays

Contact us:

Cross Keys, The Street, Redgrave, Diss IP22 1RW
gm@redgravecommunitysociety.com

01379 779822

Please check the website and social media for all the latest updates
www.crosskeysredgrave.co.uk / Facebook @crosskeyspubredgrave
Twitter @KeysRedgrave



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across the country via our website.

Email info@brownieandthebean.com
or call 01379 452195 to place an order

www.brownieandthebean.com

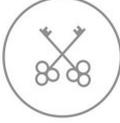
@brownieandthebean



March What's On



**THE CROSS KEYS
REDGRAVE**
a Community Owned Free House



March 19th : BACKSTREET - live music from 8.30pm

www.crosskeysredgrave.co.uk
gm@redgravecommunitysociety.com / Tel : 01379 779822



"Coffee On the Corner"
Parkview Chapel Botesdale
9:00am Tuesday March 8th

Contact Sue Allen at brookview@clara.co.uk / 01379 890423





On 23rd March 7:30pm
at Rickinghall Village Hall,
the Heritage Circle presents
a talk by Chris Johnson
**Bound for Van Diemen's Land – The tragic story
of Alfred Talent of Hoxne**
New members & guests welcome
Visit onesuffolk.co.uk/HeritageCircle

**Fridays 7.30 pm at
St Botolph's & District Bowls Club
Fen Lane, Rickinghall,
Diss IP22 1DP
2022 : 4th Mar, 1st Apr**





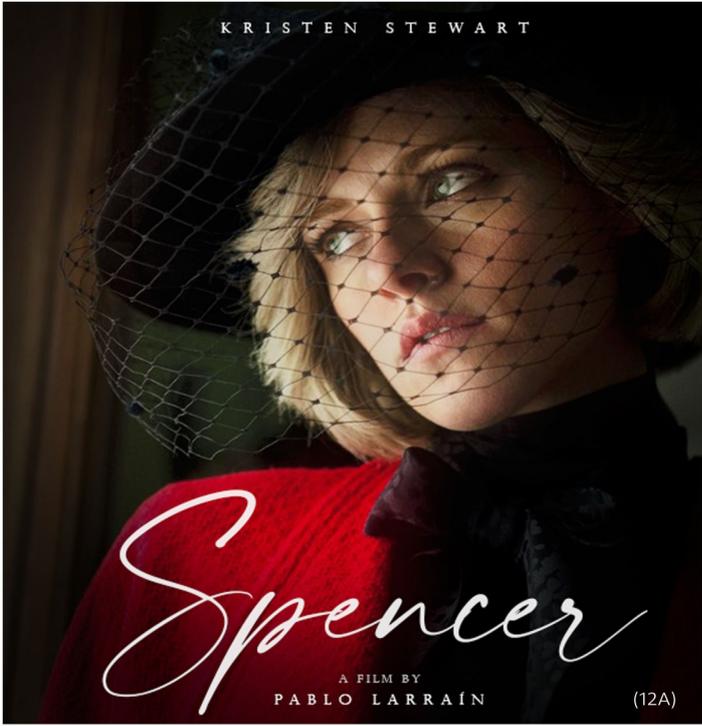
W.A.P.T.S
Presents

When We Are Married

J. B. Priestley's candid comedy about
matrimonial relations and social standing in
Edwardian Yorkshire

Performances: 10th, 11th and 12th March
at Botesdale Village Hall

Doors open 7pm, curtain up 7.30pm
Adults £9 and under 16's £5
Box office 01379 831153
Tickets also available from Wortham Post Office and
Redgrave Community Shop





Friday 25th March 7.30pm
Eye Community Centre
Tickets £5 from The Handyman,
Eye Pharmacy or pay on the door.
More information at cinema-at-eye.org.uk

Botesdale Methodist Church
"Coffee down the Lane"
Tuesday 22nd March 10.00am - 12.00pm



Angles Way Filling Station



Friday 11 March 2022
7.30pm
with Kevin Moore
'The Fire of God'

Garboldisham Village Hall IP22 2SE

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Facebook: www.facebook.com/fairygodmothervegan



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- Anniversary cakes

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 Or info@thehazleburykitchen.com
 @thehazleburykitchen

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 SATURDAY 10AM-4.30PM**

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 Megan: 07771 752228 Philip: 07887 668445
www.highwaysgos.wixsite.com/theultimatejointltd

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QUATREFOIL

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 Rickinghall**

books are available from:

Redgrave Shop
 (only books about Redgrave)
Jean Sheehan (01379 890237)
Di Maywhort (01379 898785)

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

www.quatrefoil.org.uk

March What's On



Rickingham

At Rickingham Village Hall

March 10th 7:30 pm

Geoffrey Kay asking us

**"Do you know your Monet from your Manet"
- Competition : A Fridge Magnet**

March 18th 12:30

Soup and Natter - Social Meeting

An opportunity for members and friends to meet socially whilst enjoying a warming bowl of home-made soup.

New members always welcome - just come along and meet us, a friendly welcome will await you.

CHEESE & WINE EVENING and Annual Review

Thursday, 17th March, Redgrave Amenities Centre
7.00pm for 7.30pm start

Tickets £6 (including free glass of wine)
from Paddy Richards (01379 788010)
or committee members

Draw, Speaker, Wine, Nibbles, News

Do come along to this friendly evening of fun & chat, to learn about RAHOF plans for 2020

Ash Wednesday, in the Christian church, is the first day of Lent, occurring six and a half weeks before Easter. This year it falls on 2nd March. This day is a solemn reminder of human mortality and the need for reconciliation with God and neighbour, and marks the beginning of the penitential season of Lent, a season when we show that we are sorry for all the wrong things that we have done. It is commonly observed with ashes and fasting, with the ashes being obtained by burning the palm crosses used on the previous year's Palm Sunday and applying them in the shape of a cross on the forehead of each worshipper.

Lent is 40 days long, imitating Jesus Christ's fast in the desert after His baptism. This means that Sundays are not included in Lent because in the Christian Church Sundays are always considered feast days; they are a joyous celebration reminding all of the death and resurrection of Jesus Christ. Coming back to life three days after His death Jesus shows us what He achieved over sin and death; that sin has been forgiven and death has been defeated. Therefore, all who turn to Jesus receive the free gift of eternal life because heavens doors have now been flung wide open.

All are welcome to join us on Wednesday 2nd March, for a service of Holy Communion, with imposition of ashes, 7.30pm, Methodist Church, Botesdale.

During Lent the local churches will be studying Biblical and local revivals, where revival is seen as an invasion from heaven that brings a conscious awareness of God, at work when God visits people, convicting them of their sin and thus restoring and releasing them into the fullness of His Heavenly supernatural and transforming blessing. **These meetings will be held on Wednesday evenings during Lent, starting Wednesday 9th March through to Wednesday 6th April, at All Saints, Redgrave from 7.30pm to 9.00pm** All are welcome to join us. For further information, please contact Rev Chris Norburn (contact details on page 2 of this magazine). Many thanks.

Rickingham Farmers' Market



IP22 1HD

Looking forward
to seeing you
again :-)

09.00 am to 12.30 pm

Saturday 12 March

BOTESDALE VILLAGE HALL

ALL RESIDENTS OVER THE AGE OF 18 ARE INVITED TO ATTEND, SPEAK AND VOTE AT THE ANNUAL GENERAL MEETING of BOTESDALE VILLAGE HALL MANAGEMENT

To be held at the Village Hall
On Monday, 14th March at 7.00pm

At this meeting the Annual Reports and Financial Statement are given and members of the Botesdale Village Hall Management Committee are agreed.

In addition to confirmation of the nominated representatives of the 5 village organisations, 7 members can be elected who are not representatives of these organisations.

Nominations for elected members willing to stand can be made by Monday 12th April to the Secretary, Mrs Rosemary Shurmer, 01379 890898, who can also provide link details for the meeting

ALL BOTESDALE RESIDENTS ARE WELCOME TO JOIN THE MEETING TO FIND OUT WHAT THE COMMITTEE IS DOING ON YOUR BEHALF



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OFSTED Registration
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Children are collected daily from St Botolph's Primary School. We also provide a drop off & collection service

for the following schools:
Worham Primary School, Gislingham Primary School and Palgrave Primary School. Transport costs apply for this service.

Our fees are as follows;

Breakfast Club Mon-Fri
From 7.45am £5.50

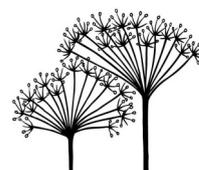
After School Club Mon-Fri
3.25pm – 6pm £7.50 for the hour (£6.50 for siblings)
3.30pm – 5.30pm £12.50 for 2 hours (£11.50 for siblings)
3.30pm – 6.00pm £15.00 per session (£14.00 for siblings)

Subscription 2021/2022 £20.00

Please contact Paula 07952 961285
botesdaleoutofhours@gmail.com

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www.moscompanionservices.co.uk

R a b b i e s

**Rickinghall & Botesdale
Babies & Toddlers Group**

Thursdays 9.30am - 11.30am
(Term Time Only)
Rickinghall Village Hall

We welcome anyone with babies or toddlers to
come along and make some friends.

