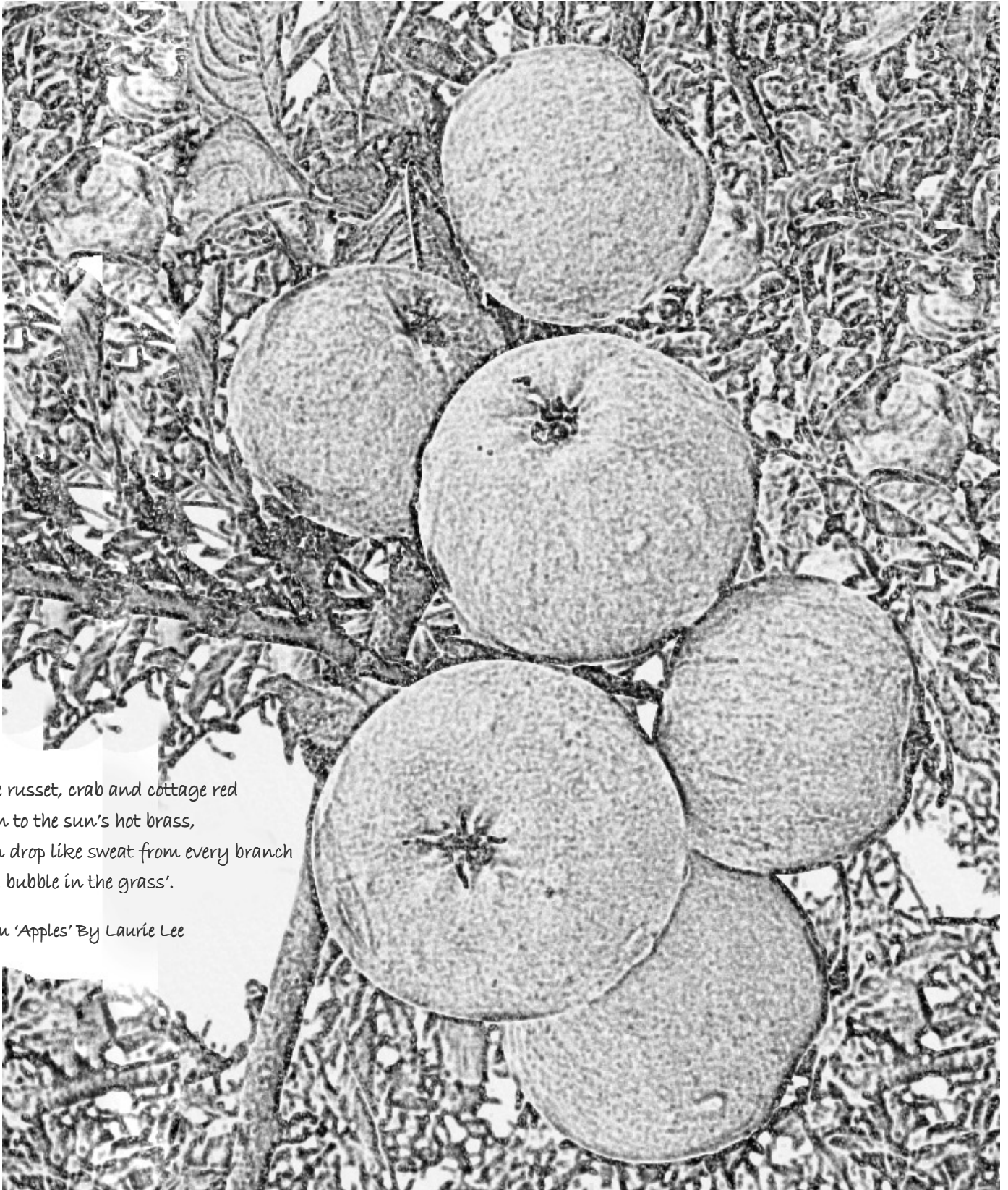


PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

OCTOBER 2013



'The russet, crab and cottage red
burn to the sun's hot brass,
then drop like sweat from every branch
and bubble in the grass'.

from 'Apples' By Laurie Lee

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 has a web site

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

Around Easter time, street vendors in Latin America peddle 'cheap crosses'. But in reality there is no such thing as a cheap cross, for though salvation through Jesus Christ is free it is not cheap! Think about it: it cost God the life of his one and only Son, and so to be a disciple of Jesus will be costly for you too.

But the discipleship of our faith is very important if we want to live in the full blessings that the Bible tells us that God has in store for us. The importance of discipleship in the Christian faith is clear from the fact that variants of this word occur more than 290 times in just the Gospels (the first four books of the New Testament which are Matthew, Mark, Luke and John) and the Acts of the Apostles, (which immediately follows the Gospels).

The word disciple literally means "a learner". It refers to someone who follows another person's teaching. Thus in the Gospel we read of the disciples of John the Baptist (Matt 9:14); of Moses (John 9:28); of the Pharisees (Matt 22:16); and of Jesus (Matt 10:1; John 6:66). Although the word disciple is found only twice in the OT (Isa 8:16, 19:11), the concept was widely practiced. Joshua was Moses' disciple (Exd 24:13; 33:11); Ruth learned from Naomi (Ruth 1:16-18); Samuel led a school of prophets (1 Sam 19:20); and Elisha was a disciple of Elijah (2 Kings 2:1-15).

But being a disciple involves more than just being a student. It implies a personal attachment to a particular person who shapes the disciple's whole life. An excellent example of this is how the apprentice used to live with their teacher, learning by watching, listening, participating in everything that the master did. The apprenticeship only ends when the apprentice can do what the master does to the same exact standard. This passing on of knowledge and experience is essential as there is no success without a successor, so one way of preparing a successor is to disciple them (2 Kings 2:1-14; 2 Tim 1:3-6).

Besides being followers and learners, disciples are also adherents who stick fast to and continue to support a person or cause (2 Kings 17:34). The word "Christian" was first coined by Gentiles to refer to those who adhered to Christ's teachings (Acts 11:26; 26:28; 1 Peter 4:16).

