



The Swift

FRISTON VILLAGE NEWSLETTER



Friston Village Support

Please let us know if you need someone to help you with shopping or a lift for a medical appointment, or would just like someone to talk to. Contact: fristonvillage@gmail.com (if you do not have email Briony Sones 07885 560380)

Parish Council

The next Parish Council meeting will be a double meeting - it will be the Annual Parish Meeting where residents can bring forward any items they wish to discuss and the Annual meeting of the Council. It is scheduled for the 10th May. The Council have been made aware of a scam using the Post Office or Royal Mail asking customers via a card through the door or text message to pay a delivery fee in order to release a parcel. Please check carefully before paying any money. Citizens Advice can help you identify scams on 01728 832193 or there is lots of information on their website. A timely reminder as the weather gets better to use our beautiful footpaths with respect - clean up after your dog, stick to the path and stay out crops and please do not dump your garden waste on footpaths or in field entrances. This is fly tipping and can cause real problems for wildlife or livestock and blocks footpaths. Any problems with rights of way being blocked can be reported to Suffolk County Council's Public Rights of Way team either by email pro.w.east@suffolk.gov.uk or on the online reporting system via SCC's website.

The Parish Council have received a very generous offer of sponsorship from Friston residents to cover the printing costs of the Swift. This means we can continue into 2021 so please keep sending in the articles!

Friston Goes Green.

Last year we held our first Friston Goes Green event on what turned out to be the worst weekend of the spring/summer with a hail storm, rain and wind! Many of you kindly brought vegetables: tomatoes, aubergines, lettuces etc., herbs, chillies, and flowering plants you had started off from seeds, to sell. We raised, with the addition of some private donations, £500 for the Hospice of St Francis. I thought we should repeat the event this year. So - to all growers please plant a couple of extra things which you would be happy to donate, and to those of you who want to start growing, prepare your soil and look out for the date of our sale, which will be held in grounds of St Mary's Church, in the May edition of The Swift. *Marie Szpak.*

News from St Mary's the Virgin

The new-ness of Spring is upon us and isn't it wonderful! New green shoots appearing, new buds on the trees, those dormant bulbs bursting into colourful life again and new seeds being sown in expectation of crops to come; what a hope-filled time of year! At St Mary's we too are celebrating hopefulness and new things: Easter Sunday marks the re-opening of our doors for Sunday Worship, initially fortnightly while some people are still shielding. So April Services look like this:

Friday 2nd April Good Friday Service 10am Online via Zoom <https://us02web.zoom.us/j/82433188102?pwd=Y0hMRXQxVVRucHhPTUk1cy9lYVlJdz09>

Easter Sunday 4th April Holy Communion in Church 9:45am led by Revd Nicky Winter

Sunday 11th April Morning Prayer 9:45am online via Zoom led by Revd Sheila Hart

Sunday 18th April Holy Communion in Church 9:45am led by Revd Jo Mabey

Sunday 25th April Morning Prayer 9:45am online via Zoom Elder led

Other news: The rules on singing have been relaxed and whilst we still can't have communal singing in church, we can have a small choir or sing outside. Also we are investigating the possibility of Broadband in church so that we can live-stream services in future for the benefit of people not able to attend in person. Finally, a date for your diaries - the APCM will follow the morning service on Sunday 9th May. In this season of Hope and New Beginnings, we pray for a Happy and Blessed Easter to you all.

The Elders and Church Wardens of St Mary the Virgin.

Friston Allotment Association

With the soil now warming up we can start sowing carrots, beetroot & lettuce. Lettuce are best sown in small amounts every 2 weeks to have a regular supply. Hardy annuals can also be sown outside. Half-hardy annuals need to be sown inside & planted out after frosts have finished. Mulches can now be applied to help keep in moisture & suppress weeds. Regular hoeing of bare ground will keep annual weeds under control. Feeding & dead-heading daffodils now will give a better display next year.

Parish Councillors Wanted

How wonderful it isn't (sometimes) to live in a land of ostensibly orderly systematised government. At the bottom of the administrative heap are the Parish Councils of our land who find themselves responsible for the administration (and sometimes the actual doing) of things like cutting grass, unblocking drains and shoveling snow. In Friston the Parish Council deals with the village hall, the village green, village amenities like footpaths and environmental issues such as those to do with meadows, woodland, wildlife. In fact, the work of the Parish Council touches upon almost any and every aspect of life in our community. It should come as no surprise, therefore, that, under the pressures of developmental plans for the area, our Parish Council and those of our involved neighbours find themselves both under pressure and undermanned. Here in Friston, with Wind and Nuclear power initiatives set to turn the parish into a huge construction area for the next 10-12 years, the Parish Council find themselves somewhat overburdened with duties and responsibilities (some of which they didn't sign up for and which, if they could have foreseen, would have caused them to think twice about their decision to stand for office!). At the moment we have two vacancies on the parish council. So.....if you are interested in keeping your neighbours safe, sane and secure, the unique gifts you possess could be just the job in Friston *Cllr Mike Caplin (Chair Friston Parish Council)*

Old Chequers Pub News

We are keenly watching the weather to see if it is viable to open for outside service.

If the weather does suddenly improve we will email & post that we will open Fridays & Saturdays for drinks only from 3-7pm so that at least we can all get together socially again. However, we will definitely be re-opening on Wednesday 19th May for both food & drink, inside & out! And we can also confirm we have a fantastic new Chef. We are now taking bookings for 19th onwards & will revert to our Wednesday to Sunday opening. Any changes to this will be in the pub window too! Many thanks & looking forward to seeing you all again. *Carol & Andy*

Friston Wildlife Watch

I'm very conscious that we are coming around to the time of year where it all began: The Swift and Friston Wildlife Watch - a year on from the first lock down we emerge a little battered and bruised, some sadly affected more by the virus than others, but all impacted in some way. I have to be honest that having access to my garden, wildlife and the countryside has been so important and I consider myself very lucky living in Friston, as I'm sure many of you do too. I have chatted to people in the village that I may never have met and heard some lovely stories. Some of my favourites included a baby swift nurtured to adulthood, a cormorant in the garden pond, feisty tawny owls, leverets hiding in flower beds, roe deer and their fawns in village gardens and naughty voles! Thank you everyone for sharing your stories and wisdom. Spring is here and with it my song thrush is singing (very) loudly every morning, my hedgehog is back making short shrift of the Tesco kitten biscuits and the celandine, dog violets and red dead nettle are decorating the banks and hedgerows. I've been head butted by a few big bumblebee queens, just out of hibernation looking for a nest site, they will depend on the spring flowers and early flowering trees such as hazel and blackthorn for food. You can feed them a little sugar solution and place them in a warm sheltered spot if you find one looking a bit cold and lethargic. On a final note a lovely neighbour of mine has told me about 'PJ Cuckoo', a tagged cuckoo who returns to Suffolk every Spring. You can follow his progress on the BTO Website at <https://www.bto.org/our-science/projects/cuckoo-tracking-project/PJ> and listen out for him when he returns in April! Look forward to hearing your Springtime stories: fristonvillage@gmail.com Happy Easter *Briony Sones*

Your Swift, Your news! *Anyone can contribute to the Swift, please contact the Clerk with any articles you may have, please keep them light, factually correct and village orientated. Space is limited but we do try to fit everything in.*