



# ICKLINGHAM VILLAGER

April 2017



## GARAGE SALE TRAIL SATURDAY MAY 13th

IF YOU ARE INTERESTED IN  
TAKING PART IN  
THE SALE TRAIL

PLEASE CAN YOU LET US KNOW SO  
THAT WE CAN INCLUDE YOU ON  
THE MAP & SIGN POSTING

It is a great opportunity to de-clutter your homes, raise some cash and snaffle some bargains. Anything and everything can be sold, it's a great opportunity to unearth all the weird and wonderful things from sheds, attics and garages.

If you live or work in Icklingham you can join in & have a sale at your house/garden. If you don't fancy having your own sale come along & have a browse, who knows what treasure you may discover. It's a simple way to reuse and rethink the idea of what waste really is.

PLEASE CALL BEVERLEY 719055  
(or drop a note through 59 The Street)  
or RONNIE 717715

IF YOU ARE INTERESTED.

We already have several people signed up - selling various items including tools, cakes, bicycles, doors and much more !!!

## ICKLINGHAM COMMUNITY GROUP

### VILLAGE TIDY & LITTER PICK

ON SATURDAY 8th APRIL

Meet in the Marston Mill Yard at 10.30am

HI-VIS JACKETS AND LITTER PICKERS PROVIDED

PLEASE BRING YOUR OWN GLOVES

PLEASE COME ALONG & HELP - ALL WELCOME

## THE SOUTH SUFFOLK SHOW

*The 129th South Suffolk Show will be taking place at its usual location at Ampton Racecourse, Ingham on Sunday May 14th 2017. This traditional agricultural Show is regarded by many as one of the leading shows of its type in the eastern region with cattle, sheep, pigs, horses and a wide array of attractions*

*including :*

*'The Royal Signals White Helmets Motorcycle Display Team' performing one of the last displays of their 90 year history.*

*'N&J Heavy Horses' with ridden and driven demonstrations*

*also Suffolk Gundog Displays, Terrier Racing & The Sheep Road Show*

*Farm Machinery, Trade Stands, Countryside Area, Food Hall, Arts & Craft Marquee,*

*Children's Entertainment, Food & Bars*

*More on page 3*

## CONGRATULATIONS TO DR. SIMON CURTIS

Newmarket farrier and Icklingham resident Simon Curtis has been awarded a doctorate for his project studying the development of the foal's hoof. Simon completed a six year Doctor of Philosophy (PhD) programme at the University of Central Lancashire. His thesis; The effect of loading upon hoof growth and hoof shape in Thoroughbred foals, investigated how both normal changes occurred during growth and how conformational defects caused misshapen hooves.

Dr Curtis is still a practicing farrier, working from his forge in Newmarket, Suffolk. He trims and shoes a variety of breeds but specialises in foals. He intends to continue as a farrier, using the new knowledge from his studies to improve farriery work on foals and older horses.

As a part-time student, Simon travelled monthly to Myerscough College, an associate college of the University of Central Lancashire, to meet his supervisors, Dr Sarah Jane Hobbs and Dr Jaime Martin. He will be awarded his Doctorate at a ceremony in Preston, in July. He is a Fellow of the Worshipful Company of Farriers by examination and an Honorary Associate of the Royal College of Veterinary Surgeons.

The implications arising from the 200 page thesis are wide-ranging and will help farriers focus on improving hoof distortion in all ages of horse. Dr Curtis continues to train apprentices and tutor qualified farriers. He lectures widely and since November has presented his research project in the UK, USA, South Africa, Europe and Australia, speaking to farriers, veterinary surgeons and horse breeders.

Data was collected from eight separate stud farms building a comprehensive picture of the foal's hoof. Radiography was used to record the changing angles of the foot and lower leg, showing how the hoof angle reduced by 5.5 degrees during the first eight months of life. A microscopy study was able to show structural changes to the hoof wall that had previously been unknown. The hoof growth and loading study showed how regional weight-bearing affected both hoof growth and hoof shape. Newborn foals renewed their hooves in 145 days, far more quickly than previously guessed. Yearlings renewed their hooves in 283 days. The timing of hoof renewal was previously unknown and these new findings will allow more accurate estimation of healing when hooves are damaged.

Healthwatch Suffolk is putting feet in focus with the launch of its latest research report. It has worked closely with a leading clinician to explore the views of local patients about their experiences of accessing diabetic foot care in the county.

Figures from Diabetes UK indicate that over 100 diabetes-related foot amputations occur every week in England. Patients with diabetes should receive an annual foot examination to determine whether their foot sensation is intact and their blood supply to the feet is good but this does not always happen.

