
INGHAM PARISH MAGAZINE



The Village Hall Annual General Meeting

Thursday 14th March at 7.30pm

Good Friday Workshop

Good Friday 29th March, 10am

Details inside this magazine

March 2024

Editorial

Dear Reader,

Have you ever wondered why the names on this, the editorial page, change their order from time to time? These are the team of people who put your magazine together each month, and the first name to appear is that of the person who wrote the editorial for this edition. (Hence it is showing 'Angela' as first in the list as she is writing this.)

The putting together of your monthly magazine is broken down into various tasks that we each take responsibility for. Darren and Lesley deal with the finances, this entails the chasing up of payments for the adverts and printing costs. Did you know that the income from the adverts nicely covers the cost of the printing for the whole year?

Andreas writes the astronomy page, not as straight forward as you might think. Firstly he checks on what is happening in our skies that will give a good show for us. Then writes it up. Then makes the star chart to help us navigate the sky. Sometimes he adds in a recipe as I'm sure you have noticed.

Angela collates all the information that comes in via the magazine mailbox. This can be anything including what is happening at Hickling Barn, Nature Notes, Farming Diary, a recipe, or upcoming local events. Pictures are added and the layout of the magazine is built. Once all the information is added in, the magazine is passed over to Andreas, Darren, and Lesley to check for typos or any other anomalies that have crept in.

Once we are all happy with the magazine, it is sent to Helen who then prints all the copies. Afterwards it comes back to us to be folded. Darren then distributes the copies to our lovely local delivery people. Did you know that a copy is sent each month to the British Library? Our little village is part of the national collection of parish magazines that everyone can access.

Angela, Andreas, Darren, and Lesley

The magazine is available for download from the Ingham Village website:
www.inghamvillage.co.uk.

If you wish to send an article to the magazine for publication, the cut off date is 20th of the month. Please send it to: magazine@inghamvillage.co.uk

INGHAM VILLAGE HALL - Registered Charity No 303988

The Jumble Sale on 17th February was the quietest we've ever had. With numbers of visitors much lower than usual. But the sum raised was £285 and the committee thank all who did attend and those who donated items to sell. A special thank you to our loyal band of helpers who help set up and 'man' the stalls and to clear up afterwards. We could not manage without them.

The Village Hall Annual General Meeting is on Thursday 14th March at 7.30pm. Your chance to come along and tell us how well (or otherwise) you think we are doing in running the Hall and perhaps think about joining us. You would be very welcome!

A Quiz 'n' Chips is planned for Saturday 6th April. Tickets available from Faith at £12 each until Wednesday 3rd. Tea and coffee will be available but you may bring your own preferred liquid refreshment. Numbers are limited, so book early to avoid disappointment.

Regular hirers for March (Contact numbers in brackets)

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

Bridge Club - meetings suspended until further notice (Paul Fuller 581472)

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

Ingham Art Club - Tuesday 5th and 19th from 2pm to 4pm (Anne 580814)

Ingham Craft Club - Tuesday 12th and 26th from 2pm to 4pm (Faith 583338)

Sociable Seniors - Monday 18th 1.30 to 4.30pm (Brenda 07879 888453)

Zumba with Tina - every Monday Zumba Gold at 6.30pm, Zumba Toning at 7.30pm (Tina 07341 360389)

Broadland Group Norfolk Wildlife Trust - Friday 8th - Illustrated talk by Conor Jameson, 'Finding W H Hudson, the writer who came to Britain to save birds' (David Mole 650826)

Ingham Parish Council - Wednesday 27th at 7.30pm

All Hall Booking enquiries to Darren Rogers 01692 580202

Or book online: www.inghamvillage.co.uk

Mobile Library Van

On Wednesday 6th March at 4.30pm

On the Village Hall car park

Stalham and District Horticultural Society

Next meeting - Friday 15th March 2024

At the Stalham Poppy Centre, Recreation Road, Stalham, NR12 9BH

With guest speaker Sarah Hammond

North Norfolk Artisan florist and Flower Farmer

“Sustainable and Cutting Flowers for the year”

£3.00 Entry Fee includes refreshments

Arrival 7.15pm for a 7.30pm start

New members and visitors warmly welcomed

For more information please go to:

www.stalhamhorticultural.uk or call Suzanne on 07780 985425

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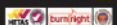
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Recipe of the month - Italian Lentils Pasta

