

PARISH MAGAZINE

Redgrave cum Botesdale and Rickingham

FEBRUARY 2013



Rev'd Chris Norburn
Rector of Redgrave cum Botesdale with the Rickinghalls

The Rectory, Bury Road, Rickinghall, Diss. IP22 1HA Tel: 01379 898685

St Mary's Rickinghall Inferior now has a web site

<http://stmarysrickinghallinferior.onesuffolk.net/> or Google: St Mary's Rickinghall Inferior



Rev

Have you heard the story about a groom receiving an expensive Bible as a wedding gift from his grandfather? A thank-you letter was written and the Bible put away on the top shelf of a book case. As time passed, the grandfather repeatedly asked the couple how they liked the Bible. The couple were confused as to how to respond: they'd written their thank-you letter, but the grandfather persisted. Eventually, the young man dug out the Bible. As he leafed through it, £20 notes fluttered out, 66 in all—one at the beginning of Genesis and in each succeeding book. While the couple had left a monetary treasure waiting to be discovered, they had also left something even more valuable untouched between those pages: spiritual riches, all because they had not opened the Book.

Many in the Benefice have been listening to an audio version of the New Testament, the second part of the Bible, and have found it helpful in understanding it. Once almost every home in the land had a Bible, now I'm noticing that fewer and fewer have one, and in homes where there is a Bible it is often not read on a regular basis. Reading the Bible is not illegal here as it is in Laos. It won't lead to fines and imprisonment as it might in Vietnam. It doesn't cost a week's wages to obtain a copy as it does in the Philippines. While we do not battle external obstacles to reading the Bible—such as laws or financial restrictions—we face internal barriers every day.

Perhaps you rank among the majority who do not read the Bible regularly. Perhaps you've considered it, been exhorted to try it, and even attempted it a few times, yet you can't seem to make it a habit. What can you do? If we truly believe that the Bible is divinely inspired and that it instructs us in righteous living and equips us for every good work (2 Tim. 3:16-17), then we should be eager to delve deep into it pages. Unfortunately, even though we might believe that reading the Bible will help us grow spiritually, we can't quite get around some internal obstacles. Here are five excuses that prevent us from cracking open the Book—and how to overcome them.

1 "I don't have time to read." But we do have time—if we read in spurts. Each year we read thousands of forms and notices, hundreds of newspapers, many magazines and this is before we read Facebook, Twitter and Google! But on average we only read three books a year! It appears that we like to get our information in short doses that are easy to digest. Half the books of the Bible can be read in 10 to 45 minutes each, and many of them can be read in less than 20. It is possible to read the entire Bible in about 78 hours! Read just one chapter of the Bible each day, and in a month you will have completed the book of Proverbs (31 chapters) once or the epistle of James (five chapters) six times.

2 "I don't know where to begin." If starting "In the beginning" with Genesis seems too daunting, flip to the Psalms or Proverbs and start there. Or begin your journey in the New Testament with Matthew. There are many resources available to help you read Scripture in manageable portions and work through it in logical sequences. Many of us think of the Bible as a technical manual written in Christian-ese. But today there are many different versions from the traditional King James Bible to the Good News and The Message which is a modern day paraphrase. There are also many reference books available to help the reader, such as a Bible Dictionary (an index of biblical-word definitions), a Bible Atlas (a collection of maps of

biblical lands), and a Concordance (a biblical word locator) to bring clarity to the text. Just Google 'resources for reading the Bible' and see what you get!

3 "The Bible is so dull." Not if you enjoy romance (Ruth), adventure (Jonah, Acts), or conflict (Judges). There are tales of conquest and war (Joshua), scandal and suspense (David and Bathsheba in 2 Samuel), and deceit and corruption (Ananias and Sapphira in Acts 5). God has also stocked his library with a variety of genres: narrative, letters, poetry, history, and prophecy. On top of this there is a biography section called the Gospels (Matthew, Mark, Luke and John) where you can read all about the person of Jesus Christ, God's own Son. But if you love poetry, spend some time exploring Psalms or Song of Solomon.

4 "I don't see how the Bible applies to my life." The Bible offers practical advice on issues we face every day: love (1 Corinthians 13), leadership (Nehemiah), marital bliss (Song of Solomon), courage (Esther), and investments (Matthew 25). It has how-to articles (Proverbs 31) and time-management models (Matthew 13). A useful tool is a topical Bible: a Bible arranged according to subject where you can read every passage about an issue that challenges you. Take notes as you read. Become an expert on what the Scriptures say about that particular subject! You will then become more familiar with how to navigate life when you read the Bible and follow it yourself.

5 "The Bible makes me feel uncomfortable." Many of us associate the Bible with negative experiences. Instead of examining Scripture on its own merits, we plop it onto a "discard pile" along with dry worship, hypocritical congregations, and insensitive Christians from our past. We'd rather label it and put it in a box than face up to what it might be telling us about ourselves. But conviction is an important and necessary function of Scripture. "For the word of God is living and active," says the writer of Hebrews. "Sharper than any double-edged sword ... it judges the thoughts and attitudes of the heart" (Hebrews 4:12, NIV).

As we read the Bible we will have to face some hard truths about ourselves and our inner motives. So the Bible isn't for the faint hearted or those who are weak willed. But as with everything in life it is helpful to have training and instruction on how to get the best out of what is before us. I firmly believe that it is well worth the effort for us all to examine our lives through reading the Bible and so live a better life; a life in tune with God's will and purpose for us. The ancient Greek philosopher Plato said this, "The life which is unexamined is not worth living."

Is your Bible ferreted away, gathering dust somewhere? There is a priceless fortune, a priceless treasure hidden within its pages and its all within your reach right now. Get it off the shelf and read it today.

With every Blessing for the coming year

Chris Norburn.

St Mary's Redgrave

A cleaning session will take place on Friday 1st February from 9.00 to 11.00 am. All are welcome to join the happy group who dust, sweep, polish or even scrub. Coffee and eats are available. Please come along and give your support.



Redgrave Church Heritage Trust

The Church will be open on
Saturday 2nd February
from 10 am to 12 noon
Refreshments will be served.

For further information or to help call
01379 898696.

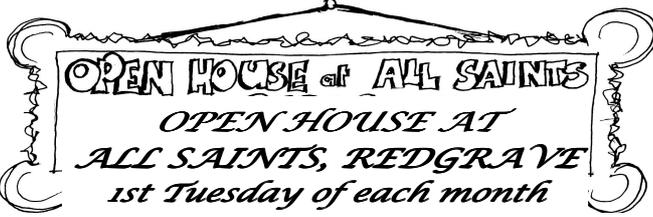


**St Mary's Church
Rickinghall Inferior**

The church will be open to visitors on the 1st and 3rd Saturday in the month to April 2013 from about 10am, closing well before dusk.

I always looked for someone I could live with, but ended up finding someone I can't live without.

February Events



OPEN HOUSE at ALL SAINTS
OPEN HOUSE AT
ALL SAINTS, REDGRAVE
1st Tuesday of each month

Tuesday 5th February
 10.00 am to 12 noon
Everybody welcome. Coffee & cakes provided

the WI Rickingham Village Hall
RICKINGHALL at 7.30 pm

THURSDAY 14th FEBRUARY

'LOVE FOR PORCELAIN'
 Marrion Morrish
 (involved with the Downton Abbey production)
 Refreshments

New members and guests always welcome

Q: Did Adam and Eve ever have a date?
 A: No, but they had an Apple.

LATEST COPY DATE BY 12 NOON FOR :

March issue : Friday 15th February
 April issue : Friday 15th March

Divine Inspiration: Chris Norburn 01379 898685
 PCC Representative: Bill Cordeaux 01379 898286
 Ed Anonymous
 General Dogsbody: Charles Greenhough 01379 890109
 email : redgraveparishmagazine@hotmail.co.uk
 Front Cover Drawing: by Matt of the Telegraph
 Printed by 321 Printing, Ipswich 01473 210321

Will contributors kindly e-mail copy to Charles, or **deliver** to The Rectory, Bury Road, Rickingham, Diss, IP22 1HA. Emails are acknowledged within 48 hours. **The Editor welcomes reports on items of local interest. Please get writing!**

*Please feel free to deliver your copy before the cut off date if you have it available. **THE EARLIER IT IS RECEIVED, THE MORE LIKELY IT IS TO BE INCLUDED. The magazine is sent to the printer on Friday afternoon of the copy date.***

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

Our waiting list for prospective advertisers is currently standing at twelve names.

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.

Web site for this parish magazine:
stmarysrickinghaminferior.onesuffolk.net
OR Google 'Redgrave Parish Magazine'

WHIST DRIVE

Friday 15th February
 at 7.30 pm
 at The Bowls Club
 Refreshments



The Bowls Club is down Fen Lane, Rickingham (opposite the Fish & Chip Shop).

This is a friendly fun evening, open to everyone.
 Further information from 01379 890202.

PROGRESSIVE WHIST DRIVE

Tuesday 19th February
 Redgrave Activities Centre
 at 7.30 pm



Beginners Welcome Refreshments
 Ring 898 619 for further details



HERITAGE CIRCLE
www.onesuffolk.co.uk/HeritageCircle

Rickingham Village Hall

WEDNESDAY 27th FEBRUARY at 7.30 pm.