When we look at the relationship between Jesus and his own disciples we can see that their discipleship was a personal response to the call of Jesus (Mark 1:16-17; John 6:60-70) and involved abandoning their own concerns and comforts (Luke 9:57-62). Some found this calling too demanding and turned back (John 6:66-69; 2 Tim 1:15; 4:10). However, Jesus spoke clearly about the cost of discipleship (Mark 8:34-38; Luke 14:25-33), stressing that it would involve suffering (John 12:24-26), for He called his followers to self denial, cross bearing, putting him above all other relationships and

taking a stand for him.

Discipleship also requires obedience to Jesus' commands (Luke 6:46), specifically the commands to love God and our neighbours and to make disciples of all nations (Matt 22:37-39; 28:18-20). This is what we find when we read the Acts of the Apostles (chapters 2, 4, 6, and 11). Here we discover a fast growing group who were characterised by preaching, repentance, baptism for the forgiveness of sins and being filled with the Holy Spirit. We also read that they were devoted to Bible study, fellowship, the agape feast and communion, love and sharing, worship and prayer and evangelism. Such discipleship brings the benefits of mutual support in prayer and care for one another (Phil 4:18-19; 2 Tim 4:9-12), as well as bringing shared opportunities for ministry (Acts 11:25-36; 1 Thess 3:1-8).

As the disciples learnt this a beautiful thing happened : they were transformed into people living for Jesus, and so living for God. You see immediately after the death of Jesus the disciples were wounded, frightened, disappointed, and disillusioned. But when the Holy Spirit filled them they came to understand the meaning of the cross that the brokenness of Christ brings both resurrection and transformation for the disciple, who in turn can bring resurrection and transformation to the world. This gives the disciple the power to move from self-centeredness towards the secret of the cross: which is that Christ's brokenness has led to God's love, humility and faithfulness, spilling over, enabling us as Christ's disciples in all times and places to be part of his transformative mission and ministry.

When we engage wholeheartedly in discipleship transformation will move us forward in a new way together, living out greater hope through which others will see the signs of the coming kingdom of God. So allow yourself to be disciplined in the way of the cross by going to one of our local churches and getting involved in Bible Study, worship and prayer. Ask questions about life, for the cross is the secret of transformation into God's original design and purpose for you.

With every blessing

Chris Norburn.



Rev

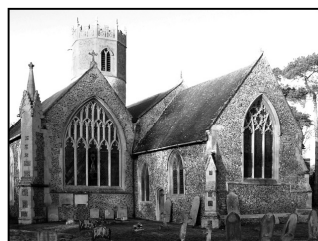
St Mary's Redgrave

A cleaning session will take place on Friday 4th October 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.

The Church will be open on
Saturday 5th October
from 10 am to 12 noon
Refreshments will be served

For further information or to help
call 01379 898696.

Redgrave Church Heritage Trust

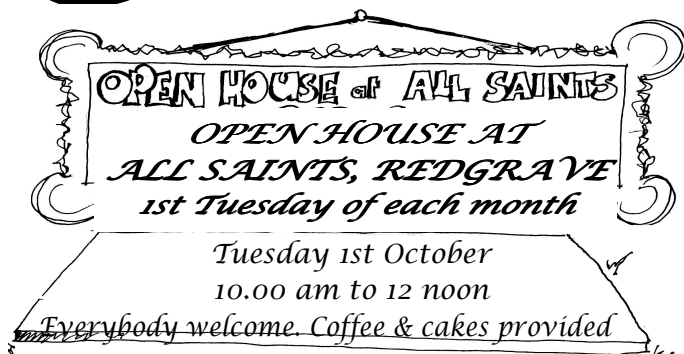


St Mary's Church Rickinghall Inferior

The church will be open to visitors on the first and third Saturday of each month until the end of March 2014 from 10 am to before dusk.

A man is talking to God. "God, how long is a million years?" God answers, "To me, it's about a minute." "God, how much is a million dollars?" "To me, it's a penny." "God, may I have a penny?" "Wait a minute."

October Events



the WI RICKINGHALL

THURSDAY 10th OCTOBER
Rickinghall Village Hall
7.30 pm

OPEN MEETING - ALL WELCOME 'EACH' - The Tree House

A speaker from East Anglian Children's Hospices will talk about the Tree House.

The proceeds of a Bring & Buy Stall and a Special Raffle will be given to this organisation.

Refreshments

New members and guests always welcome

LATEST COPY DATE BY 12 NOON FOR :

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December/January 2014 combined issue :

Friday 15th November

Divine Inspiration:	Chris Norburn	01379 898685
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email :	redgraveparishmagazine@hotmail.co.uk	
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Will contributors kindly e-mail copy to Charles, or deliver to **The Pightle, Water Lane, Rickinghall, Diss, IP22 1EL**. 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 twenty two 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 page for this parish magazine:

www.stmarysrickinghallinferior.onesuffolk.net
OR Google 'Redgrave Parish Magazine'

FARMERS' MARKET AT RICKINGHALL VILLAGE HALL SATURDAY 12TH OCTOBER 9 AM TO 12.30 PM

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

Stalls expected :

Eggs, Local Fresh Vegetables, Cakes and Bread, meat Pies, Flour from Pakenham, Local Lamb, Pork, Beef, Chicken, Venison, Honey, Preserves, Jams, Chutneys, Suffolk Cheeses, Home-made Cup Cakes, Apple Juice, Freshly Ground Coffee, Chocolate, Curries, Mushrooms and Plants.



WHIST DRIVE

Friday 11th October
7.30 pm at The Bowls Club
Refreshments

This is a friendly fun evening, open to everyone.
Further information from 01379 898566.

