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# INGHAM PARISH MAGAZINE

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Photo: Angela

## **Census Day 21st March**

Households across Norfolk will soon be asked to take part in the nationwide survey of housing and the population.

This time there is a strong push to do this online.

If you have internet that is fine.

If not, see inside for more information on how it will work.

**March 2021**

## Editorial

Dear Reader,

What a lot of rain we have had, not to mention the snow! As I sit here I can see the giant puddle in the field across the way from me, it seems like it has been there forever. The gulls visit it frequently and paddle about in it. I have seen deer drinking from it. I'm sure it will dry up soon enough as will all the flooded fields that I have seen as I walk around the area. The picture on the front cover is one I took while out on a recent walk.

It is heart warming to see signs of spring appearing here and there. The snowdrops are out as are the crocuses in all their lovely colours. I have several daffodils in full flower and can see the promise of those yet to come. New shoots on the roses and other bushes are progressing well. The birds are darting here and there, the hedges seem to be alive with them. Food on the bird tables goes quickly, and that cheeky Blue Tit is still throwing seeds onto the ground, but at least it makes the pheasants happy as they can't get on to the bird table.

I am so looking forward to great spring weather, good gardening days, and the feel of a warm sun to cheer us. I hope you too can get out and enjoy the sunshine.

*Angela, Andreas, Lesley, and Darren*

The magazine is available for download from the Ingham Village website: [www.inghamvillage.co.uk](http://www.inghamvillage.co.uk).

If you have any questions, comments, or ideas for improvement, please send them to us. You can email us too: [magazine@inghamvillage.co.uk](mailto:magazine@inghamvillage.co.uk)

### **6 May 2021 - Elections**

Don't forget to register for postal voting!

If you wish to register to vote by post and do not have access to the internet you can phone them on 01263 516046 to register.

## INGHAM VILLAGE HALL - Registered Charity No 303988

With lockdown continuing, the Village Hall will remain closed. This will mean that the last time the Hall was open to the public was in March 2020. The Village Hall AGM was on March 10th and Quiz 'N' Chips on 14th. The easing of restrictions later in the year meant that the children's dance classes could take place and two Art Classes ran for a short time, which brought in some income. The Football on Sunday mornings also helped with finances, but the support grants from North Norfolk District Council have meant that we are able to keep 'in the black'. Any lifting of some restrictions will be found on the Village Hall website.

The trees damaged in the gales of last September have been removed as have several unsafe branches. This work took two days and cost the Village Hall £800. We hope all who use the Recreation Ground, whether for dog walking or just as part of an exercise routine, appreciate this and will support our fund raising events when they are allowed to start up again.

### Village Hall Regular Hirers for March

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](mailto:darren@inghamvillage.co.uk) or book online at:  
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## **Census - Sunday 21st March 2021**

### **Information from Gov.UK**

The census is a survey that happens every 10 years and gives a picture of all the people and households in England and Wales. All kinds of organisations, from local authorities to charities, use the information to help provide the services we all need, including transport, education and healthcare. Without the census, it would be much more difficult to do this.

Your household will receive a letter with a unique access code in the post, allowing you to complete their questionnaire online. Paper questionnaires will be available on request. Information will be included in the letter on how to request these.

Census 2021 is a digital-first census, which means that we will be encouraging people to respond online if they can. You will be able to complete the census using any device, including your mobile phone or tablet.

We're also encouraging people to get help from friends and family to complete their census.

If it's safe and within government guidelines, we will also be opening Census Support Centres to help people fill in their online questionnaire.

What to expect from census field officers:

After Census Day, at the end of March and into April, our census field officers will be visiting households from which we've not received a completed census form. They will encourage people to complete the census and help you to access further help if you need it. Our field officers will never need to enter your house.

Our field officers will be working in the same way as a postal or food delivery visit. They will be wearing Personal Protective Equipment (PPE) and working in line with government guidance.

