



# ICKLINGHAM VILLAGER

MARCH 2020



## Invitation to a new start.

Have you ever wondered why you have a faith or not, where it comes from, how come faith exist. Why the faith from your childhood may not be the same as the one you hold in adult life, that is if you still have faith.

We would like to invite you to take a journey with us in the series of:

### Everything has a starting point by Andy Stanley

You are most welcome to join us to explore this subject for an hour or so at a time by listening to Andy Stanley on screen.

Where: Jubilee Villa, the Street Icklingham

When: Monday the 9<sup>th</sup> of March 2020 at 10am

Let us know if you would like to come so we can get the teas and coffee ready. Call Jeanette on 07845 422698 or email [jdevrieswobbes@gmail.com](mailto:jdevrieswobbes@gmail.com)

## FLOWER CLUB DEMO with Verity Marston

"Spring Table Arrangements" an afternoon workshop making our own table decorations.

Venue : St. James Church

Time : 2.30pm

Price : £4.00 to include  
Refreshments and Raffle

When : 4th April

Please call Claire on 07798 790609

if you would like to come

All Welcome

## Lackford Lakes News

Lackford Lakes is a wildlife oasis with a landscape of lakes, reeds, meadow and woodland. There is wildlife in close-up all year round with iridescent kingfisher, dazzling dragonflies and colourful ducks. Lackford Lakes has a fully accessible visitor centre and café with views of the reserve, open 7 days a week. Please be aware there is limited access for dogs around Sayers Breck, with no access to the lakes or hides. Only assistance dogs are allowed in the centre and around the reserve. There are many events throughout the year, here are just a few ideas !



### WILD KIDS CLUB

Join the Wild Kids club for 6-11's for activities including art, species identification, wild play and more! On Sunday 15 March 2020 10am-12noon. The club meets at the centre and then we head outdoors so make sure to wear weather appropriate clothing. We have various topics and activities that run throughout the year. Adults are welcome to attend and stay with children or drop them off. The club meets every month so don't forget to speak to one of our club leaders about the other sessions we have planned as we wouldn't want you to miss out!

Any questions contact Sophie on 01284 728706 or email: [lackford.learning@suffolkwildlifetrust](mailto:lackford.learning@suffolkwildlifetrust)

### AFTERNOON WALKS

A monthly afternoon guided walk around Lackford Lakes with Paul Holness. Bring or borrow binoculars. Please pre book: £4 on Wednesday 18 March 2020 2-4m. Call 01473 890089 for more info.

### BOOK SALE

Donations of any books for the sale, especially wildlife ones, are very welcome. Please drop off at the visitor centre in the week or so before the event. The Book Sale will be held at the Visitor centre on Saturday 21 March 2020, 10am-4pm.

A great attraction just on our doorstep and Lackford Lakes is free to visit !

All Saints Church  
Icklingham



### COMMUNITY CLEAN UP DAY

SATURDAY 28th March at 10.30am

Jane Hatton and Victoria Moulton from The Churches Conservation Trust together will be leading a cleaning day at All Saints and are looking for your help to make it happen. If you can spare two hours all cleaning material will be supplied but if you can bring a broom then please do so. A free lunch will be provided afterwards at the Guinness Arms for all those who have helped to clean the church. To confirm that you would like lunch please contact Jane on 0739 208 6936 or email [jhatton@theccct.org.uk](mailto:jhatton@theccct.org.uk) otherwise just come along on the day everyone is welcome.

## Icklingham Parish Council

**THE NEXT MEETING IS ON 31st MARCH  
7.30pm in the Old School Hall**

All are welcome to attend  
There are vacancies for two new Parish Councillors, if you are interested and want to get more involved in your village please contact the Clerk Mrs Vikki Austin on Tel: 01842 861748 email [IcklinghamPC@gmail.com](mailto:IcklinghamPC@gmail.com) or come along to the next meeting.

