



# The Swift

## FRISTON VILLAGE NEWSLETTER



### Carole Morley - a thank you

Thank you very much to everyone for all the kind messages and cards following Carole's sudden death. Carole was a wonderful wife, mother and grandmother and we are all devastated at our loss. Thank you all again -  
*Tony Morley*

### Parish Council

The Parish Council went on tour last month and met in Benhall Social Club as the decorating work in the Village Hall was well under way. It is hoped that by the time this edition of the Swift reaches you, the work will almost be completed, ready for a good clean. The Hall can then be rented out again. Please contact the booking clerk - Jonathan Burch for bookings 688655 or fristonvillagehall@gmail.com. The Parish Council are now focusing on the remedial damp work that needs to be undertaken to ensure the longevity of the Hall. There are still allotments available if anyone is interested in a making a New Year' resolution to grow their own food and spend more time outside, please contact the Clerk for details. The Council are working on designs for a new bus shelter for the Green side of Saxmundham Rd, it hoped we can use local contractors to complete this project. The Council have also agreed to accept the offer of a 'talking bench' from the Community Partnership group funded by East Suffolk Council. It is hoped to find a sunny spot for it. As the name implies, people sitting on the bench are ready to chat and this initiative hopes to combat social isolation and loneliness. As another nod to neighbourliness, could residents and holiday home owners please look at their security lighting arrangements - these are often very bright and intrusive by their nature but can be antisocial to your neighbours trying to enjoy a good night's sleep or our dark skies. If the angle can be altered or the sensors moved this small change can benefit everyone.

### On the Doorstep

It's the time of year when staying indoors seems more attractive than venturing out... Gloomy, overcast skies aren't very enticing. But, if we can overcome our reluctance, it can be well worth it. We've had some glorious days - sunny but cold. Those are the times to get out and see some of the natural wonders that make up our Friston environment. Have you noticed how the trees, bare of leaves, show off the beauty of their limbs? Slender, smooth birches. Gnarled, rugged oaks. The clattering sound of last year's hazel leaves in the hedgerows. Thin branches of bushes dancing in the breeze remind me of a line from Thomas Hardy's 'The Darkling Thrush' - 'the tangled bine-stems scored the sky like strings of broken lyres.' Gorse in brilliant bright yellow - always bringing cheer for the heart. Birds beginning to rehearse their spring songs. A wonderful flock of lapwings, 'peewit-ing' in flight. Just peeping through now are the first snowdrops - as welcome as the first swift of summer. And daffodils pushing up bravely, some with flower shoots already, eager to burst into a glorious imitation of the sun that draws them up from slumber. There were lambs in one of the fields for a while - their plaintive bleating contrasting with their comic skips and bounds as they seek out mother at the first hint of danger. There is so much to see and enjoy, even on the bleakest of days. And then the return home, to seek the comfort of Hardy's 'household fire' and a welcome cuppa. It doesn't all have to be doom and gloom at this time of the year... *Nicky Winter*

### Peter Berry's New Book - Walk With Me

I commend to you Peter Berry's new book co-written with his cycling companion, Deb Bunt. Peter is a familiar figure in the village riding his penny farthing. His writing of his fight with dementia is moving and displays a really positive attitude to life. Added to that are the evocative images of Daniel Ruffles of our countryside and environment. These remind us how special is the area in which we live and the potential destruction posed if the energy projects go ahead. Deb has written the following background to the book.

'In September 2020 Peter Berry and Deb Bunt published a book "Slow Puncture, Living well with Dementia." Now, they are pleased to say that their latest book,



“Walk with Me: Musings Through the Dementia Fog” is available to buy on Amazon <https://www.amazon.co.uk/dp/B09NRZKT3H>.

This is a compilation of the thoughts and poetry of Peter who, as you may recall, was diagnosed with early onset dementia, aged 50. Peter’s dementia impacts his short-term memory severely and this means that, as soon as the words leave his mouth, they are gone for him. Peter’s friend, Deb, has spent the last two years jotting his words down and now these are captured in this book. Illustrated with stunning photographs of Suffolk by local photographer, Daniel Ruffles, the book also takes a look back over the past year and reflects on the events since the publication of their first book, “Slow Puncture.”

