
INGHAM PARISH MAGAZINE



Photo by Angela Schroeer

Jumble Sale

Saturday 18th February

at the Village Hall starting at 2pm

February 2023

Editorial

Dear Reader,

It feels to me as if the year is slowly waking up. The days are getting that bit longer and it won't be long until I can drive in daylight to Norwich in the morning.

There are some interesting local events coming up this month. In date order we have: on 11th and 12th February there is a photo display in Lessingham Village Hall about the North Sea Floods of 1953, on 18th Feb there is a Jumble Sale at our Village Hall, and on 26th Feb there is a Seed Swap at East Ruston Village Hall. More details of these events are in the magazine.

The pheasant on the front cover has been wandering around my garden. We have named him 'Berty', but I couldn't tell you why we chose that name. We have been visited by so many birds over the winter on our bird feeders, it is good to see that the bird flu has not taken them all.

Angela, Andreas, Darren, and Lesley

The magazine is available for download 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 too: magazine@inghamvillage.co.uk

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INGHAM VILLAGE HALL - Registered Charity No 303988

Our first fundraiser of 2023 is the **Jumble Sale on Saturday 18th February starting at 2pm**. Stalls to include books, cakes, gifts, nearly new, white elephant, raffle, and refreshments. Entrance fee 20p, children free. If you have items to donate (no electrics please) and would like them collected call Anne 580814 or they can be left at the Hall on the morning of the sale between 9.30 and 11.30 am.

The Village Hall AGM is on Wednesday 15th March at 7.30pm

Regular hirers for February (Contact numbers in brackets)

Agni Yoga - every Tuesday, Chair yoga at 6.00pm, Yoga at 6.45pm (Pre-booking, Pam 07971 398284)

Bridge Club - every Wednesday from 1pm to 5pm (Paul Fuller 581472)

Cliff Knight Art Class - every Wednesday 10am to 12 noon (Pre-booking, 01692 580212)

Ingham Art Club - Tuesday 7th and 21st from 2pm to 4pm (Anne 580814)

Ingham Craft Club - Tuesday 14th and 28th from 2pm to 4pm (Faith 583338)

Zumba with Tina - every Monday at 6.30pm (Tina 07341 360389)

Broadland Group Norfolk Wildlife Trust - Friday 10th - A talk by NWT's President, Patrick Barkham 'The Wonder of Butterflies' (David Mole 650826)

All Hall Booking enquiries to Darren Rogers 01692 580202

Or book online: www.inghamvillage.co.uk



Mobile Library Van

On Wednesday 8th February at 4.35pm

On the Village Hall car park

Local events

LESSINGHAM VILLAGE HALL

Saturday 11th February 11am 3pm
Sunday 12th February 11.30 3pm

THE 1953 NORTH SEA FLOODS

**A large display of
photographs showing the
devastation caused.**

**Photos of King's Lynn,
Bacton, Palling and Yarmouth
plus Jaywick and Canvey
Island.**

Also maps and information.

**ADMISSION FREE, DONATIONS APPRECIATED
(CHURCH FUNDS)**

Light refreshments available

SEEDY SUNDAY

*** Community Seed &
Plant Swap**

Sunday 26th February
East Ruston Village Hall
10.00 am to 1.00 pm



East Ruston
Village Hall,
School Road,
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NR12 9JD



Free Entry - Everyone Welcome
**Kids Activities - Refreshments &
Gardeners Social**

* Organise your seeds and plants into areas
provided

* Look at what is there and take what you need

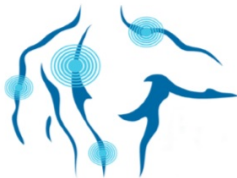
* If you do not bring any seeds to share, there is a
donation box

* A raffle and tombola will take place to cover the
costs of the event.

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us on



This is an **East Ruston Gardening Club Event**
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Recipe of the month *by Alistair Wright*

Take three cloves of garlic and cut them up finely, add to a wok or frying pan, cook quickly until they just turn brown, set aside.

Take 4 spring onions and top and tail them, wash them, and leave aside.

Take some left over roast pork, carve about four quite thick slices, then cut the pork into roughly thick match stick size, and set aside.

Cut one washed tomato into small chunks.

Add the spring onions, cut into halves, with the garlic, fry until just turning soft. Then add the pork and tomato, cook for five minutes, approx, then splash a little ginger sweet sauce, and a splash of soy-sauce, simmer for a couple of minutes, then serve onto a bed of pasta, I use tagliatelle.