Play, Art, Song/Story time,
Fruit Snack, Cake, Hot/Cold Drink

First time is free
Child £3
Siblings £2
Under 6 months £1

Yoga

at
Botesdale Village Hall, IP22 1BZ

Tuesdays 6.45-7.45pm & 8-9pm
Term time only

Join anytime! Risk assessed &
Covid precautions taken

All abilities welcome

£42 for each block of 6 weeks

For more information please ring
Julie on 01359 221655 or e-mail
juliedvoga@msn.com

March/April What's On



**ANNUAL
FISH 'N' CHIP QUIZ NIGHT
AT
PARKVIEW CHAPEL,
BOTESDALE
SATURDAY 2ND APRIL**

QUIZ STARTS AT 7.00PM
TEAMS OF NO MORE THAN 6
£8.00 PER PERSON
(SAUSAGES/VEGGIE AVAILABLE IF PREFERRED)

BOOKING ESSENTIAL

For further information and to book please call
Kev Gladwell on 01379 898924

Play Bowls

'The Sport for All'

Make new friends, learn new skills from 9th

April 2022 at:

St Botolph's Bowls Club, Fen Lane,
Rickinghall IP22 1DP

Contact: 01379 897251

Equipment and Coaching provided

Redgrave Park Walk

In aid of the Rickinghall Luncheon Club

Saturday 2nd April from 2pm
Finish at the Folly for coffee and cake
Entrance £5 – pay at the gate
Sorry no dogs.

bury bach choir

at St Edmundsbury Cathedral

Our 90th Anniversary concert

Bach St John Passion



Robert Murray Evangelist
Graeme Danby Jesus
Camilla Jeppeson soprano
Valerie Reid mezzo-soprano
Ben Noble Pilate / bass

Suffolk Baroque Players
Bury Bach Choir
Philip Reed conductor

Saturday 19 March 2022, 7.30pm
St Edmundsbury Cathedral, Bury St Edmunds

Tickets from £17 (under-21s half price)
from the Apex 01284 758000
or from our website



www.burybachchoir.co.uk

Bury St Edmunds Bach Society, registered Charitable Incorporated Organisation in England & Wales, no. 1181842

Thelnetham windmill stands in the tranquil Suffolk countryside between Ixworth and Diss and was built in 1819 and lovingly restored to working order in the 1980s.

The mill will be open between 11am and 4pm on

Easter Monday 18th April
Early May Bank Holiday - Monday 2nd May
Sunday 8th May (National Mills Weekend)
Sunday 19th June (Father's Day)
Sunday 3rd July (Festival on the Fens - 20 years of LOHP)
Late August Bank Holiday - Monday 29th August
Sunday 11th September (The Heritage Open Days)
Sunday 9th October



Entrance fee:
£5 adults, under 18-year-olds free

Children need to be accompanied by
at least one responsible adult.

There will be guided tours
throughout the day.

The last admission for a tour is
3pm.

Please note access to the mill above ground floor is impossible for wheelchair users. For those unable to visit the mill, there is a wonderful video of the mill at work recorded by Broadland Memories with a very atmospheric and appropriate music soundtrack by composer Jason Farnham - see <http://www.youtube.com/watch?v=ePsbck1kyC9g>.

For more details, see <http://thelnethamwindmill.org.uk/>.

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Wortham

FHT IHBC IHHT

For more information or to book
your treatment please contact
Louise

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loualexanderbeauty@gmail.com

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Unisex hair salon

Open - Monday to Saturday
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March/April What's On





FAMILY BREAKFAST CHURCH

Botesdale Village Hall
9:30-10:30

FOURTH SUNDAY OF EVERY MONTH
(EXCLUDING HOLIDAYS)

  Redgrave & Lopham Fen	
Regular Events	Wild Tots/Wild Babies See website for details
	Weekend Wildlife Club 6-11 year olds, second Saturday of the month, 10.30am-12.30pm
	Young Naturalists For 11-16 year olds Second Saturday of the month, 1.30pm-3.30pm
	Guided walk 4 th Monday of the month, 10am-12noon. A sociable stroll for adults looking at seasonal wildlife
	Time to paint Creative & social session for adults. Last Friday of the month, 10am-2pm £5 donation. No need to book
March	Talk: Hobbies & house martins Tues 29 March, 7.30pm £3 (under 25s free), including Refreshments. No need to book
April	Easter fun at the Fen Wednesday 13 April, 10am-2pm Activity day for unaccompanied 6-11 year olds £10 per child
	Talk: Suffolk landscapes Tues 26 April, 7.30pm £3 (under 25s free), including refreshments No need to book Wednesday 20 April, 10am-12noon £5 child, £3 adult
	Talk: Suffolk landscapes Tues 26 April, 7.30pm £3 (under 25s free), including refreshments No need to book
Booking essential for all activities unless otherwise stated. For further details and to book, visit www.suffolkwildlifetrust.org or call 01473 890089	

A reminder that the Parish Magazine email addresses have changed...

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Adverts	advertsatrbparishmag@gmail.com
Editor	editoratrbparishmag@gmail.com
Events	eventsatrbparishmag@gmail.com

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WHAT'S ON

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What's On later this Year?

This year Her Majesty the Queen celebrates her platinum Jubilee - seventy years of service, having acceded to the throne on the 6th February 1952.



There will be year long platinum jubilee celebrations throughout the United Kingdom culminating in the Platinum Jubilee Weekend on the first weekend of June as communities come together to celebrate our Queen's historic reign.

The United Churches and Rickinghall Village Hall will be hosting celebrations for the Queen's Platinum Jubilee on Sunday 5th June. More details to follow.



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Friday, May 17th Roy Tricker, MBE, will be coming to talk about his love of churches.
Saturday 25th June, Touring Dialect and Heritage Project.
Saturday 15th August concert by Hexachordia and the Shakespeare singers.
Save the dates, further details nearer the time.

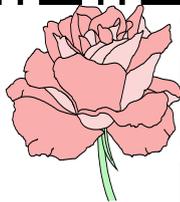
Please note that future

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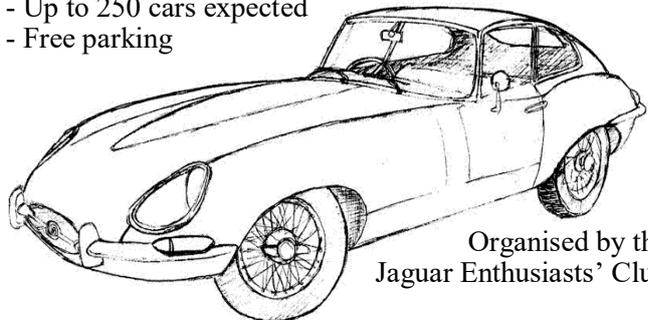


Sunday 15th May - Solos - 11.30am start
Wednesday 29th June - Evening Solos - 5.45 pm start
Sunday 18th Sept. - Solos - 11.30am start
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What's On? A Summary

- Entries are listed in alphabetical order - if you spot any errors or omissions, let us know!
- The first table lists *regular* events that occur *weekly, monthly* or *throughout the year*
- The second table lists *one-off* or *occasional* events
- The *Local Services Directory (LSD)* provides *contact details* for event organisers
 - the LSD is printed in this magazine in March, and is online at www.stmarysrickinghallinferior.onesuffolk.net/local-information/

Weekly/Monthly or Year-long Activities					
Organiser / Event Name	When?			Location	
	Day	From	To		
Angles Way Filling Station	2nd	Friday	7:30pm	-	Garboldisham Village Hall
Botesdale & Rickinghall Runners	Every	Thursday	7:00pm	-	Rickinghall Village Hall
Botesdale After School Club	Monday - Thursday during term 3:25pm - 6:00pm				
Botesdale Breakfast Club	Monday - Thursday during term from 7:45am or earlier if required				
Botesdale Methodist Church Friendship Group	1st	Tuesday	2:30pm	4:00pm	Botesdale Methodist Church
Botesdale Parish Council	1st	Monday	7:00pm	-	Botesdale Village Hall
Brownies (<i>term-time only</i>)	Every	Tuesday	5:30pm	7:00pm	St Botolph's School
Chapel of Ease, Botesdale open	Every	Wednesday	9:30am	3:30pm	-
Coffee down the Lane	4th	Tuesday	10:00am	12:00pm	Botesdale Methodist Church
Coffee on a Sunday	See the inner back cover				Parkview Chapel
Coffee on the Corner	2nd	Tuesday	9:00am	12:00pm	Parkview Chapel
Dance Classes	Every	Friday	8:00pm	-	Botesdale Village Hall
Dance Fitsteps	Every	Thursday	6:00pm	7:00pm	Rickinghall Village Hall
Day Centre	Every	Wednesday	10:00am	-	Rickinghall Village Hall
Family Breakfast Church (<i>excluding holidays</i>)	4th	Sunday	9:30am	10:30am	Botesdale Village Hall
Heritage Circle	4th	Wednesday	7:30pm	-	Rickinghall Village Hall
Methodist Wives Club (<i>not Jan/Aug</i>)	3rd	Wednesday	See <i>Church Notices</i> on inside back cover		
Mobile Library	See the Redgrave Parish Council page				
Mobile Post Office	Every	Friday	2:45pm	3:45pm	Parkview Chapel Car Park
Pilates (<i>term-time only</i>)	Every	Tuesday	11:15am	12:15pm	Rickinghall Village Hall
Places of Worship	See the inner/outer back cover for the denominations' activities				
Positive Steps	Every	Friday	10:00am	11:00am	Parkview Chapel
RABBATS (<i>term-time only</i>)	Every	Thursday	9:30am	11:30am	Rickinghall Village Hall
Redgrave & District Ladies Club (<i>Feb, Apr, Jun, Aug, Oct, Dec</i>)	2nd	Tuesday	7:30pm	-	Redgrave Activities Centre
Redgrave Parish Council	1st	Wednesday	7:30pm	-	Redgrave Activities Centre
Rickinghall Farmers' Mkt (+Autojumble & Car Boot sale <i>Apr-Sep</i>)	2nd	Saturday	9:00am	12:30pm	Rickinghall Village Hall
Rickinghall Parish Council	1st	Thursday	7:00pm	-	Rickinghall Village Hall
Rickinghall Women's Institute	2nd	Thursday	7:30pm	-	Rickinghall Village Hall
Slimming World	Every	Monday	5:30pm	-	Rickinghall Village Hall
St Mary's Church open	Every	Saturday	9:30am	3:30pm	St Mary's Rickinghall Inferior
St Mary's Church open <i>Apr-Oct inclusive</i>	1st	Saturday	10:00am	-	Redgrave St Mary's
St Nicholas Hospice Drop-in	1st	Thursday	10:30am	-	Botesdale Health Centre
Suffolk Wildlife Trust/Redgrave & Lopham Fen	Events for children/adults; www.suffolkwildlifetrust.org/redgrave/01473890089				
The Cross Keys Redgrave	See www.crosskeysredgrave.co.uk and in this magazine				
U3A Writers' Group	1st	Friday	10:30am	12:30pm	21 Farnish House
Whist Drive (<i>October to April</i>)	1st	Friday	7:30pm	-	St Botolph's & District Bowls Club
Yoga and Relaxation	Every	Tuesday	7:15pm	-	Botesdale Village Hall

One-off or Occasional Events this month (check for more details in the *What's On* pages)

Organiser	What? When? Where?
Botesdale Village Hall	AGM; Mar 14 th 7:00pm; Botesdale Village Hall
RAHOF	Cheese & Wine Evening + Annual Review; Mar 17 th ; 7 for 7:30pm; Redgrave Amenities Centre
Redgrave & Lopham Fen	See breakdown of regular and one-off events elsewhere in this magazine
Rickinghall Ramblers	AGM; Mar 11 th ; Redgrave Activities Centre; Walking on Mar 14 th , 25 th 9:15am; Rickinghall V. Hall
WARTS	<i>When We Are Married</i> ; Mar 10 th , 11 th , 12 th ; 7 for 7.30pm; Botesdale Village Hall

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Botesdale Parish Council



Leeann Jackson-Eve

Report from the February 2022 Botesdale PC Meeting

All Councillors attended the meeting and were pleased to welcome Andrew Edwards onto the Parish Council. We are slowly getting our numbers back to normal but still have three vacancies. Please get in touch and/or come to a meeting if you're interested in joining!