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



PROGRESSIVE WHIST DRIVE

Tuesday 15th October
Redgrave Activities Centre
at 7.30 pm

Beginners Welcome

Refreshments

Ring 898 619 for further details



HERITAGE CIRCLE

www.onesuffolk.co.uk/HeritageCircle

Rickinghall Village Hall
at 7.30 pm

Wednesday 23rd October

THE SUFFOLK COASTLINE
with Mark Mitchels

New Members and Guests Welcome

Refreshments

Raffle

Redgrave Garden Club

THURSDAY 31st OCTOBER
7.30 pm at the Activities Centre

HEDGING FOR ALL
Speaker : Terry Rands

Enquiries / information from : Chris Tindall on 01379 890548
www.redgrave.org.uk/redgrave-garden-club





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

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Please see our Notice Board for forthcoming events

www.thebellrickinghall.com

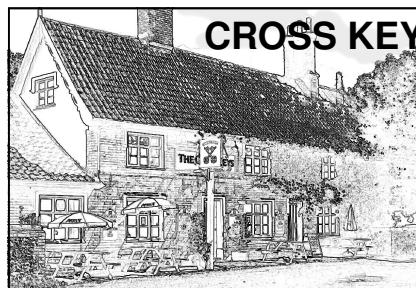
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Monday - Saturday
9 - 1.00 Sunday



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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 October Events

REDGRAVE & LOPHAM FEN

Enquiries or to book : 01379 688333



Saturday 5 October 10.30am – 1pm

Guided Fen Walk

Enjoy the sights and sounds of the Fen with enthusiast and naturalist John Hill

£3 Meet at the Education Centre, no booking required

Sunday 13 October, 10.30am – 3pm

Apple Day and Autumn Fair

Fruit identification, plants and tools for sale, cookery and craft demonstrations, recipe swap, family games and trail, plus Kenninghall Morris Dancers. Refreshments also available.

Entrance : £3 adults, £2 children

Tuesday 29 October, 10am – 12noon

Awesome Autumn Family Morning

£2.50 per person, please book

Wednesday 30 October, 3pm and 7.30pm

The Midsummer Hare – a musical fable

A performance for narrator and orchestra, based on creatures of the Fen, by Sue Heaser, with music by Peter Creswell

For ages 6 years and over

Cost : £5 per person. Please book



WILDLIFE WATCH GROUP at Redgrave Fen

10.30 am to 12.30 pm

Saturday 12 October

A club for 6-12 year olds. Nominal charge of £1.00 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/



MY LIFE AS A FIREMAN

with Jonathan Wilby

**FRIDAY 4th OCTOBER
ALL SAINTS, REDGRAVE
7 pm for 7.30 pm**

Tickets : £6 each to include refreshments
available at : Botesdale Post Office

Redgrave Community Shop

Rickingham Newsagent

OR ring Ruth Powell on 01379 898426

Jonathan, who was brought up in Redgrave and attended Redgrave & Botesdale Primary School and Hartismere High School, has had over 25 years in the fire service. Come and hear personal experiences with this life-saving service.

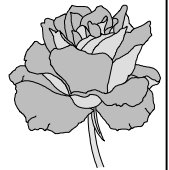
Proceeds to Benefice Funds

REDGRAVE & DISTRICT LADIES CLUB

Tuesday 8th October

Redgrave Activities Centre

7.30 pm



**‘ALPACAS’
with Dr & Mrs Cooke**

The full 2013 programme is available at
Future Events on www.redgrave.org.uk

Royal British Legion Women's Section
Botesdale & District

POPPY BINGO

RICKINGHALL VILLAGE HALL

FRIDAY 11th OCTOBER



Doors open 7.00 pm

Eyes Down 7.30 pm

Tea & Biscuits

Raffle

All Welcome



NEWS FROM FRIENDS OF BOTESDALE HEALTH CENTRE

F o B H C

Reminder

Flue Vaccine Days 2013

Please note that individual letters are not being sent out this year, but if you always have a flu jab and are eligible, please come along on the days shown below :

Wednesday 2nd October and Wednesday 23rd October

Time : 8.30 am to 6.00 pm

No appointment needed.

Please let the surgery know (Tel : 01379 898295) if you do not want a flu vaccine.



Extra hour in Bed!

**DON'T FORGET THAT THE
CLOCKS GO BACK ONE
HOUR AT 2.00 AM ON
SUNDAY 27th OCTOBER**

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www.slimmingworld.com

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Even More October Events



**RICKINGHALL PARISH
COUNCIL**

SURGERY

To be held at Rickinghall
Farmers Market

On Saturday 12th October

Residents of Rickinghall are invited to come along and
speak to their parish councillors about matters
concerning the parish

Parish Councillors will be in attendance from
9 am to 12 noon

RICKINGHALL WOMEN'S INSTITUTE
Present



AUTUMN SHOWTIME



All your favourite songs from the shows
With Peter Creswell and Friends

Rickinghall Village Hall, Hinderclay Road

Friday October 18th 2013
7.30 pm

Raffle

Refreshments

For tickets at £8.00 each please ring 01379 890202



You are invited to a
Coffee Morning
in aid of

The Children's Society

On: Saturday 12th October 201
At: 10.00 am – 12.00 midday



Location: The Hollies, The Street, Botesdale (by kind permission of
Richard & Brenda Green)

Raffle / Tombola / Bring & Buy / Cakes / Coffee and chat!

Would all box holders please bring their collection boxes

Enquiries – contact: Linda Green, Tel: 01379 890740

Redgrave Neighbourhood Watch

A meeting for all members of Redgrave
Neighbourhood Watch and anyone interested
has been arranged for

Wednesday 16th October
at 7.30 pm in the Activities Centre

Our Police Safer Neighbourhood Team has been invited to send an
officer to give an update on local police matters and to answer
questions. As always, light refreshments will be provided.

Enquiries to John Robinson, Area Co-ordinator, 01379 890683



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AUTUMN HISTORY WORKSHOP

Redgrave Church Heritage Trust is pleased to present the latest in
its series of History Workshops, and hope you will join the ever
popular Chloe Cockerill at the following:

"POMP and CIRCUMSTANCE"

on Saturday October 19th 2013

at St Mary's Church, Redgrave

10.30 a.m. to 4.00 p.m.

Tickets: £15 p.p. (including light lunch)

Tutor: Chloe Cockerill M.B.E., M.A.



This study day looks at the history of royal ceremonies, from
Coronations to Jubilees. Royal ceremonies have played an
important part in the history of Great Britain from the earliest times
to our Queen's Diamond Jubilee, and the 60th anniversary of her
coronation, which falls this year. If you ever wonder about
ceremonial robes, symbols of sovereignty, or orders of chivalry,
then come along and find out more. If you have any souvenirs of
the 1953 Coronation, feel welcome to bring them along for others to
see.