ORIGINS OF OLD SAYINGS
 With Peter Banham

New Members and Guests Welcome

Refreshments Raffle

Redgrave Garden Club

Redgrave Activities Centre at 7.30 pm



THURSDAY 28th FEBRUARY

SPRING DINNER
 The Park Hotel, Diss

Enquiries / information from :
 Chris Tindall on 01379 890548

www.redgrave.org.uk/redgrave-garden-club

Hindsight [A humorous Valentine poem] by Joanna Fuchs

I said to you, 'Oh, please be mine;
 Be mine forever, Valentine.'
 I must have seemed like quite a fool,
 Although I thought I was being cool.
 I swore that we would never part,
 As I put my hand upon my heart.
 Had I been thinking with my head,
 I'd probably have fled instead.



蘭花樓

BLUE ORCHID CHINESE
THE STREET, BOTESDALE
DISS, NORFOLK. IP22 1BS
Tel:01379 898288

OPENING HOURS

Sunday Monday 5.00PM – 10.30PM
Tuesday CLOSED
Wednesday Thursday 5.00PM– 10.30PM
Friday – Saturday 5.00PM – 11.30PM

OPEN BANK HOLIDAYS



SCRUMMY YUMMY CAKES

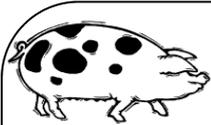
Cupcakes for your special occasion.

Individually created just for you.

Come and see us at Rickinghall Farmers' Market every month.

For more information call Nikki.

Telephone: 01379 890050
scrummyyumycakes1@hotmail.co.uk



HIGHWAYS
FINNINGHAM ROAD
RICKINGHALL
DISS.

RARE BREED
GLOUCESTERSHIRE OLD
SPOT PORK AND BACON
TRADITIONALLY REARED OUTSIDE ON OUR
SMALLHOLDING IN RICKINGHALL

LARGE OR SMALL QUANTITIES AVAILABLE FROM THE
FARM GATE OR AT RICKINGHALL FARMERS' MARKET

FARM BUTCHERY NOW OPEN : MON - FRI : 9AM - 3 PM
SATURDAY : 2 - 5 PM

PHONE/FAX 01379 898357. MOB: 07887 668445



Gail Jackson Catering

Quality homemade food
for all occasions
large or small

For sample menu or
informal enquiry
call Gail

01379 668 186
07503 181 136



Special cakes
for
special celebrations

Jean Barker

01359 241135

www.amazingcakesbyjean.co.uk



The Bell Inn Rickinghall

Your local village
Hotel, Restaurant & Bar

01379 898445

Bar
Open All Day Every Day
Breakfast Served Daily
7.30 am - 11.00 am

Special Boards
changing weekly
with Senior Specials

Finest Local Food Served Daily

Mon-Sat 12 noon - 2.30 pm & 6.00 pm - 9.30 pm
Sunday Food Served All day 12 noon - 9.30 pm

Please see our Notice Board for forthcoming events

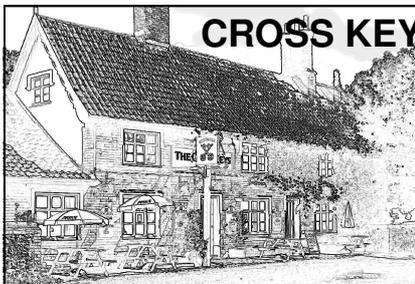
www.thebellrickinghall.com

FARMERS' MARKET AT RICKINGHALL VILLAGE HALL SATURDAY 9th FEBRUARY 9 AM TO 12.30 PM

Buy your food from the people who produce it—for truly local flavour

Stalls expected :

Fresh & Smoked Fish, Eggs, Local Fresh Vegetables, Cakes and Bread, Meat Pies, Flour from Pakenham, Local Lamb, Pork, Beef, Venison, Chicken, Honey, Preserves, Jams, Chilli products, Cheeses, Chocolates, Sweet Treats, Apples and Apple Juice, Freshly Ground Coffee, Home Made Curries and Plants.



CROSS KEYS, REDGRAVE

IP22 1RW

01379 898510

Golden Years
Wednesdays

12 noon to 2.30pm

2 Courses £5.00

3 Courses £6.50

Tuesday & Wednesday Evenings: Special deals
Full À la Carte & vegetarian menus
Don't forget our traditional Sunday lunch!

Great food and rotational guest ales

Redgrave Community Shop

Probably the smallest community shop in Britain ... but surprisingly well stocked!

www.redgraveshop.co.uk

01379 898848

The butcher, the baker, the farm shop, the dairy,
They all supply Redgrave Shop!

Please support us and our
local suppliers

Newspapers and general
Groceries

Orders taken

Opening Hours

Mon – Fri 8:30 – 1:00pm
3:30 – 6:00pm
Sat 8:30 – 1:00pm
Sun 9:00 – 11:00am

More February Events

Jumble Sale

Annual Grand Jumble Sale

Saturday 2nd February 2013
at 2 pm in Rickinghall Village Hall.

Refreshments - Raffle - Tombola

Come along for the first bargains of the season!
Includes new and unused items.

Admission only 20p.

Enquiries to Pam on 01379 898525.

Proceeds to Rickinghall Village Hall. Charity No : 1031063

QUIZ NIGHT WITH FISH AND CHIP SUPPER

FRIDAY 15TH FEBRUARY 2013

RICKINGHALL VILLAGE HALL

DOORS OPEN FROM 6.15pm FOR 6.45 pm QUIZ START
Supper at approx 8.00 pm

RAFFLE ~ LICENSED BAR
(own drinks proscribed)

BRING A TEAM OF 6
OR COME AS INDIVIDUALS AND JOIN OTHER TEAMS

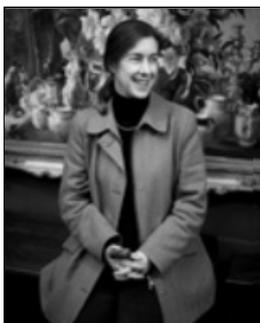
ADMISSION BY TICKET ONLY

£8.00 TO INCLUDE FISH AND CHIP SUPPER
OR VEGETARIAN ALTERNATIVE (please advise)

TICKETS AVAILABLE FROM :
JEAN SHEEHAN 01379 890237
BOTESDALE POST OFFICE
RICKINGHALL NEWSAGENTS



IN AID OF RICKINGHALL INFERIOR CHURCH FABRIC FUND



ELIZABETH TALBOT
Senior Auctioneer from Gazes of
Diss and as seen on 'Flog It' on tv

Treasures in the Attic and The Art of Valuing Antiques

Monday 4th February 2013
Botesdale Village Hall at 7.30 pm.

Tickets £6.00
from Botesdale Post Office and Rickinghall Newsagents
or at the door

Light Refreshments Raffle

In aid of Botesdale Chapel of Ease Roof Fund

REDGRAVE AMENITIES TRUST THEATRE CLUB

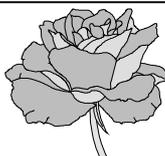


Annual Review
and Cheese & Wine Evening

Thursday 21st February 2013
at 7.30 pm at the Activities Centre

REDGRAVE & DISTRICT LADIES CLUB

Tuesday 12th February
7.30 pm
Activities Centre, Redgrave



'CORSETRY'

Speaker : Rosemary Jacob

Enquiries to 01379 890 548

The full 2013 programme is available on
www.redgrave.org.uk/redgrave-and-district-ladies-club



Don't talk to me about Valentines Day.
At my age an affair of the heart is a bypass.

Joan Rivers

Jill was thrilled to receive a gift from Interflora, the
romantic margarine delivery service.

THE HOMECARE SERVICE
WHERE
PEACE OF MIND
COMES AS STANDARD

For more information
please call:
01473 381545

A service from
Prestige Nursing



www.prestige-nursing.co.uk/home

Traditional Chinese

Acupuncture

Restores Your Health

Deborah Ellis
LicAc M.B.Ac.C

25 years experience

01379 651553

The Paddocks
The Green
Palgrave

Country Beauty Salon

Professional Beauty Therapy by June Frost

Jessica Manicure & Pedicure, Dermalogica Facials,
Eyelash Tint & Shape, Electrolysis & Waxing, Top to Toe Days,
Dermalogica & Australian Body Care Products

GIFT VOUCHERS for that special person

NEW !
Country Holistics

The Complementary Therapy Room

Reflexology, Aromatherapy Massage, Indian Head Massage,
Hopi Ear Candles and Hot Stone Massage.

Experience the tranquility of our new room.

Available for male & female clients / Day & evening appointments

Tel. 01359 251660



Suffolk Family Carers

Living Fuller Lives

Are you a Family Carer?

Do you care for a friend,
neighbour or relative?

There is a FREE local group
which meets monthly to give
you support and information.

Please call 0844 225 3099 (or
01473 835 477) to find out
more!



A New Year, A New You!

Classes at Rickinghall Village Hall
Tuesday & Sunday from 6—7 pm
Both classes £5 per session

A great way to have a fun workout
and enjoy exciting Latin sounds!

Please bring water and wear dance
shoes or trainers. Clothing should be
suitable for movement.

Call Jill on 01379 897055 or
07800 639141 or just come along.



Experienced Reflexologist in Rickinghall

A good all round treatment which may help conditions
such as : hormonal problems, digestive problems, peo-
ple living with cancer and long term debilitating
illnesses, breathing disorders, stress & anxiety,
pregnancy and many other ailments.

Lisa Howlett MBRA

(Qualified 1999 Bayly School of Reflexology)

Also offering Indian Head massage and Hopi Ear candle treatments,
Full client confidentiality assured

For more information and advice or to book an appointment
please call Lisa on

07989 565210 or 01379 898028

Yoga with P

Rickinghall Village Hall

Tuesdays at 9.30 am

Fridays at 9.00 am

All year, start any time

Other local classes too!