2020 dates for PC meetings

26th May, 30th July, 29th Sept  
and 24th November

## WHAT'S ON AT THE APEX

### **YOGA** - A 45 minute lunchtime yoga class run by Carole Baker.

This class is suitable for all ages and ability levels, from complete beginners onwards! The classes cover various types of Yoga postures (asana), together with some basic breathing and meditation techniques to help give you more energy & start to de-stress you. Each session will start with a warm up and finish with relaxation, breathing or meditation and the postures covered include standing, backbends, forward bends (seated & standing), balances, spinal twists, hip openers, core strengtheners and inversions.

Suitable for everyone aged 16+ - Poses will be adapted for all ability levels - A limited number of mats are available, so please bring your own if possible - Bring a water bottle, wear comfortable clothing (N.B. the class will be barefoot) - Please inform Carole upon arrival if you have a health condition that you are receiving treatment for, or if you have recently had an injury or surgery N.B. Class dates are subject to change, please check in advance. If classes are unavailable to book via The Apex website, please contact Carole directly on 07770 766744 as there may be an alternative venue available. 1pm-1.45pm Tickets: £7 Venue: Studio 2, The Apex

### **COMEDY** - Bury's great monthly comedy night!

Check out the Fat Cat Comedy Club website for line-up details.

Show details are subject to change without notice.

Further details: Fat Cat Comedy Club website.

Times: Doors open 7.30pm / Approx. start time 8pm

8 March 2020 & 12 April 2020

Tickets: £13 (including £1 booking fee)

Venue: The Apex, Bury St Edmunds

### **DANCE** - HAVANA NIGHTS with "Strictly come Dancing" stars

Tuesday 10 March 2020, 7.30pm £29 to book call 01284 758000

## THE LOWDOWN ON LENTILS !

Lentils are low in calories & high in nutrition, lentils are a plant protein that's pretty perfect. They're budget friendly too! Luckily lentils also have that most important final element: they're delicious & can be a great way to make filling and healthy meals. Cook in a saucepan, using 3 cups of liquid (water, stock, etc) to 1 cup of dry lentils. Be sure to use a large enough saucepan as the lentils will double or triple in size. Bring to a boil, cover tightly, reduce heat & simmer until they are tender. For whole lentils, cook time is typically 15-20 minutes.

**Red lentils:** These lentils are a bright orange colour most commonly found in Indian curry dishes like daal. They take about 20 minutes to cook and break down easily. Ideal for soup.

**Brown & green lentils:** These cook quickly (in 20 to 30minutes), and tend to fall apart when cooked instead of hold their shape. This makes them also ideal for soups & curry.

**Puy (French) lentils:** These lentils hold their shape when cooked, making them very different from brown, green & red lentils. They're small & greenish-gray. Instead of using them in soups, these lentils are great for salads or stuffing baked sweet potatoes.

**Black lentils (Beluga lentils):** These are the most flavourful. They're very small and dark. That means they'll hold their shape when cooked which works for salads, but if you cook longer they'll fall apart for use in curries.



**Police Connect is a messaging service connecting you to the very latest policing news for your area via e-mail, text or phone.**

**There is no charge for this service - all messages you receive are free.**

**You can register to receive information about the issues that most matter to you and be among the first to be alerted by police in the case of an emergency affecting your area.**

**You can choose to receive regular updates on crime and public appeals, safety advice and meetings and events. There is the option to receive information about a range of specific interest areas – such as 'rural' or 'rivers and coastal' – as well as updates for business owners and news from your Police and Crime Commissioner.**

**News, appeals and information can also be accessed 24 hours a day, seven days a week**

**You can also follow us on [Facebook](#) or [Twitter](#) for regular news and information.**

### **Benefits of Police Connect**

**There are lots of advantages to knowing what is going on in your local area or areas you are interested in, such as where you work or where a vulnerable relative lives.**

**You can take steps to safeguard yourself and your property, you may need to change plans, or re-route, because of an incident nearby or you may even be able to help us solve a crime.**

**If you are a member of a 'watch' scheme, Police Connect information keeps you up-to-date with the latest issues. It's also a great way of finding out about local policing events and meetings.**

**By receiving messages through Police Connect, you are kept in the loop.**

### **Keeping you informed, keeping your community safe**

**Information from the public is a major help in the fight against crime. We need your help to make your community a safer place.**