Tutor: Chloe Cockerill makes a welcome return to St Mary's
Church, Redgrave. She has worked as a Development Manager for
the Churches Conservation Trust, which has carried out a great deal
of work on the church over recent years. Chloe is a popular lecturer
for NADFAS, the National Trust and the WEA, and has written
many articles and guide books as well as lecturing all over the
region on a wide variety of historical subjects.

TO BOOK: Please send a cheque made out to Redgrave Church
Heritage Trust plus a stamped addressed envelope to :

Mrs J. Shepherd, Mill Meadow, Hinderclay Road, Redgrave,
IP22 1SA, or ring 01379 898450.



'Spring is in the Air'

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

A great way to have a fun workout
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Please bring water and wear dance
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suitable for movement.

Call Jill on 01379 897055 or
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experience loneliness and need a safe place to explore our feelings. A time
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Fridays at 9.00 am

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piernella.jarvie@gmail.com



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More More October Events

BOTESDALE VILLAGE HALL ANNUAL CRAFT FAYRE

To be held on
SATURDAY 19th OCTOBER

From 11 am to 3 pm

Entrance 50p (children free)

Light refreshments served all day

Traditional crafts including Pottery, Jewellery, Wood Turning,
Embroidery, Cushions, Quilts,
Cards, Homemade Cakes and Preserve Stall,
Silk flowers, and much more. Raffle



Enquiries to Ann Catlin on 01379 898463
Proceeds to Botesdale Village Hall

Rickingham Area Hospice Fundraisers

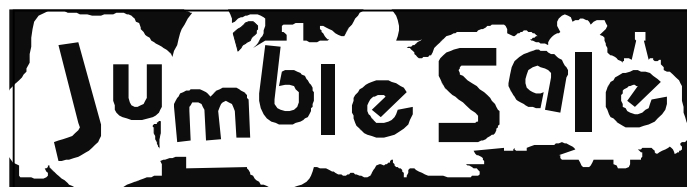


Friday 25th October
At Hinderclay Village Hall
7.00 pm for 7.30 pm

Quizmaster Mike Webb
Assisted by John Kilgannon

Finger Buffet ~ Raffle
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at the Bell Inn, Rickingham
on Wednesday 30th October 2013
beginning at 7.30 pm

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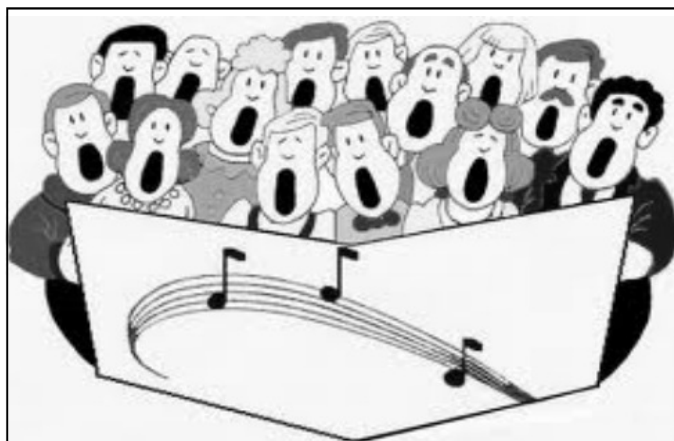
To celebrate Trafalgar Day on 21st October

The First Mate's Tale

Lieutenant Hardy, First Mate, was in a rare mood as he finished drilling the crew. He barked out a final order, 'All right, you idiots fall out.'

The men fell out, but one sailor stood firm.

The sailor stared at the First Mate and smiled, 'There were a lot of them weren't there sir?'



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See article on Page 29

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Tommy Cooper

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Club News 1

Coffee On



The Corner

Mid August, another sunny day, another Coffee on the Corner and another room full of satisfied customers! We had a slow start but soon the Chapel was full of the usual chatter and clinking of cups. For those of you who read the last report, you will know that we were helping to support Acorn House, part of The Sick Children's Trust, where accommodation is provided for the families of children receiving treatment at Addenbrooke's

Hospital, in particular Leah Hudson, who lives here in the village. Both Audrey Simonds and Brenda Royal had already started fundraising before the Coffee Shop and several people made larger than usual donations direct to Audrey. In addition, Leah's family turned out in full pink regalia and had their own stand selling bags, pencils, balloons and lovely artwork from Ruby Beach. Their stand raised £100 and other donations from coffee drinkers and fundraisers came to £400, making a staggering £500 in total! People's generosity never fails to amaze me.

A somewhat cooler September morning greeted us for the Tuesday 10th Coffee Shop. The rush started earlier this morning and the room was buzzing with happy conversation well before 10 o'clock (rather caught me off guard as I was a bit on the drag!!). There weren't quite so many customers as sometimes, but it seemed to me that those who came along did enjoy themselves - unusually there was a bit of cake left over, although not that much! Just enough to the makers to have a bite when they got home! The charity we were supporting was "Nelson's Journey", a Norfolk based charity that helps to support children when they have suffered a bereavement - a worthy cause that will be £150 better off thanks to the usual generosity shown by our visitors!

In October we shall be supporting "The Shoebox Appeal" - I know that Ann Catlin helps to co-ordinate this brilliant initiative and Audrey Simonds and a little team of knitters produce items for the boxes. However, the transport costs still have to be met and that is where you all come in ... do drop by on Tuesday 8th October to enjoy the cake and company and maybe make a little donation. All very much appreciated, especially if you have not visited us before!

If you feel you would like to know more about the coffee shop or any of the happenings at Parkview, please call me on 01379 890423.

Sue Allen

Royal British Legion

Women's Section

Botesdale Branch has been very busy over the last few months. On Friday 19th July we hosted the 'H' Group Meeting. The speaker for this meeting was Sue Long from St Nicholas Hospice Care who gave a long and informative talk on the work of the Hospice at Bury St Edmunds.

On Monday 22nd July the usual branch meeting took place with twelve members present.