Public Forum: Cllr Fleming reports that the Government has announced that Suffolk is to be included in its levelling up initiative and has invited the first nine areas to agree new county deals, extending devolution across England. She also reports that the County Council aimed to replace the current lamps in 43,400 streetlights in the County (including parish and district council lights) with LED lamps by the end of 2022. Bouygues Energies & Services is the lead contractor. New LED streetlights are dimmable and the timing adjustable in response to local/parish requests. Suffolk is leading the country in introducing technology that enables lights to be dimmed when traffic levels reduce at the end of the day.

Our District Councillor reports that Stowmarket Recycling Centre will be closed for essential resurfacing work as of 28 February. The resurfacing should take 2 weeks and the recycling centre is due to reopen on the 14 March, but it may take longer. The 6th of February marked the 70th anniversary of HRH Queen Elizabeth's accession to the throne and Mid Suffolk District Council will be working with local community groups, towns and parishes as part of the Festival of Suffolk, staging a range of public celebrations throughout the year. Go to www.festivalofsuffolk.org to find out more.

Planning: There were two tree applications for removal of leylandii. There was no objection to this.

Recreation Ground Project: We are pleased to say that the tender process has been completed and the Parish Council has approved the appointment of Urban Forestry Ltd of Bury St Edmunds for the construction phase of the project. Due to previous commitments, Urban Forestry will not be able to start the project until April so this is likely to result in some slippage to the completion date. We will keep you posted! In the meantime, we are firming up our funding plan. The PC can provide over a third of the funding with earmarked PC funds and Community Infrastructure Levy on local developments. Together with grants we've already secured and applications in the pipeline, we should have a full funding package. However, in the interest of caution, we will be discussing a back-up plan at our March meeting.

Street Lighting: We wrote last month about concerns about the level of street lighting in the new development at Back Hills, indicating that at present the lighting at the Back Hills development stayed on all night but could be timed to align with the rest of the lighting within the village, which is on part-night lighting. We are happy to report that the lights will soon be fitted

with a device which will allow Suffolk County Council to dim them and/or put them on a different lighting schedule. Normally a new development must wait until the roads and lights are adopted by the County Council but an exception has been made and moreover, the County Council will be looking at whether to alter this policy across the board.

We also mentioned that the Parish Council is also in the process of replacing some of its lights and favoured a less intrusive level of LED lighting, which can feel very bright and harsh compared to the old orange lights. We have been referred to the County Council website with all the details of its replacement scheme, which will also apply to our new lights. You can find out more at www.suffolk.gov.uk/planning-waste-and-environment/initiatives/led-streetlighting-upgrade-project

Speed Indicator Device: Our SID is on a little holiday while we try to figure out why it wants to display speeds in kilometres despite our best efforts! We hope to have it back up and running soon.

Environmental and Sustainability Policy: The PC has adopted a new policy to consider the impact its activities have on both climate change and biodiversity issues and introduce measures that either reduce negative outcomes or actively support beneficial outcomes, where possible. The aims of the policy are to minimise the consumption of all resources used in its operations, particularly in respect of the buildings and equipment it uses and the administration of its activities; seek, wherever possible, to only use contractors and suppliers who have their own environmental policy, which recognises best practice; support, where possible, affordable and appropriate to Parish Council powers and duties, local initiatives aimed at climate change and or, biodiversity protection or enhancement; and replace, where possible and appropriate, environmentally inefficient assets with environmentally friendly alternatives. If you have any suggestions on how you would like to see these aims addressed, please let us know.

THE NEXT BOTESDALE PARISH COUNCIL MEETING WILL TAKE PLACE ON

MONDAY 7th MARCH

at 7.00 pm

at Botesdale Village Hall

All residents welcome

www.botesdale.suffolk.gov.uk

**Your Clerk is: Mrs Leeann Jackson-Eve,
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Redgrave Parish Council



Redgrave February 2022 Report – by the new Clerk

Eight Councillors attended the meeting. There were no apologies. Three members of the public were present. This was the first meeting of the new Clerk, Mrs Tina Newby.

Public Forum: There were no matters raised in the Public Forum although the representative of the Redgrave Amenities was allowed to speak during the Parish Council discussions on the Activities Centre Site (Redgrave Recreation Ground).

Planning: No planning applications were discussed.

Neighbourhood Plan: The Redgrave Neighbourhood Plan (RNP) was submitted to the Mid-Suffolk District Council (MSDC) by 31st January 2022 with no changes. It was not clear when this would be put to Referendum although it was evident that this would not be early in the year.

Activities Centre Site Lease: Llanover Estate provided detailed proposals to the Parish Council (PC) on 18th January 2022. PC representatives met with Llanover Estate representatives virtually the next day. The PC Representatives explained that the Llanover proposals were unacceptable and put forward counter-proposals. These were:

- Amend the proposed Llanover Phase 1 to be for approximately 12 bungalows.
- Create a joint Llanover/RPC Working Group to assess the need and type of future housing and how to trigger this requirement.
- RPC to remove from the RNP the LGS from areas shown as Phase 1 and then progressively from areas agreed for subsequent development. The LGS designation would be retained indefinitely on those areas intended for eventual transfer to the RPC.
- Llanover to agree the continuing use of the Recreation Grounds for those areas not under development until they are transferred to the RPC, preferably as a formal lease.
- RPC to seek agreement from the MSDC for extension of the Village Settlement Boundaries to permit the developments agreed with Llanover.

A formal copy of these counter-proposals was sent to Llanover on 24th Jan 22. Since then, nothing has been heard from the company.

Wildlife Friendly Village Redgrave: It was noted that the PC had already agreed the establishment of Redgrave as a Wildlife

Friendly Village - one which would take measures to improve the environment and biodiversity in the village for the benefit of wildlife and, ultimately, for the well-being of its residents. It endorsed the establishment of a "Green Redgrave" group of like-minded volunteers from the village who would identify measures for improving habitats for wildlife and biodiversity more generally in the village. The "Green Redgrave" group would also therefore act as the body to coordinate the implementation of the biodiversity measures identified in the draft Redgrave Neighbourhood Plan (RNP) for Community Action Group completion. The PC agreed an initial level of seed funding for the Green Redgrave group.

Activities: The PC would welcome any ideas from the villagers regarding the Queens' Platinum Jubilee. Although the PC will not be organising any such event, it would be willing to support any event being planned by residents.

Annual Parish Meeting: This year's Annual Parish Meeting will be held on 6th April 2022 at 7pm. There will be reports from the various Community Activities.

Meeting Dates: The following meeting dates all starting at 7.30pm. 2nd March, 6th April, 4th May, 1st June, 6th July, (no August meeting) 7th September, 5th October and 2nd November. No meeting in December.

Vacancy: There is still a Councillor Vacancy available for co-option. Please contact the Clerk if you are interested.

**THE NEXT PARISH COUNCIL MEETING
WILL TAKE PLACE ON
WEDNESDAY 2nd MARCH
at 7.30 pm
Redgrave Amenities Centre
All Parishioners are cordially invited to attend**

**Your new Clerk is: Mrs Tina Newby,
33, Tudor Rose Way,
Harleston, Norfolk. IP20 9QH
Tel:07858 518 636
Email : clerk@redgrave-pc.gov.uk**

Mobile Library

Rickingham :	Rectory Hill	10.40 – 10.55
Rickingham :	Hinderclay Road	11.00 – 11.15
Rickingham :	Village Hall	11.20 – 11.35
Botesdale :	Farnish House	11.40 – 11.55

Botesdale :	Village Hall	12.00 – 12.15
Botesdale :	Backhills	12.20 – 12.35
Redgrave :	The Knoll	12.45 – 1.05

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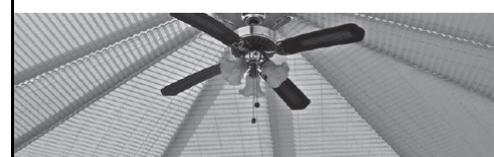
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Rickingham Parish Council



Parish Council Report February 2022 by Cllr Stephen Pattenden

It was a fairly quiet meeting in that only the parish councillors, District/County Cllr Jessica Fleming and the Parish Clerk were present.

There were discussions around the minutes of the last meeting in that the two councillors who had not attended the previous meeting felt that the reporting of the planning application for the solar farm had not taken fully into account their written views. See my comments below.

After some discussion it was agreed to accept the minutes of the previous meeting.

The meeting then moved on to the public forum where Jessica Fleming provided her reports from the county council and the district council.

Suffolk County Council: Suffolk is going to be included in the government's recent announcement of Levelling Up so there may be some additional cash for people in Suffolk. The Suffolk County Council budget will increase by 4.5% and there will be a small increase in the council tax. Suffolk is running a LED Street light replacement programme and it will reach Rickingham quite soon.

Mid Suffolk District Council: The new waste collection calendars are available online at <https://www.midsuffolk.gov.uk/waste-services/collection-days/> There will be a new tax-free zone designated for Stowmarket within Freeport East and presumably that will be a good thing for businesses within that area. Jessica also mentioned a claimed new footpath from around Candle Street to West Hall Farm.

