



ICKLINGHAM VILLAGER

April 2018



**ICKLINGHAM COMMUNITY GROUP
THE VILLAGE CLEAN UP**
This will be on Saturday
21st April at 10.30am

If you have time to help please come along and meet in the Mill Yard at 10.00am (parking available)
Hi-Vis jackets, rubbish bags and litter pickers will all be provided.
Please bring your own gloves.

If you feel a certain area needs attention or you would like more info please contact
Beverley Curtis 01638 719055 or
Ronnie Halford 01638717715
Last time we collected over 30 bags of rubbish !

**ICKLINGHAM PARISH COUNCIL
The Annual General Meeting
will take place on May 29th.**

This meeting will start at 7.00pm
If you would like an item included on the agenda for the next meeting please email the clerk on IcklinghamPC@gmail.com

*Every meeting has a Public Forum for ten minutes at the start of each meeting.
Everyone is welcome to attend*

Dates for your Diary

April 7th LIBRARY VAN
April 21st LITTER PICK
April 28th COFFEE MORNING
May 5th LIBRARY VAN
May 13th SOUTH SUFFOLK SHOW
May 29th I. P. C. - A.G.M.
June 9th SALE TRAIL
July 7th/8th FLOWER FESTIVAL
July 15th VILLAGE FARM WALK

More information about all of these events to follow in The Icklingham Villager in the coming months.

If you have any event you would like to advertise please email bac@talk21.com

THE SOUTH SUFFOLK SHOW
at Ampton Racecourse, Ingham,
Nr Bury St. Edmunds
Follow the signs off the A134
SUNDAY, MAY 13th 2018
A Traditional Agricultural Show with;
Cattle, Sheep, Pigs & Horses, Farm Machinery,
Trade Stands, Countryside Area, Food Hall,
Arts & Craft Marquee,
Children's Entertainment and Public Catering & Bar
Featuring
The Cavalry of Heroes
with their tribute to the soldiers
and their horses of the
First World War



Plus Suffolk Gundog Displays, Terrier Racing
and Chainsaw Carving Demonstrations & Auction
"A Great Day Out For All The Family"

Admission: Adults £12, Children 5-16 £6,
Senior Citizens £7,
Family Ticket £30 (admitting 2 adults &
up to 3 children)
(See website for discounted pre-show e-tickets and
ticket retail outlets)
FREE CAR PARKING
For Further Information Tel: 01638 750879
or view www.southsuffolkshow.co.uk



BATH AND BONE GROOMING

Mobile dog grooming available in Icklingham, Bury St Edmunds, Newmarket, Ely, Soham, Mildenhall, Red Lodge and everywhere in between!

We offer a salon standard groom on the go for dogs of all shapes and sizes.

Please call Jenna on 07845981632 or visit our website at www.bathandbonegrooming.co.uk

Suffolk Police operates Suffolk SAFEKey to provide protection and assistance should you lose your keys. It also allows police access to Suffolk properties in the event of an incident occurring whilst you are away. Over 7,000 people have joined Suffolk SAFEKey since its launch in 2013. The average person carries £500 of keys on their fob* (*this includes the cost of having keys cut and locks replaced) so the police are well aware of the cost and concern caused when losing your keys. Illustrated below are some of the typical costs for vehicle lock repairs and replacements

Make	Model	Repair	Cost
Toyota	Previa	Code and replacement key	£350.00
Ford	Focus	Lock set and re-programme	£495.00
Vauxhall	Vectra	Supply and code new key	£273.00

Benefits of joining

You will receive a metal constabulary-branded key fob, with unique reference number, to assist with the returning of keys.

Cover for your keys if lost anywhere in the UK or rest of the EU.

£10 reward to the finder of your keys, courtesy of Suffolk SAFEKey.

A window sticker to confirm your membership to officers attending your property, meaning reduced risk of burglaries or forced entries.

Supporting Local Charities and Projects

Money generated above what is required to operate Suffolk SAFEKey is driven back into the community to support projects and schemes that, as per the Police and Crime Commissioners objective, seek to improve the quality of life for those that live, work, travel and invest in Suffolk.

Cost of membership: from £1 a month Residential membership costs £12 (Inc. VAT) per year. Additional fobs can be purchased for £6 (Inc. VAT) each. Non-residential membership costs £24 (Inc. VAT) per year. Additional fobs can be purchased for £12 (Inc. VAT) each.