On Thursday 25th July a successful Coffee Morning was held at the home of our Secretary/Treasurer.

There was no meeting in August and, hopefully, we will all meet again at our September meeting.

October will be busy with Poppy Bingo on Friday 11th October at Rickingham Village Hall, the Group Meeting at Eye on 18th October and our Branch AGM on 28th October.

Margaret Brown



The Royal British Legion Botesdale & District Branch

THE ROYAL BRITISH
LEGION



Advance Notice

Remembrance Day - the usual short ceremony will be held at the War Memorial on 11th November 2013 at 11 am.

Remembrance Sunday - the Parade will form up at the Post Office at 2.45 pm on Sunday 10th November 2013 and march to the Chapel of Ease for the Service of Remembrance at 3 pm. As in years past the Ceremony of Remembrance will be held at the War Memorial following the Service. Refreshments at the Bowls Club.

Christmas Draw - please make a note that the date of the Christmas Draw, to be held at the Bowls Club, has now been changed to Friday 6th December 2013.

Redgrave / Rickingham Ringers

With family and holiday commitments our Saturday ringing has not always been possible this summer.

However, we have had several visiting bands to ring different Methods and Quarter peel at both churches. We have all been busy ringing for weddings and services around the benefice. The latest wedding being at Stowlangtoft Church which has 4 bells. Redgrave bells were also rung for the wedding of Steve and Holly at Redgrave Church, followed by a quarter peel. Necessitating a quick dash home for the ringers to shower and change before joining the rest of the festivities!!

One member of the band joined the South Norfolk Ringers for their Open Tower Ringing Day. They started at Wroxham and then via 18 other churches finish at Oulton. However, having already rung at several of these churches before, 10 were visited before fatigue set in! They were all interesting churches and bells and the helpers were very welcoming and informative. A big thank you to Betty Baines who organised the day. With her encyclopaedic knowledge of both the churches and how to find them and her invaluable help keeping us all in the right place when ringing. We all had a fantastic day out and enjoyed the ferry crossing at Reedham.

Two members of the band also joined the Ladies Guild for their Quarterly meeting.

Ringing at : Over - 8 bells - Tenor 13 cwt.

Rampton - 6 bells - Tenor 4 cwt

Followed by a meeting which lasted approx 10 minutes! Then after lunch we joined the Ely ringers at :

Lolworth - 3 bells - Tenor 5 cwt

Conington - 4 bells - Tenor 11cwt

Fenstanton - 6 bells - Tenor 10cwt

All the bells were challenging, especially in the afternoon when they all had a very long draft. The tea and cakes were much appreciated at Over and Fenstanton. These were all fascinating churches and of especial interest was the memorial to Lancelot "Capability" Brown.

We look forward to an interesting September.

The Tower Correspondent



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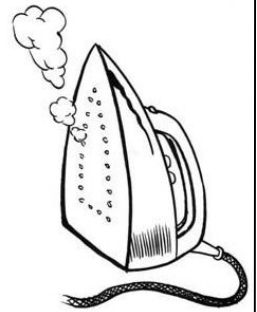
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Botesdale Parish Council

Clerk, Leeann Jackson-Eve

Botesdale PC Report from 9 September 2013

The Parish Council meeting was attended by 6 councillors, with apologies for absence having been received from Cllrs Lambert and Newport. There is still a vacancy on the Parish Council and a new councillor can be "co-opted" onto the Council. With co-option the Council simply considers applications from qualified individuals and appoints a councillor to the vacant position. Please contact the Clerk for more details or to put your name forward.

Public Forum: PCSO Dave Faulkner has replaced Nic Kegge as our local contact and he came to the meeting to discuss community issues. He reported on a website called www.immobilise.com which can be used by members of the public and businesses to register their valued possessions or company assets and all registered items and ownership details are viewable on the Police national property database. This online checking service is used by all UK Police forces to trace owners of lost and stolen property. In addition, Immobilise is checked daily by a huge range of recovery agencies and lost property offices.

He also spoke about Action Fraud, the UK's national fraud and internet crime reporting centre, which provides a central point of contact for information about **fraud** and **financially motivated internet crime**. If you've been scammed, ripped off or conned, there is something you can do about it. You can call 0300 123 2040 or go to the website at www.actionfraud.police.uk. Report to Auction Fraud and receive a **police crime reference number**.

County Councillor Jessica Fleming told the PC about the Endeavour Card which has just been launched and will give a discount with participating operators to young people aged 16-19 in Suffolk. Find out more at www.suffolkonboard.com/endeavour-card.

District Councillor Sara Michell reported that she had looked into the process for reporting stray dogs and instructions could be found on the MSDC website. Alternatively, see the Rickinghall PC report for more details.

The Chairman has been approached by a Bury Free Press reporter, who is planning to add Botesdale and Rickinghall to the list of villages featured in the newspaper. Interviews have not yet taken place so the feature will be in the BFP sometime in the next few weeks.

**The next Parish Council Meeting
take place on
MONDAY 14th OCTOBER
at 7.30 pm
at Botesdale Village Hall
All residents welcome
www.botesdale.suffolk.gov.uk**

Street Lights: The PC has received a schedule of necessary works to parish-owned street lights from Suffolk County Council. A defect notice has been issued for the two lights near Farnish House and those will be replaced within the next six months at a cost of over £2,000 from funds the PC has put aside over the years for street light replacement. A further three lights will need to be replaced over the next 18 months at a cost of over £3,000 and the PC will be considering how to fund their replacement when the 2014-15 budget is discussed starting in October. Finally, another 11 lights will have to be replaced over the next few years at a cost of almost £13,000.

Rights of Way: The PC was pleased to hear that the bridleway at the end of Bridewell Lane will be closed to vehicles for a further six months until the end of March 2014 to preserve its current condition over winter.

Play Area: The PC has received an excellent inspection report from RoSPA on the Botesdale Play Area with only minor issues to address. It was reported that one of the posts on the balance beam has been broken off and the PC has decided to remove that piece of equipment altogether. The PC will discuss further improvements on an ongoing basis.

Planning: An application for an extension was received for Spring Meadows, Cherry Tree Lane and the PC had no objection. It was noted that a previous application for an extension had been refused by the District Council.