Key findings:

- 32% of the respondents stated that they were not told about their risk of developing a diabetic foot problem in the future during their last appointment.
- 43% of respondents were not told what they should do if a new foot problem had developed.
- 28% of respondents said they were not given advice about how to look after their feet.

Three things that people said could be improved about their care:

1. Ensuring people are informed about the importance of maintaining foot health and their risk of developing complications.
2. Improving the availability of information regarding foot health.
3. Offer more regular foot health checks.

An early outcome from the project will see patients across the East of England receiving a new information card following their annual health check. The passport, which will be roughly the size of a bank card, will be carried by patients at all times and include information about what to look for in terms of their foot health and who they should contact if they have concerns.

Andy Yacoub (Chief Executive of Healthwatch Suffolk) said: "It is clear that people are receiving good care in the county but there is room to improve, particularly with regard to keeping people involved in their care and informed of their foot health risk. It is also important to help people to understand how they can best manage and look after their health as early intervention is linked to the best possible outcomes.

"It is our hope that the findings will be used to improve services in Suffolk and to build on continued developments within local services. Our report includes a number of recommendations and we will ask health leaders to respond formally in due course."

For more information about this work and how you can make a difference to local NHS and social care services in the county, please visit [www.healthwatchsuffolk.co.uk](http://www.healthwatchsuffolk.co.uk), call 01449 703949 or email [info@healthwatchsuffolk.co.uk](mailto:info@healthwatchsuffolk.co.uk).



### The History of Lamb on Easter

Why is Lamb popular during Easter? Throughout the world the most popular Easter symbol is the lamb. The reference to lamb in Christianity goes back to the book of Genesis, when Abraham was asked to sacrifice his son.

In past centuries it was considered a lucky omen to meet a lamb, especially at Easter time. It was a popular superstition that the devil, who could take the form of all other animals, was never allowed to appear in the shape of a lamb because of its religious symbolism.

In the 7th century the Benedictine monks wrote a prayer for the blessing of lambs. A few hundred years later the pope adopted it and a whole roasted lamb became the feature of the Pope's Easter Dinner, and has been ever since.

In Greece Easter is the biggest holiday, and apparently most everyone roasts a whole lamb on a "Souvla" which is a large spit. Little figures of a lamb made of butter, pastry, or sugar are sometimes substituted for the meat, forming Easter table centrepieces.

Try the recipe of Greek Roast Lamb for your Easter lunch

### April Fools' Day

This is sometimes called All Fools' Day and is celebrated every year on April 1st by playing practical jokes and spreading hoaxes. The jokes and their victims are called April fools. People playing April Fool jokes expose their prank by shouting April Fool ! However, a person playing a joke after midday is the "April fool" themselves !

Geoffrey Chaucer's Canterbury Tales (1392) contains the first recorded association between April 1st and foolishness and now the custom of setting aside a day for the playing of harmless pranks upon one's neighbour is recognized everywhere. Although popular since the 19th century, the day is not a public holiday in any country.

Some precursors of April Fools' Day include the Roman festival of Hilaria.

Many newspapers, magazines, and other published media report fake stories, which are usually explained the next day or below the news section in small letters. In one famous prank from 1957, the BBC broadcast a film in their Panorama current affairs series purporting to show Swiss farmers picking freshly-grown spaghetti, in what they called the Swiss Spaghetti Harvest ! The BBC were later flooded with requests to purchase a spaghetti plant, forcing them to declare the film a hoax on the news the next day.

Also, on April Fools' Day 2016, an online football news channel falsely reported that FC Barcelona winger Lionel Messi agreed to a €500 million deal to sign with Real Madrid for five years. The reporter's name used in the article was "Lirpa Loof", which is "April Fool" spelled backwards. Now with the Internet & readily available global news services April Fools' pranks can catch and embarrass a much wider audience than ever before ! Look out.

## 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, Karrie Baugh, Helen Graham, Ronnie Halford and Annette Walsh. There are two vacancies 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

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.

### Please make sure you have your say!

You might not live in Bury St Edmunds but if you use the centre of town at all then it's important that you have your say!

The Bury St Edmunds Town Centre Master plan is a project to shape the future of the town centre so that it works for people. It is not just about ensuring that it continues to attract shoppers and visitors for decades to come, but also that it is accessible, and a place where people can live and work happily. That includes looking at how the town continues to cope with growth and other future pressures such as technological changes, and responds sensitively to a larger number of people and cars.

