
INGHAM PARISH MAGAZINE



Photo: Angela Schroeer

All events in Ingham for June are cancelled or postponed.

There is the possibility that there will be some events in July, but that will be dependent on the recommendations from the government.

Safety is the key to our health.

June 2020

Editorial

Dear Reader,

So here we are in June and the lockdown still continues. Although there is some easing to the rules, local businesses are doing their best to keep going by adapting their services. Restaurants have become takeaways and grocery stores have become one way streets. I read in the North Norfolk News that there are plans to make Sheringham High Street a one way system for pedestrians, as a means of maintaining social distancing. I wonder if the same will happen in Stalham?

I asked a friend what he was going to do today and he said, "I think I'll go polish the garden". I think he has spent so much time gardening that polishing is all he feels he has left to do!

Perhaps you would like to share a story about your experiences during lockdown? If so please do get in touch. It would be lovely to add something to the magazine about how we in Ingham are dealing with this crisis.

We hope you continue to enjoy good health and that the weather is good for you and your garden.

With all good wishes,

Angela, Andreas, Lesley, and Darren

You can now sign up to have the monthly magazine emailed to you or you can download the magazine from the Ingham Village website: www.inghamvillage.co.uk.

If you have any questions, comments, or ideas for improvement, please send them to us. You can email us: magazine@inghamvillage.co.uk. Or drop us a note to Landell, Brick Kiln Lane.

Mobile Library

If you are a mobile library customer with books on loan they will be automatically renewed until further notice.

Our local library also remains closed.



INGHAM VILLAGE HALL - Registered Charity No 303988

With 'self distancing' still in force, the Village Hall will remain closed throughout June and probably July. We are looking to have extra maintenance carried out, such as decorating, stripping and cleaning the Hall floor, before re-covering with a non-slip coating. Correspondence and finances still need to be dealt with as well as the usual safety and security checks, so we are not being idle!!

We are looking forward to returning to 'normal', but it is better to be safe now and not sorry afterwards.

We hope to have more positive news in next months' magazine. Watch this space!!

Village Hall Regular Hirers for June

Due to Coronavirus ***all events have been cancelled*** until further notice.

All other Hall Booking enquiries to Darren Rogers 01692 580202

email: darren@inghamvillage.co.uk or book online at: www.inghamvillage.co.uk

Nature Notes from Well Cottage

It is nice to be back, but where to begin? We had a very mild winter and the fuchsias were still flowering and being visited by bumble bees in early December. The odd peacock butterfly was also spotted in the garden. One of the climbing roses produced flowers in December and again in February as did some of the clematis Montana. The oak trees at the front were still very green well into November and one of them stayed that way until mid December. We did not notice any rare bird visits, presumably they were able to manage without visiting garden feeders because of the mild weather!

Twice we have seen a Marsh Harrier quartering the field at the back and Buzzards are a fairly regular sighting. We have hedge sparrows and blackbirds nesting in the hedge at the back. There has been an increase in visits by magpies, not very welcome because of all the nesting birds!! The old tress mentioned earlier showed green way before there was any signs on the ash trees. It will be interesting to note if the old tale of 'oak before ash, we'll have a splash' is true. The current dry spell seems to be leading that way! Mid May we have seen Brimstone and Orange Tip Butterflies and some very big bumble bees enjoying the warm sunshine. All the freshly planted vegetables and flowers are growing very well, but another nightlong gentle rain would be very welcome.

Lessingham and District Gardening Club

Residents of Ingham are invited to join members of the Lessingham Gardening Club at their monthly meetings which are held on the first Wednesday of the month in Lessingham Village Hall at 7.30pm. The programme includes speakers giving talks on different aspects of gardening with some monthly meetings having other garden related evenings. Membership is £10 a year or guests are invited to pay £2 for one meeting. A raffle is held to help funds. Future talks include Bulbs: an illustrated talk by Richard Hobbs on Wednesday 2nd September.

If you are interested in gardens and gardening do come along.

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Recipe of the month

Asparagus Spaghetti

Ingredients for 4 portions:

- 2-3 bundles of green asparagus
- 3-4 garlic cloves
- A large handful of young spinach
- The leaves of 3 sprigs of mint
- Salt and pepper
- 500g Spaghetti
- Olive oil
- A pinch or two of hot chilli powder
- A glass of white or rosé wine
- 3-4 tbsp butter
- Rocket and parmesan to taste



Cut off the ends of the asparagus and peel the last inch to remove any woody bits. Then cut the asparagus into long strips and cut the garlic into thin slices. Wash the spinach and let the water drip off.