For more information
contact Pieterrella

on 01379 890955

pieterrella.jarvie@gmail.com



Yoga

at
Botesdale
Village Hall

Tuesdays 7.15 pm—9.15 pm

Term time only

Join any time!

All abilities welcome

£42 for each block of 6 weeks

For more information

please ring Julie on

01359 221655

or email

juliedyoga@msn.com



ASSOCIATION OF
REFLEXOLOGISTS

ELAINE BROWN

Holistic Massage / Reflexology

Manicure / Pedicure

Spray Tanning / Sugaring

Facials / Facial Massage

Eyelash & Eyebrow Tinting & Eyebrow Shaping

The ancient Egyptian art of sugaring (similar to waxing) uses a
paste of natural ingredients to remove hair. The process has been
refined and modernised and it is a good alternative to waxing,
providing a long lasting finish.

Tel: 01379 788 904

Mob : 07 894 255 613



Why not come along and find out how we can help you to
change your life for the better.

Group held at Rickinghall Village Hall every Monday at
7.30 pm (including Bank Holidays).

Tel : Karen on 01359 250165 Mob : 07585 124062

For information on other Slimming World groups locally please
contact Karen or type your postcode into our website :
www.slimmingworld.com



Botesdale Dental Practice

www.botesdaledentalpractice.co.uk

We are a small, affordable **private** practice providing treatment in
quiet, comfortable and calm surroundings. This allows us to give you
individual and personal attention, plenty of time and an excellent
service.

Not having to adhere to a NHS budget means we can use the best
materials and use the most experienced technicians to help us to
provide you with the highest standard of dental care.

If you would like to know more, please contact us on 01379 897176 to
book a New Patient Consultation.

And if you are already a patient at Botesdale Dental Practice - "thank
you".

Even More February Events

REDGRAVE & LOPHAM
FEN



Enquiries or to book : 01379 688333

Tuesday 12 February, 10 am to 12 noon

Find Out About Volunteering

Join us for tea and cake at the Education Centre and find out about volunteering opportunities both at the Fen and at Knettishall Heath. Discover how you could get involved with work parties, educational activities and events. There are lots of roles from conservation work to admin. Come and find out more—just drop in. No experience necessary.

Saturday 16 February, 10 am to 4 pm

Weave a Celtic frame basket

Make a traditional and attractive Celtic frame basket for fruit or egg gathering with Jane Jennifer, professional basketmaker using English willow.

Cost : £35 + £5 on day for materials

Booking essential on 01473 890089

Tuesday 19 February, 2 pm to 4 pm

Bird box building. Family afternoon

Make a nest box and lard cake to take home and follow a trail to find out more about our feathered friends.

Cost : £5 per box. Booking essential.

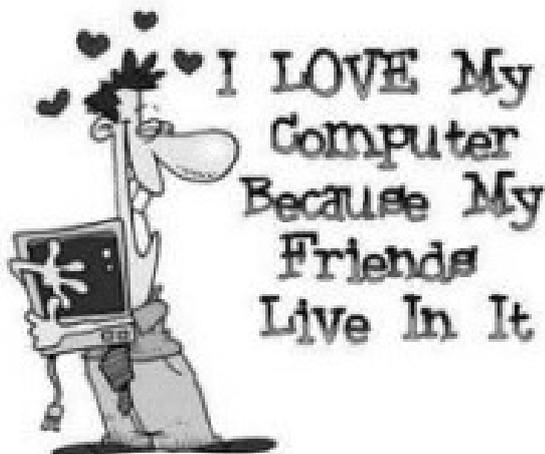
WILDLIFE WATCH GROUP at Redgrave Fen
10.30 am to 12.30 pm

Saturday 9th February

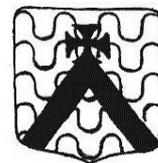
A club for 6-12 year olds. Nominal charge of £1.50 to cover costs and refreshments.

Tel : Mike Wraight on 01379 644 508 for further information.

For more information on the events go to :
www.suffolkwildlifetrust.org/reserves-and-visitor-centres/redgrave-lopham-fen/



School Snippets



The staff and children have settled back into school life after a very busy autumn term. We are looking forward to the New Year and the new challenges and experiences that it will surely bring.

During the second half of the Autumn term we introduced our class assemblies which give parents the chance to come into school to see for themselves what their children have been learning about.

The children in KS2 have enjoyed learning about their topics. Children in Year 3 and 4 were learning about the Victorians. They had a Victorian day when they all dressed up and experienced what life could have been like for a child in Victorian Britain. The children also went out on a school visit to experience a Victorian Christmas. The children in Year 5 and 6 also had their own theme day, however they travelled even further back in time to Tudor Britain. Our younger children have been equally as busy and had the added task of learning and performing their Christmas performance.

The children at St Botolph's enjoyed a fun run up to Christmas. A visiting drama group performed a Christmas tale for the children and the school Christmas Fayre was a real success and was very well supported. I would like to thank all of the parent helpers and member of the Friends group who worked so hard and supported the school superbly by organising and running the Fayre.

At the end of the Autumn term Mrs Sansom retired from our teaching staff but agreed to stay on with us as a non-teaching SENCO (Special Educational Needs Co-ordinator) for the rest of the school year. Mr Jamie Aitken will replace her as Year 1 teacher and I know he will be made to feel very welcome by the school and wider community.

I hope that you all had a wonderful Christmas and have a fantastic New Year.

Mr M. Cobbold, Headteacher

FOR SALE

Advertise here. Suggested donation of £2 per insert per month. Tel : 01379 890109

For Sale

Computer, monitor, keyboard and mouse

Processor type : Intel Pentium Dual CPU / 2000 MHz / memory : 1GB / operating system : Windows XP Professional / hard disk capacity : 144 GB /DVD player

17" LCD Monitor

Genius Mouse

Keyboard

£25. Please ring 01379 890109.

For Sale

4Kw diesel driven electric generator. Offers.

Please ring 01379 890109.

How can a woman be expected to be happy with a man who insists on treating her as if she were a perfectly normal human being.

Oscar Wilde

CUT ABOVE

Ladies & Gents hairdressing
and beauty.
The Street Rickinghall
Open Tuesday-Saturday
TEL .01379 890647

**SINGER AVAILABLE FOR YOUR FUNCTION
LARGE OR SMALL**
I can also visit your home
for parties and family
gatherings
20's, 30's, 40's and
All Time favourites
Old Time Music Hall
(in full costume)
or a mixture of both



Tel: Gill on 01449 781 375
www.gillnicholls.co.uk

EMMA EDWARDS

PROFESSIONAL HAIRDRESSING

- The salon experience in your own home.
- Fresh, creative approach to mobile hairdressing.
- Former salon owner bringing with her years of experience.
- Dedicated to customer satisfaction.

Evening appointments available.
To make an appointment call **Emma on 07900 683649**



FRAMES



by
Emma Slack
Multiple and covered mounts,
box frames and conservation framing.

TELEPHONE: 01379 898380 MOBILE: 07768 513496
emma@slack.co.uk www.slack.co.uk
MIDDLE FEN COTTAGE
FEN STREET REDGRAVE DISS NORFOLK IP22 1SG



Photographer and Photographic Restoration Service

Old & faded photographs restored
Scratches & rips repaired ~ Stains removed
Montages ~ Special effects ~ Colour restoration
Enlargements (up to A3) ~ Reduction (to locket size)
All photographs reprinted on the
very highest quality photo paper
Reproductions can be done from prints, negatives, slides,
glass plates and digital images
Home collection / delivery in local area
Contact: Sheila on 01379 890297
or Justin on 07799 260474

PICTURE FRAMING BY CAROLA SETTLE

Quality mounting & framing of prints,
photographs, paintings, embroideries etc.,
at competitive prices.
Friendly advice & professional service.

Stanwell House, High Street, Gislingham,
Eye, Suffolk. IP23 8JE
Tel: 01379 783 415



MUI TSUN PHOTOGRAPHY

Baby & Child Photographer

Distinctive and artistic childhood images at the
comfort of your own home and garden.
www.muitsunphotography.co.uk
mui@muitsunphotography.co.uk
07765 916585
Dyson's Farm, Long Row, Tibenham NR16 1PD

PAINTINGS FOR PRESENTS



WHY NOT GIVE A PAINTING , PHOTOGRAPH
OR PRINT AS A PRESENT.

BUSINESS CARDS, MENUS, POSTERS ETC DESIGNED

Telephone Bob 07515396253
Website : **rembrandtnot.co.uk**

Club News 1



Botesdale Royal British Legion Women's Section

The last meeting of 2012 'the Christmas meeting' took place at Farnish House with sixteen members present.

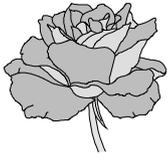
The main business of the meeting consisted of a report of the County Conference at Needham market which eleven members had attended. Members were congratulated on retaining two Needlework Cups and winning thirteen First Class Certificates and six Second Class Certificates for needlework.

The proposed programme for 2013 was also discussed.

There was a festive feel to the meeting with an exchange of Christmas cards and seasonal greetings; mince pies and sherry were also enjoyed.

Since the above meeting, five members had helped the Men's Section of the Royal British Legion Botesdale Branch, at their annual Bingo and Grand Draw.