There were no planning applications but there were a number of tree-pruning applications which met with no objection.

The Parish Clerk reported that a contractor would be installing a new dog bin at the top of Rectory Hill and reinstalling the bin in Garden House Lane. An attempt would also be made to fix the bin next to Whitehorse Cottage - all on the 4th of February.

There was no correspondence.

General items: The traffic speed indicator in the village was proving difficult to repair and it will probably have to be returned to the manufacturer for servicing.

There will be commemorative coins for the Queen's Jubilee celebrations and these will be handed out to the children in the village.

My Thoughts on Renewables

As the meeting was relatively short, I thought it might be helpful to discuss a bit about renewables in our countryside.

As everyone is aware, the cost of energy is increasing rapidly and costs will be up by around 50% or more this year. Keeping warm is going to cost an awful lot more.

This is almost all due to the cost of gas imports and there is nothing on the horizon that indicates they will get cheaper. This, and combatting global warming, mean the UK will need to find other

sources of energy.

Renewable energy wind turbines or photovoltaics are becoming much more competitive with conventional methods of generation and indeed the latest wind turbines and solar PV is now cheaper than most other sources of energy, and their greenhouse gas footprint is almost zero over their working lives.

At the same time, the way that farmers are subsidised for growing crops is changing with much more emphasis on sustainability. This means that arable farmers particularly will need to find other sources of new income and solar farms are becoming an interesting way of diversification. Both farmers and renewable system entrepreneurs have a joint incentive to work together and this will result in more applications for solar farms on arable land.

Renewable generation is essential if we are to meet global warming targets and we should expect many more applications for solar farms.

Concerning the Suggenhall Farm application, as solar farms go it is relatively small, quite well hidden from most of Rickingham and will have little impact on most of the people in Rickingham.

However, it will have a serious impact on neighbouring properties such as Sunnyside Farm and Suggenhall Farm Barn. It is essential that this impact is fully mitigated and there are a number of measures that can be taken. The application in its present state is not acceptable because these mitigations are non-existent and, for the application to be approved, they must be in place.

However, it is likely that in future there will be more and larger applications for solar farms in our area and it is quite possible that some of these will be far more intrusive than the current application. So, while the PC rightly objected to the application, perhaps we should work with the developers and ensure that, should it be approved by Mid Suffolk, its impact is minimised.

RICKINGHALL PARISH COUNCIL'S NEXT MEETING IS ON

THURSDAY 3rd MARCH

at **7.00 pm**

AT RICKINGHALL VILLAGE HALL

All residents are very welcome
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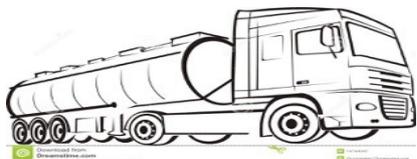
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Email : rickingham_pc@bopenworld.com

Please contact DURING OFFICE HOURS ONLY
9 - 5PM

Village News

OIL SYNDICATE



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

Order details will be shown in a later edition of the Magazine. As always, e-mail is preferred:

botesdaleoil@gmail.com,

if not available call me on: 01379 890952. Leave a message if nobody answers.

I will return all messages within 48 hours, if I haven't done so try again or use a different method.

Goff quoted a tentative price on Tues. 8th Feb. of 64.45 ppl, plus VAT,

and expected this to rise by July.

David Sloan.

and last but not least gin and vodka liqueurs by The English Spirit Company. This lovely hamper worth well over £50 was won by Mrs B Ruthven of Pakenham.

We look to seeing you at our next market on Saturday 12 March.

John, Market Manager - 07771 522 095



Transport Needed?

The Rickinghall & District Community Bus is available for hire to readers of this publication. Typical journeys include shopping trips, health centre visits, dentist, optician, chiropodist, hospital appointments and visits.

The bus is also available for visiting friends and relatives, in fact pretty well anything you need.

Door to door service, any help a pleasure. Wheelchairs no problem.

Please telephone Gordon on 01379 897 109 (24/7 ansaphone).



Rickinghall February Farmers' Market

To add a little spice to the market, we held a free draw for a hamper of food provided by the stall holders. All adults coming to the market were offered a free ticket and also the opportunity to buy additional tickets to increase their chances of a win. The hamper included: Two types of English mushrooms; a pack of coffee, freshly ground, from Waveney Valley Coffee; pressed apple juice and apples from Dan The Apple Man; jam & chutney by The Tea Lady; Nunn's pork sausages ; whole ground flour from Pakenham Mill; a joint of beef from Gary's Beef & Lamb; a greetings card from Flamingo Paperie; a tasty vegan & gluten free curry by The Fairy Godmother; a loaf of bread baked that morning by Palmers of Haughley; a local cheese from The East Anglian Cheese Company; a Valentine themed sweet treat from The Treasured Teapot; a curry from Chatman; a pamper box from Choose Refills

Calling All Gardeners

We are happy to say that Botesdale and Rickinghall Open Gardens is back! This year's event is planned for SUNDAY JUNE 19th and we would like as many gardens as possible to be open to the public. It doesn't matter whether you have a small patio with a few pots and hanging baskets or acres of manicured lawn – please take part and help to make the day a success.

In addition to the gardens, we plan to have a variety of stalls at Botesdale Village Hall. There is no charge for a stall but a donation to this year's charity - Macmillan Cancer Support – would be much appreciated.

Lunches will also be available in the hall.

A new innovation this year will be a Childrens Miniature Garden Competition. A garden in a tea cup, saucer or any small container, will be judged at the Village Hall and there will be a prize for the best entry.

If you would be willing to open your garden on 19th June, or if you would like to have a stall on that day, or indeed if you would be willing to help in any way, please contact Rona Walters, Fir Tree Cottage, Bridewell Lane (01379 308851 email ronaw1@yahoo.com) as soon as possible.

BOTESDALE HEALTH CENTRE PATIENT PARTICIPATION GROUP (PPG) WELLBEING WALKS

The PPG in conjunction with our Botesdale Social Prescriber, Jo Burnett and Jane Dow from the organisation Onelife has forged ahead with a meeting in February to organise volunteers to assist with Wellbeing Walks.

The Walks are to assist people who wish to get fitter physically and/or mentally, or to enjoy chatting whilst walking. The age of the walkers is immaterial. You can just come along and join a walk or Jo Burnett (Social Prescriber) may suggest this to you or one of our Practice Doctors. There will be dates and times signposted on Noticeboards around the village, posted in the Parish Magazine, and on the new Patient Noticeboard outside the entrance to the Pharmacy at Botesdale Health Centre.

The Walks will be short 'starter walks' and as flat as it is possible to make them. If people would like to move forward over time to progress their walk, then more challenging routes can be arranged in the future. However, if people are comfortable with a starter level there will be no pressure to move on.

For each circular walk, coffee/tea will be available at our start and end point at Parkview Chapel Botesdale. Walks will be initially focused on Botesdale but in the future may move to other surrounding villages.

Please inform family/friends of these Walks to help make it a successful scheme; for local people to have the opportunity to gain fitness locally. We anticipate our first walk commencing in April. Thank you to all who have volunteered to assist thus far.

If there are any further volunteers who would enjoy walking and assisting the Group, please do get in touch botesdaleppg@gmail.com 07787 148947

HEALTH CENTRE WEBSITE

If, as a patient of Botesdale Health Centre, you can spare a few minutes to visit the Health Centre website you will

find lots of helpful information to assist you finding the correct medical help for yourself or a family member relating to health issues. For those without digital access, we now have a Patient Information Noticeboard outside of the Health Centre entrance which will replicate most of the information contained on the Website. We hope this is helpful.



If you would like to join our PPG Committee (all age groups are very welcome) or find out more about Botesdale PPG, please contact us via email at botesdaleppg@gmail.com or mobile 07787 148947



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In February 2022 the Parish Church gave £20, 20kg goods, 41 litres of milk and juices.



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Club News



The Women's Land Army - Nicky Reynolds

Nicky Reynolds gave a very interesting talk about the Women's Land Army to the January meeting of the Heritage Circle at Rickinghall Village Hall. It was based on her extensive research on the subject which stretches back over 25 years.

Women have always had a supporting role in agriculture, for example at harvest time or for stock rearing, but they were rarely managers in the past. Changes in the early 20th Century, such as developments in farming and the women's suffrage movement, encouraged women to consider agriculture as a possible career. The process was accelerated during 1915 when women were invited to volunteer to work on the land to replace men who had enlisted in the army. By late 1916, 2,000 women were organised by county committees with local supervisors and were given a uniform. This was formalised in January 1917 with the creation of the Women's Land Army (WLA).

Volunteers worked in one of three corps, the Agriculture Section, the Forage Corps or the Timber Section. There were parades and posters offering an idealised view of the role to encourage others to join the WLA. However, joining was not an easy process. The work was hard and so women were interviewed and given a medical. It was not a military organisation. Women were employed by farmers, not the state, but it was disciplined as it had uniforms, a code of conduct and gave rewards for good service. By late 1919 when the WLA was disbanded, 27,000 women had served. They had made a significant contribution to the war effort.

Fears of war in June 1939 encouraged Lady Denman, who had been prominent in the WLA during World War I, to begin to recruit women and deploy them on the land. There were nearly 5,000 recruits by September 1939. Rallies romanticised the WLA as a 'Happy, healthy job.' The organisation looked for women aged 16-40 who were physically fit. Most were not married. The life was too difficult for some women, especially the very young, and so there was a high runaway rate but for others it was an attractive offer of adventure and independence. Women could be sent anywhere in the country.

Many features of the WLA model for World War I were reused after 1939. Volunteers could apply at a post office or at a county recruiting centre. They were vetted through an interview and a medical. They were given some basic training and allocated to farms. Some women worked on a number of farms as a group. They either lived on the farm or in a hostel. They were initially paid 28s a week which was well below the average wage of men. In 1943 conditions were improved by higher pay, standard board and lodging charges, and some holiday. They worked about 50 hours a week with one half day of free time, but their hours could increase to 100 a week during harvest time.