Land at Fen Lane: Over a year ago, inspired by the Footpaths and Streams Project, the PC started looking at the possibility of acquiring or leasing land at Fen Lane from Anglian Water (AW), with some discussion about making it a Jubilee Wood. There have been numerous delays from AW, who have a pumping station on the site, but the PC reluctantly decided to shelve the project as the annual rent proposed by AW was not considered good value for money.

Winter's Coming! The PC will be drafting some form of advice, probably a leaflet, which will give information on winter preparations, including gritting. This will be distributed in late autumn. On a more positive note, the cost of the Market Place Christmas tree remains virtually the same this year and an order has been placed!

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

EXERCISE FOR PEOPLE OVER 50

Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax. Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and then eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute.(I'm at this level).

After you feel confident at that level, put a potato in each bag!!!!

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Redgrave Parish Council

Angie Robinson



On Wednesday 11th September Chairman Jason Walker welcomed everyone back to the Redgrave Parish Council meeting after the summer recess.

Our County Councillor, Jessica Fleming, reported that Suffolk bus times are changing as of November. She also mentioned that there is a Young Peoples Endeavour Card available now for young people up to the age of 20 and this card will give them discounted fares on the buses.

Sara Michell, our District Councillor, said that things have been busy at the council offices as they have to make more savings than originally thought and so they are trying to work out new ways of working. Transformation Enquiry Groups have been formed to explore the main themes of the community, to see how things can be made better and how to save money. A member of the Parish Council put to the councillors that it must be very stressful for all who work at District or County level to have to work under such conditions. Sara had received an enquiry about what to do with stray dogs as we no longer have a dog warden. The answer is either to return it if it has a tag on it or take it to the local authority - this may be the local council offices - or phone 0845 606 6067.

A report was received from PCSO Dave Faulkner and is copied below:

"In the last month there have been 2 crimes. Unfortunately we cannot provide details for either of these.

The next priority tasking meeting will be taking place on 4th October. This is your opportunity to attend and give us your thoughts on what we should be focusing our attentions on over the coming 3 months. This will be held at Weybread Village Hall from 19.30 – 20.30. If you are unable to attend this meeting, then please let me know any concerns and I can raise them on your behalf.

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During the open discussion with residents Mrs Karin Denyer spoke to say that the footpath at the bottom of Bier Lane which comes back towards the village over the fields is in a dreadful state and needs attention. The stile is more or less un-navigable and the bridge is very dangerous. Mr John Preston, Footpaths Officer, said he would look into the matter. She also complained about the individual on the corner of Hinderclay Road who has 4 large speakers on his premises which frequently blast out music all day in the summer and are directed towards Redgrave and disturb the peace of residents in the North of the village who have to listen to this music when sitting out in their gardens. It is believed that no one has as yet asked the individual to turn off the music which is played at a deafening level from his garden, it was suggested that someone should try to ask him to cooperate. Sara Michell asked that someone send her an email to explain the problem as she believes that it is an environmental health problem and she will be able to deal with it through those channels.

The planning discussions were limited to one application which was for the building of 3 holiday chalets just off Moneypot Lane. The Councillors viewed this application on the screen and after some discussion took no exception to the plans as shown. Later during discussions on the future of the Town Pit in Fen Street it was suggested that if the application for holiday chalets at Moneypot was successful then maybe the Council should attempt a similar application for the Town Pit.

Councillor John Giddings spoke about the new bank account for the council funds and suggested that everyone who is a signatory might yet have to go into the local branch of the bank to prove their identity. There were problems with Lloyds Bank opening the account and councillors expressed their frustration at the situation.

There was a report given of the meeting of the Liaison Committee with Gressingham Foods. The lagoon has bull rushes growing in it so it is getting into a better state. Production will go to two shifts in November and they are spending money upgrading their electricity supply before the busy season. The level of noise from the factory seems to have got a lot louder of late and members of the committee are awaiting a statement from the factory but if there is no good answer given then it may have to be reported to Environmental Health.

The speed monitoring group reported no real news but they do say that things seem to be getting worse with more people booked rather than fewer; however the flashing speed sign seems to have an affect on slowing traffic. The group keep trying to get feed back from the police but haven't had any since June which is very frustrating for them.

During the meeting it was reported that your correspondent, who has done the Parish Council report for over 13 years and now takes the minutes for the meetings as well, has informed the council of her wish to retire from the position due to other commitments. If there is anyone who would be willing to take over this task once a month please speak to any member of the Council, to myself on 890252 or come along to the next meeting and see what is involved.

REDGRAVE PARISH COUNCIL NEXT MEETS ON

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Teacher: 'What on earth do you mean?'

Jimmy: 'Well, it says here in the history book, 'Henry VIII, having disposed of Catherine of Aragon, pressed his suit with Anne Boleyn.'

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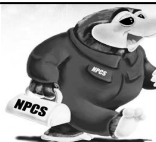
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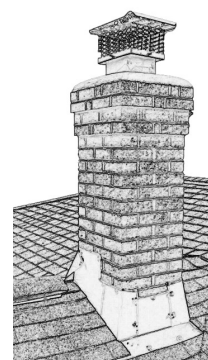
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Ask the Chef! Club News 2



Competition!

Calling all residents of Botesdale, Redgrave and Rickinghall. You could win Sunday lunch for two at The Bell Inn, Rickinghall, just by sending your

01379 898445 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, Rickinghall, Diss, IP22 1BN.

E-mail: info@thebellrickinghall.co.uk

Closing date is FRIDAY 11th OCTOBER 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

Q: Which gives the best flavour to a dish, sliced or crushed garlic cloves? Some recipes suggest sliced, some crushed, why the difference? Thank you.

CH

Reply:

There is little difference between sliced and chopped garlic, I find that garlic puree is usually good for me for most dishes that I cook.

Take whole garlic bulbs, cutting off the tops. Drizzle some olive oil into the bulb and roast at 180C for 15 minutes.

When cooked they will pop out of their skins with a gentle squeeze.

Blend with some sunflower oil or rapeseed oil until smooth. Place in a clean jam jar with a lid and leave in the fridge.

