



ICKLINGHAM VILLAGER

February 2017



FESTIVAL OF LIGHTS

The Festival of Lights held in December was a great success and over the course of the weekend just over £1200 was raised for Project St James.

The church looked beautiful and festive music was played throughout the weekend, big thanks go to Gill Murden and James Marston for playing and getting everyone in the Christmas Spirit.

All of the competition results have been put in the Villagers Notice Board.

The Carol Service held on Sunday evening was well attended and after the service everyone enjoyed Mulled Wine, mince pies and Betty's famous cheese straws. A great way to round off a lovely weekend.

Thank you to everyone who helped to make this event a great success and thanks to everyone who attended and supported the Festival of Lights.

BEETLE DRIVE

Saturday 4th February

at 7.00pm in

The Old School Hall

Come to a Beetle Drive

Bring your friends, your drinks & snacks.

Enjoy an evening of light entertainment,

the teams will be in groups of four.

Don't worry if you have never played

before, all will be revealed !

The object of the game is to draw a beetle

on the throws of a dice !

Entrance is £2.00 per person.

Suitable for all ages!

Come and have some fun.

VALENTINE'S DAY

Millions of people celebrate Valentine's Day on 14th February every year – but just how much do you actually know about the celebration and how it got started?

These interesting facts should shed some light on a few things you probably didn't know about the day of love.

1. *Valentine's Day started as a form of rebellion.* The most popular theory about Valentine's Day origin is that Emperor Claudius II didn't want Roman men to marry during wartime. Saint Valentine went against his wishes and performed secret weddings, which means this day was originally founded on an act of rebellion!

2. *Signing your messages with a kiss is nothing new.* Typing a long line of kisses at the end of a message is something many of us do but while you may associate it most with the modern "text" era, this little symbol actually has a much longer history. Some think the cute 'x' symbol became synonymous with the kiss in medieval times when very few individuals could write and would end each of their letters with an 'x' embossed in wax or ink to show their sincerity. This evolved to represent the kiss and the rest is history.

3. *Not all valentines are chosen on purpose.* Receive a valentine today and it's a sign that someone has a secret crush on you. Go back to the Middle Ages though and the situation is a little different.

Back then, young men and women drew names from a bowl to see who would be their valentine. The single women's names would be added to an urn and single men of the town would take a name out and pin it to their sleeves for one whole week. This would allow everyone in the town to see who their valentine was and could be where the term "wearing your heart on your sleeve" originates.

4. *Nearly three quarters of men will buy flowers on Valentine's Day.* While it is hardly surprising that more men buy more flowers than women. Around 73% of men will buy flowers on the big day while just over one quarter (27%) of women will do the same.

5. *Red roses have been associated with love since Ancient Rome* We are all aware that the red rose a common purchase around the time of Valentine's Day – but why? Roses, and red ones in particular, have become a symbol of love and are therefore heavily connected with the day. The origin of this tradition stretches as far back as Ancient Rome when the red rose was the favourite flower of Venus: the Goddess of love.

6. *Juliet still gets love letters sent to her on Valentine's Day.* William Shakespeare's most famous romance *Romeo and Juliet* has captured hearts for decades – so much so that Juliet still receives love letters on Valentine's Day! Every year, the city of Verona in Italy (where the play was set) receives around 1,000 letters addressed to Juliet.

7. *You don't have to be lovers to celebrate Valentine's Day.* While Valentine's Day is most commonly associated with lovers and couples, that doesn't mean singletons can't celebrate the occasion too! In fact, one country has gone as far as to transform the occasion into "Friend's Day". Finland celebrates Ystavanpaiva which is translated as 'Friends Day'.

8. *Henry VIII decided when Valentine's Day should be celebrated.* Marrying a total of six women throughout his lifetime, there's no denying Henry VIII was probably rather romantic – but did you know he is responsible for when we actually celebrate Valentine's Day? Back in 1537, King Henry VIII declared by Royal Charter that Valentine's Day would be a public holiday & chose 14 February as the official day of celebration.

9. *Teachers receive the most Valentine's Day cards.* Valentine's cards are big news for those of school age but surprisingly it is teachers, not pupils, who stand to benefit the most. Teachers generally receive the largest number of Valentine's Day cards with children, mothers, wives and pets (yes, pets) filling the rest of the top five recipient's list.

DON'T FORGET VALENTINES DAY



The following message is being sent on behalf of Action Fraud – the UK's national fraud and cyber crime reporting centre.

Action Fraud has received several reports from victims who have been sent convincing looking emails claiming to be from Amazon. The spoofed emails from "service@amazon.co.uk" claim recipients have made an order online and mimic an automatic customer email notification.

The scam email claims recipients have ordered an expensive vintage chandelier. Other reported examples include: Bose stereos, iPhone's and luxury watches.

The emails cleverly state that if recipients haven't authorised the transaction they can click on the help centre link to receive a full refund. The link leads to an authentic-looking website, which asks victims to confirm their name, address, and bank card information.