Margaret Brown



Redgrave & District Ladies Group

Redgrave & District Ladies Group started the year in style on January 8th with a talk by Charles Appleton, a volunteer "games-maker" at the 2012 London Olympics and Paralympics.

Charles shared stories and memories of the wonderful experience of shepherding, directing, advising and checking tickets of up to 80,000 visitors a day. He described the universally happy atmosphere that was present and which even had policemen doing the "Mobot", the "Lightning Bolt" and pirouetting like ballet dancers. He encountered athletes, politicians, Royalty and celebrities but had the most admiration and affection for the members of the public, irrespective of which team they were supporting. He brought many of his mementoes of the games along, including his bronze, silver and gold badges and replica relay batons. Everyone present was full of admiration for the time and commitment of Charles and his fellow games-makers.

Our next meeting will be on Tuesday 12th February when Rosemary Jacob will give an hilarious talk on "Corsetry". The meeting starts at 7:30pm in Redgrave Activities Centre and new members are always welcome.

Chris Tindall



Interested in growing your own fruit, veg and flowers?

Why not join the Mill Lane Allotment Association? We regularly have whole and half plots available to rent.

REGISTER YOUR INTEREST BY EMAIL
milllaneallotmentassociation@hotmail.co.uk

OR BY CALLING THE ASSOCIATION SECRETARY
ON 07882 165351

I do what I want, when I want, wherever I want!...as long as my wife says it's okay.



BARWOODS

Botesdale & Rickinghall
Community Woodlands

There was a special occasion at Northfield Wood in December. Irene and Peter Cooper, of Botesdale, who had planned to plant a tree in memory of their daughter, Catrina, asked if they could plant one in the wood in Mill Lane, Rickinghall. We thought that this was a really good way of commemorating someone's life and a good use of a community wood. Irene chose a spindle and planted it beyond the circle of fruit trees, between the path and the allotments. If you don't know what a spindle looks like, you may have noticed two of them, small trees covered in bright pink berries, on the road between Botesdale and the bypass last autumn.



Mrs Irene Cooper planting the Spindle

The circle of fruit trees is now complete, with the last apple, a gift from a friend in Norfolk, being put in next to the Suffolk Stiles Pippin. This new apple is a St Edmund's Pippin.

The annual meeting passed uneventfully. We feel that there could be one or two more people who would like to invest some time on the long-term projects that we have started. The community spaces will be such an asset in the future, with flowers to be enjoyed, fruits to be picked, and early bulbs and blossoms in Miller's Orchard. Low Meadow even has seats so people can relax on their way through. How cool is that?

Rosemary Jones tel : 01379 890238

Reasons Why a Chocolate is Better Than a Woman

- Chocolate never keeps you waiting.
- Chocolate doesn't get jealous when you look at another chocolate bar.
- You never have to buy a box of chocolates for a box of chocolates.
- Chocolate doesn't talk incessantly while you're watching the football.
- It doesn't expect you to remember the anniversary of the first time you met.
- Chocolate never tries to chat up your best friend.
- Chocolate isn't looking for a long term commitment

 **Ancestral Heritage**
family history research
house & property histories
one-to-one tuition & advice
talks & courses
gift vouchers

NEW
document archiving & photograph restoration

Sarah E Doig
 genealogist & local historian
01379 890215
www.ancestral-heritage.co.uk


MANOR storage

SECURE SELF STORAGE

Cranley Manor, Eye, Suffolk IP23 7NX

CALL 01379 873153

Friendly staff
 Country setting
 Competitive prices
 Easy access to A140
 Small, medium & large secure storage solutions



www.manorstorage.co.uk
info@manorstorage.co.uk

comercrawley
 the personal injury lawyers

- Keep all of your compensation
- No cost or risk to you
- Members of Law Society Specialist Personal Injury Panel

Chancery House, Victoria Road,
 Diss, Norfolk. IP2 2 4HZ

T: 01379 644311 www.comercrawley.co.uk

Rickingham Business Centre
*Allwood Green,
 Rickingham*

Offices, storage space & light industrial units to let

please call 01379 898 671

COMPUTER PROBLEMS ??
 Call Joe Richards for Windows and Apple Mac at
BAILIWICK IT SERVICES.
 Repairs, Upgrades, Networking, Virus & Malware removal,
 Data Retrieval, Printers, new & factory refurbished machines
 IT tuition and admin support for home & Business users.
Tel: 01953 718421 Mob: 07928 326008
Email: help@bailiwickit.com Web: www.bailiwickit.com

Elm Barns Country Cottages

Hinderclay Diss IP22 1HT
Holiday accommodation/short breaks

Enquiries: Donna Aves



 **07979 004674**
 **01379 890149**
d.aves@btconnect.com
www.elmbarns.com



Help and support for home users and small business at realistic rates

Richard Ackers

T 01379 388 726
 M 07785 301 665
richard@ackers.com
www.ackers.com

PC Problems?

Grove Flock Farm
 Rural : Comfortable : Quiet : Quality
Bed & Breakfast Accommodation

3 beautiful bedrooms ensuring personal attention
 Bedroom 1 has its own conservatory and small enclosed garden, ideal for pets.

Tel: 01379 898334

www.grovetflockbandb.co.uk
 email: joy@grovetflockbandb.co.uk
 Grove Flock Farm, Botesdale, Diss, Norfolk. IP22 1LH

Neighbourhood Watch



Illegal Hare Coursing - Information

All hare coursing with dogs is illegal under The Hunting Act 2004 and anyone convicted of the offence can be fined up to £5,000 by a Magistrates' Court. The Police have the power to impound and crush vehicles used by the offenders if the vehicle is on, or has been used to trespass over, private property.

If you witness illegal coursing of hares with dogs please make a note of any vehicles they have or that are parked close by, number of offenders, breed and number of dogs if possible and make sure you know your exact location. The first phone call should be 999 - ask for Police as they regard it as a high priority incident. **DO NOT UNDER ANY CIRCUMSTANCES CONFRONT THE TRESPASSERS.** If possible observe from a safe distance and keep Police informed of any further movement or activity. If you have a digital camera to hand, take discreet pictures of the offenders or their vehicles for helping Police investigations if it goes to Court. After speaking to the Police try and inform the land owner so they can circulate information through the Farm Watch Network and Police Direct.

Theft of Heating Oil Within Mid Suffolk -

This time of the year has, in the past, been noted for the theft of heating oil, and a repetition of the relevant security advice might be appropriate :

Just a few simple steps can help make your tank and fuel more difficult for thieves to target :

- Screen your tank with fencing, trellis or a hedge.
- Close and secure any gates leading to the tank.
- Conceal or cover any external pipes and fuel lines.
- Install dusk to dawn security lighting / motion sensor security lighting.
- Install lockable caps supported by a closed shackle padlock.
- Regularly check your fuel levels, sensors which monitor levels from inside the home are available.
- Consider installing a tank alarm.
- Consider placing the tank inside a steel container and locking the container using high security locks and fitting an alarm. The owner needs to ensure the tank has adequate ventilation to prevent a build up of vapour.
- Join a Neighbourhood Watch Scheme.

When you're topping up your tank for the winter, check it's secure and concealed. If you're leaving access open for a delivery, make sure the cap is locked after the fuel arrives.

Check your oil is covered under your household contents insurance.

It should be noted that some oil storage containers are plastic and some are metal – so any security measures which directly affect the tank or pipe work should always be installed in consultation with the tank supplier.

Keep an eye on your neighbours' properties. Large quantities of oil are often stolen, which means the thieves will need sizeable containers to collect the oil in and a van or a larger vehicle to take it away. If you see any suspicious people or vehicles in your road or a neighbour's driveway, contact police immediately by dialling 999.

Victims of oil theft should report incidents to the police on 101.

Don't leave your empty home in darkness

A recent police initiative in Suffolk has been to encourage people not to leave their house in darkness when vacant. It is an invitation to burglars.

"Burglars look for quick win opportunities; they don't want to run the risk of a confrontation so simply leaving a light on to give the impression someone is at home is often enough to deter them."

"Timer switches can also be fitted to operate radios and lights if you're not back from work until after dark or if you're away for a few days. Leaving a light on costs literally pence in electricity – and that pales into insignificance compared to the hundreds of pounds in insurance excess you might have to pay should your home be broken in to."

Local Contact Details

For Neighbourhood Watch contact your local Co-ordinator, or else in Botesdale and Rickingham Peter Beck on 01379 890495, (email : peter@pbeck.plus.com), and in Redgrave John Robinson on 01379 890683.

Non emergency calls and enquiries to the Police, please ring 101. Emergency calls—Fire, Police, Ambulance, dial 999.

Union of the Benefice

The Draft Pastoral Scheme for the Union of the parish of Redgrave cum Botesdale and the parish of Rickingham has now been received from the Church Commissioners and notices have been displayed on all Church doors and other notice boards.

If this goes ahead the new parish shall be called "The Parish of Redgrave cum Botesdale with the Rickinghalls". The scheme will come into operation upon the first day of the month following the date of it being made by the Church Commissioners.

Anyone may make representations **FOR** or **AGAINST** the draft scheme (please include reasons for your views) in writing or by email to reach the Church Commissioners at the following address no later than **12th February 2013**, and marked for the attention of James Davidson-Brett, Church Commissioners, Church House,

Great Smith Street, London, SW1P 3AZ, email: james.davidson-brett@churchofengland.org.

If anyone wishes to see the full documentation received please contact me on 01379 898685. It is also available on the Rickingham Inferior church website.

