



The Swift

FRISTON VILLAGE NEWSLETTER.



Parish Council

Although Friston has at long last received some much needed rain, residents are still being advised to be mindful of potential fire hazards. Please do not use disposable BBQs especially in places like the Village Green or other open spaces. The allotments are a no smoking zone and when smoking on public footpaths or outside of buildings please ensure your cigarette is extinguished fully and dispose of the butt responsibly. All rubbish should be disposed of in a bin or taken home, especially glass bottles that can cause fires if left lying around. By taking some sensible precautions hopefully ringing 999 to alert the fire service can be avoided. The village hall committee have now got several projects to undertake including updating the lighting to more cost effective solution, installing blinds, displaying the old photographs of Friston in a lasting and careful way and increasing the market presence of the hall to create revenue from bookings. Several footpaths have been reported to the Clerk for reporting to Suffolk County Council due to them being impassable or that the signs are missing. Residents can also report footpaths or potholes directly to SCC via their reporting tool online <https://highwaysreporting.suffolk.gov.uk/> it is recommended that any report is accompanied by a photo if possible as this appears to help in progressing the report.

News from St Mary's Church

October Services:

- Sunday, 9th October at **9.00am** Holy Communion - Common Worship Led by Revd. Sarah du Boulay.
- Sunday, 23rd October at **9.00am** Holy Communion - Book of Common Prayer Led by Revd. James Marston.

The Death of Her Majesty the Queen

The suddenness of the death of Her Majesty the Queen made it difficult to advise everyone in the village of the various services and arrangements for the commemoration of her life and service, relying mostly on e-mails and village notice boards. We had a good attendance for our service on Sunday, 11th September and a memorable informal service of thanksgiving led by Revd. Sarah at 6pm, Monday, 12th September. Our Church had been open throughout the period of mourning and we have been touched by the number of visitors who left their own tributes in our Book of Condolences.

Early Warning! - Friston Christmas Carol Service

We firmly believe in having a traditional family carol service with readings by members of the community and carols we all know and love. There is a change of day and time this year which we hope will appeal to everyone. Sunday, 11th December at 6pm and it will be followed by mulled wine and mince pies in the village hall. The organist will be Friston's own Alan Bullard and we would love to have a 'village choir' for the occasion. All that is required is your love of singing - no concerns about being able to read music et al - just the chance to join others and sing out! Please let Alan know (alanbullard@btinternet.com) if you would like to join in.

Keeping in touch

We worry about engaging with our community, especially with those who do not attend church. There are always occasions which need quick advices and reminders. I manage a Church contact list which is strictly controlled and limited to communications relating to church services and events. We have a privacy policy and no information is passed to third parties. If you would like to be added to that list, please send me an e-mail. simonive@aol.com

Friston Allotment Association

From October large clumps of Rhubarb can be divided to give it renewed vigour. It is time to plant out garlic now, for next year. Dahlias can be lifted after the first frost and stored to protect tubers from frost over winter. Spring flowering bedding plants can be planted ie. wallflowers, forget-me-nots & pansies. Collect fallen leaves to make leaf mould for future use. Net ponds to prevent leaves getting in.

Thursday Ladies Club (TLC)

We met up on 8th September and had a fairly low turnout due to the sad announcement of the Queen's

passing. Amanda of Refill (Zero Waste Shop), Leiston came along and spoke to us about shopping in a sustainable way. Reducing waste and plastic use. She brought some products from her shop to sample and was very inspiring in making a better environment for future generations.

I have since visited the shop and will definitely be back with my empty containers and I recommend a visit there. Our next meeting will be a talk from a retired fireman who will share anecdotes of his work life and give advice on fire safety.

Date: Thursday 13th October Time: 19:00 - 21:00 Place: Friston Village Hall. thursdayladiesclubtlc@gmail.com
Wendy Ireland 07948 150022

Friston Recorder

I am writing to introduce myself as the new Recorder for Friston. The role is to collect, observe and record what is happening *today* in the Parish as that will become *tomorrow's* history. At the end of each year a summary record will be deposited at the Suffolk Record Office. So, I will be delighted to receive information, notices and leaflets, photos of events which have happened here in our village each year. In time I will be expanding the record to include 'before' and 'after' memories and photos, and items of historical interest which might be overlooked or lost forever.

Elizabeth Ashton 01728 688892 fristonrecorder@gmail.com

£1,500 Raised By Friston For Suffolk Historic Churches Trust

Thank you to Mary and Ian Shipman accompanied by Carol Durrant, Gus and Otto for walking over twelve miles across the local countryside visiting churches and drawing attention to the potential locations of the various energy projects with which we are threatened. More especially, we thank all those of the Friston community who generously sponsored Mary and Ian and raised over £1,200, half of which goes to Friston to support its own fabric. The icing on the cake was Tony Morley driving his classic Alvis in the Rally for Vintage and Classic Cars from Cockfield Hall to Lavenham accompanied by navigator, Mike Jones escorting 'lady' Marie Szpak in the back! Tony raised £245 through 'strong-arming' friends at the Aldeburgh Yacht Club. Thank you all for your generous support. Our Suffolk churches are our living heritage!

Parish Magazine

The Parish Magazine is now back in distribution in Friston, thank you to Caroline Duncan for setting this up! However, she is only able to continue until the end of the year. Many people have said how important it is to stay in touch with our neighbouring villages, so if we want to continue to receive the magazine, we will need someone to take over the responsibility of coordinating the volunteer distributors by December. If you would like to help or find out more about the role, please contact Caroline Duncan 01728 688864

Friston Wildlife Watch

As lovely as the hot weather was, this summer saw my poor garden reduced to a dry and crispy remnant of its former self and the lack of rain made me feel anxious about climate change and my thatched cottage going up in flames! So the September rain was very welcome and now I feel like I can relax and breathe again. Despite the warming seasons there is always something to surprise and enjoy and this year for me it has to be the Hummingbird Hawk Moth (*Macroglossum Stellatarum*). Tempted by the warmer temperatures these moths have migrated north in increasing numbers and some are now even wintering in Britain. I know many people in the village have enjoyed a 'visitation' and posted some lovely pictures on Facebook. I remember seeing my first Hummingbird moth in 2003 in a pub garden in St Albans (nothing changes!) it was such a surprising creature that the memory has stuck clearly in my mind. These extraordinary moths are day-flying (diurnal) although they are particularly fond of dawn and dusk. They beat their wings so quickly they make a loud humming sound and, with their tails fanned out, they hover like a hummingbird probing flowers for nectar with their long proboscis. If you want to encourage these exotic moths into your garden they particularly like plants with tube-like flowers such as Honeysuckle, Jasmin, Buddleja and Red Valerian and apparently they lay their eggs on plants of the Galium species such as Madder, Woodruff, Cleavers and Bedstraw - get planting Friston!

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 24th October 2022**

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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