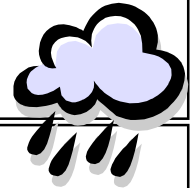


THE ICKLINGHAM VILLAGER



February 2008 - Issue 24

Newsletter sponsored by Appliance Tec

www.onesuffolk.co.uk

This website has information on our village.

If you have info please email Bob Gooch on

eniac@grgooch.co.uk

Many thanks to everyone who has contributed to this Newsletter. Please send in recipes, information on events in the area, special dates, news, birthdays - anything !!

Let us know

Next Issue

March 2008 -

If you have any items/ notices, adverts or local events to be published in the next edition please ensure they are submitted by the -
20th March 2008

To contact us call:

Ronnie Halford
717715
Beverley Curtis
719055

VILLAGE SPRING CLEAN DAY

Following a suggestion in the Village Plan a small band of villagers met at the Community Centre in March 2006 to help clean up the village for our first Village Spring Clean.

As this proved successful it has been decided to have another go !!

SO PLEASE JOIN US ON
APRIL 12TH 10 am - 12 noon (approx)

WE WILL MEET AT THE COMMUNITY CENTRE



Black plastic sacks will be provided - please bring your own gloves
We will try to cover all areas of the village - if you would like to help please do come along.

If you have any suggestions or areas which are in need of attention please call either Ronnie or Beverley

NOTE TO ALL PLAYING FIELD USERS

PLEASE HELP KEEP THE PLAYING FIELD CLEAR OF RUBBISH - TAKE YOUR CANS AND BOTTLES HOME WITH YOU - OR TAKE THEM TO THE RECYCLING BINS BY THE RED LION AND DO YOUR BIT TO HELP SAVE THE PLANET !!
THANK YOU

RECIPE OF THE MONTH

Orchard Chicken Rolls

8 chicken thighs
4 tbsp. of butter
1 small onion, sliced
2 eating apples, cored and peeled
2 tbsp. sugar
1 tsp fresh basil
16 fl oz of apple juice
Grated rind and juice of 1 lemon
2 tbsp. cornflour



METHOD

- Place chicken between cling film and "bash" with a rolling pin until flattened
- Heat 2 tbsp. of butter in a frying pan, add sliced onion and fry for 5 minutes. Meanwhile slice apples thinly and add to the onions. Fry for a further 5 minutes until tender. Sprinkle with the basil and sugar.
- Divide apple and onion mixture evenly between flattened thighs. Roll up and secure with a wooden cocktail stick
- Melt remaining butter in frying pan over a medium heat, add chicken, placing seam side down
- Cover and fry for 10 minutes on each side until chicken is browned all over. Add 12 fl oz of apple juice, lemon rind and juice.
- Cover and simmer for further 10 minutes. Remove chicken and keep warm
- Combine corn flour with remaining apple juice and stir into juices in the pan, simmer and season to taste
- Serve with green beans and a glass of chilled white wine

GARDENING TIPS FOR MARCH

- Growing early potatoes - keep seed potatoes cool and in good light to "chit" (sprout) - when the shoots are 1-3cm long they can be planted out - space 30cms apart and earth up.
- Plant out asparagus crowns, shallots and onion sets
- This is the best time to sow wildflower meadows
- Clean out and put up nest boxes
- Sharpen secateurs - ready for spring pruning of roses and buddleia



PARISH COUNCIL NEWS

- ♦ Neighbourhood Watch - meets every 2/3 months. If you have any problems please contact the co-ordinator for your area: Margaret Brame, Howard Storey, Jean Padmore or Cherie Beckham
- ♦ The PCSO/Police are maintaining a high profile in the village. They ask that everyone is extra vigilant - central heating oil is being stolen from tanks just after a delivery - apparently a tank can be drained in 15 minutes!! Try and lock your tank and make it less visible. Also if you notice any unusual vehicles in The Hall Close and Telegraph Road please report to the Police - dial 999
- ♦ The PC are requesting a visit from the Highways Department regarding excess water on the road especially by the Red Lion and at the other end of the village outside 89/91 The Street. Speeding, also, remains an ongoing problem
- ♦ Rubbish is still being left on playing field
- ♦ The Play Area project is moving along slowly
- ♦ Spring Clean Village day to be on 12th April 2008

The next meeting will be held on
Wednesday 5th March at 7.30pm
Please come along and have your say

ICKLINGHAM UNDER FIVES

Icklingham Under Fives is a playgroup for local children accompanied by a parent or guardian. Each session we enjoy an art or craft activity and playing with toys.

We are a friendly group open to anyone with pre-school children, so if this is you, do come along.

The group meets in the Community Centre on Wednesdays during term time from 10.00 to 11.30 am. We ask for a donation of £1.00 per session, which contributes to the venue and refreshments, we are also in the process of buying some great new toys and games.



We look forward to welcoming you

For further info contact Jo Davis on 01638 717492

"LIFE IN EAST ANGLIA"

Elveden Village Hall

14th March

***Nick Gibbons will giving an illustrated talk
on***

"The Brecks and Beyond"

Tickets available

***For further details please ring Sue
01842 890677***

MARKET PLACE

APPLIANCE – TEC



DOMESTIC APPLIANCE REPAIRS

For friendly local service
call Johnny on
01 638 714522 or
Mob : 0791 020 8638

Help at hand in the
village !



BUMP AND BEYOND



Offers Maternity Clothes,
Children's Clothes & Equipment

Contact Caroline for more info on
01638-583983 or **07766 643980**

Email: caroline.mann@bumpandbeyond.biz
Web: www.bumpandbeyond.biz

MILK DELIVERY !