Bring half the amount of water recommended on the pack of spaghetti to the boil, add salt and throw in the cut-off asparagus ends. After a while remove the asparagus ends and cook the pasta about one minute less than recommended on the packet (just short of al-dente).

While the pasta is cooking, braise the asparagus, garlic, and chilli in olive oil for 3-4 minutes on medium heat in a large closed frying pan. Season with salt and pepper. Deglaze the asparagus with the wine, add the mint leaves, and switch to full heat. Add the dripping wet spaghetti directly from the pot. Add the butter and keep adding pasta water so that the pasta-asparagus mix never dries out. When everything is covered in a creamy sauce, add the spinach and carry on for another minute. Serve and garnish with rocket leaves and / or parmesan to taste.

The main trick with this dish is to make as much use of the starch in the pasta water as possible. It helps using a type of spaghetti with a rough surface to release more starch into the water. Once in the frying pan, you are basically treating the pasta like a risotto. The Italian expression for this is “*risottare la pasta*”.

Some Italian manufacturers press the spaghetti through a perforated disc made from bronze, resulting in an especially rough surface. In that case it says “*trafilato al bronzo*” on the packet.

Recipe is by Andreas Schröer, inspired by recipes found in the Süddeutsche Zeitung.

News from Holy Trinity Church

Message from the Rector

Dear Friends,

I recently watched someone trying to park a 4 x 4 in a local car park. Due to the particular angle of the parking space and the size of the vehicle, no matter how hard the driver tried, and my goodness they did try, it took much forward driving and reversing and only with the help of a passer-by guiding them, did they finally get that vehicle in the parking space where they wanted it to be.

This month we shall be thinking about the Holy & Undivided Trinity, God as Father, Son and Holy Spirit, Three in One and One in Three, a great truth, but a great mystery. This is of course the dedication of Ingham's Parish Church. The Trinity is a statement of our faith, not that we understand, not that perhaps we can explain this great doctrine, but as we say Credo, we believe in faith.

I wonder if God's Holy Spirit is a little like that passer-by, who guides us and directs us to get us to the point where God wants us to be. We can't seem to do it on our own, no matter how hard we try, we need help, from others, and from God himself, from his strength and power, to do the work he calls us to do, and be the people he wants us to be.

God knew that after Jesus had returned to his Father we would need help so he sent his Holy Spirit to be amongst us, to encourage, guide and bless us, and to uphold us through the good as well as the difficult days of our lives. We are living through some of those difficult days at this time with Covid-19, God's Spirit is as much needed in our Churches and in our lives now, as it was at the Church's first anointing at Pentecost. We are never alone, whatever may befall us, at the moment we have to be Church differently, but thank God that we have each other and thank God that by his Spirit he is always with us too.

Every blessing,

Simon

Canon Simon Lawrence - simon.stalham@btinternet.com (01692 580250)

DO YOU NEED HELP IN THESE UNCERTAIN TIMES?

Do not hesitate to let us know. We have a group of willing, trustworthy volunteers who can collect medication or help with shopping.

If you or anyone you know would like help please call
Bunty 01692 583481 or Enid 01692 580444.

Pews News Extra

While the lockdown is in place, we are producing a bumper 'Pews News Extra' each week. Rather than just containing the weekly notices, it has the readings for the week, a reflection, prayers, a hymn chosen by a member of the congregation, and various other items such as mini biographies of church members, book recommendations, jokes and quizzes. It is proving a good way for church members to stay in touch with each other. If you are able to get online, you can find a link to the latest issue on the homepage of our website: www.stalhambenefice.org.uk

If you'd like a paper copy, please contact us and we will arrange for you to receive one.

There are various ways to join in with worship during the lockdown via radio, television, online and by telephone.

A service is being broadcast on BBC1 on Sunday mornings, and Songs of Praise is usually at 1.15pm.

There is a morning service at 8.10am on BBC Radio 4 and at 8am on local radio.

The Diocese of Norwich produce a weekly 'podcast' which contains a reading, reflection, some questions to ponder, and prayers – this can now be listened to from any landline telephone at local rate by phoning 01603 537577. Online, you can find it at <https://www.dioceseofnorwich.org/news/podcast-sunday-hope/>

Another phone resource from the Church of England is 'Daily Hope' – options for hymns, prayers, and reflections on a free phone number: 0800 804 8044.