I firmly believe that this is God's will for this existing Benefice and look forward with excitement to the completion of this scheme. If anyone has any concerns or queries with regard to this then please do not hesitate to contact me.

Many thanks for your patience and continued support.

Revd Chris Norburn



**Self catering accommodation
Wortham**

Relax in peace & comfort in our spacious yet cosy ground floor annex. Sleeps 2
No smoking, or pets please
01379 890017
www.keswicklodge.com

Rabbats

A baby and toddler group for parents and pre-school children



Rickinghall Village Hall
Every Thursday
9.30 to 11.30 am
Come along and join us
For information call
Kath on 01359 250594

or email us at rabbats99@yahoo.co.uk
www.onesuffolk.co.uk/landbotesdalebt

The Swan Nursery School

Est. 1990



Hall Lane, Roydon

- +++ **Dedicated & highly qualified staff**
- +++ **Excellent Ofsted report**
- +++ **A friendly learning environment**
- +++ **1 to 4 or 1 to 5 Adult / Child ratio**
- +++ **Full day care and sessional care**
- +++ **Beautiful country garden setting**
- +++ **Large outdoor play area**
- +++ **Vegetable plot & Butterfly garden**
- +++ **Funding for all 3 and 4 year olds**

For more information contact:
Michelle Bowgen 01379 644588



4B&B STRENNETH
Country Bed and Breakfast



- Seven bedrooms, two with 4 poster
- Four bed economy bunk house
- Two detached holiday cottages
- Ground floor easy access
- Pets welcome

Phone: 01379 688182
E mail: pdavey@strenneth.co.uk
<http://www.strenneth.co.uk>

Airfield Road
Fersfield Diss
Norfolk IP22 2BP



Botesdale After School Club

OFSTED Registered
www.Botesdale-After-School-Club.org.uk
☎ 0795 296 1285



Providers of quality affordable childcare for children between 3—11 years old

LOTTERY FUNDED

Providing a safe, fun and social environment with qualified, experienced and caring staff

Held in Botesdale Village Hall
15.25—18.00 Monday—Friday during term time

The club provides a wide range of indoor and outdoor activities and games, art, craft and cookery, an IT Study and quiet area, including two computers and soft seating.

Children are collected daily from St Botolph's Primary School and escorted to Botesdale Village Hall. Children from other local schools and home educated children are welcome. Collections and drop-offs can be arranged for Mellis and Wortham primary schools. Excellent OFSTED Report received.

Botesdale Breakfast Club

Need a more flexible day? Simply book your child with us. The Club is based at St Botolph's School and is open from 7.45 am till 8.45 am Monday to Friday during term time for children between the ages of 3 and 11 years and can offer your child a nutritional breakfast. We are working in partnership with Botesdale After School Club to provide wrap around care for your children. Come and try us! See what we can offer you.

For more information or to book please contact
Paula on ☎ 07758 102043



PRE-SCHOOL

For all children aged 2 to 5.
We provide an exciting range of indoor and outdoor activities to ensure each child enjoys a stimulating learning experience supported by caring, highly qualified staff.

Exclusive access to Woodland area for exploration and adventure!

Consistently excellent Ofsted reports.

Morning Sessions
9.05 am — 11.35 am
Lunchtime Club:
11.35 am — 12.35
Afternoon Sessions (except Wed)
12.30 pm — 3.00 pm

Contact Karen Hails
07796 014304 (am) or
01379 898868 (evening)
www.botesdaleandrickinghallpre-school.co.uk

Botesdale Parish Council

Clerk, Leeann Jackson-Eve

The Parish Council met on 10 December 2012 and apologies for absence were received from Cllrs Appleby and Burgess.

School Parking: The Chairman, Cllr Green and Cllr Spilling had attended a parking meeting at St Botolph's School. The PC is still working towards some of the actions from the last meeting including the installation of a 20's Plenty zone outside the village hall. Advice from the Highways Department at Suffolk County Council has clarified that there is no budget for improvements and the signage would cost around £600. It has been agreed to approach County Cllr Charles Michell who holds the "Quality of Life" budget which could be used for such works. The next school parking meeting is on 13 February 2013.

Warrens Lane: The PC has received a letter requesting support for no-parking measures at Warrens Lane. The Clerk reported that an H-marking at that site will cost approximately £100 and no funding is available from SCC. The PC has agreed to pay the cost of the H-marking at the entrance to Warrens Lane.

Bins: The PC has received notification from Mid Suffolk District Council telling us that the cost of the dog and litter bin emptying service will increase per bin per annum by £5 from 1 April 2013. There will be nine litter bins at a cost of £15 each and four dog bins at a cost of £20 each for a total of £215. This service is 61% subsidised by MSDC at this time.

Planning: The PC looked at an application for planning permission at **Land adjacent to Grove Flock Farm, Common Road, Botesdale** for erection of buildings for the rearing of rare breed poultry and honey production including office and education room. The PC considered the revised plans for this application and agreed that they did not answer the majority of councillors' original concerns, expressed at the PC meeting in August, with the exception of the issue of proximity to the neighbouring property which was mitigated slightly by the re-siting of the mixed-use building. It was therefore RESOLVED, with all agreed, to maintain the PC's objection to the application.

Footpaths and Streams: The Maintenance of Footpaths and Streams project is continuing work and there will soon be a website for the project. Unfortunately, the project is no longer able to use the Community Payback Team for this work as they are now charging £70 per day. If you can help in any way, please contact Cllr Chris Lambert on 01379 897053 or via email at chris@prewarminor.com

Budget 2013/14: The PC noted that the Local Government Finance Report, which will set any "Excessive Council Tax Increase" trigger, has not yet been published and no Council Tax precept can be formally approved. The budget will therefore be finalised in January.

Playing Field: A number of branches have come down onto the playing field. It has been agreed to get quotes from tree surgeons for any work that needs to be done to make the area safe.

Public Rights of Way: The state of the PRoW leading from Bridewell Lane is an ongoing problem due to the use of vehicles on the byway. It is a byway open to all traffic (BOAT) so this is not illegal, but it is damaging to the surface and makes it difficult for pedestrians and horses to use the byway. This problem worsens during wet weather so please avoid using vehicles on this byway if at all possible.

War Memorial: The restoration of the Memorial was completed in October and the cost of £1,070 has been met by Botesdale PC. It has been agreed to ask Redgrave and Rickinghall Parish Councils to contribute to the cost.

Christmas Tree: The Christmas Tree 'Lights On' event was very well attended and everyone's efforts were very much appreciated. The PC extends its thanks to Chris Burnard for his help erecting and decorating the Christmas Tree, Keith Smith for his annual signing-off of the electrical installation, Howard and Georgina Newport for the mulled wine and mince pies, Rickinghall Village Hall Management Committee for the loan of the speaker system, and a special thanks to David Freeman who accompanied the event on the keyboard on a very cold night. Now if only the lights had come on!!

The first meeting of 2013 was held on Monday 14 January, and apologies for absence were received from Cllrs Hathaway, Newport and Spilling.

There were no planning applications to discuss but it was noted that Planning Permission had been granted for the new house at Hilltop, Bridewell Lane.

Budget 2013/14: This was set at £18,250 for the financial year commencing on 1st April 2013, in addition to £10,715 in earmarked funds which will be carried forward from 2012/13. Against this the District Council will be asked to collect a precept (the Parish element of the Council Tax) of £14,600 in 2013/14, an increase of 8.1% on the previous year or an average of £3.52 extra per annum per household. The PC is committed to maintaining the community's assets and the increase is largely due to some essential works to the play area.

Playing Field: Three quotes were received from tree surgeons for work to clear any dead wood in the tree belt and make the field a safer place to play. A quote from Nick Bobby Tree Services was accepted as it was the lowest and will include the removal of any arisings. This is likely to take place around early February.

The PC also accepted a quote for £4,028 from Action Play & Leisure to refurbish the wooden climbing frame and install a new piece of equipment to replace a failing element of the adventure trail (nearest the gate). This work will not take place until the new financial year and grants will be sought in the meantime.

The PC will be considering how to make the football pitch more usable and advice will be taken from Sport England. The area needs levelling and possibly, better drainage. The PC will first look at whether this can be done by volunteers (anyone have a significant amount of topsoil they'd like to donate?!) but it is hoped that any cost associated with the work can be covered by grants/donations and money allocated to Botesdale sports facilities from Section 106 planning agreements.

Public Rights of Way: As reported at the last meeting (see above) the state of the PRoW leading from Bridewell Lane was not good and has deteriorated to the point where it is almost impassable for pedestrians. We have, however, had word from Suffolk County Council that repairs will be made in the next few weeks. We will be lobbying for a hardcore sub-surface to prevent this happening in the future.

Remembrance Sunday Event: The PC received a letter from the local branch of the Royal British Legion requesting further support for this event. The PC feels that the parade and ceremony should continue as it is much appreciated by the villages and agreed unanimously that the RBL should continue to organise the event at it sees fit. However, it was noted that costs of the event are more than the local branch's declining membership can continue to support. It was agreed to allocate £50 towards the event, to be reviewed if costs increase.

War Memorial: It was reported that Redgrave and Rickinghall Parish Councils have agreed to contribute to the cost of restoring the Memorial.

Annual Parish Meeting: The date for the APM is set for Monday, 29th April.