To join Suffolk SAFEKey visit www.suffolk.safekey.org.uk or call the Suffolk SAFEKey helpline **08444 121 802**, it takes 5 minutes to join online and start benefiting from this service.

By [joining](#) Suffolk SAFEKey you will automatically be entered into a free prize draw to win £250 of shopping vouchers.

ST. GEORGES DAY APRIL 23rd

St George was born sometime around the year 280 in what is now Turkey. He was a soldier and rose up through the ranks of the Roman army, eventually becoming a personal guard to the Emperor Diocletian. He was executed for being a Christian on April 23, 303, and is buried in the town of Lod in Israel.

St George is most widely known for slaying a dragon.

According to legend, the only well in the town of Silene was guarded by a dragon. In order to get water, the inhabitants of the town had to offer a human sacrifice every day to the dragon. The person to be sacrificed was chosen by lots. On the day that St George was visiting, a princess had been selected to be sacrificed. However, he killed the dragon, saved the princess and gave the people of Silene access to water.

In gratitude, they converted to Christianity. It is thought that the dragon represents a certain type of pagan belief that included the sacrifice of human beings.

St George's Day was once celebrated as widely as Christmas. But the celebrations waned by the end of the 18th century. In recent times, there has been a push, involving campaigns and petitions, to make the day a public holiday in England.

St George is the patron saint of many places around the world, including England, Ethiopia, Georgia, Greece, and Russia. The most widely recognized symbol of St George's Day is St George's cross. This is a red cross on a white background, which is often displayed as a flag. It is used as England's national flag, forming part of the Union Flag, the national flag of the United Kingdom of Great Britain and Northern Ireland.

LIBRARY VAN - April 7th & May 5th are the next visits !

The Library Van has a good selection of adult & children's books on board & they will order any books in for you. The Library van will call at West Street at 2.40pm, The Hall Close at 3.10pm & The Village Green at 3.25 pm.

The Mobile Manager is Kevin Lambert, who can be contacted on 07884422762.

DIY SOS

The popular BBC One television show DIY SOS has recently finished transforming the home of Cambridge United fan Simon Dobbin.

On March 21, 2015, Simon and some other Cambridge United fans went to watch an away match against Southend United. As they walked back towards the railway station they were attacked, leaving Simon with life-changing injuries. Twelve men were convicted over the attack, that left Simon with permanent brain damage and unable to walk or talk.

DIY SOS, presented by Nick Knowles, enlisted the help of hundreds of local volunteers to radically improve the life of the Simon and his family by transforming their Mildenhall home.

One of those volunteers was our very own Ray Ketteridge !

Ray who lives in The Street, Icklingham, was one of the many people who volunteered their time and resources to help the Dobbin family.

Many people are wondering when the big reveal will be broadcast on television !

A spokesman from the DIY SOS has said: "DIY SOS anticipates that Simon Dobbin's episode, that features hundreds of lovely local volunteers, will broadcast some time in late 2018 on prime time BBC One."

WELL DONE RAY !

Parish Council News - VAS SIGNS - There are now two Vehicle-activated signs (VASs) which are electronic signs which only become visible when approaching motor vehicles are exceeding a certain speed. These are battery operated and will be moved to different locations in the village. VASs are formed of many bright lights which only turn on when the target motor vehicle is in plain view of the sign.

Research has examined if VASs still have a positive effect on driver behaviour after one year of installation. It was found the signs still maintained their positive effects. So hopefully this may help the speeding problem in our Village. Data from the signs can be analysed and passed to relevant authorities.

Time to De - clutter !

It's Spring and time to clear out the clutter and it will make you feel good.

De-cluttering is a waste of time if you simply replace the old stuff with new. Be determined to buy less. You won't regret it.

Before you begin, use the 4 box method - Keep, Sell, Donate, and Trash. Investigate selling, recycling, donating and give away options for the items you choose to declutter. Ebay, Freecycle and local charities are favourite disposal options.

ASK YOURSELF

Do I love this item? Do I use this item?

Do I have multiples of the same thing?

Am I keeping this out of obligation?

Am I keeping this item just in case I might need it one day.