Sit back and enjoy a thirty minute prepared and cooked meal.

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Message from the Rector Holy Trinity Church

My friend always says that St Valentine's Day is the first day of the year when you can eat your tea in the daylight. I guess that partly depends when tea time is in your house! But the days are certainly starting to lengthen already, and the first shoots of spring are appearing. It's a time of year when we emerge blinking from the cold depths of winter, and while the heat of summer is still far off, we can see things opening up and beginning again. We have the opportunity (or even the expectation) to eat pancakes on Shrove Tuesday, and we move into Lent on Ash Wednesday. Now, Valentine's Day with its hearts and flowers, romance and boxes of chocolates, might seem a world away from Lent. On Ash Wednesday we are reminded of our mortality, and begin a time of fasting and preparation for the mysteries of Easter. The one thing they do have in common though, is love.

We can get into thinking that Lent is all about reminding ourselves of our failings, how badly we mess up, and what a disappointment we must be to God. I'd much rather turn that on its head, and be reminded of just how much God loves us. Enough to go to the cross and suffer in ways that we can hardly bear to think about. God knows everything about us and loves us anyway, forever, more than we can imagine.

Lent and Valentine's Day are good reminders that love shows itself in all sorts of ways: in romance, in family, in friendship, in sacrifice. We don't have to splash out on a dozen red roses and a slap up meal. We don't need to take on grand acts of self denial. It's often the little things that really show love: a kind word, a small treat, a touch, a look. It's the little things of love that set the world on fire. My hope and prayer is that love will set our community on fire, as we grow together in loving kindness.

Helen Lynch

Services at Holy Trinity Church

Sunday	5 th	Holy Communion	9.15am
Sunday	12 th	Morning Prayer	9.15am
Sunday	19 th	Holy Communion	9.15am
Wednesday	22 nd	Ash Wednesday Holy Communion	
		Dilham	10.30am
		Stalham	7.00pm
Sunday	26 th	Morning Prayer	9.15am

Lent courses

Lent is a great opportunity to consciously put aside some time and space to think about the world and our place in it, as we prepare for the greatest mystery of Easter. There are many ways you can do this, here are a few which may appeal.

- Evening Lent course, meeting Thursdays 7-9pm, venue tbc. Led by Keith & Jim call 01692 583292 for more info
- Lent lunch and reflection, Wednesdays 12noon-1pm venue tbc. Led by Rev Helen (please book by phone or email 07902 447821 lynch.helen@outlook.com)
- 'Lent course in your pocket', daily reflections via WhatsApp or email - message Rev Helen 07902 447821 to be added to the group, or email lynch.helen@outlook.com to receive by email.

Shrove Tuesday. - Why Pancake Tuesday?

A little bit of history from Bunty McClean

Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday. Lent – the 40 days leading up to Easter – was traditionally a time of fasting and on Shrove Tuesday Anglo-Saxon Christians went to confession and were “shriven” (absolved from their sins). A bell would be rung to call people to confession. This came to be called the “Pancake Bell” and is still rung today.

Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between February 3 and March 9. This year 2023 it is 21st February.

Shrove Tuesday was the last opportunity to use up eggs and fats before embarking on the Lenten fast and pancakes are the perfect way of using up these ingredients.

A pancake is a thin, flat cake, made of batter and fried in a frying pan. A traditional English pancake is very thin and is served immediately from pan to plate. Golden syrup or lemon juice and caster sugar are the usual toppings for pancakes.

For a simple recipe see the next page.

Quick Pancake recipe

For anyone not sure of the recipe for perfect batter for Pancakes here's a foolproof recipe from Yorkshire. Prepare the batter well before you want to make the pancakes.

Ingredients

Cup of flour in proportions of 2/3 plain flour 1/3 self raising flour.

Cup of eggs, crack them into a cup till they reach the brim. 4 to 6 depending on cup size.

Cup of milk. I like skimmed milk for a lighter batter but any to hand will do.

The size of the cup doesn't matter but always use the same size cup for each ingredient. The trick is to always have equal proportions of Flour, Eggs, and Milk.

Method

Tip ingredients into a large bowl as you measure each one.

Beat well with a balloon whisk, electric mixer or fork.

Place batter mix in the fridge for a couple of hours.

Heat a knob of butter in a frying pan on a cooker ring, till it smokes, can use tablespoon of veg oil if preferred.

Remove batter mix from fridge, quickly stir, then put ladle full into frying pan, swirl it round over the heat

Brown one side of the pancake then flip over and brown the other side. Slide it onto a plate, just sprinkle sugar and add a lemon wedge to squeeze over the pancake.