Amazon says that suspicious e-mails will often contain:

- Links to websites that look like Amazon.co.uk, but aren't Amazon.co.uk.
- Attachments or prompts to install software on your computer.
- Typos or grammatical errors.
- Forged (or spoofed) e-mail addresses to make it look like the e-mail is coming from Amazon.co.uk.

Amazon will never ask for personal information to be supplied by e-mail.

You can read more about identifying suspicious emails claiming to be from Amazon by visiting <https://www.amazon.co.uk/gp/help/customer/display.html?nodeId=201489210>

To report a fraud or cyber crime, call Action Fraud on 0300 123 2040 or visit www.actionfraud.police.uk

FEBRUARY FACTS !!

1. February is named after the purification ritual Februa, which was a sort of early Roman spring cleaning festival.
2. In Old English, February was called Solmonath (Mud month) or Kale-monath (Kale or cabbage month).
3. February frequently occurs in lists of the most commonly misspelt words in the English language.
4. Much Ado About Nothing is the only Shakespeare play that mentions February.
5. The Welsh call February "y mis bach" which means "little month"
6. Before Julius Caesar's calendar reform of 45BC, February was the only month with an even number of days. All the rest had 29 or 31.
7. February is the only month that can pass with no full moon. This will next occur in 2018.
8. In the USA February is National Pet Dental Health month. It is also Hot Breakfast month.
9. The birthstone for February is amethyst. The birth flower is the violet or iris.
10. The ancient Greeks believed that amethyst protected the wearer from drunkenness that can pass with no full moon.

THE ICKLINGHAM COMMUNITY GROUP
The Carol Singing raised £100 for E.A.C.H. (East Anglian Children's Hospice). Many thanks to all of our Carol singers and special thanks to all of you who opened your doors and donated so generously. Big thanks also go to Ray and Annette who provided delicious refreshment for all the singers. A lovely, festive evening was had by all.



LIZZIES CAFÉ at RISBY BARN

10.00 am to 4.00 pm

ALL FOOD HOMEMADE,
CAKES, LUNCHES & TRADITIONAL
ROAST DINNERS SERVED ON SUNDAY
CALL 01284 810022
(ADVISEABLE TO BOOK FOR SUNDAY LUNCH)



EVENTS IN RISBY

FARMERS MARKETS - FIRST SATURDAY OF THE MONTH 10am - 1pm

Car Boot Sales - 3rd Sunday of the month - 2pm

ANTIQUES & COLLECTORS FAIR

LAST SUNDAY OF THE MONTH

9.30am-4.00pm - £1.00 entry

Art Group - Thursdays weekly - 1.30pm - £2.00

CRAFTS - WEDNESDAYS - 10am-12pm - £2.00

EVENTS IN WESTSTOW COUNTRY PARK

BIRD RINGING - SUNDAY FEB 26th 9.00am
RING 01284-758000 to book

Nordic Walking - Taster Session - 13th February
Ring Kevin 07955495016

ST. EDMUNDSBURY NATURE EXPLORERS
Alternate Wednesday/Thursday £5.00 per child
(pre-crawlers free)

See www.stedmundsbaby.co.uk

EVENTS AT LACKFORD LAKES

TALKS at 7.30pm - £2.50

Water voles in Suffolk 15th February

How smart are our Birds 15th March

Trees, people & Wildlife 19th April

FOR MORE INFO & OTHER ACTIVITIES

CALL 01284 728706

ICKLINGHAM PARISH COUNCIL

The full PC minutes are available on the website OneSuffolk for Icklingham and on the new PC notice Board by The Red Lion. Your Parish councillors are Darren Baugh (Vice-Chairman), Karrie Baugh, Helen Graham, Ronnie Halford, Annette Walsh & Rona Burt (Chairman). There is one vacancy for a Parish councillor, if you would like to be a Parish councillor please come along to the meeting or email the Clerk of the PC, Su Field on IcklinghamPC@gmail.com

Meeting dates for 2017

2nd March

11th May

(4th May will be Suffolk County Council elections)

6th July

7th September

2nd November

Meetings start at 7.30pm

If you would like an item included on the agenda for the next meeting please email the PC on IcklinghamPC@gmail.com

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

THE COSY CABIN AT RISBY - WORKSHOP LIST

The Risby Barn, South Street, Risby, Suffolk, IP28 6QU
01284 811222

E-mail: cosycabin@btconnect.com

Saturday 4th Feb(10am-4pm) The Extendable Tote Bag with Barbara Bailey. Back by popular demand is this enjoyable workshop with Barbara Bailey. The beauty of this bag, is it starts off as a small tote bag, but if you need more space, the insides open out and create a deeper bag. The photos are on the website. If you fancy a fun day making a new bag, then this is the workshop for you. Workshop Fee - £30.00 (This does not include materials)

Sunday 5th Feb(10am-4pm) Raining Cats and Dogs with Linda Walker. This is a new workshop with Linda and it is ideal for beginners to Foundation Piecing, come along and have fun and during the day you will make a Cat or Dog Panel or 2. The completed panel can be made into a Cushion, or wall hanging or side to a bag. Workshop Fee - £30.00 (This does not include materials)

Sunday 5th Feb(10am-4pm) Sit & Sew Sunday. This is our new monthly event - come and have a relaxing day with likeminded people and work on your own sewing project, £5.00 for the table for the day and includes tea/coffee. Please book to confirm your place.

