



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 Parish Council were pleased to see a number of residents attending last month's meeting. Philip Ridley (Head of Planning and Coastal Management at East Suffolk Council) attended to explain the ESC's change in its position from against to neutral regarding the SPR development. His explanations were understood but not agreed with by the Council and those attending. There is a full report in the minutes which can be found on the Council website. Council meetings are open to all residents and there are currently two spaces for Councillors. If you are interested in becoming a Parish Councillor, please contact the Clerk or a current Councillor. The District Council have asked that we pass on information for anyone struggling to get transport to their C19 vaccination appointments. You can book community transport through suffolkonboard.com or ring CATS Leiston on 01728 635938 between 8.45am - 4pm. There is also the Aldeburgh Good Neighbour Scheme (AGNES) on 07773 031064 who can provide transport to Woodbridge for vaccines for Aldeburgh Surgery patients.

Request from Leiston CAB

CAB Leiston are helping to facilitate an appeal with the IP17 Good Neighbour Scheme to collect second hand, unwanted laptops to enable children access remote learning during lockdown. They are having any received checked by a tech expert at Alde Valley to check they are suitable before being distributed. The laptops will be shared out between schools - depending on the number of laptops collected. The only requirement is that the laptops need to be able to run Zoom so need a working camera and microphone. Tablets are also suitable. Laptops can be dropped at the Town House, Station Approach, Saxmundham IP171BW between 10-3. 01728 832544 for more details or to arrange an alternative drop off.

News from St Mary's the Virgin

As I'm sure you will have noticed, the Church has had to close its doors once again for the safety of parishioners, visitors and clergy alike. However, church in Friston lives on with a Zoom Morning Prayer service at 9:45am every Sunday and Zoom Evening Prayer service at 6pm on a Wednesday. 31st Jan - Candlemas led by Revd James Marston; 7th Feb - 2nd before Lent, led by Martin & Emma Steadman; 14th Feb - next before Lent, led by Revd Jo Mabey; 21st Feb, Lent 1, led by Revd Mark Lowther; 28th Feb, Lent 2, led by Revd James Marston. You are all welcome whether you are a regular parishioner or would just like an opportunity for some safe interactive fellowship. Links to both Sunday and Wednesday services can be obtained from martin@steadman.me.uk.

Don't know how to use Zoom? A broadband link is all you need to download the zoom app on a phone, laptop or tablet. Revd. Mark is providing a 'YouTube' service every week - information about which can be found in the 'pew sheet' which can be obtained from Claire Turner (claire@ebe.co) our parish administrator.

Not Online? Please contact Carole Edwards (Church Warden) and we will try to work out another way of enabling you to listen to/watch a service off line. Further details of services and contact details for Clergy, Elders and Wardens can be found at www.fristonchristian.com. Church in Friston will reopen as soon as there is sufficient confidence that we can do so safely but if you do need to access the church for private prayer - please follow the instructions on the door of the church and speak to Marie Szapak or Martin/Emma Steadman who will be happy to help. We will all be together again soon I hope but in the meantime we hope that you will find the Zoom Church option valuable and comforting. With Every Blessing to you all. *Carole Edwards*

Gardener or Hunter?

What is the difference between 'a country person' and a "person that lives in the country"? Clearly they both enjoy the rural environment, but the former exploits the environment for food, be it animal or plant based. Normally the two groups live in harmony. The human flash point is usually the destruction of plant and animal pests i.e. the ones that eat what we grow to eat; top of the hate list are often molluscs, insects and especially rodents. Last year I noted in my greenhouse that as soon as legume seeds were planted, they were dug up and eaten or decapitated at ground level. Culprit? Mice, possibly rats? Traps were set and activated. Result? Voles - to the dismay of the gardener/hunter. Why the dismay? Voles are rare and scarcely seen, also they are one of the prettiest creatures one could wish to see with a russet red/brown coat. The gardener/hunter issued an amnesty which continued through the summer; ripe tomatoes, wind fall apples and crusts of bread. (Yes that is an admission of feeding the little rascals!) I wonder if you have ever had the feeling that you are being watched? Well in the late autumn the gardener/hunter was sitting on a stool in the greenhouse, cleaning pots and plant labels, when suddenly this feeling arose. The vole indeed appeared and was watching the gardener/hunter, on direct eye contact the vole ducked out of sight, only to reappear when peripheral vision was employed. The gardener/hunter must, once again, confess to feeding the said vole! So, a question to you, the reader: 'As the gardener/hunter will not kill the vole and as there is probably a colony of them there now, what does the gardener/hunter do next season?' All ideas welcome. *A Friston Resident.*

Pinewood Catering

I would like to thank all the lovely Friston residents that have supported me through yet another Lockdown as all businesses are suffering in these difficult times. I'm happy to provide my village with my home catering, as most of the outlets that I supply are closed at the moment. I'm only too glad to provide and deliver to your door - quiches (hot smoked salmon & spinach, smoked bacon & tomato broccoli & red peppers, roasted butternut squash with roasted red peppers, or Mediterranean roast vegetables, seafood pie or steak & ale pie, cheese sables - forever popular! Cakes or puddings I am also happy to provide, if you're interested please contact Viv on Tel: 01728687560 or mobile : 07875677169 Email V.hawes333@gmail.com Let's all wish for a better and healthier 2021. Keep Safe *Vivienne Hawes*

Friston Allotment Association

Now is a good time to start getting organised in the garden for the coming year. Seed potatoes, onion setts & shallots are now available. Early seed potatoes can be put in an egg box on the window sill to start chitting. Placing a large flower pot or container over rhubarb to force it will enable an early picking. Although still early for most seed sowing, it is a good time of year to plan what to grow and to purchase seeds ready for the spring & summer. Many like to grow their own plants so start saving yoghurt & margarine tubs to raise plants in, remember to make a hole in the base for drainage before filling with compost.

Friston Wildlife Watch

This month I want to talk about Snowdrops and Long-tailed tits: there is no connection except they are, to quote a well-known dancing nun, "a few of my favourite things". Snowdrops are beginning to pop up everywhere and it amazes me each year that they can survive when most other plants are dormant. They have hardened tips to their leaves to help them push through frozen soil and anti-freeze proteins in their sap to prevent them being damaged by frost and freezing temperatures. From a distance you can see the elegance of their shape but try getting really close (go on kneel down!) to admire the purity of the white petals and to appreciate the delicate bright green edges on the inner petals.

Long-tailed tits pass through my garden a couple of times a day, maybe 10 or twelve of them alight on my apple tree and flitter around the branches and bird feeders, twittering and whistling in an excitable social flurry. They are tiny pretty birds, pink and dusky white fluffy balls with long black and white tails. I have seen them a lot around Friston recently, so keep an eye out for flocks of these gregarious noisy pom-poms with tails - I promise they will make you smile! As I write this I am planning to do the big garden bird watch on 29th-31st January for details go to: rspb.org.uk. *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.

All information correct at time of publication. This newsletter is funded by Friston residents and lightly edited by the Parish Clerk. Thank you to all contributors and deliverers.

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