**By taking a few moments to fill out a simple form, you become more informed about what's happening in your community and can become more involved in helping to prevent and reduce crime.**

### **How to register**

**The simple online process takes only a couple of minutes and will ensure we have the most up-to-date contact details and preferences for you. Register at [www.suffolk.police.uk/services/police-connect](http://www.suffolk.police.uk/services/police-connect)**



## Sausage, roasted veg & Puy Lentil one-pot Supper

This one-pot wonder delivers three of your five-a-day and makes a easy dinner solution on a busy day. with sausages, lentils and veg, it's filling too !

- 8 sausages
- 2 x 400g packs ready-to-roast vegetables
- 3 garlic cloves, bashed in their skins
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 2 x 250g pouches puy lentils
- 1 ½ tbsp sherry or red wine vinegar and 1 small pack parsley, roughly chopped

1. Heat grill to high. Put the sausages in a large roasting tin and grill for 8-10 mins until browning, then switch the oven on to 200C/180C fan/gas 6.
2. Remove the tin from the grill and add the vegetables and garlic, then drizzle over the oil and toss in the paprika and season with salt and pepper.
3. Roast for 30-35 mins more until the sausages and veg are mostly tender, then stir through the lentils and vinegar.
4. Return to the oven for 5 mins until everything is heated through. Squeeze the garlic cloves out of their skins and stir the garlic into the lentils, then season to taste, stir through the parsley and serve.

Thanks to Fie for this recipe - Enjoy

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Email Alan on [alan8358@hotmail.com](mailto:alan8358@hotmail.com)

**The 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**

**07484 828555**

**or phone 01284 728768**

**email**

**[david.a.fisher@btinternet.com](mailto:david.a.fisher@btinternet.com)**

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## ST. JAMES CHURCH SERVICES

March 8th Service of the word 9.30am

March 22nd Mothering Sunday  
with Holy Communion 9.30am

The services will be conducted by David Ball  
Please contact the Church Wardens for  
further details Dorothy Handford 712439  
& Sue Marston 713801

## SAVE THE DATES

22nd March - Enjoy a wonderful family day Easton Farm Park who are thanking all mothers this Mother's Day offering all mums free entry!

A fantastic time to see all the new mums here with newborn kids, lambs and piglets. Entry includes all of the farm favourite rides and activities.

Open from 10:30am until 5.30pm  
[www.eastonfarmpark.co.uk/mothers-day](http://www.eastonfarmpark.co.uk/mothers-day)

7th - 29th March - LAMBING AT KENTWELL HALL  
3rd May PET SERVICE - 10.00am in St. James churchyard, Icklingham.

10th May - South Suffolk Show

27th- 28th May - Suffolk Show

27th June - BURY FOLK FESTIVAL AT NOWTON PARK. In the beautiful setting of the walled garden at Nowton Park, craft stalls, children's activities, music workshops, hot food and a bar with local real ales, this promises to be a wonderful day for the whole family

25<sup>th</sup> - 26<sup>th</sup> July PSJ Flower Festival 11.00am to 4.00pm in St James Church, Icklingham

## COFFEE MORNINGS AT ST. JAMES CHURCH 28th MARCH 10.30am onwards. COFFEE, CAKES AND BOOKS FOR SALE - RAFFLE



All are warmly welcome men and women,  
young and old, children and adults.  
If you are new to Icklingham do pop in.  
(non religious)

**LAST BUT NOT LEAST** have 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 [bae@talk21.com](mailto:bae@talk21.com) or phone 01638 719055 and let me know your special message and it will appear here free of charge!

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## LIBRARY VAN DATES FOR 2020

March 7th, April 4th, May 2nd & 30th.

calling at West Street at 2.40pm, The Hall Close at 3.10pm & The Village Green at 3.25pm.

The Mobile Manager is Kevin Lambert  
0788 442 2762



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NOTICE BOARD Don't forget the old PC Notice Board (by The Guinness Arms) is available for everyone to use. Please feel free to advertise events or items for sale etc.