Although I never watch cooking shows, I have recently started to follow an Italian chef online because I came across some of his amusing videos by pure chance. His name is Vincenzo and on www.vincenzosplate.com you can find his amazing original Italian recipes. I have learned much about authentic Italian cooking from him. As we are all supposed to eat more pulses, I want to share this simple but delicious dish with you. Although it is called Lentils Pasta, it's more like a stew than a pasta dish. You need:

- Pasta, ideally the short Ditalini Rigati, but normal Macaroni will do as well
- Dry green or brown lentils
- 1 carrot, chopped
- 1 celery stick, chopped
- 1/2 onion, chopped
- 2 garlic cloves, crushed
- Rosemary (ideally fresh)
- 1L vegetable stock
- Pecorino cheese (as much as you like)
- 5 Tbsp tomato passata
- Extra virgin olive oil
- Salt and pepper



First you make the soffrito, the base for every Italian sauce: gently blanch the carrot, celery and onion in some olive oil for about 10 minutes, stirring occasionally. You can add a little stock to prevent the vegetables from burning.

Add the garlic and some rosemary twigs with more stock.

Add lentils, tossing them before adding stock so they absorb all the liquid.

Pour in half the stock, give it a good stir and add the passata. Mix again.

Cook on medium-high heat and keep an eye on the lentils so they don't dry out. Add stock as needed.

Stir regularly and add stock as needed. When the lentils get soft with a slight crunch, remove the rosemary, add the pasta, salt, pepper, and stock or water as needed. Cook until pasta are al dente and lentils are soft. Constantly check liquid level and add stock or water as needed, as the pasta keep absorbing water.

Once done, take the pan from the fire, stir to make sure nothing sticks to the bottom, and let it rest for a minute. Add some pecorino cheese and stir under.

Serve this creamy lentils pasta on a large serving plate and add a generous sprinkling of - you guessed it - more pecorino cheese.

Buon appetito!

Andreas

News from Holy Trinity Church

Dear Friends

Easter falls right at the end of March this year, so we have a lot of Church celebrations at the end of the month, beginning with Palm Sunday on March 24th, then travelling through what's called 'Holy Week'. During this week Christians make a kind of pilgrimage journey through the Easter story, retelling the last week of Jesus' life, hearing the stories his friends handed down to us. It's a real rollercoaster of a week. On Palm Sunday he arrives in Jerusalem to cheers and shouts of Hosanna, he meets with people, eats with them, prays with them. Sadly, as the week goes on things go downhill, the powers that be get angry about this upstart rabbi, with his message of love and new beginnings, and they begin to plot against him. This plotting of course leads to Jesus' death. It's quite an astonishing story, that he was prepared to die for his friends, for the sake of love. But of course, that's not the end of the story.

Easter Sunday sees everything we thought we knew turned upside down by love, a love that is stronger than death. A new beginning to top all new beginnings. And so we celebrate in spring, in line with the Jewish lunar calendar's celebration of Passover, at the same time as we see the spring time flowers, plants and animals doing all those wonderful springy new beginnings. We live in uncertain times, but the resurrections in nature, as well as in the Easter story, remind us the promise that life and love will win.

Helen Lynch

Rector of the Benefices of Smallburgh & Stalham

Phone/WhatsApp 07902 447821

My rest day is Friday

Services at Holy Trinity Church

Sunday	3rd March	Holy Communion	9.15am
Sunday	10th March	Morning Prayer	9.15am
Sunday	17th March	Holy Communion	9.15am
Sunday	24th March	Morning Prayer	9.15am
Sunday	31st March	Benefice service	10.30am



It is our annual



Good Friday Workshop

All children welcome on

Good Friday 29th March, 10am - 12 noon

There will be the usual Easter Egg Hunt in the churchyard, weather permitting, and lots of lovely things to make and do.

Come along and have some fun.



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Sea Palling Independent Lifeboat

Through December, January and February, we have embarked on an extended maintenance programme to try and ensure all the equipment is ready for the up coming season. Salt water and machinery are not best friends and so it is an expensive battle to keep ahead of the game. This, together with Station upgrades, has been very time consuming.

We also had a catch-up meeting with the MCA, with whom we hold a Declared Facility Agreement. All is well and we look forward to working with them this year.

However, we are in need of more crew. We have vacancies for many roles, whether on the boats, the shore or station. If you would like to learn more as to how to help, please message us, call or visit the Station on Thursday evening or Sunday morning and we would be delighted to have a chat, without any obligation to you.