The mixture will separate giving you a beautifully delicate garlic puree to use in your dishes and a subtle garlic oil that's great on toast, or to cook meat and fish.



Heritage Circle

The speaker at the Heritage Circle July meeting was Mr. Stephen Govier whose subject was Francis Bloomfield - local historian.

Bloomfield was born in 1705 at Fersfield and educated at Thetford Grammar School, and then studied to become a clergyman at Gonville and Caius, Cambridge. He became rector of Harpham in Norfolk followed by Fersfield, where he lived in the Rectory and printed three volumes of the history of Norfolk 1739-1745 plus various other publications in a barn there. He inspired lots of other local historians, artists, and clergymen to produce history publications. Bloomfield died in 1752 of smallpox and is buried in Fersfield Churchyard.

Angela Bigley

The speaker at the August meeting was Sarah Doig who took over at short notice from the publicised speaker, who had retired. Her subject was The History of Schooling in Rickinghall, Botesdale and Redgrave.

There are records of school masters in Botesdale in the 1300's. In the 16th century Sir Nicholas Bacon gave a grant to open the Chapel of Ease as a Grammar School. This then closed in 1881 and was bought by George Holt Wilson. The boys educated here were the sons of Clergy, Landowners and Farmers who paid, as well as local poor children who were educated free of charge. There were several small educational establishments in the villages. Village schools opened in Victorian times and national schools in Rickinghall in 1853 and Redgrave in 1845. Sunday Schools and Charity Schools opened, supported by private individuals and backed by religious groups. Rectors gave glebe land for the building of schools, and residents often gave money towards the building.

Many school log books still exist, which the speaker showed to illustrate schooling in years gone by.

Tony Bigley

FORGET-ME-NOT-CLUB



July 17th turned out to be extremely hot and only 20 members managed to make it to Farnish House and enjoy a lovely cup of tea and chat. Our competition for the letter 'F' was a joint win for Doreen Regan with a fan and Jean Francis with a flask - both very useful in the heat.

Our July 31st meeting was well attended, with 27 members, and we discussed arrangements for the visit of our friends from Ixworth which was to take place on August 5th at Parkview Chapel. On the day a wonderful tea was provided by Carol Hubbard and entertainment by James Hogg, who we had not seen before. He played guitar and sang some old favourites, and it all went off very well. Our friends coach arrived to take them home and everyone went off with raffle prizes and goodie bags after a very satisfactory afternoon.

Members and friends enjoyed our last trip of the year on September 3rd with a day out in Lowestoft. We timed the outing perfectly just before the weather changed and we had a fantastic day.

We have our AGM on October 9th and hope as many members as possible will turn up to discuss comments about this year and ideas for the next.

We are always keen to welcome new members so look forward to seeing you on October 9th.

Barbara Foster

What Women Want

Women only want one thing from men - and we all know what that is. I sometimes think it's the only reason they marry us.

My own dear wife is a typical example. Almost every day, wherever I am and whatever I'm doing she comes to me. I have to stop everything and satisfy this need. A need which has not diminished at all over time. Indeed, with the advancing years it seems to have increased.

Here she comes now with that familiar look of wanting and needing.

"George".

"Yes dear?"

"Can you get the top off this pickle jar for me?"



Two eggs are talking in a monastery.

"I really don't like it here", says one.

"Why not?" asks the other.

"Well, you know, it's always 'Out of the frying pan and into the friar'."

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Rickinghall Parish Council



Councillor Stephen Pattenden

Report of the Meeting held on Thursday 5th September 2013

The Parish Council meeting was attended by 6 councillors, apologies having been received from Councillor Crossley-Holland. We are still two councillors short so please get in touch with the Clerk if you are interested.

Public Forum: District Councillor Sara Michell told us that the reorganisation of the two adjoining District Councils, Mid Suffolk and Babergh, is now almost complete. Sara is involved with the Local Economy Committee and as such is keen to support local initiatives and attract inward investment to Mid Suffolk.

Jessica Fleming, our new County Councillor, noted that the Eye Combined Cycle Gas Electricity Generating Plant was going ahead and that the power company were working closely with local residents and SCC. She also reported that the Bus Schedules are changing again and these will be displayed on the Website. Schedules are also available in the Post Office.

Stray Dogs: A member of the public reported that a stray dog had been seen, leading to the discovery that there is no longer a dedicated dog warden at the District Council. To deal with a stray dog, please contact the Stray Dog service at Mid Suffolk District Council on 0845 606 6067. Stray dogs will be collected and kept for up to 7 days in a kennel. If not claimed within that period, the dog becomes the property of the District Council and will be re-homed. (See Page 33 - Ed.)

Planning: There were two planning applications; the first was for an extension to Sunnysdale House which the council agreed was perfectly sensible and was unanimously supported and a second re-application for Ariesmead house up Garden House Lane about which the council had no objection.

Maypole Meadow: The Clerk reported that the Council had been asked to consider taking over the small area of amenity land in front of Maypole Meadow and to look after it. The owner of the plot was prepared to gift the piece of ground as long as the PC picked up the legal fees. However, it was felt that paying to take over responsibility for another landowner's property was not good value for money. While there was an agreement that the PC could be persuaded to look after the plot, we felt that there should be some inducement for us to do so.

Parish Council Merger: The Council has two vacancies for Parish Councillors and the existing Parish Councillors were asked to see whether they could introduce new people to the PC. However, it was noted that since two comparatively small and interlocking villages have between them positions for 18 councillors, there was much sense in merging the two councils and reducing the numbers and overall costs. This will be brought up with Botesdale Parish Council.

Farmers' Market surgery: For the past two months the Parish Council has set up a table in the cafe at the Farmers' Market and invited input from the public about things they wanted in the village; the idea being that this would contribute new things for the PC to manage. The first surgery was overwhelmed by people concerned about the proposed solar farm. The second one was conspicuously quiet with no input at all. It was felt that the desk should be on the main floor to be more visible.