One of the threads running through both books is the importance of friendship. As Peter says in his own inimitable way, he stores the friendship in the “vault in his heart which not even dementia can unlock”. The friendship, quirky perhaps, was formed through a dementia diagnosis but has grown into something very special and something which transcends the darkness of dementia’. *Simon Ive*

### Friston Allotment Association.

Fruit trees & bushes can now be given a feed of a slow-release general fertiliser, like fish, blood & bone or a pelleted chicken manure, followed by a mulch to help maintain moisture. Complete cutting hedges & shrubs this month before the birds start nesting. Lawns have been growing more than usual due to the mild spells and may need a cut using a high setting & avoid mowing wet or frosty grass. When ordering plants or seeds online only use reputable UK suppliers to avoid importing & spreading pests & diseases from imported products without appropriate checks required by law.

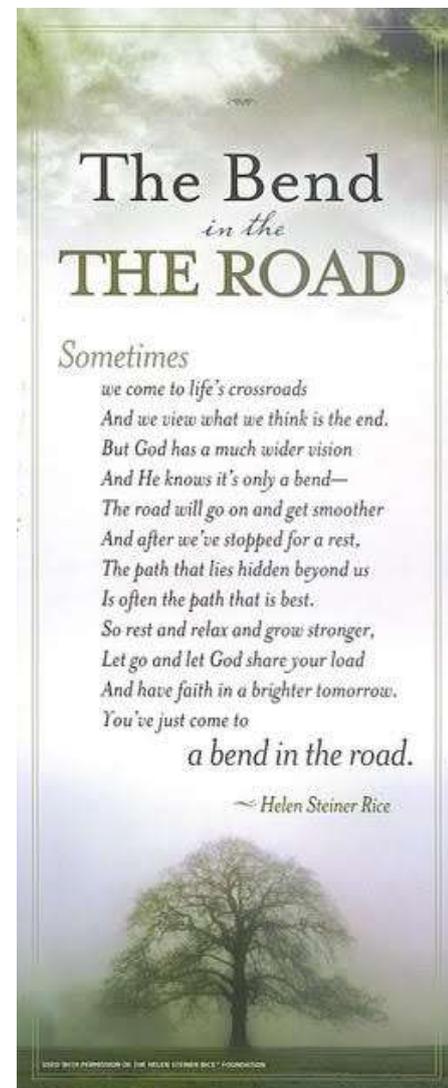
### Friston Wildlife Watch

Mole - *Talpa europaea*

Before I moved to Friston, I don’t think I had ever seen so many moles, or rather molehills. In fact, I’m not sure I’ve actually seen a live mole. I found a dead one when I was a child, which I studied carefully, turning it over with a stick to see it’s funny paddle feet, tiny eyes and pointy nose, they are fascinating creatures. Sadly, they are misunderstood and despised by many, particularly anyone who is partial to an immaculate, flat and evenly surfaced lawn. My intention this month is to change people’s perspective of this velvety coated, enigmatic mammal and give it the respect it deserves. Moles are excavating experts and create complex underground networks: they tunnel close to the surface to find and trap food and tunnel deeper (up to 20m) to create special areas for sleeping, birthing and storing food. Their main diet is earthworms and if there is a plentiful supply they will bite off the heads, paralysing them with venomous saliva, and store them in a specially created chamber - ingenious if a little gruesome! Moles benefit us by eating harmful grubs which can damage plant roots, they aerate the soil and their tunnelling can improve drainage which helps prevent localised flooding (don’t tell SPR), so actually they are underestimated unsung heroes. I think instead of cursing them, we should take pride in the lines of little brown bumps across our lawns and boast to our neighbours, taking pity if their garden is bereft of a molehill, maybe set up a molehill appreciation group? Well maybe not but perhaps rather than trap, poison or shoot, we could accept the mole is in its rightful home, and simply scoop up the lovely, light, aerated molehill soil and put it in on our vegetable patches or in a pot for a favourite plant! I would like to dedicate this piece to Carole Morley, a good neighbour, dear friend and my wildlife buddy. I will miss our discussions about nature, our wildlife pond exploits and general musings on life - I know she will be sadly missed by family and friends. *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.

The next deadline for articles is Monday 21<sup>st</sup> February 2022



Supplied by Emma Steadman

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