If you would like to have fresh milk and
other produce delivered to
your door
contact



Dairy Crest Ltd
01284-754720

Local milkman - Ray Crabb

Helen - Mobile Hairdresser

Helen provides a mobile hairdressing service which visits
villagers in their homes, ideal for the housebound and
perfect for busy people.

Telephone: **01284 764613**
0778 7522 396



IF YOU ADVERTISE IN THIS NEWSLETTER AND WOULD
LIKE TO MAKE A DONATION TO HELP WITH THE
PRINTING COSTS PLEASE SEND TO :-

The Parish Clerk – Mrs Doreen Linge
18 The Street, Icklingham

Cheques to be made payable to The Parish Council.

THANK YOU

CHURCH SERVICES at ST. JAMES

MARCH

2nd March 9.30am - Service of the Word
with Baptism
16 March 9.30am - Cluster Service at
Eriswell
23 March 9.30am - Holy Communion
Easter Day
Thought for the day
We go a lot further together than we can alone

EVENTS AT LACKFORD LAKES

MARCH 2008

01284-728706

Sat 1st **NATURALLY ART WORK SHOP**
patterns from nature-mixed media, 10.30 to
12.30pm for 5-10 year olds- bring an old shirt -
Pre book £3

Sat 8th **WILD BUNCH WATCH CLUB** -
practical activities for 12-16 year olds -
10.00am-12.30pm - wear warm old outdoor gear,
bring packed lunch and drink. £1 - Pre book

Wed 12th **MONTHLY GUIDED WALK** -
take a walk round the lakes with a knowledgeable
guide - binoculars available - 10.30am-12.30pm -
£3 pre-book

Sat 15th **RESIDENT BIRD SONG** - led by
Paul Holness 10.00am -1.00 pm Identify the
songs of our resident birds £7.50 -payment in
advance - pre book 01473 892430

Sun 16th **WATCH CLUB** - wild life activities
for 6-12 year olds -10.00am-12noon - pre book -
75p

Sat 22/Sun 23/Mon 24th **HOP ALONG
EASTER TRAIL** - follow the trail between 11 am
and 3.00pm £3 all children must be accompanied
by an adult

Sun 30th **SPRING FESTIVAL** -family event for
all ages £2 (A) £1 (C) - guided walks, seasonal
crafts and refreshments - 11.00am-3.00pm

LARK VALLEY ASSOCIATION

Dates for your diary:

Sunday 29th March - 10.00am meet at the
White Horse Public House, Rede Road, Whep-
stead. Walk to the source of the River Lark.
Lunch at the Pub

Monday 12th May - 7.30pm Icklingham Commu-
nity Centre - talk on "Countryside Management
and Sustainable Tourism"

WHAT'S ON IN THE VILLAGE.....

Art Class - Every Wednesday 2-4 p.m contact Howard Storey
Bingo - Meeting on the third Monday of every month at 7.30pm - all welcome
Book Club - The latest book choice is Wuthering Heights
Book Exchange - for access, please obtain a key from Karen or Jean
Carpet Bowls - Tuesdays at 7.30pm. Come along and have fun - all welcome.
Parish Council Meeting - March 5th 2008 at 7.30 p.m - All welcome
Under Fives Group - every Wednesday during term time 10am till 11.30 am.
 Contact Jo Davis on 717492
Village Shop - 8.00am to 2.30pm at The Plough Pub (and when pub is open)
Yoga Class - 6.45 - 7.45pm Wednesdays - £6 per session - Contact Karen Goss on 714882 (no class 5/3/08)

ALL THE ABOVE MEET AT THE COMMUNITY CENTRE
 (unless otherwise stated)

Please could ALL USERS of the Community Centre PLEASE clean up after they have used the Centre. This will help the volunteers who have taken over the cleaning duties. Thank you

If you wish to book The Community Centre please contact Jean Padmore on 01638-714112 Charges - £6.00 per hour for residents £7.50 per hour for non-residents

FISH & CHIPS



IN
 ICKLINGHAM
 ON
 WEDNESDAYS
 5.30-6.30pm

Calling at Mil-
 denhall Rd,
 West St and
 The Hall Close
 Ring Ron on
 01638-713542
 or
 0771 903 5458
 for party
 bookings.

Don't forget Mothering Sunday - March 2nd



MOBILE LIBRARY

The Mobile Library visits the village on alternate Saturdays. The Library Van will call at the dates and times below :

Feb 23rd, March 8th, 22nd, April 5th, 19th	
All Saints Green	10.25am - 10.45am
The Hall Close	10.50am - 11.05am
West Street	11.10am - 11.25am

Postage stamps are available from library van.

*ARE YOU INTERESTED IN
 HELPING WITH THE FUNDAY IN
 JULY ??*

*If so please come along to 89 The
 Street (Ronnies House) on the
 17th March at 7.30pm*

BLOOD DONOR SESSIONS – HELP SAVE A LIFE!
 Feb 26, Mar 17, Apr 8, 21/22 - Bury Athenaeum
 Apr 30, May 2/16 - Newmarket Memorial Hall
 April 3, May 8 - Mildenhall Jubilee Centre

Fall into the habit of giving blood – to give a pint, you should be aged between 17-60 in good health . Regular donors can give blood up to the age of 70.

**Please call the National Donor Helpline on
 0845 7711 711**
www.blood.co.uk or Gareth Bell on 01223-548166
 The NBS needs to collect 8,000 units of blood every day !!!
Please help