Work on the land was hard and physical. It included digging, hoeing, ditch clearing, ploughing, stone picking, and dung spreading. Some women had to deal with pests, like rats or moles. Others did fruit and vegetable picking and packing. They worked in all weathers. The physical and moral care of women was monitored locally and the WLA encouraged a supportive, friendly culture. By 1943 there were 80,000 Land Girls but numbers gradually decreased as prisoners of war were increasingly deployed.

The WLA was disbanded in 1950 by which time over 200,000 women had served as Land Girls. However, the service of the WLA to the nation was not officially recognised until November 2000 when representatives were invited to the Remembrance Service at the Cenotaph for the first time. A memorial was erected in Whitehall in 2006.

The next meeting of the Heritage Circle will be on Wednesday 23 March at Rickinghall Village Hall when Chris Johnson will give a talk entitled *Bound for Van Dieman's Land - The tragic story of Alfred Talent of Hoxne*. New members and visitors are very welcome.

Further information is available at www.heritagecircle.onesuffolk.net

Gery Gurhy

Coffee On



The Corner

COFFEE ON THE CORNER

Well, the sun was shining and we have just enjoyed a Coffee on the Corner event with a bit of a difference. We were busy downstairs, with around 40 or so visitors and the usual tea, coffee, cakes and savouries whilst the

meeting that was taking place upstairs included a further 10 people. We (as a church) were able to offer them some delicious refreshments too - and what a pleasure it is to have extra folks in the building!

The kind donations that arrived in the pots this morning totalled a fantastic £87.00 and this will be sent to Barnardo's, the charity which supports children and their families right across the country. As you will be aware, the struggles that some families are facing at the moment are certainly not getting any easier and it is wonderful to know that there are organisations that help to ease some of the problems and worries. Sometimes just to have someone "hold your hand" when you are going through difficulties is all that it takes to make a desperate situation better. Our thanks go to all those who work so hard for Barnardo's and other similar charities - well done folks!

To that end, next month we shall be supporting the fundraising for the new Community Bus, which helps to transport many folks across the local villages to whichever destination they need. As you will probably be aware, this service used to be funded by Suffolk County Council who provided the buses. However, this is no longer the case and, whilst the Council donated the bus that is currently being used, this will need to be replaced in the not too distant future. With that in mind, funds are needed and we, at Coffee on the Corner, with all our fantastic tea and coffee drinkers, cakes and savouries devourers and those who merely come to chat, will do our bit to increase the funds in the coffers next month. This event will be held on Tuesday 8th March and, as always, if you haven't been before, or you have friends or neighbours who haven't joined in ... PLEASE let them know and encourage them to come along. This event is aimed at everyone in the village, young or older - we don't just do it for ourselves!

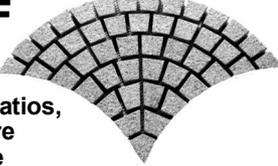
Also if you are someone who likes to take part in a quiz, do look out for the advertising for the Parkview Quiz Extraordinaire ... taking place on Saturday 2nd April.

Wishing you all the very best,

Sue Allen

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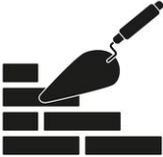
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Wattisfield

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Some Christians have done bad things therefore there is no God. It is quite a common argument and I have often had it or its equivalent put to me. One particular matter was put to me very forcibly as proof that God does not exist: a chap by the name of Servetus was put to death for heresy by the Genevan authorities. He didn't agree with the standard Christian view on the nature of God. (The Trinity.) Calvin is often blamed for Servetus' death but he warned Servetus not to come to Geneva. Whether Calvin was to blame for his death or not, that one event in 1553, was enough to convince my friend that there was no God.

Whether Calvin was responsible or not is not significant. Whatever Calvin thought or did does not disprove the existence of God. The argument is illogical. One might just as easily (and illogically) argue that because atheists do bad things God must exist.

I presume that people who use the fact that Christians can do bad things have forgotten or never realised that Christianity is for bad people. I have often heard people say, 'I'm as good a Christian as he/she is.' There isn't such a thing as a good Christian. It is interesting to ask the question, "Why did Jesus die?" Read the Bible, the only source of information and you find it clear that 'Jesus died for sins.' It amuses me to quote the verse that says, 'Christ died for the ungodly,' and then ask the congregation, "What does that make you?" It makes those who consider themselves to be 'good Christians' very uncomfortable.

A true Christian is one that has seen themselves as not good enough and is relying on the sacrifice of Jesus Christ on the cross as being for them to effectively wipe away their sins. He or she applies Christ's death personally just as the apostle Paul did when he stated, "The life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me." Paul never saw himself as a 'good Christian,' in fact late on in his life he described himself as 'The chief of sinners,' citing the fact that he persecuted the church. He was actually on his way to do so when he met Jesus Christ on the road to Damascus.

Now here is a final question for all of us: how do you view yourself, as good, not too bad, certainly not bad enough to fear a day of judgement or, like Paul, as the chief of sinners for whom Jesus died and whose death has opened the doorway to heaven for you?

"God shows his love for us in that while we were still sinners, Christ died for us."

Romans Ch 5 v.8



Conservation & Community

*'Never mind, March we know
When you blow
You're not really mad
Or angry or bad;
You're only blowing the winter away
To get the world ready for April and May.'*

Annette Wynne

Well, we seem to be coming out of yet another mild winter and a lot of migrant birds haven't needed to come south. Fieldfares have been abundant in the area but not many redwings have been spotted and I've seen very few bramblings on our bird feeders. However, the first chiffchaff and blackcap migrants will be arriving from the south and garden birds have certainly decided that it's time to start singing. Hedgehogs should be coming out of hibernation and if you are a hedgehog 'feeder', now is a good time to put out food to give them a helping hand. March is also the time when toads should be on the move.

Celandines and primroses should be in flower, tree buds will be swelling and 'lords and ladies' (wild arum lilies) should be showing well.

We have created a new path along the riverside of Hinderclay fen, so that you can now do a round walk as opposed to going to the end and back again along the Angles way.

Over the past couple of winters, access to Broomscot common in Garboldisham has become almost impossible due to water logging. Great thanks is due to Mervyn Lambert Plant Ltd, for providing hardcore and to our fantastic volunteers for building up the path onto the common. Garby folk can once again access the common without getting muddy!

If you would like to get involved with LOHP in any capacity, please go to our website for details; www.lohp.org.uk I'm just back from a work party where there was an abundance of cake!

John McCormack



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Club News



We held our first meeting of 2022 on the 13th January when our speaker was a local man, John Duckmanton, who gave us some tales of his very varied and interesting life. John's first job after leaving school was helping his father in

the building trade learning to brickwork. He then joined the Army, but wanting something more exciting he joined the French Foreign Legion which he belonged to for a number of years. His first experiences were of a very harsh regime with poor quarters and even poorer food, but the friendships among the troops helped him to cope with the long hours of training and being sent overseas to several countries where there was conflict. We were all fascinated by his tales and know he has more stories to tell. Thank you John for brightening up a cold January night.

On the 21st of January we held our first Soup and Natter in the Village Hall giving members and friends the opportunity to enjoy a bowl (or bowls) of homemade soup whilst having a good long chat, an ideal way to spend a lunchtime on a cold but bright day. Our next Soup and Natter is on Friday 18th February.

At our February meeting we were honoured to have Lucy Lewis as our speaker. Her title 'A life in the Army' was a modest one as Lucy is in fact the first woman bomb disposal expert in the UK. She told us about her life in the army, first at Sandhurst which she joined in 1989 and where she quickly learnt how being a woman in a man's world, meant you had to learn ways to ensure the men accepted you and you could hold a drink as well as them and still be up the next day at 6 a.m. for parade!

Lucy was advised by a senior woman to wear several pairs of knickers at formal dinners where some poor unfortunate new recruits were required to have a race around the room, without being seen and be the first to hold up a pair of women's knickers! As the only woman, sitting on the top table with the senior officers, Lucy made sure she was suitably prepared...

She explained her move to bomb disposal as being the result of being a poor shot, once impressing her commander in training when firing a rubber bullet at a door - she hit the door post, the bullet rebounded and landed by her left ear, causing her ear drum to burst. During her training Lucy was nicknamed 'Captain Cowpat' as when on night exercise for the first time she mistook a crusted cowpat for the top of a bomb. Lucy served in Northern Ireland during their troubles and had to learn how to stand away from a door to detonate a small bomb before going inside to dismantle a much bigger bomb. Despite working in a very dangerous environment Lucy told her stories in such an amusing way that it belied the seriousness of the tasks she was carrying out. Lucy left the army to

start a family and is now Commander of the Cambridge University Constabulary, which is the oldest police force in the country, and is present at all official university occasions to ensure there are no disturbances.

Lucy has written a book called 'Lighting The Fuse' which several of us took the opportunity to purchase so that we could read more amusing anecdotes from her.

Rosemary Setterfield

Community Woodland

This month I have to draw your attention to our AGM. Because of Covid, we haven't had one since March 2019, so we propose to meet in April this year and this is the formal notice for the event.

Annual Meeting of Barwoods

Botesdale and Rickinghall Community
Woodlands Project

7.00pm on Monday 11th April

at The Old Coach House, Water Lane,
Rickinghall

A few more small trees were planted in Northfield Wood on 6th February and the hedge received more attention. As we prune it, we press the cuttings into the smuses, or small gaps to prevent deer squeezing through as they nibble the bark of young saplings, damaging them and sometimes killing them.

It was a beautiful day and, while the male catkins of the hazel bushes were fully out or even over, the female flowers were hard to find, but a real treasure, a tiny ruby.

We are waiting for work to be done at Miller's Orchard, but it may be too late to arrange for low pollarding to be done in Low Meadow as the spring season seems to be fast approaching.

The next work party will be on Sunday 7th March, in Northfield Wood, typically from 10.30am to 12.30 but it's worth checking, just in case something else requires attention.