We are also delighted to be chosen by the staff of Roys of Wroxham Foodhall and Roys DIY as their Charity of the Year 2024. Roys will donate 10p for every reusable carrier bag sold within these stores.



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Hickling Rural Cinema at Hickling Barn

“ONE LIFE” (12A) Drama

Starring Anthony Hopkins and
Helena Bonham Carter

Friday 15th March at 7:30pm



The true story of Sir Nicholas ‘Nicky’ Winton, a young London broker who, in the months leading up to World War II, rescued 669 predominantly Jewish children from the Nazis. Nicky visited Prague in December 1938 and found families who had fled the rise of the Nazis in Germany and Austria, living in desperate conditions with little or no shelter and food, and under threat of Nazi invasion. He immediately realised it was a race against time. How many children could he and the team rescue before the borders close?

Fifty years later, it's 1988 and Nicky lives haunted by the fate of the children he wasn't able to bring to safety in England; always blaming himself for not doing more.

Tickets £5, Refreshments and drink available.

For more information please visit the Barn's website: www.hicklingbarn.com

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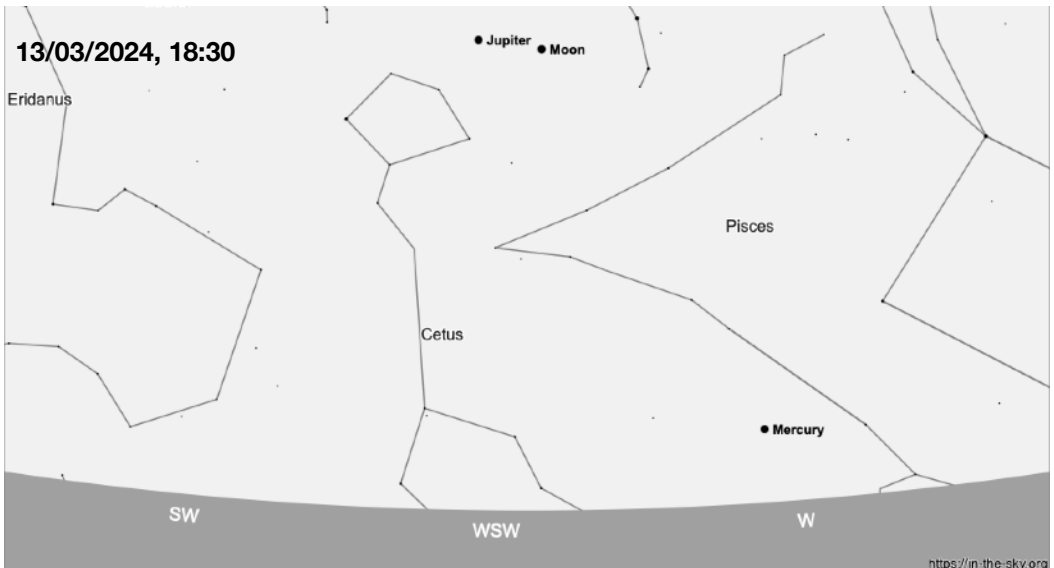


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The Night Sky in March



Did you catch the “Micro Full Moon” last month on the 24th? If not, you have another chance this month on the 25th! If a full Moon coincides with the Moon being at its furthest distance from the Earth (apogee), it looks about 14% smaller than when it is closest (perigee). A full Moon is always just opposite the Sun when observed from the Earth. So it will appear over the Eastern horizon when the Sun has just set in the West.

And what about the Moon’s close encounter with Jupiter on Valentine’s Day? Probably not, I missed it too as it was very cloudy on that night. Well, again you have another chance this month: Have a look at the west south western evening sky on the 13th of March (and again on the 10th of April).

Shall we all give it a try to finally spot Mercury in the evening sky? So far I always had bad luck with the weather each time I was about to try. On the 13th the Sun sets at 17:50 and Mercury is right on its heels to set just after 19:00. So we have about an hour to spot it. The chart above shows the sky at half past six on the 13th, when we should have a good chance to catch Mercury and the close encounter between the Moon and Jupiter at the same time. The good news is that if you miss Mercury because of bad weather, you can try until the end of the month around the same time every evening. Wait until the Sun is below the horizon and the sky has darkened somewhat. You should be able to see Mercury as a small white light just above and to the left of where the Sun just set.

Third Quarter: 3rd, New Moon: 10th, First Quarter: 17th, Full Moon: 25th



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