Traffic Measures: The issue of extending the yellow lines on The Street outside the Co-op came up again. Sadly this is likely to cost between £2,000 and £2,500 mainly because of the legal process which Suffolk County Council would need to go through on the PC's behalf. An onsite meeting with SCC was proposed. SCC is

also suggesting safety measures at the junction of Calkewood Lane

and Townhouse Lane with the A143. The options are a speed restriction on the A143 and/or restriction of movements in and out of Calkewood Lane. The PC has serious concerns about any movements in and out of Calkewood Lane and banning all movements would no doubt be the safest option. However, it is mindful of the inconvenience to residents that would cause.

Flood Risk: There is an issue with back flow of flood water in Water Lane and Garden House Lane due to the limited size of the waterways and overflow from drainage ponds off the bypass. This is made worse when waterways/ditches become overgrown. If your property includes a ditch, you are a Riparian Owner and you have responsibilities as follows:

Under common law a riparian owner is a land or property owner who has a watercourse within or adjacent to the boundaries. Where a watercourse is sited between two or more property boundaries each owner may be equally responsible.

The Land Drainage Act 1991 requires that a watercourse be maintained by its owner in such a condition that the free flow of water is not impeded. The riparian owner must accept the natural flow from upstream but need not carry out work to cater for increased flows resulting from some types of works carried out upstream, for example a new housing development.

The riparian owner of any ditches alongside roads is normally the adjoining landowner, as the highway boundary invariably lies along the top of the bank closest to the road. Thus, although the road may drain into the ditch, the landowner is responsible for maintaining it. When the condition of a ditch is such that it is causing flooding on a highway, Suffolk County Council, as the Highway Authority, is likely to take action against the riparian owner.

However, if the highway authority has piped the ditch under their highway powers, they become responsible for its maintenance. Likewise, any pipe beneath the highway is the responsibility of Suffolk County Council.

Why should we maintain our ditch?

A ditch / watercourse forms a vital role in draining the land, if a watercourse is blocked or has a restricted flow, it means that the water cannot leave the area quick enough. This could lead to localised flooding to you or your neighbours. You have legal duty to maintain the watercourse and if you don't and someone is flooded, you could be liable for the flooding.

Rickinghall Parish Council
next meets on
THURSDAY 3rd OCTOBER
at 7.30 pm in Rickinghall Village Hall
All welcome
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Your Clerk is :

Mrs Leeann Jackson-Eve

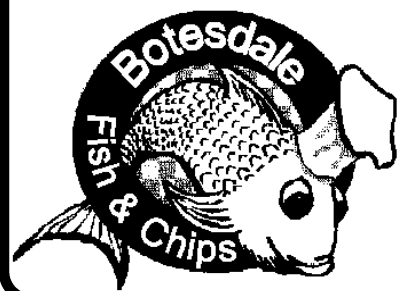
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Fri	11.30 – 1.30	4.30	-	10.00pm
Sat	11.30 – 1.30	4.30	-	10.30pm
Sun	Closed in morning	5.00	-	8.00pm

Tuesday 1st October	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 2nd October	9.30 am 10.00 am 10.00 am 10.30 am	1st Flue Vaccine Day Day Centre Redgrave Art Club Macmillan Outreach Service	Botesdale Health Centre Rickingham Village Hall Activities Centre Botesdale Health Centre
Thursday 3rd October	9.30 am 7.30 pm	RABBATS Rickingham Parish Council Meeting	Rickingham Village Hall Rickingham Village Hall
Friday 4th October	9.00 am 9.00 am 7.00 pm 8.00 pm	Church Cleaning Yoga. Booking essential on 01379 890955 Rickingham Ramblers Annual Lunch My Life as a Fireman, talk Dance Classes	St Mary's, Redgrave Rickingham Village Hall Four Horseshoes All Saints, Redgrave Botesdale Village Hall
Saturday 5th October	10.00 am 10.30 am	Church Open Guided Fen Walk	St Mary's, Redgrave & Rick Inf Redgrave Fen
Sunday 6th October	6.00 pm	Zumba	Rickingham Village Hall
Monday 7th October	2.00 pm 7.30 pm	Needlecraft Slimming World	Activities Centre Rickingham Village Hall
Tuesday 8th October	9.00 am 9.30 am 6.00 pm 7.15 pm 7.30 pm 7.30 pm	Coffee on the Corner Yoga. Booking essential on 01379 890955 Zumba Yoga & Relaxation Julie's Aerobics Redgrave & District Ladies Club	Parkview Chapel Rickingham Village Hall Rickingham Village Hall Botesdale Village Hall Rickingham Village Hall Activities Centre
Wednesday 9th October	10.00 am 10.00 am 2.15 pm 7.30 pm	Day Centre Redgrave Art Club Forget-me-not-Club. AGM Redgrave Parish Council Meeting	Rickingham Village Hall Activities Centre Farnish House Activities Centre
Thursday 10th October	9.30 am 12.30 pm 7.30 pm	RABBATS Phoenix Luncheon Club Rickingham W I Open Meeting	Rickingham Village Hall Activities Centre Rickingham Village Hall
Friday 11th October	9.00 am 9.15 am 7.00 pm 7.30 pm 8.00 pm	Yoga. Booking essential on 01379 890955 Rickingham Ramblers. Bardwell Walk. Tel 01359 254101 Poppy Bingo Whist Drive Dance Classes	Rickingham Village Hall Rickingham Village Hall Rickingham Village Hall Bowls Club Botesdale Village Hall
Saturday 12th October	9.00 am 9.00 am 10.00 am 10.30 am	Farmers Market Rickingham Parish Council Surgery Coffee Morning Wildlife Watch Group	Rickingham Village Hall Rickingham Village Hall The Hollies, Botesdale Redgrave Fen
Sunday 13th October	10.30 am 6.00 pm	Apple Day and Autumn Fair Zumba	Redgrave Fen Rickingham Village Hall
Monday 14th October	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 15th October	9.30 am 6.00 pm 7.15 pm 7.30 pm 7.30 pm	Yoga. Booking essential on 01379 890955 Zumba Yoga & Relaxation Julie's Aerobics Progressive Whist Drive	Rickingham Village Hall Rickingham Village Hall Botesdale Village Hall Rickingham Village Hall Activities Centre