Rosemary Jones,
Botesdale and Rickinghall
Community Woodland
7th January 2022
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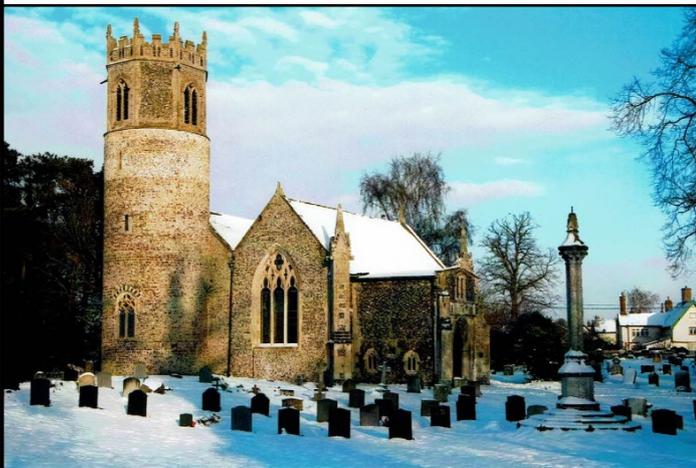
Exploring the Past

Jean Sheehan, 01379 890237

Early Churches in East Anglia

I am writing this article the week that the thatched roof of Beachamwell Church, near Swaffham in Norfolk, caught alight and within a period of a few hours the whole of the interior of the church was burning, windows were breaking, furniture was destroyed and now only the shell of the building remains. On the local news on ITV many of the villagers were expressing their dismay and their affection for the church, several of them had been baptised or married in it with parents and other ancestors buried in the churchyard. The church had been raising money for repairs to the roof for four years and the nave and chancel roofs were being re-thatched. Sparks from a welding tool repairing the south aisle roof, which was not thatched, caught the thatch alight. This church has been very unlucky as lead was stolen twice. Once the roof goes the interior of the church quickly deteriorates.

I can understand the anguish of the local people as there are so many similarities of this church to St Mary's Church, Rickinghall Inferior. The lower parts of the round towers were built in the eleventh century, with Beachamwell earlier than Rickinghall. Both churches were built on sites where churches were mentioned at the time of the doomsday survey in 1086 so were probably built on the sites of an earlier church. The north walls of the naves were both probably built at the same time as the round towers and octagonal belfries were added a few centuries later. They were both named St Mary as were many other churches. (We have three in our present parish, two of which are redundant). South aisles were added later although Rickinghall's is bigger than Beachamwell's. Both churches are grade one listed which is the most important of the listings by Historic England. Rickinghall Inferior Church is considered to be of national importance. There are only 38 round tower churches in Suffolk, 124 in Norfolk, 7 in Essex, 2 in Cambridge, 3 in Sussex and 2 in Berkshire. Fundraising for the roof has been going on for four years in both churches but Beachamwell must have felt so relieved when the work on their roof started. The villagers of Beachamwell have a great community spirit and they are certain the church will be saved again. The Archdeacon thinks that the insurance company will pay out but it will take 5 years before the church is rebuilt.



St Mary's Church, Rickinghall Inferior Photo: Charles Greenhough

All through history churches have been trying to raise money, usually for certain parts of the church. Although Rickinghall has many written records of the community in the past two centuries there are also records going back much earlier recording how the local residents

gave money for parts of the Churches. The late Peter Northeast, an historian from Rattlesden, transcribed and translated from Latin the late medieval wills of inhabitants of Suffolk. One of them was Walter Skinnere of Rickinghall Inferior who made his will in June, 1455. He requested "to be buried in the churchyard of the Blessed Mary of the aforesaid Rickinghall, to the high altar for defaulted tithes 2 shillings (10p in today's money) to the repairing of the tower of the same church 2 marks" (£1.34p). (1). John Cage of Overrekynghall (Rickinghall Superior) made his will in Jan 1460/1. He left 'to the High Altar of the said town for tithes forgotten 12d (5p) to the repairing of the church 6s 8d to the parish clerk 6d (2 ½ p) to the repairing of Rickinghall Inferior 2s'. (10p). (1). Edmund Mason requested in 1463 'to be buried in the churchyard of the Blessed Mary of Rickinghall Inferior' and left money for the repairs of Rickinghall Inferior Church and to repairs of Rickinghall Superior Church. John Smith who lived in Botesdale in 1462, requested to be buried in the church of All Saints in Redgrave (now St Mary's). Only the most important people in the parish could be buried inside the church. He did not leave money to Redgrave Church but left bequests for repairs to 'Over Rykynghale' (Superior) and 'Nether Rykynghale' (Inferior). William Fouter wished to be buried in the churchyard of Rickinghall Inferior and left money for repairs to both of the Rickinghall Churches in 1468. John Chapman the Elder of Rickinghall Inferior in 1471 requested to be buried in the churchyard or church of Rickinghall Inferior. He left bequests to many churches surrounding Rickinghall in Suffolk and Norfolk.

Many of the people who left bequests to the churches in the first half of the sixteenth century, before the reformation, mistakenly thought they were saving their souls from purgatory by being generous to the church. They left money to priests to pray for their souls, and by the end of the fifteenth century they were leaving money to pay people to go on a pilgrimage to Rome to pray for their souls.

By the seventeenth century, after the reformation, the donors did leave some money to the church but had far more personal possessions which they bequeathed to relatives and friends. Thomas Swallowe of Elmswell, a yeoman in 1625, left 6 pieces of land in Northfield in Rickinghall Inferior to his widowed sister-in-law. (Northfield was a large common field, divided into strips, part of which is now used as the community woodland managed by Barwoods.) (2).

John Crowne, a Rickinghall Inferior yeoman, left property to his sister but she was to pay out legacies to other people in the porch of Thelneham Church every six months. He left money to be given to the churchwardens and overseers of Thelneham, Nether Rickinghall, (Rickinghall Inferior) and Weston Market at Christmas and Easter for three years in the porch. (2) Abraham Gleed, a weaver from Rickinghall Inferior, also requested a legacy to be paid out quarterly in Rickinghall Church porch. (2).

I am sure the church in the past was very pleased to receive these bequests, even though many of them were to be used for specific projects. Nowadays these are usually known as restricted funds.

- (1) Wills of the Archdeaconry of Sudbury, 1439-1474. (The Diocese of St Edmundsbury and Ipswich did not come into existence until the twentieth century). Edited by Peter Northeast and Heather Falvey. Published by the Suffolk Record Society.
- (2) Wills of the Archdeaconry of Sudbury 1630 – 1635. Edited by Nesta Evans. SRS

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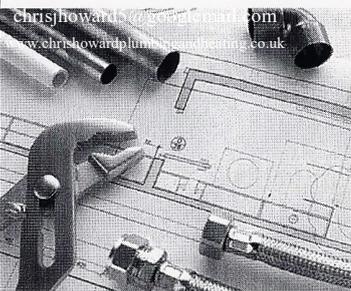
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Exploring the Past Again

Di Maywhort, 01379 898785

Memories

This is another memory sent to Mrs Margaret Chapman after she put a request in the local Newspapers in 1988. The request was for memories of schooldays, however this letter is a memory of growing up in the village during the 1920s and 1930s rather than a memory specifically of school days. It is a delightful memory. Mr Fulcher is describing his life nearly a hundred years ago, a childhood very different from that of children today.

Memories from Len Fulcher

Dear Madam,

In response to your recent letter in the local paper I feel I could interest your pupils in the years from 1924 to 1934. I spent all my school days at Rickinghall; one of a large working class family. My father being one of many ex-soldiers from World War I, work was mostly on the land and wages were low.

We were a musical family. My father and brothers were all in the local silver band and I spent many years in the lower church choir with which I had one enjoyable day in Yarmouth every July and a little Christmas party at the big house of Colonel Tuck.

Our life centred around the village with the changing four seasons. Rickinghall was a fine village, one long street surrounded by acres of good arable land lovely big woods and spinneys and grass lands where cows and horses grazed. One could see the ploughman at work with the fine Suffolk horses. The shepherd and cowmen were all part of farm life.

We spent many hours watching the Blacksmith at work. He was a skilled tradesman at his work shoeing the young horses with tender patient words. I remember the smell of the hot iron shoe on the hoof and how smart the new shoes looked.

Then came the threshing engine with the elevator and drum and chaff cutter. We enjoyed the slow throb of the engine as the wheat went through the drum and the clatter of the elevator as the straw was taken up to the stack. The work was hard for the men to keep feeding the drum and there was always a fine dust in the air covering everyone. The farmer was always present running his fingers through the wheat feeling grateful for his season's labour.

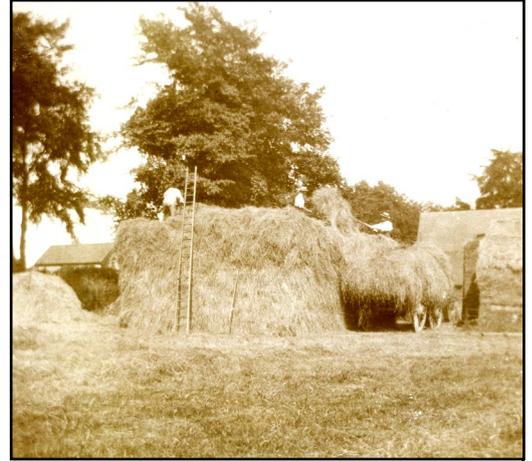


Then there was the fair that visited the village yearly. We enjoyed the hiss of the paraffin flares in the evening air, the banter of the showman and most of all the

organ music of the roundabouts and the moving figures that kept time with the music. In a few days time they would all be gone and life would be the same again.

As I have mentioned, life centred around the seasons. 'Spring' with all the young greenery, the different wild flowers down every hedgerow, young rabbits and birds, the song of the thrush and blackbird and the call of the 'lazy' bird, the 'cuckoo', who always makes use of other birds' nests. We had pet names for most birds such as the 'Hedge Bettie' for the hedge sparrow. Then there was the Yellow Hammer, the Fly Catcher, Reedwarbler, Black Cap, Blue Tit and the common Mistle Thrush. Pheasants and Partridges were reared by the Game Keepers and were classed as a luxury meal when one was lucky enough to catch one.

'Summer' meant the harvest holidays and being in the fields, the clatter of the binder, the hard work for the poor horses, the perfume from the freshly cut mints in the corn, the many flies always present and the hot long days chasing through the shoofs (sheaves) after the rabbits to the distant hedgerows, then after 'gleaning' for every head of wheat for flour for the winter months. The local Miller from Botesdale would gladly help with every sackful we could bring.