For more information, visit <https://census.gov.uk>

## Recipe of the month:

### **Quick Pasta with Avocados, Mushrooms, and Parmesan**

Ingredients for four:

- 500g pasta (ideal are spaghetti)
- 1 shallot
- 1 clove of garlic
- 2 ripe avocados
- 50ml olive oil
- Optional: some chili pepper, depending on how hot you like it
- 1tbsp chopped parsley
- 60g grated parmesan
- 20g fresh white mushrooms
- Salt and pepper

Cook the pasta al dente in salted water according to the instructions on the packet. Save 150ml of the pasta water. While the pasta is cooking, finely cut the shallot and garlic clove. Quarter the avocados, remove the skin, and cut each quarter into 6 parts.

Once the pasta is ready, use the same pot to heat the olive oil and add the shallot, garlic, and (if you want) the chopped chili pepper. Let them sweat for a moment and then add the saved pasta water. Add the cooked pasta and mix well.

Pour the pasta into a large bowl and mix it with the parsley, parmesan, and avocado pieces. Add black pepper to taste and slice the raw mushrooms on top.

A lovely meal, quickly made. The combination of creamy avocados, fresh taste of raw mushrooms, and hot pasta is fantastic. Combined with a nice glass of wine, eaten al fresco, it is ideal to greet the warm spring sunshine in the garden.



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## Message from the Rector

Dear Friends,

There are so many things we could think of and do during this time of Lent. We can let it pass us by, or we can use it to think more deeply about where we are, and what we are doing. Time then for a detailed look, not a cursory glance.

You have heard the expression I am sure, “it’s all in the detail” and it’s true isn’t it, whether it refers to a great event or a small one. Even our everyday meals involve some form of planning in our shopping. Mind you I did know of one previous parishioner whose wife cooked him Beef Stew and Stewed Apple and Custard, every day for 50 years, day in and day out, but that is an extreme example, little planning needed there. Some events are planned for years ahead so that all is in place and ready. I am reminded of the state funeral of Earl Mountbatten of Burma in 1979 who had begun the planning of his funeral back in 1960, few of us who watched that televised event in 1979 can fail to remember his horse in the funeral procession with Mountbatten’s boots mounted in the stirrups in reverse. He had even planned the menu of the meal on the train from those journeying from London back to Romsey for the burial. It was a sad but triumphal ceremonious occasion. It succeeded because it was indeed all in the detail, nothing at all had been left to chance.

Time and time again in Jesus’s ministry nothing is left to chance either, and that is particularly true of the events of what we now know as Holy Week. Beginning with Jesus riding a donkey, or a colt, the foal of a donkey, into Jerusalem, coming not in war, but in peace, all indicative of both his kingship and his kingdom. With Hosannas to the Son of David ringing in his ears and palm branches waving before him.

This has been compared to our modern-day action of rolling out the red carpet before him. Perhaps that’s not a bad image for us to take into Lent.

Do we roll out the red carpet before him? How could we? Both for ourselves and more importantly for others too?

Every Blessing, *Simon*.

### Church Contacts

Rector: Canon Simon Lawrence [simon.stalham@btinternet.com](mailto:simon.stalham@btinternet.com) 01692 580250

Churchwardens: Bunty McClean 01692 583481 Enid Pollard 01692 580444

Website: [www.stalhambenefice.org.uk](http://www.stalhambenefice.org.uk)

## **No services in church at present – but we hope to be back soon...**

It has been wonderful to see how well the vaccination programme is going and how the numbers of infections are coming down. As a result of this, we hope to resume 'in-person' services before too long. Please check our website and/or the church noticeboard. We definitely hope to be back in church for Easter Sunday on 4<sup>th</sup> April.

In the meantime, a service is being streamed every week – details below.

The church is open from 10am – 3pm every day for prayer or to light a candle for a loved one or just to 'be still'. All are welcome.

## **Services are available online:**

Services are live streamed each week on our Facebook page (Stalham Church Benefice).

You can find details of the live stream each week on our website [www.stalhambenefice.org.uk](http://www.stalhambenefice.org.uk) where you will also find a service sheet with everything you need to be able to take part in the service with us. Pews News is also available on the website with the full text of the readings, reflection and prayers.