**The Parish Council next meets on
MONDAY 11th FEBRUARY
at 7.30 pm at Botesdale Village Hall
All residents welcome
www.botesdale.suffolk.gov.uk**

**Your Clerk is: Mrs Leeann Jackson-Eve,
Wayside Cottage, Cherry Tree Lane,
Botesdale, Diss, Norfolk, IP22 1DL.
Tel : 01379 890 141
Email : botesdale_pc@btopenworld.com
Please contact her during OFFICE HOURS ONLY.**

English Tutoring

Need to boost your child's literacy skills?

Are they preparing for Key Stage 2 or 3 SATS; GCSE English Language, English Literature or Media Studies; A Level Language or Literature?

One-to-one (or small group)

English tutoring available from an honours graduate with over 20 years teaching experience.

For more details, please call Sue on 01379 890539 (eves) or 07926 172066.

(CRB checked. References available, on request.)

English Tuition

from an experienced, qualified tutor

Sessions are tailored to meet individual needs and improve grades from Key Stage 2 to GCSE

For an informal chat contact Deborah Vass:

01379 642219

07979730199

deborahjvass@yahoo.com

OVEN CARE 4u

YOUR LOCAL DOMESTIC OVEN CLEANING SERVICE

ECO-FRIENDLY - NO MESS - NO FUMES

FREE SILICON OVEN LINER FOR NEW CUSTOMERS

CALL JON ON 07817 212509

County Carpets Direct

'The Carpet Store that comes to your door'

HOME SELECTION SERVICE
Carpets and vinyl floorings

YOUR LOCAL FAMILY RUN
Business with 30 Years Experience

NEVER BEATEN ON PRICE

FREE Estimates

FREE Fitting

Contact

01379 897007 / 07972582598

www.countycarpetsdirect.co.uk

DIRTY OVEN??

DOMESTIC OVEN CLEANING

By the UK's leading oven cleaning Company Bailiqwi

OVENCLEAN

OVER 500,000 cleans

NON caustic, fresh solution every time.

Hobs, Extractors and Microwaves

Aga's and Ranges

PHONE JOHN DYER on 01359 259818

or 07835 256967

www.ovenclean.com

Your local independent retailer stocking new
BOSCH • HOTPOINT • ZANUSSI • LIEBHERR

Open:
Monday
Friday:
9-4 pm
Sat
10-3pm

Large Showroom:
Finbows Yd
Bacton
Stowmarket
Suffolk

DA Appliances
DOMESTIC APPLIANCES

SUPPLY & INSTALL NEW
AND REFURBISHED APPLIANCES
INCLUDING BUILT-IN

Guaranteed Refurbished Appliances
and Guaranteed Repairs

01449 780398
www.daappliances.co.uk



The garden room

www.the-gardenroom.co.uk

Chic Vintage & Contemporary
Danish & French Shabby Chic items
for the Home and Garden

Buy online or at our Suffolk Retail Shop

Did you know we are also an ebay power
seller? Please visit our ebay store ...

www.stores.ebay.co.uk/The-Garden-Room-1

The Garden Room

110 High Street

Needham Market, Suffolk, IP6 8DW

01449 723412 / 01379 898646

Beech Tree Forge

Patrick Stone – Wrought Iron Specialist

Individual Handcraft Wrought Ironwork



No 2 Falcons Hall Cottage
Rickingham, Diss,
Norfolk IP22 1LP

Tel / Fax: 01379 897256

Mobile: 07771 536 251

Tripp Batt Country Store, Stanton

Tel 01359 250268

Open 7 days a week : Mon - Fri 8 - 6 / Sat 8 - 5 / Sun 10 - 4

Closed 25th & 26 Dec and 1st Jan

Seed Potatoes & Onion Sets

15% off

all Flower and Veg Seeds - all February

COMPOST 3 bags for £10 100L BARK CHIPS 3 bags for £18

Get your mower serviced NOW before the spring rush

We deliver Gas, Coal and Salt Tablets

Telephone orders taken

Free local delivery for orders over £10



Redgrave Parish Council



Angie Robinson

The Chairman of Redgrave Parish Council, Jason Walker, welcomed everyone to the first meeting of the year on Wednesday 9th January and wished a Happy New Year to one and all.

There were no county or district councillors present but a report had been received from the local police highlighting an increase in oil thefts and thefts from vehicles and the measures that should be taken to avoid these.

The Parish Council Tree Officer, John Preston, spoke about the problems that we could be facing with the Ash Die-back disease and said that help will be requested from outside agencies once the situation was clearer in the spring time when the trees come back into leaf.

During the discussions on planning matters the subject of the tree preservation order on the Tree of Heaven in the garden of Cllr Mike Denmark's home was raised again as the PC had been notified that the matter will go to planning committee because it had objected to the order. It is understood that the date of the planning meeting would be notified so that the tree officer can attend.

It was noted that the cost to the PC of collection from the dog bins has now been raised to £20, up from £15 per bin, and the cost of emptying the litter bins has been raised to £15, up from £10. It had not gone unnoticed by the PC that "Localism" seems to mean unilaterally forcing residents to pay by increasing the parish council part of council tax rather than the MSDC part of council tax thus allowing MSDC to claim it is not increasing council tax!

Cllr Jan Cresswell reported that a visit had taken place by a few members of the PC to the new Affordable Housing scheme and all were impressed by the houses. The houses are all now occupied and were well over-subscribed by people who have strong links to the locality, and it has been suggested that we could apply for more sometime in the future. Ann Preston asked that Jan Cresswell be thanked for all her work on this project.

There was a report of a tree on the boundary of the old Half Moon Lane playing field adjacent to Linden Lea that needed remedial work doing. John Preston said that he had visited the tree to check its state and had arranged for someone to price up the work needed to remedy the situation and make the tree safe.

Cllr Jackie Moss reported that Charles Michell is considering funding towards the cost of wheelie bin stickers showing the 30mph sign but would want a contribution from the Parish Council. The Speed Watch group do not have any funds and there was a discussion as to whether these stickers are really wanted or not and how many people would actually put them on their bins. We are to be lent a flashing 30 mile per hour sign for the village. Jackie said that the team could do with more members. During the discussion about erecting railings at the village entrances to slow down traffic Jason asked why there was no sign for Redgrave at the parish boundary down Fen Street.

Village resident Mary Sunderland would like a hard standing for passengers where the bus stops as the ground is uneven, rutted, and often muddy. Cllr Bob Hayward said that Suffolk County Council would charge £3,000 to do this and they are, of course, short of money, and would want the Parish Council to contribute towards the cost. There is a bus shelter and hard standing facing on to the The Street but the bus does not stop there any more - it now stops in Churchway which is why there is a problem. It was suggested that we could maybe do the work ourselves for a lot less money.

It was noted that a resident has been digging out the pathway along Hall Lane which has made a big difference in the look of the pathway and its usefulness. The PC are very grateful for his efforts.

Jason thanked John & Rosemary for providing the coffee and biscuits and declared the meeting closed at 8.30pm.

**The Parish Council Meeting
next meets on**

**WEDNESDAY 13th FEBRUARY
at 7.30 pm at Redgrave Activities Centre**

All Parishioners cordially invited to attend
www.redgrave.org.uk

REDGRAVE FOOTWAY SAFETY

Volunteers wanted to help clear the plant growth that has built up and narrowed the footways of Redgrave.

We will be meeting on Hall Lane at the junction with The Green on Sunday 10th February and Sunday 17th February at 10.30am.

Please bring a spade and/or stiff broom and wear something brightly coloured for safety.

For more information call Dave on 01379 890325



I recently read that love is entirely a matter of chemistry. That must be why my wife treats me like toxic waste.
David Bissonnette

Changes to the 2012 Telephone List

Page S4 : Under Yoga-booking essential, please delete all reference to Yoga at the Activities Centre on a Wednesday.

Page S3 : Please delete the insert relating to St Bees Gardening Club as this has now finished.

Under RABBATS, please delete Mrs Kelly Emms and her phone number and replace with : Mrs Kath Shearer, tel : 01359 250594 and add the group's email : rabbats99@yahoo.co.uk

Page S2: Please add : Christine's Oil Syndicate
Contact : Mrs Christine Hurrell
Tel No : 898100.



Kevin J Cross

Antique Furniture Restorer
& Cabinet Maker

(New & old work undertaken)

Colt Lodge
Dunhill Lane
Hepworth IP22 2QB

Contact:
07799 640 153

DOROTHY SINFIELD UPHOLSTERY

Vine House, Church Hill, Hoxne,
Eye, Suffolk. IP22 5AT.

**THAT CHAIR, SETTEE,
CURTAINS/BLINDS,
CUSHIONS -
ANY TYPE OF SOFT
FURNISHINGS/
UPHOLSTERY**

**FOR PERSONAL ATTENTION
CALL 01379 668545**

Creations

*For replacement tailored loose covers
Free estimates given, extensive range of beautiful
fabrics, compare prices.
Multiyork, Plumbs and Lynplan etc*



Contact Helen

Telephone: 07967126659

Email: creations17@hotmail.co.uk



Restoration of Fine Antique Furniture

Restoration or conservation is carried out sympathetically
using traditional materials wherever possible.