'Autumn' with the fall of the leaf, the different tints and colours, the greens of the firs and hollies, was a really nice time with blackberries and hazelnuts and sloes; also wood gathering as the days grew colder was most important. Coal was always unaffordable for heating in most homes, nevertheless wood was plentiful and we always managed to keep warm.

'Winter' was most severe. I used to enjoy the warmth of the classroom and those big black stoves in the corner were never forgotten. I remember the Christmas carols and listening to the band as it played through the street. We all enjoyed Christmas being centred around the choir, the Church carol services and that small piece of fir we used as a Christmas tree which had that little warmth and feeling.

Now today as I pass through Rickinghall most hedgerows have gone, where I used to enjoy listening to the shrill song of the 'Yellow Hammer' and seeing those fine delicate little wild roses and the ever climbing 'old man's beard'. There were so many butterflies that fluttered along the hedgerows in the warmth of the sun. I miss the ploughman and the cattle. Seeing the empty meadows I wonder is it all for the best or are we any more contented in life.

Yours Sincerely

Len Fulcher

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Rickingham Village Hall Management Committee

2021 saw a number of changes to the Village Hall Management Committee, with Bob Clarke who has led the committee for the past 15 years as Chairman, deciding it was time to hand over the reins to someone new and yours truly accepting the challenge. Bob will be a hard act to follow and we wish him well in all his future endeavours.

Although COVID 19 is still impacting on the hall's activities, the committee and other volunteers have been hard at it keeping everything on an even keel and the future looks most encouraging with a number of major new projects to improve the hall and the recreational facilities now in train.

We are planning this coming year to install a new heating system into the hall and through the tremendous support and help from our Councils and the Parish Council Clerk, we shall be building a new 'state of the art' skate park. Work is scheduled to start in April. The existing one is now 18 years old and has been incredibly popular, but now worn out and beyond repair.

Hall hirings are starting to pick up as COVID restrictions are relaxed and the Farmer's market on the 2nd Saturday of each month has seen an increased attendance as has the auto jumble gathering that attracts visitors from a wide area.

We are all looking forward to the 5th of June and the Queens Jubilee Fair as we are planning to host a celebratory event on a grand scale with stalls, funfair, arena activities, craft stalls, live music and a wide range of other attractions and amusements. It should be a day to remember!

I am pleased to report your Village Hall is flourishing and our finances are sound, enabling the hall to continue to remain the primary centre for social and recreational activities locally.

None of this would be possible without the tremendous support the hall receives and I would like to thank the people that hire it, keep it safe, the volunteers for their time, and my management committee for their unstinting efforts and dedication to ensuring the hall's continuing success.

David Lister
Chairman, Village Hall Committee

March 2022

In the Kitchen

Sally's hash supper

INGREDIENTS

Potatoes
Mushrooms
Smoked streaky bacon
Onion
Tomatoes
Herbs—fresh or dried
A dash of Worcester sauce
Olive oil
Grated cheddar
Panko Breadcrumbs

METHOD

Boil the potatoes until just cooked

Cut potatoes into 1/2 inch cubes

Chop the onion and cut mushrooms and tomatoes into smallish pieces

Gently fry the onion, mushrooms and tomatoes in olive oil until softened

Cut the bacon into bite sized pieces and fry until crispy

Transfer all into an ovenproof dish

Fry the potato cubes until browning

Transfer to dish with the other ingredients

Add a little salt and pepper, a dash of Worcester sauce and the herbs

Cover with grated cheese and breadcrumbs and put into a hot oven until brown and crispy on top



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The sea area protected by the breakwaters had to be dredged to provide a water depth of ten metres at low water. This required the removal of a very large volume of sandy material, which was to be pumped onto the shore to build up the level of the existing land where the construction yards were to be built.

The contractor mobilised a large cutter suction dredger, together with other equipment including a crane barge, two tugs, and several big barges of the pipes and pontoons that were required to allow the dredged material to be pumped to the shore after assembly. The equipment sailed into the basin one day in the late afternoon, and anchored or moored to the dredger as necessary. Next morning it was a very active scene as pipes were assembled on pontoons and linked one to another.

It was also very active on shore as a convoy of lorries and machines had arrived, There were mobile cranes, loaders, bulldozers and lorry loads of pipes. This was the equipment required to handle the dredged material and with it, was the gang that was responsible for assembling the discharge pipe line but also distributing the dredged material across the reclamation area. They were soon very busy with assembly.

Within a few days everything had been assembled and the dredger which was operated as a ship, once dredging commenced, and would be operational 24 hours a day, 7 days a week started work. Apart from faint engine noise, the oscillation of the dredger from side to side, and the routine advances along the line of the cut, there was little to attract attention. On shore there was also little to attract attention. If you were close enough to the pipeline it was possible to hear the susurrant of sand and water passing through it, enhanced occasionally by the noise of a piece of stone banging on the bottom of the pipe as it bounced along. There was a bulldozer working to spread and level the sand at the discharge point and occasional activity to modify the pipeline.

After more than a year the dredging contractor claimed that the work was complete, and started to demobilise unwanted equipment stored on site, and arranged for final surveys. One survey was a conventional echo sounder survey and the other, preferred, a bar sweep; essentially a heavy steel beam was suspended from the crane on the barge, and adjusted vertically so that the bottom of the beam was at the design depth regardless of tide level. The barge then sailed slowly to and fro across the basin.

Naturally the whole operation had to be witnessed by representatives of the contractors, the client and the supervising engineers. On average about ten people were involved, and we stood on the deck under the sun, day in and day out for more than a week. One morning as the sweep survey progressed calmly across the basin, everyone suddenly started to walk towards the front of the barge, and to someone standing on shore it must have looked like a group of lemmings heading for a cliff edge.

The bar had run aground on an area of seabed not dredged to the correct level and the barge stopped moving, but we didn't immediately; fortunately no one fell. The dredging contractor was not pleased because he had to halt his preparations to leave the site, then survey and dredge the affected area and reorganise the sweep. Time consuming!!

To be continued JML.

IN YOUR GARDEN GET READY FOR 2022

Welcome back to In Your Garden. This column has lain fallow for a time, but time never stops still for us gardeners, especially during these early months of the year. This is when our minds are the most receptive to fresh ideas and trends that could influence goals we have wanted to realise in our gardens. A cue indeed for **In Your Garden** to recommence.

After the two years we have just endured, the incredibly positive effect on both mental and physical health provided by our gardens has focused minds on creating truly happy spaces for our well-being and somewhere that is beautiful in which to relax.

Sadly our planet is facing a pretty rough time and while we might feel helpless in the face of the wider climatic changes and key issues concerning our carbon emissions, we can be mindful of single-use plastic and the catastrophic loss of the habitats for the creatures who call it their home.

We can all do our little bit to help reverse these damaging trends. As Alan Titchmarsh so aptly states, 'we are guardians of our planet'

Our gardens are places that enable us to make a difference and do something positive in creating a space that is not only beneficial to us but to the environment as well.

Many of us have already adopted elements of grow your own fruit and vegetables to reduce air miles. Others are already questioning where plants stocked by garden centres come from, that they are chemical free and haven't travelled thousands of miles. Sowing and propagating your own plants is an effective way of reducing air and land miles - and save you money as well.

Other moves include introducing more native plants that work well in our changing climate. The healthy eating campaigns and even no-dig cultivation methods have now entered the thought process of gardeners. Sustainability is the clarion call. You can reduce plastic waste by washing and reusing pots and seed trays so they last for several seasons. Nurture nature by creating wild areas in the garden and most importantly taper off or cut out the use of chemical pesticides and weed killers.

So the emphasis for 2022 will undoubtedly be on reducing our carbon footprint, become more eco friendly, embrace the world of organic growing and introduce positive ways to enhance our gardens to continue to provide a haven from the pressures of our busy world.

So whatever your objectives and however proficient you are at gardening, we can all do our bit to try and help to reverse these damaging trends to our environment and I am sure we all can make improvements and to that end, I will be suggesting ways to achieve these goals in future editions.

Lawrence

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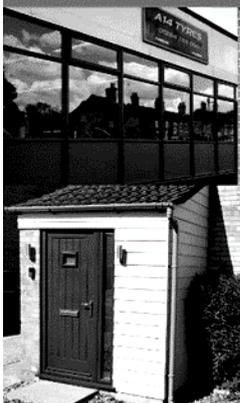
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STAY SCAM SMART

This month we are highlighting the following scams currently doing the rounds locally as reported to Trading Standards.

FRIENDS AND FAMILY SCAM

A number of people have lost thousands of pounds to fraudsters asking them to send money to family and friends supposedly in urgent need.

Victims are usually contacted via text messaging services saying a family member or friend have lost or damaged their mobile phone and are having to contact them from a new number. They can also fake contact details, making the fraud even more convincing.

The scammers particularly prey on parents purporting to be their children, asking them for money to buy a new phone or to pay an urgent bill because they are in severe financial difficulties, even, providing their bank details so the cash can be transferred. Like most scams, they involve putting pressure on the victims to act quickly and play on worries about a relative being in trouble.

Banks have reported a fourfold rise in 'Dear Mum' scams in recent months. The average loss was around £1200 which could be from multiple payments but some victims have lost more than £3000.

If you get a message from a family member or friend asking for money, give them a call on a number you trust and speak to them to confirm it really is them before making any payment and, for added security, ask a personal question to which only they would know the answer.

Text Messages claiming to be from the Post Office

Fake Text messages from the Post Office are circulating claiming a parcel has been received at the local office which has incurred an unpaid shipping fee and you should click on the website to pay the fee to retrieve the parcel and schedule a delivery visit. **THIS IS A FAKE MESSAGE.**

If you receive this or similar messages, report it by forwarding to 7726 or freephone 0808 223 1133

If you think you have fallen for a scam message and provided financial details, contact your bank immediately on the number displayed on your bank card.

Remember. Criminals are experts at creating spoof messages that link you to fake websites using official logos and branding of trusted organisations to trick you into taking urgent action without further inspection or consideration.

Time to get walking again!

At this time of year we start to think about the mud drying up and getting out to walk in the beautiful English Countryside again, but where to find new and interesting walks?