On the 'videos' section of the website you'll find videos of each week's service which will be uploaded as soon as possible to enable those who do not wish to register with Facebook to access them. We hope and pray that this development will help people to join us in worship at times they cannot be in church for whatever reason.

During Lent we usually meet in Ingham Church each Monday at 9pm for a service of Compline (Late Night Prayer). It is a quiet, reflective service with prayers, a hymn and a short talk. This Lent we are pre-recording the services and they will be available on our YouTube page and website from 9pm each Monday. Do take a look and join us in worship.

We are also running a Lent Group via Zoom – if you would like to join in please email Keith ([keithberrybarch@yahoo.co.uk](mailto:keithberrybarch@yahoo.co.uk)). Alternatively, you can reflect on the material yourself – it is available with the Pews News which you can pick up in church.

## Sea Palling Independent Lifeboat

This time of year is generally our quietest for shouts but it is also our busiest for annual maintenance works. The lifeboat "Lionheart" will be taken off service for one week and sent away for service and any repairs (leaving the smaller Arancia class inshore lifeboat on service). We also carry out the annual mammoth strip down, service and repair of the launch vehicle which is done in-house. We have been very lucky and are very grateful to NNDC to have received a grant to purchase a hot water pressure washer and fogging machine to help with the current fight against Covid-19. Many thanks to Hugh Crane Cleaning at Acle for their help with this. We would also like to thank Toni and Debby at the Greyhound Inn, Hickling for their donation following their pre-lockdown fundraising.

*For details of our supporters' merchandise, memorial plaques, business advertising space or how to make a donation please see our website, facebook page or e-mail [hannah@seapallinglifeboat.co.uk](mailto:hannah@seapallinglifeboat.co.uk) or [dave@seapallinglifeboat.co.uk](mailto:dave@seapallinglifeboat.co.uk)*



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## Hickling Barn

At the time of going to press corona virus restrictions are still in place on all events at the Barn. However, the Barn trustees are continuing to monitor changes to the official guidance and will keep you informed on the Barn website at [www.hicklingbarn.com](http://www.hicklingbarn.com)

### Orchard of Hope

Donations received so far make an encouraging start to our Orchard of Hope appeal and saplings are beginning to arrive. A tree planting event is planned for one weekend during March or April once the soil has dried out and conditions are right for planting. As well as marking Hickling's response to the pandemic the Orchard of Hope will provide apples, plums and pears for everyone to pick and enjoy for generations to come. There is still time to contribute and we suggest a donation of £20 per tree. Please send your cash, or a cheque made out to HPFRGC, to Briarley Lodge, Stubb Road—or donate online at:

[www.justgiving.com/crowdfunding/hicklingbarnorchardofhope2020](http://www.justgiving.com/crowdfunding/hicklingbarnorchardofhope2020)

### Stretch and Tone ..... At Home!

We are offering exercise sessions in the comfort of your own home via Zoom\* with qualified instructors from Hickling Community Gym. Open to anyone from Hickling, surrounding villages – and beyond!

Three sessions a week – on Monday, Wednesday and Friday mornings. Just £3 for each half hour session, payable online.

For more information, and to register for a session call Sally on 07900 445536 or Jackie on 07519 934091

\* Instructions given – all you need is a mobile device with a camera and audio plus a stretch band and soft mat or towel.

