

# THE ICKLINGHAM VILLAGER

March 2008 - Issue 25

sponsors - Appliance Tec, Helen - Hairdresser & The Red Lion



[www.onesuffolk.co.uk](http://www.onesuffolk.co.uk)

This website has information on our village.

If you have info please email Bob Gooch on

[eniac@grgooch.co.uk](mailto:eniac@grgooch.co.uk)

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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**

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## Next Issue

April 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 April 2008

## To contact us call:

Ronnie Halford  
717715

Beverley Curtis  
719055



## WISHING ED at THE RED LION A VERY HAPPY 30th BIRTHDAY

which was on Sunday 24th March

With love from all

your family and

friends in the

village



FOR RED LION BOOKINGS RING ED AND ALINE ON

01638 711698

ALL WELCOME

## The Village Clean Up

Meet at The Community Centre  
on the 12th April at 10am



If you have any suggestions or areas which are in need of attention please call either Ronnie or Beverley - leave a message if we are not in.

Plastic sacks will be provided - please bring your own gloves.

We will try to cover all areas of the village - please come along and help.

## RECIPE OF THE MONTH

### Feta and Leek Frittata



1 tablespoon olive oil  
 175g Baby Leeks trimmed and thickly sliced  
 8 large eggs  
 Small handful of fresh flat-leaf parsley  
 50g Feta cheese, crumbled

#### **Method**

- Heat the oil in a non stick frying pan, add the leeks, cover and cook over a medium heat for about 5 minutes until softened, stirring occasionally
- In a bowl whisk the eggs with seasoning and add the chopped parsley
- Stir in the cooked leeks and return the mixture to the frying pan
- Cook over a gentle heat for 15-20 minutes until almost set
- Pre-heat the grill to high. Scatter over the crumbled feta and pop under the grill for a few minutes until golden brown
- If you prefer, grated parmesan can be used instead of the feta cheese
- When cooled slightly carefully transfer to a plate and cut into wedges
- Serve with new potatoes, green salad and a chilled glass of white wine

## PARISH COUNCIL NEWS

- ♦ Play area update - A Basketball Area and a children's Play area for 2-12 year-olds will be installed by the Summer. This project is still ongoing with, hopefully, more play equipment to be added at a later date.
- ♦ Youth Club - the possibility of a Youth Club/ Coffee Bar, for young people, being formed was discussed and more information will follow in the April newsletter
- ♦ Mrs G Gooch walked through the village with someone from SCC and pointed out several areas that needed attention i.e. flooding outside the Red Lion and the congestion in The Hall Close. We are now waiting to see what response will be forthcoming from SCC.
- ♦ 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 next meeting will be held on  
Wednesday 2nd April at 7.30pm  
 All welcome - please come along

## GARDENING TIPS FOR APRIL

- Prune Rose of Sharon to just above ground level now, this will encourage healthy and vigorous new growth
- On warm sunny days !! ventilate greenhouses as the temp. can rise quite quickly and damage young seedlings. Don't forget to close at night.
- Tall plants starting to grow now need supports put in place while they are small.
- When your lawn dries out a good scarifying will remove all the dead moss and other debris that has accumulated over the winter months
- If there are any "bald" patches these can be repaired with grass seed followed by a good feed - a great kick start for the summer months to come.



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## THE ALICE DIX CHARITY

**The Alice Dix Charity has an electrically assisted wheelchair – do you know of anyone in the village who can make use of it ?**

**If so please contact Gerrie Storey on 712046.**

## MARKET PLACE

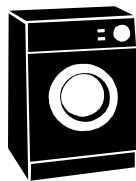
### APPLIANCE – TEC



#### 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](mailto:caroline.mann@bumpandbeyond.biz)  
Web: [www.bumpandbeyond.biz](http://www.bumpandbeyond.biz)

Are you ready for a Spring Clean !!!!

Do you need a WINDOW CLEANER ????  
Ring **01638-510599**  
Or  
**0783-0346-186**



### 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**



MANY THANKS TO ALL THE ADVERTISERS WHO HAVE  
SPONSORED THIS NEWSLETTER  
IF YOU 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

Sunday April 13th - Service of the Word 9.30am

Sunday April 27th - Holy Communion 9.30am  
Followed by the Church A. G. M.

Sunday May 11th - Whitsun - Service of the  
Word 9.30am

*Just a thought*

To conquer your fears, simply surrender  
them to God.

### A MESSAGE FROM PCSO DAWN ROWAN ICENI SAFER NEIGHBOURHOOD TEAM

In this newsletter and future ones I will be  
writing articles giving practical advice on reduc-  
ing crime and staying safe. I would welcome any  
thoughts on these articles or suggestions of any  
topics you would like to see covered.

The first article gives advice on protecting your  
property.

Criminals are not only interested in the property  
within your house, they can also be tempted by  
goods and equipment stored outside in garages,  
sheds and even the garden. Bicycles, lawnmowers  
and power tools can be just as valuable as televi-  
sions and stereos. Here a few simple tips to  
help keep equipment safe:

- Fit a good shed lock (available from your  
local Police Station at a cost of £9.50)
- Fit additional locks up and over garage  
doors
- Never leave your garage or shed open with  
your property on display to passers-by
- Secure all items that could easily be re-  
moved - they could be used to break into  
your house
- Security mark property and advertise the  
fact that items are marked ( A service  
that your IcenI Safer Neighbourhood  
Team can provide)
- Take photographs of your valuables or even  
register them free of charge on  
[www.Immobilise.com](http://www.Immobilise.com)
- Ensure that bicycles are security marked  
and not left out on display, have additional  
devices to secure them inside your garage  
or shed

Remember Suffolk is a safe county to live in, a  
few simple precautions can help keep it that way  
and keep you crime free.

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

**Art Class** - Every Wednesday 2-4 p.m contact Howard Storey  
**Bingo** - We meet 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** - April 2nd 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 08 )

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

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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.

**DATES FOR YOUR DIARY**

**LACKFORD LAKES**

**Sun 30th March** **SPRING FESTIVAL** -family event for all ages £2 (Adult) £1 (Child) - guided walks, seasonal crafts and refreshments - 11.00am-3.00pm. 01284-728706

**LARK VALLEY ASSOCIATION**

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

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

**ICKLINGHAM VILLAGE**

**Sat 12th April** 10-12 noon meet at the Community Centre for the Village Clean up

**23-26 May** Flower Festival- All Saints Church

**May** - Project St James - more in April newsletter

**MOBILE LIBRARY**

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

**April 5th, 19th, May 3rd, 17th, 31st, June 14th**  
**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.

**BLOOD DONOR SESSIONS — HELP SAVE A LIFE!**

**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**