Workshop Fee - £5.00 (This does not include materials)

Saturday 18th Feb(10am-4pm) Beginners Free Motion Quilting with Lynne Pretty. Back by popular demand, for those that want to learn how to free motion quilt.

You will need an embroidery foot for your sewing machine and ideally able to drop the feed dogs. Workshop Fee - £30.00 (This does not include materials)

Sunday 26th Feb(10am-4pm) Zip Techniques with Barbara Prior. Do you struggle putting a zip in? If yes, then you could benefit from this workshop. Come along and have some fun whilst learning all about zips and how you put them in, which will include putting in a concealed zip. Workshop Fee - £30.00 (This does not include materials).

FOR MORE INFO AND OTHER CLASSES
PLEASE CALL THE COSY CABIN.



Professional
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Recommended

01638 429976
07722617430



www.alanwisbeach-decorating.co.uk

Email ALAN on alan8358@hotmail.com

Five - Veg Lasagne

This vegetarian main is a great source of vitamins and iron and a simple way to get your 5-a-day !!

4 tbsp olive oil

1 aubergine, cut into small chunks

150g mushroom, chopped

4 roasted red peppers, chopped

700g passata with onions and garlic

8-10 lasagne sheets

400g frozen spinach, defrosted (and drained)

250g tub ricotta,

25g grated Parmesan

25g pine nuts

Heat oven to 180C/fan 160C/gas 4. Heat 2 tbsp olive oil in a large, non-stick frying pan. Fry the aubergine for 5 mins until softened, then tip into a bowl. Fry the mushrooms in the remaining oil for a few mins until golden, then mix with the aubergine and peppers. Spoon half of the veg into a 20 x 30cm baking dish. Spoon over half the passata, then arrange a layer of lasagne sheets on top.

Spread the rest of the veg over the pasta, cover with passata and another layer of pasta. Drain any excess liquid from the spinach and mix together with the ricotta and half the Parmesan. Spoon over the top of the pasta, then sprinkle with the remaining Parmesan and pine nuts. Cover with foil, bake for 20 mins, uncover, then bake for another 10 mins until browned. Serve with a crisp green salad or garlic bread.

You can season with chilli flakes, oregano and basil to taste. This is also a great way to use up leftover veg !

If you have a favourite recipe you'd like to share or interesting news, or an event you would like to advertise please email me on baC@talk21.com.



ST. JAMES CHURCH SERVICES

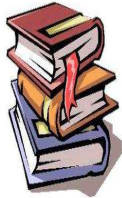
12th February	Service of the Word	9.30am
26th February	Holy Communion	9.30am
1st March	Ash Wednesday	7.00pm
12th March	Service of the Word	9.30am
26th March	Holy Communion	9.30am
	Mothering Sunday	

The Rev Rosemary Rycraft has moved on to new pastures and at the moment we are without a vicar, but services will still continue.

Contact the Church Wardens for more information Sue Marston 713801 or Dorothy Handford 712439

LIBRARY VAN

The Library Van has a good selection of adult and children's books on board & they will order any books in for you. The van will visit on 11th Feb & 11th March calling at West Street 2.40pm, The Hall Close 3.10pm & The Village Green 3.25pm. Your regular Mobile Manager is Kevin Lambert 07884422762



Old School Hall – Icklingham.

Available for hire

Meetings – Parties – Clubs

Rates variable to suit.

From £12 to £20 per hour,

£50 half day – £90 full day.

Contact David on 07751765047

Phone 01284 728768

fax 01284 729166

email david.a.fisher@btinternet.com

YOGA CLASS EVERY WEDNESDAY

AT THE OLD SCHOOL HALL

6.45pm to 7.45pm

Just come along and join in

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..

PLEASE CLEAN UP AFTER YOUR DOG If you are a dog owner/walker please pick up your dog's mess if it fouls in certain public places. This is a legal requirement as described in The Dog Fouling Act 1996. If you do not then you may be issued with a Fixed Penalty Notice. If you do not pay the Fixed Penalty Notice then you could be taken to court and fined up to £100

If you have something you would like to put in The Villager just let me know and I will put it in the newsletter for you. Email bac@talk21.com or drop in my post-box at 59 The Street



COFFEE MORNING

Saturday March 25th

at 10.30 - 12.30 in

ST JAMES CHURCH

Cakes & Books for sale. Come along and see the new kitchen it action !

Please see ACW Building on Facebook !

ACW BUILDING SERVICES

Bathrooms, Kitchens, Plumbing, Tiling, Plastering, Carpentry, Renovations, Extensions.

Adrian White

Builder

105 The Street Icklingham
Bury St Edmunds
Suffolk
IP28 6PL

07900000413

acwhite105@yahoo.com



NOTICE BOARD

Don't forget the old



PC Notice Board (by The Red Lion) is available now for use by all the villagers. Please feel free to advertise events, items for sale etc.

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