Am I holding onto this for sentimental reasons?

Don't keep things out of guilt or obligation. Your home should only contain the things you love or use. Don't let other people dictate what you should keep or give away.

Don't hold on to items you think you might need someday, be realistic about what need really is.

Don't over equip your home. A home does not need enough linen, crockery, cutlery, or pantry supplies to serve as a hotel.

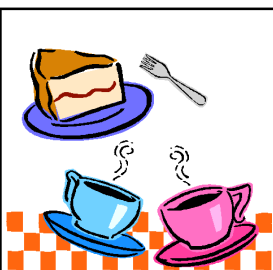
When you let junk pile up, it all stands as a reminder of the things you haven't accomplished. .

The reality is that we hang onto far more objects than we need, and, instead of motivating us, they become talismans of guilt and shame.

Keep things that inspire or motivate you, but get rid of anything that makes you feel guilty. Letting go of clutter can be difficult, but the benefits far outweigh any negatives. Learn to let go of excess junk, and reap the benefits of a more minimalist life.

Be realistic about your true needs. Good Luck !

Thanks to Claire for this article



THE NEXT COFFEE MORNING is on Saturday April 28th at 10.30 - 12.30 in ST JAMES CHURCH Cakes & Books for sale. Come along and meet friends and neighbours - all welcome



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Sausage & Spring Mash Pie

1½kg potato, cut into large chunks, ½ Savoy cabbage, shredded

100ml milk, 50g butter, 1 tbsp Dijon or wholegrain mustard (optional), 2 tsp vegetable oil

16 good-quality pork sausages, 10 shallots, peeled and halved

4 carrots, thickly sliced, 2-3 thyme sprigs, plus extra to serve

2 x 250g packs mushroom, halved or quartered

400ml full-bodied red wine, 300ml beef stock

2 tbsp caramelised red onion (ie:English Provender Company Lazy red onions)

Method : Boil the potatoes in salted water for 15 mins, adding the cabbage for the final few mins of cooking. Drain, then allow to steam dry for a few mins. Add the milk and butter to the pan, warm through, then mash into the potatoes and cabbage with plenty of seasoning. Stir in the mustard.

While the potatoes are cooking, heat a large, shallow flame-proof dish or a large non-stick frying pan. Brown the sausages, shallots and carrots for about 5 mins until nicely golden and the shallots are starting to soften. The sausages should be almost cooked through; lift them out, then set aside. Tip off any excess fat released by the sausages.

Heat oven to 200C/fan 180C/gas 6. Turn up the heat under the pan, tip in the thyme and mushrooms, then fry until golden, about 3 mins. Splash in the wine, then let it bubble and reduce by half. Add the stock and caramelised red onion, then simmer until it has reduced a little to make a shiny gravy, and the carrots are cooked through.

Season, then add the sausages to the gravy. Spoon the mixture into a baking dish or keep in the pan if ovenproof. Top with the mashed potato, spooning it over in even dollops to prevent the gravy oozing up the sides. Can be made up to 1 day ahead and chilled. Bake, covered with foil, for 30 mins (or 45 mins from chilled), removing the foil for the final 10 mins to brown the mash. Delicious, serve with extra veg as required and a sprinkle of thyme.....Enjoy.

Please see ACW Building Services on facebook

ACW BUILDING SERVICES

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LAST BUT NOT LEASThave you a special person you want to Thank, wish Good Luck, Happy Birthday, Getting Married, say get well soon or a new arrival ? Well this is the space for you – just email bac@talk21.com or phone 01638 719055 and let me know your special message and it will appear here free of charge..

C O N G R A T U L A T I O N S

Dr Simon Curtis received the Sir Colin Spedding Award at the National Equine Forum in March, in recognition of his contributions to the profession. The Sir Colin Spedding Award is presented each year to an exceptional hero or heroine of the equestrian world. The award was presented to Dr Curtis by HRH The Princess Royal, who is president of the National Equine Forum.

PLEASE SEE ST. JAMES CHURCH NOTICE BOARD FOR DATES OF SERVICES

contact Sue Marston on 713801
or Dorothy Handford on 712439
for more information.

NOTICE BOARD
Don't forget the Notice Board (by The Red Lion) is for use for all villagers. Please feel free to advertise events, items for sale etc.