A huge part of the town centre master plan will be to look at those elements of the town centre that don't really work, are perhaps a bit grotty or disconnected and that is where the public can play a big part! For further information and to have your say please use the following link -[http://www.westsuffolk.gov.uk/planning/Planning\\_Policies/bsetowncentremasterplan.cfm](http://www.westsuffolk.gov.uk/planning/Planning_Policies/bsetowncentremasterplan.cfm)

### **SOUTH SUFFOLK SHOW continued.....**

**A great day out for all the family, the Show covers an area in the region of 90 acres and caters for a wide range of tastes and all age groups.**

**Admission: Adults £12, Children 5-16 £6, Senior Citizens £7, Family Ticket £30 (See website for discounted pre-show e-tickets and ticket retail outlets)**

**FREE CAR PARKING**

**Follow the signs off the A134.**

**For Further Information Tel: 01638 750879**

**or view [www.southsuffolkshow.co.uk](http://www.southsuffolkshow.co.uk)**

**Dogs are allowed onto the show ground**

**BUT they must be on a lead at all times and their owners MUST CLEAN UP AFTER THEM.**



Professional  
Conscientious  
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Recommended

01638 429976  
07722617430



[www.alanwisbeach-decorating.co.uk](http://www.alanwisbeach-decorating.co.uk)

Email ALAN on

alan8358@hotmail.com

### **GREEK ROAST LAMB**

*If Spring is in the air you don't want to be slaving over a hot oven, so make the most of seasonal lamb the easy way with this lazy roast*

*1 large leg of lamb, about 3kg/6lb 8oz*

*6 garlic cloves*

*1 bunch oregano*

*zest and juice of one lemon*

*6 tbsp olive oil*

*1½ kg new potatoes*

*400g can chopped tomatoes*

*large handful pitted baby kalamata olives*

*Heat oven to 240C/fan 220C/gas 9.*

*Pound the garlic, half the oregano, lemon zest and a pinch of salt in a pestle and mortar, then add the lemon juice and a drizzle of olive oil to make a paste. Stab the lamb all over with a sharp knife, then push as much of the herb paste as you can into the holes.*

*Tip the potatoes into a large roasting tin, then toss in the remaining olive oil and any remaining herb paste. Nestle the lamb amongst the potatoes, roast for 20 mins, then reduce the temperature to 180C/fan 160C/gas 4. Roast for 1 hr 15 mins for medium-rare, adding another 15 mins if you prefer your lamb medium. Baste the lamb once or twice with the juices and toss the potatoes. When the lamb is done to your liking, remove from the tin and let it rest. Throw the rest of the oregano in with the potatoes, scoop from the tin and keep warm.*

*Place the roasting tin over a medium flame, add the canned tomatoes and olives to the pan juices, then simmer for a few mins. Serve the lamb with the potatoes and sauce and a simple salad. Happy Easter.*



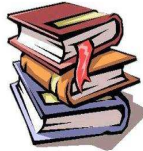
**ST. JAMES  
CHURCH SERVICES**



2nd April Evensong & Lay Elders Commissioning  
with Bishop Mike 6.00pm  
9th April Palm Sunday Service of the Word 9.30am  
16th April Easter Day Holy Communion 9.30am  
23rd April Holy Communion 9.30am  
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  
Library van will visit on 8th April & 6th  
May calling at West Street at 2.40pm,  
The Hall Close at 3.10pm & The  
Village Green at 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

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**YOGA CLASS EVERY WEDNESDAY**

**AT THE OLD SCHOOL HALL**

**6.45pm to 7.45pm**

**Just come along and join in**

Please see ACW Building Services 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.

**ARBORICULTURAL AND  
LANDSCAPE SOLUTIONS**

ALL ASPECTS OF TREE SURGERY

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**GREEN SCENE**

CONTACT FOR FREE QUOTATIONS AND ADVICE

**01638 515911 / 07866 866880**

**INFO@GREENSCENETREESURGERY.CO.UK**

**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 bac@talk21.com or phone 01638 719055 and let me know your special message and it will appear here free of charge..

**Q: What do you call a chicken with a piece of lettuce in its eye?**

**A: Chicken Caesar Salad !**

**Q: Why did the turkey cross the road?**

**A: To prove he wasn't chicken!**

**Q: Why did the chicken join a band?**

**A: Because it already had drumsticks !**

**Q: Why did the chick disappoint his mother?**

**A: He wasn't what he was cracked up to be!**



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 at  
ST JAMES CHURCH**

**29th APRIL 10.30 am**

**Cakes & Books for Sale**

**ALL WELCOME**

**come along and meet friends  
and neighbours.**