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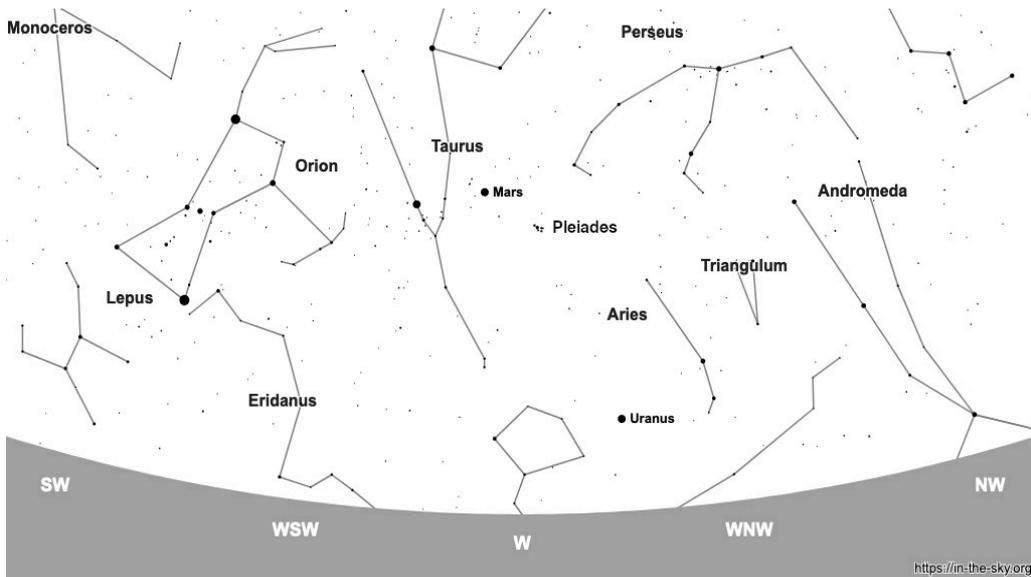
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# The Night Sky in March



Let's have a last look at the winter constellations this month before they vanish behind the Sun until autumn. When you look to the west around 9pm, you will see the now familiar figure of Orion and to the right of him the not so familiar stars of Taurus, the bull. I will write a bit more about Taurus at the end of the year. There are not many planets to see at the moment, most of them are currently behind the Sun. Uranus is visible to the naked eye but is rather dim as he is so far away. That leaves us with Mars, who has been moving steadily through Taurus and is now approaching the star cluster of the Pleiades. If you have never looked at the Pleiades through a pair of binoculars, you should definitely give it a try. In my opinion they are one of the most beautiful sights in the night sky and so easy to enjoy. The Pleiades are also known as the Seven Sisters. In Japan they seem to count differently though: in the 8th century they named them Mutsuraboshi ("six stars"). They are now known as "Subaru" and you can see them depicted in the logo of the car company with the same name.

Third Quarter: 6<sup>th</sup>, New Moon: 13<sup>th</sup>, First Quarter: 21<sup>st</sup>, Full Moon: 28<sup>th</sup>



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# LOVE IS IN THE AIR FOR CATS

From April to September is when most kittens are born and many of these litters are unplanned.

This year, with lockdown rules meaning getting your cat neutered is more difficult than normal, cats are at greater risk of unwanted pregnancies.



## READ OUR MATING FACTS AND PROTECT YOUR CAT

Cats can get pregnant from **FOUR MONTHS OLD**, while they are just kittens themselves. Until you have your girl cat spayed (neutered), she will be pestered by male cats who want to mate with her.

If your boy cat hasn't been snipped and your girl cat hasn't been spayed they'll need to **STAY INSIDE UNTIL THEY CAN BE NEUTERED**. We know many cats love to roam, so check our indoor cat guide on keeping them healthy and happy.

You may have heard that girl cats should be allowed to have a litter before being spayed, but this simply isn't true. Not only does spaying protect against pregnancy, but it also protects your cat from deadly diseases.

Two kittens who are **BROTHER AND SISTER WILL MATE** together – it sounds strange but once a cat gets the urge to mate she will not be fussy about who she does it with! She may even mate with her own dad, if he's a local Tom.

**MATING DOESN'T TAKE LONG** between cats so it's easy to be caught out. If you think your cat may have been mated, call your vet as soon as possible.

If you have boy and girl cats who haven't been neutered there is a high risk of pregnancy. You'll need to keep them apart and give your vet a call to discuss options.



If your girl cat hasn't been spayed you may think she is **BEHAVING A LITTLE STRANGELY** when she is ready to mate or 'in heat'. She may become more active and quite noisy! Usually she'll do lots of rubbing, rolling and attention seeking behaviours – don't worry this is all perfectly normal and is because of her hormones.



Always speak to your vet if you are concerned about your cat.

Visit: [rspca.org.uk/coronavirus](https://www.rspca.org.uk/coronavirus) for more information.

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