Walking in Suffolk <https://www.walkinginengland.co.uk/suffolk> has hundreds of walks to download and print, free, it also has books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

John Harris (the custodian of the website) said 'There is so much walking information on the web but it is difficult to find.

Walking in Suffolk (part of the Walking in England website) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'.

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

So home or away, check out the websites and get walking!

John Harris www.walkinginengland.co.uk john@walkinginengland.co.uk

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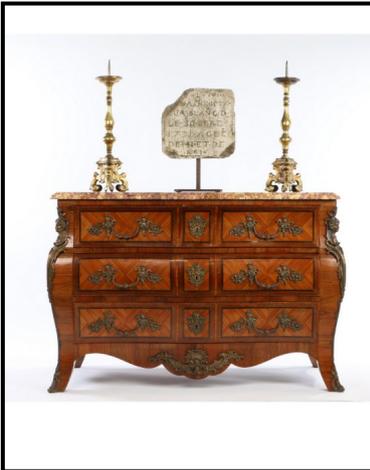


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I've just been offered a new job and now I need to tell my current employer. The new company wants me to start as soon as possible. The problem is, we're already a bit short-staffed where I am now and I don't know how soon I'll be allowed to leave. How should I bring all this up with my boss?

Congratulations on your new role. It can feel awkward telling your current employer you're moving on. The time between telling your employer you've found a new position and you actually leaving is known as your notice period.

If you've been in your current job for less than a month, you won't have to give any notice period (unless your contract says otherwise). If it's more than a month, you'll have to give at least one week's notice. Your contract should make it clear exactly how long is expected.

If you don't have a contract, and your employer has no written record of you agreeing to a notice period, you should give at least one week's notice. It's worth waiting until your new employer has confirmed your employment, for example by giving you a start date before handing in your resignation. It's then best to resign in writing (email is fine), so that you have a record of the date you told your employer. On the Citizens Advice website we have a section on resigning with tips on how to write this letter. This can be found at citizensadvice.org.uk/work/leaving-a-job. You can work a longer notice than the one in your contract, if you agree it with your employer. If you're keen to move on sooner rather than later, it may also be possible to negotiate a shorter notice period than your contract says. If you want to go down this route, it can be useful to reassure your current employer that you will tackle any urgent work before finishing. Fixed-term contracts are a bit different, as you won't need to give notice if you intend to leave on the last day of contract. Leaving early would usually mean giving at least one week's notice, unless your contract says otherwise.

Don't forget about your holiday days during your notice period. If you have unused paid holiday you should speak to your employer about either taking these during the notice period or being paid for them.

Finally, sometimes people can change their mind about moving jobs or find their circumstances alter. If this happens to you, you should speak to your current employer to see what the options are and if you can stay in your current role.

Citizens Advice Mid Suffolk can provide advice on this or any other issue, including debt, employment, benefits and family law. You can contact them on 01449 676060 or use the contact form at midsuffolkcab.org.uk/contact-us. For more information and our opening hours go to midsuffolkcab.org.uk.



Notes from the Green Redgrave Group

Last month we reported on the activities of the Redgrave Tree Group. This month we can let you know that we have expanded to cover a wider range of activities to improve the biodiversity of the village. Our aim, supported by our Parish Council, is to make Redgrave a Wildlife Friendly Village. We want to do this by identifying, measuring and implementing projects to improve habitats for wildlife, which in turn will allow residents to access a beautiful and sustainable environment that is beneficial for their mental and physical well-being.

We held our first public meeting of the new Green Redgrave Group in the cosy environment of the Cross Keys Pub on 7 Feb 22. And at that meeting we discussed possible future projects to progress the Group's aims. So, in addition to our tree planting activities, we will be looking at projects such as improving habitats for birds and other creatures, encouragement of wildlife friendly gardening, road verge improvements and Citizen Science surveys to assess the state of wildlife in the village. In addition, we plan to have a series of talks on related topics on an occasional basis.

We will continue with our tree planting activities and if you have land or hedgerows that would benefit from tree planting then we would be pleased to hear from you. But we are also looking for more ideas and enthusiastic volunteers to help us progress them. If you want to contribute or just learn about wildlife friendly activities then please join us. We would love to hear from you if you would like to be involved.

We are keen to start our Citizen Science work and to begin amassing a database of the state of our environment. So, we would like to receive and collect data on your sightings of Spring, ideally with a photo and grid ref or W3W location to the group: for example any sightings of great crested newts in ponds, first cuckoo/swallow/swift/other migrants, or anything else that exemplifies the return of the new season. These can be emailed to the Group at green-redgrave@googlegroups.com

Meetings of our Group will in future be held on the first Tuesday of the Month in the Cross Keys Pub in Redgrave, with the next meeting therefore on Tuesday 1 March 2022.

Please contact Andy Warnes (by email awarnes@btinternet.com or on 07478 337331) for more details.



Have you got a charity or not for profit event being held this year? If so please forward a flyer/poster to our actionline@parkradio.co.uk and we will promote your event on-air free of charge. Also if you feel that you would like to get more involved with the radio station as a volunteer please contact us on studio@parkradio.co.uk. Please feel free to contact us with questions, requests or any general enquiries we may be able to help you with.







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March Church Notices



Message From Mel

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Short Note to Mums

This month is Mothers Day. Before I became a mum, I never truly understood the huge sacrifice, love, strength, and courage it takes to be a mum. Being a mum is like having 4 full time jobs with no holiday break or sick leave of any kind. It's tough. Every day you have new hurdles and challenges that you need to face and it's tiring on so many levels. I am reminded of a Lioness. The Lioness is a mother who goes out to hunt to feed her children, she trains her children to fight and grow and she courageously protects her cubs from danger. Lionesses fight and hunt with other Lionesses. They form a pride, and they have each other's back. Today I say to you, you are like a Lioness. You are strong, courageous and brave. Every day you choose to love and care for your children. Yes, we are not perfect and some days are harder than others, but you do your best. Some days you may not feel like a Lioness, but a worm or a timid mouse. Even if you do not feel like a Lioness, you are one and I applaud you. Well Done for choosing to rise up each morning. God celebrates you and He honours you. He is always with you, cheering you on and you can call on Him to help at ANY TIME. Not only that, but there are always other Lionesses out there that support you too. Lionesses stick together and so today, this March time in 2022, I celebrate you. So, as you do life this month, may God Bless you, you courageous, strong and powerful woman.

Hello everyone, x

Spring is nearly here, and I just love how the Daffodils spring up from the ground. They are such a happy flower and remind me of the warmth that is to come.

For Mothers Day, this March we have a Mothers Day Party Special at Breakfast Church on the 27th March at 9:30. There will be treats for the mums and lots of fun activities for the whole family to enjoy.

RBR Youth is a small group of youth which meet at our house in Diss. If you have a teen at home or want to know more information, you can follow us on Instagram @rbryouth or contact me using the details above. We regularly attend the Youth Group at Parkview Chapel on Friday nights and they are always welcome at both. Your family is important and we are supporting you as you parent all the way. We are always here for a chat.

God Bless you lots and see you soon 😊 Mel

Parkview Chapel Sunday Services and Events

All services will be at Parkview Chapel (unless noted otherwise), will include Communion, and be live-streamed on the 'Parkview Chapel' Youtube channel. Refreshments will be served from 10.30am.

Please call Kev Gladwell on 01379 898924 for more details or check out www.parkviewchapel.co.uk

Sunday 6 th	Service at 11.00am	
Sunday 13 th	Service at 11.00am	
Sunday 20 th	"Coffee on a Sunday" service at 11:00am	
Sunday 27 th	Service at 11.00am	
Events	Coffee on the Corner	Tuesday 8 th 9:00am
	Quiz Night with Fish 'n' Chips (see ad in this magazine)	Saturday 2 nd April
	PARKVIEW Youth Junior Church	Sundays 11:00am - 12:00pm
	Junior Friday Club	Fridays 6:00pm - 7:00pm
	PYP	Sundays 7:00pm - 8:30pm
	Senior Friday Club	Fridays 7:30pm - 9:30pm

A warm welcome at Botesdale Methodist Church to anyone who wishes to join our services

Services (all at 10.30am) - for further information phone 01379 890898

Wednesday 2 nd	Ash Wednesday United Service 7.30pm
Sunday 6 th	Mrs Margaret Chamberlain
Sunday 13 th	Mr David Freeman
Sunday 20 th	Rev David Ely Church Anniversary Service with Holy Communion
Sunday 27 th	Mothering Sunday Local Arrangement
Events	
Tuesday 1 st	Afternoon meeting for tea, conversation and activity 2:30pm - 4:00pm at the Methodist Church Schoolroom. Open to all in these villages
Tuesday 22 nd	Coffee Down the Lane 10:00am-12:00pm. Everyone welcome.

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10:00-11:15 = Intergenerational Worship
11:15 = Coffee
11:30-12:00 = Communion

2nd

SECOND SUNDAY OF THE MONTH

ALL TOGETHER COMMUNION
AT ST MARY'S, RICKINGHALL

10:30-11:45
Baby and toddler space
Child friendly
Refreshments served at the end

4th

FOURTH SUNDAY OF THE MONTH

FAMILY BREAKFAST CHURCH
AT BOTESDALE VILLAGE HALL

9:30-10:30
Breakfast, games and activities
15min God Spot

COMMON WORSHIP COMMUNION
AT THE CHAPEL OF EASE, BOTESDALE

11:00

5th

FIFTH SUNDAY OF THE MONTH

UNITED SERVICE WITH
PARKVIEW CHAPEL AND METHODIST CHURCH

10:30 / 11:00
Venue TBC as each church takes turns to host

BOOK OF COMMON PRAYER HOLY COMMUNION

9:00-10:00
At the Chapel of Ease, Botesdale

This Sunday plan is subject to holidays and special events

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



From the Registers	
4.2.22	Funeral of Mr. Mike Erith, St Mary's, Redgrave. Died 6.1.22, age 91
15.2.22	Funeral and burial of Mr Keith Hill, St Mary's, Redgrave. Died 22.1.22, age 84
25.2.22	Funeral of Irene Robertson, West Suffolk Crematorium, Risby. Died 11.1.22, age 94
13.2.22	Baptism of Bella Hipwell, All Saints, Redgrave