Purists like sprinkled sugar and a lemon wedge. Children will enjoy maple syrup, or honey, Nutella or lotus spread, ice cream, sliced banana and jam or the lot with squirty cream.

Enjoy Pancake Tuesday.

Bunty



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Sea Palling Independent Lifeboat

A busy Christmas schedule for the Sea Palling Lifeboat Crew this month. Many of you might have seen us out on the beach putting the crew through driving training on our new ArgoCat rescue vehicle this is still awaiting its new stretcher carrier rack which should be fitted early January.



We have started our pre season training, Thursday nights and Sunday mornings, which will refresh us all with First Aid and rescue techniques. Follow us on our "Sea Palling Independent Lifeboat" Facebook page.

We are always open to anyone who would like to join our Sea Crew / Shore Crew or Fundraising Team. Please just get in touch or call in to see us Sunday Mornings or Thursday Evenings.

mark@seapallinglifeboat.co.uk

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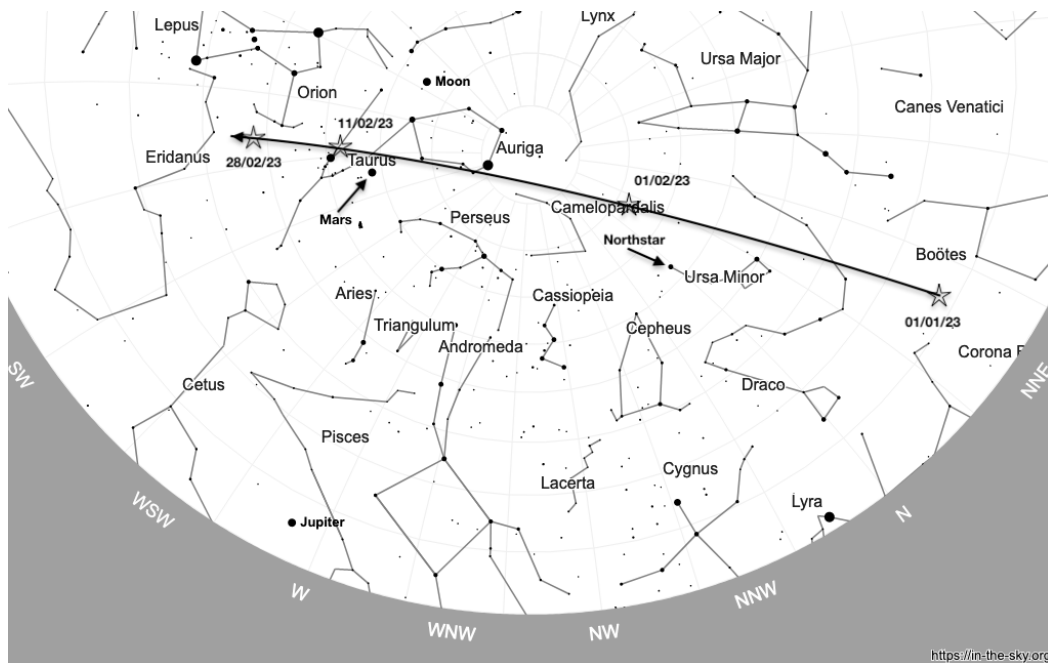


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The Night Sky in February



The last people to see it were Neanderthals, 50,000 years ago!

At the time you receive this magazine, comet C/2022 E3 (ZTF) will be at its closest approach to Earth. It is going to pass us at a distance of “only” 26 million miles. That is less than a third of the distance between Earth and Sun. The comet should just about be visible with the naked eye until the 6th of the month. After that you will definitely need binoculars or a telescope. Through binoculars the comet will look like a nebulous smudge, shimmering slightly green. The actual brightness of the comet is hard to predict. At the moment astronomers think it will be just about visible with the naked eye, but there’s always the chance of an eruption, which can make it much brighter.

At the beginning of the year C/2022 E3 (ZTF) could be found between the constellations Corona Borealis and Boötes. Since then it has moved quite a bit and is now (1st Feb) passing the Northstar towards the zenith. It will carry on following this trajectory to reach Orion’s shield by the end of the month.

The comet was discovered last year by the “Zwicky Transient Facility” at the Palomar Observatory in California. That is where the weird name comes from.

Full Moon: 5th, Third Quarter: 13th, New Moon: 21st, First Quarter: 29th

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