*Gilding
Veneering
French polishing
Leather Desk Inserts & many other restoration processes*
Local collection service

Please contact Roger Castro on 01359 259643

Essential Interiors Bespoke Curtains and Blinds

*Free design consultation in your home
A complete made-to-measure and installation service
A comprehensive range of fabrics,
trimmings, poles and accessories
Upholstery, Pelmet & Soft Furnishings
Wooden Venetian Blinds & Velux/roller/vertical blinds*

Please contact Kate Bowden

On 01379 897252 kate.bowden@essential-interiors.co.uk

www.essential-interiors.co.uk

Orchard House, Bells Lane, Hinderclay, Norfolk, IP22 1HW

Thermally efficient blinds and shutters

Transform your rooms or conservatory and stay warm in
the winter and cool in the summer

Call Amanda or Alastair for more information on:

01379 669 209



Village Green

Blinds & Shutters

Rooms with a View

Fabrics and Interior Accessories
Handmade Curtains and Blinds

Jane Churchill, Colefax, Vanessa Arbuthnott
& many more

Farrow & Ball and Little Greene
paints and wallpapers

For a friendly service, visit our shop at
5 St Nicholas Street, Diss. Tel. 01379 640220
or shop online at
www.roomswithaview.co.uk/shop

INTERIOR DESIGN & SOFT FURNISHINGS

ARRDEN VALE KITCHENS

EXCLUSIVE, BESPOKE, HANDMADE TIMBER KITCHENS



- TRULY INSPIRING KITCHENS
- VICTORIAN, EDWARDIAN, CLASSIC & CONTEMPORARY DESIGNS
- 100% INDIVIDUALLY DESIGNED & HANDMADE
- COMPLETE ONE-TO-ONE APPROACH FROM DESIGN THROUGH TO INSTALLATION

T: 01449 782062

E: INFO@ARRDENVALEKITCHENS.CO.UK
WWW.ARRDENVALEKITCHENS.CO.UK

ALAN WADE

*For Top
Quality*

PVCu- ALUMINIUM - WOOD
WINDOWS - DOORS
CONSERVATORIES

Also:

PVC FASCIAS, BARGEBOARDS & GUTTERING
UPVC DOORS IN A VARIETY OF COLOURS

FENSA REGISTERED
INSURANCE BACKED GUARANTEE

OVER 25 YEARS EXPERIENCE

For a free quotation please ring:

01359 251312

Ask the Chef! Village News



Competition!

Calling all residents of Botesdale, Redgrave and Rickingham. You could win Sunday lunch for two at The Bell Inn, Rickingham, just by sending your food question in for Ross to answer!

Send or email your question, along with your name, address and daytime phone number to Ask the Chef, The Bell Inn, Rickingham, Diss, IP22 1BN.

E-mail: info@thebellrickingham.co.uk

Closing date is FRIDAY 8th FEBRUARY 2013. Whatever your food query, Ross can help! If your question is published you will win a Sunday lunch for two people.

ASK THE CHEF

Question was: Can you give me a tasty Vegetarian meal?

RECIPE :

Leek and Mozzarella Risotto with Tempura Fried Avocado Wedges

Ingredients :

150g Buffalo Mozzarella (diced)
500g Leeks (diced)
1 Small Onion (diced)
100g Arborio Rice
700ml (1½ pints) Vegetable Stock
1 Avocado (skin and slice into wedges)
Salt and Pepper
Chives

Tempura Batter :

50g Cornflour
50g Flour
Salt and Pepper
Water to thicken

Method :

Bring the stock to a simmer.
Heat a large pan and add diced onions and leeks then add the rice and sweat off. Add the stock and stir to coat and bubble until reduced. Add the stock a little at a time, stirring until the rice is tender with a little bite and oozy.
Add seasoning and stir in the diced mozzarella just before serving.

Tempura Batter :

Mix both the flours together then gently add liquid and briefly stir - can stay lumpy but do not over stir.
Dip avocado immediately into batter and deep fry in hot oil (or lightly fry).

Place risotto in a serving dish with avocado wedges on top and garnish with chives.



Rickingham Village Hall Report for 2012

The Hall had another busy year, with good revenues despite the difficult economic conditions, and we were able to continue our ongoing maintenance and improvement programme.



Major expenditures during the year included replacement of the vinyl flooring in the kitchen, toilets, and entrances, and also of the carpet on the stage. Further structural repairs were carried out on the skate park ramps, which should now last for perhaps a further five years before replacement is likely to be needed.

In October the bar franchise was transferred to Howard and Georgie Newport of the Bell Inn, and we are now seeing extra public events at the Hall, such as the well-attended Fireworks Night last November.

Finances

Our overall income, ignoring grants received last year against specific projects, was 4% down. We have spent significantly less, however (last year we replaced the kitchen and the main hall ceiling), so our overall financial situation remains sound.

Usage of Hall

A particularly special event this year was the excellent Jubilee celebration in June, which saw the Hall looking its best and crammed full of long tables, chairs and people – our indoor Street Parties!

The Easter Pie and Ale Weekend was again well attended in spite of poor weather, and our Craft Fair and Jumble Sale were again both busy and successful.

The overall number of hirings at 456 was a ten-year high. With three of the largest numbers of hires for Yoga, Aerobics, and Slimming World, and with Pilates and Zumba dancing recent additions, we clearly have a very fitness-aware community – especially with all of the outdoor sports too! RABBATS and the Day Centre are also important hirers of the Hall, covering both ends of the age spectrum, and all contribute to the wide range of activities and functions offered at the Hall.

Farmers' Market

We maintained good numbers of stallholders throughout the year, although we did have disappointing attendances at some Markets, not helped by the miserable summer weather. Stallholders tell us that we continue to be one of the best Markets in the area but, in common with the others, our customer numbers have decreased a little in the current tight financial situation.

Sports Area (Muga) and Field

Sports area income was similar to last year's; we received extra revenue from hire of the field soccer pitches because we had additional age groups playing regularly.

Play Area and Skate Park

The Play Area has again been very well used, and no significant maintenance or repairs have been necessary. The Skate Park ramps did start to crumble under the onslaught of the currently fashionable small-wheeled scooters and BMX-type bicycles, but the repairs have restored it to safe and sound condition, and it has continued to be heavily used.

In closing, I would like to thank all who have contributed to the success of the Hall during the year - those Committee members and others who generously give their time, but also those who hire the Hall, stall holders at our Farmers' Markets, Craft Fair and other events, and also those many people who attend and support functions and activities during the year. Without you we would not have our busy and successful Village Hall. Thanks to you all.

Bob Clark, Chairman

Reasons Why a Chocolate is Better Than a Man

- No one's ever been jilted by a chocolate gâteau.
- After telling your chocolate bar all your worries you can simply eat it.
- You can share chocolates with your best friend.
- A bar of chocolate doesn't bore you by constantly talking about football.
- Your mother will never disapprove of your choice of chocolate.

A I have been established
L nearly 20 years and
T offer a thorough window
E cleaning service for
R households. Give me a
N try and see the results -
A get your windows
T pristine clean.
I Call Nigel on
V 07775 858 052
S E R V I C E S

Turrell
Cleaning Services

- Carpet & Upholstery
- Window Cleaning
- Office Cleaning
- Fire & Flood Damage

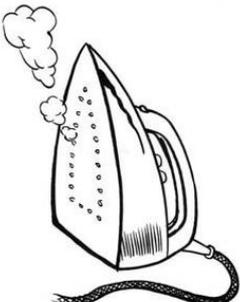
Tel & Fax: 01379 687751
 Mob: 07801 398247
 PaulaTurrell@aol.com

P R E S S E D - T O - G O

**FAMILY RUN IRONING
 & DRY CLEANING SERVICE
 BASED IN ROYDON**

ESTABLISHED 9 YEARS

COLLECTION & DELIVERY



PHONE KAREN FOR DETAILS 01379 652767

Upstairs
Downstairs

A PREMIER CLEANING SERVICE

- Regular Housework
- One-off / Spring Cleans
- Trained uniformed staff
- Service tailored to personal requirements
- Safe, secure and insured

Telephone : Gigi Wadham-Smith
On 07580314010

Rookery Barn, Rookery Lane, Walsham-le-Willows, IP31 3BD
 Head Office : 01672 541177

Need a hand? - Here I am!
 Do you ever think *'If only I had help with...'*

Mrs P

- Domestic Cleaning
- General tidying
 - weekly, fortnightly, monthly,
 - Parties/Barbeques
- Visitors coming — all those extra jobs
- Moving house — packing or unpacking

Flexible hours
References available

**Then why not telephone me on 07720 841 271
 to see what I can do for you.**

**Would you like an honest, dependable and
 affordable cleaner to clean your home?**

Then contact us at:
TIME FOR YOU
 DOMESTIC CLEANING
01359 250677

*"We believe life is too short
 to spend it cleaning".*

**The same dedicated cleaner each week
 typically £10 per hour**

www.timeforyou.co.uk
email: suffolk@timeforyou.co.uk



TIME FOR YOU
 DOMESTIC CLEANING

Time For You Domestic Cleaning
 Black Barn House, Wattisfield Diss Norfolk

WAVENEY WINDOWS LTD EST.1977



CONSERVATORIES ♦ WINDOWS & DOORS ♦ FACIAS

NIGEL SAYWOOD
Design Consultant
 Mob: 07909543905
 Show Site: 01379 688488
 Home: 01379 640313

SHOWSITE
Blooms of Bressingham
Garden Centre
 Diss
 Norfolk IP22 2AB

HARDWOOD & COLOURED UPVC AVAILABLE

SEE OUR NEW TIMBER ALTERNATIVE "EVOLUTION" WINDOW

**THE WINDOW COMPANY
 WITH A DIFFERENCE!!**





We offer good service by skilled workmen with the very latest product technology, but without the high pressure selling.

As well as uPVC windows, doors and conservatories, we also install uPVC fascias, barge boards, guttering and cladding.

