

RECIPE OF THE MONTH



WINTER ROOTS SOUP

1 onion, peeled and chopped
1 lb carrots, peeled and roughly chopped
4oz potatoes, peeled and cubed
6 oz parsnips, peeled and cubed
6 oz butternut squash, peeled and cubed
2 cloves of garlic
1 tsp fresh thyme
2¼ pints of hot chicken stock

METHOD

Preheat the oven to 180°C. Put all the vegetables into a large casserole with the garlic and thyme. Add the hot chicken stock, season with salt and black pepper to taste, cover and cook in the oven for 1½ hours, or until the vegetables are tender.

Puree the soup until smooth and return to the casserole. Gently reheat and serve with warm crusty bread.

VARIATIONS

Add one of the following to the soup before re-heating:

- * 1 oz of pre cooked pasta stirred into the soup and when hot sprinkle with parmesan cheese
- * Small tin of cannellini beans and finish with some shredded basil
- * 3 tablespoons of green lentils and finish with a teaspoon of crème Fraiche

Serves 6



AROUND THE GARDEN

WINTER CHEER

What a difference a few primulas can make to your winter outlook. Choose an assortment of colours and varieties and put in the front of your borders and one or two pots.

CHECK LIST

- Plant bare rooted roses
- Cut down ornamental grasses
- Take care not to walk on, or dig up spring bulbs
- Prune dogwoods, buddleia and other shrubs during mild weather

PARISH COUNCIL NEWS

- Sainsburys is coming to Mildenhall. They have taken over the lease of Budgens. The supermarket will be closed until the end of February for refurbishment.
- Bebe Sapsford our PBSO has moved on to pastures new. Our new Officer is Dawn Rohan. Welcome to Dawn.
- Playing fields - This project is going to start with a Basketball Court and Hopscotch followed with fenced play area for the younger children. Fund raising in progress. Donations very welcome.
- Sadly there was a fatal accident along the A1101 to Mildenhall when a dustbin lorry went out of control and crashed into a tree.
- With regard to the re-cycling bins outside the Red Lion - PLEASE DO NOT put plastic bags into the Newspaper Bin - as the newspapers cannot be recycled when they are in plastic bags. Please take your bags home with you. Thank you

The next meeting is on Wednesday
5th February at 7.30pm.
Come along and have your say

ARE YOU INTERESTED IN HELPING WITH A VILLAGE SPRING CLEAN !!!!

Following a suggestion from the Village Plan a small band of intrepid and happy villagers met in March 2006 for the first Village Spring Clean Day.

Various areas were tackled. Hedges were trimmed back. The Street, West Street, the telephone box were all cleared of rubbish BT posts and poles were cleared of old, tatty posters etc.

Many bags of rubbish were collected. Shall we do it again? – more details in next issue of The Villager.

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.

Last year was a great year for us with the group growing in numbers and it was capped off with a Christmas Party. We even had a visit from Father Christmas! We hope to have another successful year in 2008 and to welcome you soon.

For further info contact Jo Davis on 01638 717492

FOR SALE

**BEC 3 - Wheel
MOBILITY SCOOTER
with CHARGER and original USER
MANUAL - £50.00
please call Pearl on 01638 715416**

MARKET PLACE

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



APPLIANCE – TEC DOMESTIC APPLIANCE REPAIRS COOKERS -

WASHING MACHINE-
TUMBLE DRYERS -

Tel: 01 638 714522
Mob : 0791 020 8638

Help at hand in village!



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 or 0778 7522 396



GARDENER

willing to do Gardening, Pond Maintenance, Fencing and more
£8.00 per hour

If interested please ring Darren Gardiner
on 01 842 828636 or 07788 986 439



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

FEBRUARY

10th 9.30am - Service of the Word
17th 9.30am - Cluster Service
24th 9.30am - Holy Communion
2nd March 9.30am - Service of the Word

Thought for the day

Just as our body needs daily food
So does our Spirit

EVENTS AT LACKFORD LAKES IN FEBRUARY 2008

Sat 2nd-WORLD WETLANDS DAY GUIDED WALK - 10.30am-12.30pm & 2-4pm. £3. Bring or borrow binoculars. Pre-book

Sat 2nd - NATURALLY ART WORKSHOP - Spirals and Swirls 3D Construction. 10.30am-12.30pm. £3. For 5-10 year olds. Bring old shirt. Pre-book

Sat 9th - WILD BUNCH WATCH CLUB - 10am-12.30pm £1. Practical activities for 12-16 year olds. Wear old warm gear and bring packed lunch and drink. Pre-book

Tues 12th - ACTIVITY MORNING -Loads of fun - discover life as an otter through trails, crafts and activities. 10.30am-12.30pm. £3. 4-7 year olds. Wear warm outdoor gear. Pre-book

Wed 13th - MONTHLY GUIDED WALK - £3 - take a walk round the lake with a knowledgeable guide. Binoculars available to borrow. 2-4pm. Pre-book

Thurs 14th - ACTIVITY DAY - Otters, Minks & Water Voles - find out about these water loving animals. 10.30am -2.30pm.£5. 8-12 year olds. Wear outdoor gear and bring a packed lunch and drink. Pre-book

Fri 15th - FAMILY DAY - build a bird box - 10.30am-12.30pm. Make your wooden nest box to take home. All ages - under 12's adult supervision needed.

Sat 16th - INFOCUS - Binocular and telescope demonstration and sales. 10am-4pm

Sun 17th - WATCH CLUB - wild life activities for 6-12 yrs 10am-12noon. Pre-book

For more information call PLEASE CALL
LACKFORD LAKE CENTRE on 01284 728706

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

Art Class - Every Wednesday 2-4 p.m
Bingo - Meeting on the third Monday of every month at 7.30pm - all welcome
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 - February 5th 2008 at 7.30 p.m
Under Fives Group - every Wednesday during term time 10am till 11.30 am.
Contact Jo Davis on 01638 717492
Village Shop - 8.00am to 2.30pm at The Plough Pub (and when pub is open)
Yoga Class - Yoga 6.45 - 7.45pm Wednesdays - £6 per session - 714882
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.

Many thanks to Karen Nolan who cleaned the Community Centre in November

FISH & CHIPS



**IN ICKLINGHAM
ON
WEDNESDAYS
5.30-6.30pm**

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



Feeling Blue ?
What did the cat shout when he was being thrown in prison ?
Let meowt !!!

Why didn't the skeleton go to the Party ?
Because he had nobody to go with !!!



GIVE BLOOD WITH LOVE



People in East Anglia are being urged to help keep hearts pumping this February by signing up to give a special Valentines gift - their blood. Stocks are lower than in recent years. Throughout January blood stocks usually recover from the Christmas dip but this year stocks have suffered from a high number of donors being unwell with various viruses and colds, which means many have been unable to donate.

It only takes around an hour to give blood from start to finish and you can pre-book an appointment so your waiting time will be reduced.

**Please call the National Donor Helpline on 0845 7711 711
Or Gareth Bell on 01223-548166**

MOBILE LIBRARY

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

January 26th, February 9th, 23rd, March 1st
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.

YOGA

Starts on 9th January. 6.45-7.45pm every Wednesday in the Community Centre. Come along and join in - its great fun and very relaxing.

No class on 6th February

BLOOD DONOR SESSIONS - HELP SAVE A LIFE!

Jan 28, Feb 5, 11, 18, 26 - Bury Athenaeum

Feb 20 - Newmarket Memorial Hall

Feb 7, April 3 - 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