Resources are also available on the Church of England website:

<https://www.churchofengland.org/more/media-centre/church-online>

<https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>

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We currently receive no external funding for our running costs which are in the region of £50k per year. We would normally raise this via our fundraising events, even the fuel costs are raised via a meat raffle. We are now facing the perfect storm – all of our fundraising events have been cancelled and are unlikely to resume in the near future and with the lockdown restrictions have been eased we are expecting a huge increase in demand as people rush to the coast.

You can help us and it will not cost you anything! If you use Amazon please sign up to Amazon Smile and nominate the Sea Palling Independent Lifeboat as your chosen charity. Then every time you make a purchase Amazon will donate a percentage value of that purchase back to the lifeboat. With your help we will continue to remain on service and ensure that no call for help goes unanswered.

If you require any further information please call David on 01692 598150

Celebratory Plaques – Our celebratory plaques are a special way of remembering a loved one, create a very special gift or a wonderful memento of your visit and help a very worthwhile cause. For enquiries please call Amanda on 01692 598150.



Colin Gray

Hickling Barn events

Hickling Barn are hoping that the worst of the coronavirus outbreak will be behind us by the end of July and that the Village Show can go ahead this year. The show is set for 26 July opening at 9am.

The Race Night which was to have taken place on 28th March has been postponed until 12th September 2020 at 7pm.

For more information please visit the Barn's website <https://www.hicklingbarn.com/>

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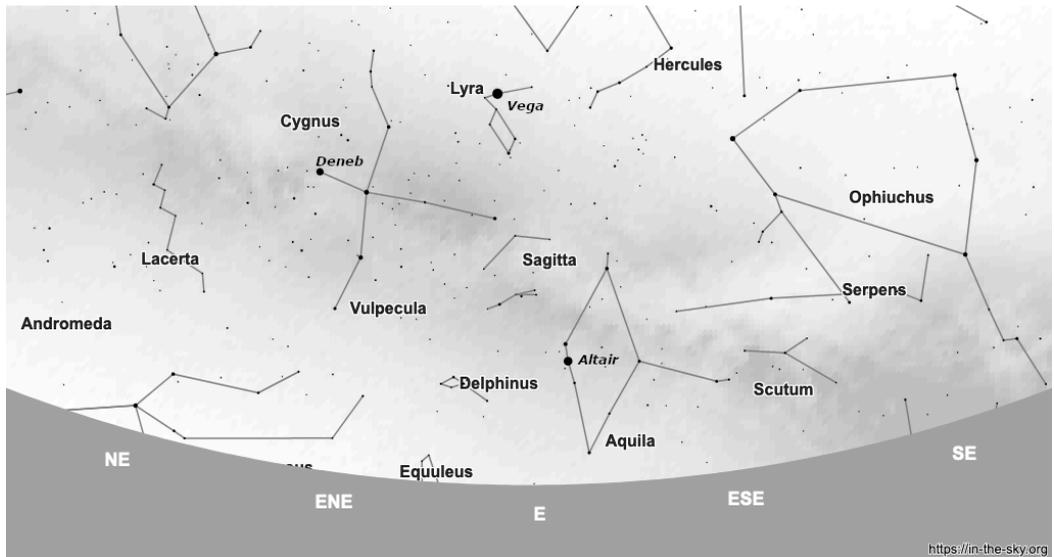


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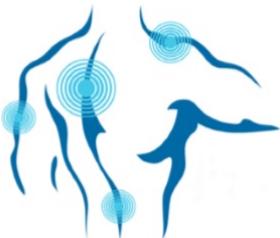
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The Night Sky in June



Having looked at the planets Venus and Mercury in the last couple of months, I would now like to introduce you to some “proper” stars. Their names are Vega, Deneb, and Altair and they are the brightest stars in the constellations of Lyra (the Lyre), Cygnus (the Swan), and Aquila (the Eagle). The three together are called the Summer Triangle and they are visible until late autumn. To find them in June, you need to look east after sunset and you should easily spot them. Deneb and Altair are located in the tail feathers of the Swan and the Eagle. Can you make out their bodies and wings as well? The Swan has a very long neck and large wings. The Eagle is a bit more compact and is easily recognisable by the three stars in a line making up its tail, with Altair in the middle. These two constellations are really useful when you want to find the Milky Way: The birds are flying along the Milky Way with the Eagle leading the way in front of the Swan.

Full Moon: 5th, Third Quarter: 13th, New Moon: 21st, First Quarter: 28th



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