A B S
 Home Improvements

For Advice and Quotations
 Phone: Diss 01379 890626

Unit 2 D & E, Redgrave Business Centre, Gallows Hill, Redgrave, Diss, Norfolk IP22 1RZ
 Email: info@abshomeimprovements.co.uk Web Site: www.abshomeimprovements.co.uk



Rickinghall Parish Council



Our last meeting of 2012 was held on 6th December and attended by seven councillors and District Councillor Sara Michell and County Councillor Charles Michell. An apology for absence was received from Cllr Jenner.

Peter Beck – the Neighbourhood Watch Co-ordinator – advised us of the recent developments with the alleged accosting of two school girls near the Village Hall, as reported in the local press. Police had interviewed a man who was in the vicinity with his carer and, as it appeared to be a misunderstanding, concerns have subsided. Neighbourhood Watch has been very pleased with the quick and positive response from St Botolphs School and Hartismere High School when the incidents were reported. No other crimes were reported.

There have been problems with cars parking for the post office obstructing the entrance to Warren Lane, a small road that leads to five properties and a BT hub. The council agreed to support a white line on the road parallel to the kerb which would indicate the entrance more clearly and make parking there illegal.

On planning matters, the council had no issue with the extension to a garage at Meadowcroft in Maypole Meadow and two applications for tree work at different addresses in the village.

We had reported previously that the Parish Council now has to pay for bin emptying in the village, and we have a total of six litter bins and six dog waste bins. The costs are increasing next year from the current £150 to £210. The bins are well used by most, but please continue to ensure that our footpaths and pavements are kept clear of litter and dog waste.

County Councillor Charles Michell advised that a bad winter was expected, and the Council salts about two thousand of the 3,500 miles of roads in Suffolk. This involves 58 lorries and 120 staff, and each winter about 12–15,000 tonnes of salt are used. Suffolk County Council has a supply of 25,000 tonnes in storage, and has budgeted to be on call for 75 nights per year. District Councillor Sara Michell told us that the council reorganisation is currently concentrating on Planning, with a 90 day consultation period coming up for managers and staff. They are hoping to make savings of £500,000.

We then – being Christmas – adjourned for a drink and refreshments in The Bell. This may be a good time to mention that there is a vacancy for one Parish Councillor on the team, so if you fancy coming along to the next meeting to see what goes on, or wish to have a chat to a councillor or the clerk to see what is involved, you will be most welcome. Perhaps you are looking for some local involvement for your New Year Resolutions, and it may be a good time to start!

With best wishes from the Parish Council for the New Year.
Cllr Geoff Short

Your Clerk is :
Mrs Leeann Jackson-Eve
Wayside Cottage, Cherry Tree Lane
Botesdale, Diss, Norfolk, IP22 1DL
Tel : 01379 890 141
Email : rickinghall_pc@btopenworld.com
Please contact DURING OFFICE HOURS ONLY

Following the long layoff over Christmas and the New Year holiday period the Parish Council meeting was put back by one week to the 10th January 2013. Otherwise it would have been hard on the heels of those still recovering from New Years Eve.

All Councillors were present with the exception of Cllr Jones. There is still one vacancy on the Council and any expressions of interest are welcome.

The play equipment/furniture installed at Northfield Wood was the cause of some spirited debate at the Council meeting. Barwoods, who manage the property, had previously expressed dissatisfaction with the play furniture. Botesdale had expressed an interest in taking the equipment into its own playground. After some discussion it was decided by a majority to remove the equipment subject to Barwoods being given the opportunity to suggest alternative equipment/furniture.

It was agreed to hold the Annual Parish Meeting conterminously with the regular monthly meeting on May 9, 2013. As always all parishioners are invited to join the meeting and especially the Annual Parish Meeting, which will start at 7pm.

The Botesdale Branch of the Royal British Legion had written to the Council regarding the cost of the Annual Remembrance Day celebrations. The Council were reluctant to take on the responsibility for something that has hitherto been planned and administered with admirable efficiency and talent by the British Legion itself. It was felt that a donation should be made to help the Legion and that they should be encouraged to continue their stewardship of this important historical tribute to all our young men and woman who had so selflessly served their country guaranteeing our freedom and way of life.

Councillors for both the District and County Council regularly attend Parish Council meetings and if parishioners wish to take up issues at a County or District level they would be most welcome to come and meet the Councillors at our meetings.

The budget for the Council for the next financial year, 2013-14, was discussed and agreed. There are some pressing matters that require expenditure, not least some road safety work which the County Council is unable to undertake due to lack of funding. Despite this it was possible to reduce the level of the increase in precept to slightly less than last year. The increase of 12.1% amounts to an average of £1.28 per annum per household.

Cllr Eric Longley

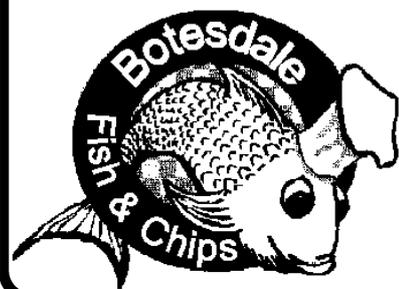
The Parish Council next meets at Rickinghall Village Hall at 7.30 pm on :

THURSDAY 7TH FEBRUARY
All Parishioners welcome
rickinghall.suffolk.gov.uk

An elderly Lady called 999 on her mobile phone to report that her car has been broken into.

She is hysterical as she explains her situation to the operator: "They've stolen the cd player, the steering wheel, the brake pedal and even the accelerator!" she cried.

The operator said, "Stay calm An officer is on the way." A few minutes later, the Officer radios in. "Disregard.." He says, "She got in the back-seat by mistake."



BOTESDALE
Traditional Fish & Chips
Tel: 01379 898 543

Tues	11.30 – 1.30	4.30	-	8.00pm
Wed	Closed in morning	4.30	-	8.00pm
Thur	11.30 – 1.30	4.30	-	10.00pm
Fri	11.30 – 1.30	4.30	-	10.00pm
Sat	11.30 – 1.30	4.30	-	10.30pm
Sun	Closed in morning	5.00	-	8.00pm

Friday 1 February	9.00 am 9.00 am 8.00 pm	Yoga. Booking essential on 01379 890955 Church cleaning Dance Classes	Rickingham Village Hall St Mary's, Redgrave Botesdale Village Hall
Saturday 2 February	10.00 am 2.00 pm	Church Open Annual Grand Jumble Sale	St Mary's, Rick Inf & Redgrave Rickingham Village Hall
Sunday 3 February	6.00 pm	Zumba	Rickingham Village Hall
Monday 4 February	9.15 am 2.00 pm 7.30 pm 7.30 pm	Rickingham Ramblers. Tel : 897216 Needlecraft Slimming World Treasures in the Attic & The Art of Valuing Antiques with Elizabeth Talbot	Rickingham Village hall Activities Centre Rickingham Village Hall Botesdale Village Hall
Tuesday 5 February	9.30 am 10.00 am 6.00 pm 7.15 pm 7.30 pm	Yoga. Booking essential on 01379 890955 Open House Zumba Yoga & Relaxation Julie's Aerobics	Rickingham Village Hall All Saints, Redgrave Rickingham Village Hall Botesdale Village Hall Rickingham Village Hall
Wednesday 6 February	10.00 am 10.00 am 10.30 am	Day Centre Redgrave Art Club Macmillan Outreach Service	Rickingham Village Hall Activities Centre Botesdale Health Centre
Thursday 7 February	9.30 am 6.00 pm 7.30 pm	RABBATS Theatre Club to Norwich : 'Sweeney Todd The Demon Barber of Fleet Street' Rickingham Parish Council Meeting	Rickingham Village Hall Activities Centre Car Park Rickingham Village Hall
Friday 8 February	9.00 am 8.00 pm	Yoga. Booking essential on 01379 890955 Dance Classes	Rickingham Village Hall Botesdale Village Hall
Saturday 9 February	9.00 am 10.30 am	Farmers Market Wildlife Watch Group	Rickingham Village Hall Redgrave Fen
Sunday 10 February	6.00 pm	Zumba	Rickingham Village Hall
Monday 11 February	2.00 pm 7.30 pm 7.30 pm	Needlecraft Slimming World Botesdale Parish Council Meeting	Activities Centre Rickingham Village Hall Botesdale Village Hall
Tuesday 12 February	9.00 am 9.30 am 10.00 am 6.00 pm 7.15 pm 7.30 pm 7.30 pm	SHROVE TUESDAY—PANCAKE DAY Coffee on the Corner Yoga. Booking essential on 01379 890955 Find out about volunteering Zumba Yoga & Relaxation Julie's Aerobics Redgrave & District Ladies Club	Parkview Chapel Rickingham Village Hall Redgrave Fen Education Centre Rickingham Village Hall Botesdale Village Hall Rickingham Village Hall Activities Centre
Wednesday 13 February	10.00 am 10.00 am 2.15 pm 7.30 pm	Day Centre Redgrave Art Club Forget-me-not-Club Redgrave Parish Council Meeting	Rickingham Village Hall Activities Centre Farnish House Activities Centre
Thursday 14 February	9.30 am 12.30 pm 7.30 pm	ST VALENTINE'S DAY RABBATS Phoenix Luncheon Club Rickingham W I	Rickingham Village Hall Activities Centre Rickingham Village Hall

One day before school, little Susie watched, fascinated, as her mother smoothed cold cream on her face. 'Why do you do that, Mummy?' she asked. 'To make myself beautiful,' said her mother, who then began removing the cream with a tissue.

'What's the matter?' asked little Susie. 'Are you giving up?'