



The Swift

FRISTON VILLAGE NEWSLETTER.



Parish Council

The Parish Council have funded a new double sided wooden village sign and are in the process of moving it forward on the piece land it currently occupies so it can be seen from both sides! The carpenter and sign writer have made a beautiful copy of the original one in oak and decorated with gold leaf. The original one was made to celebrate the Queen's Silver Jubilee so it seems fitting to present the village with a new one in her Majesty's Platinum Jubilee year. The next Parish Council meeting is the 5th September in the Village Hall.



News from St Mary's Church

Sunday, 11th September at 9.00am - Holy Communion (Common Worship) led by Revd. James Marston.

Sunday, 25th September at 9.00am - Harvest Festival led by Revd. Sarah du Boulay.

Monday Morning Prayer - Do join us for a short informal service of Morning Prayer with Revd. Sarah each Monday morning at 9.00am. An innovation of Revd. Sarah which is proving popular and rewarding. It is an informal coming together, ideal if you are facing a difficult week and need some time for calm reflection; or if you have something to celebrate and share or just enjoy being with friends.

Ride and Stride - Saturday 10th September

Please support Mary and Ian in their Striding for Friston which is important in so many ways. Participation is open to all and I have sponsorship forms if you wish to enter in your own name. I am the Friston organiser on behalf of the Trust and our Church will be open to welcome participants. If you can spare some time to Church-sit, please let me know. simonive@aol.com

Dates for your Diary

Friday, 23rd September, Aldeburgh Jubilee Hall at 6.30pm

In conversation with Lord Deben (our former MP, John Gummer): 'Climate Change is Real and It's in Aldeburgh Now!' Tickets £3 for Aldeburgh Society Members; Non-members £5.

Lord Deben is an acknowledged international figure in the world of climate change. A very topical subject following this summer's heatwave and drought.

The link is: <https://aldeburghjubileehall.co.uk/whats-on/>

Thursday, 17th November 2022 BBC Question Time is coming to Snape Maltings and you can apply to be in the audience.

The link is: <https://www.bbc.co.uk/send/u39697902> The questionnaire reads like the Spanish Inquisition!

Friston Allotment Association

This month main crop potatoes can be lifted & allowed to dry first then to be stored in paper or hessian sacks. Salad Leaves like mizuna, rocket & winter purslane can be sown in trays to be planted in a green house or cold frame or sown direct for use during the winter. Grazing rye can be sown on any uncropped ground in the vegetable garden until the end of October as a green manure

to be dug in next spring. When lawns start to re-grow any bare patches will need to be re-sown. Bulbs can be planted in the ground or containers for a good show next spring.

Thursday Ladies Club (TLC)

We met up on 11th August and had another good turnout. Lovely to see some more new faces too. Thanks to Christine and her friend Linda we heard lots of interesting facts about Friston and saw some amazing pictures. I could have listened to more so I hope the ladies will speak to us again in the future. The next meeting, we have arranged for Amanda of Leiston Refill (Zero Waste Shop). She will tell us about zero waste, refilling, some products in her shop and sustainability for our and our children's' futures. This will be followed by a catch up and refreshments. Tea and Coffee provided but anyone can bring along their preferred beverages.

Date: Thursday 8th September, Time: 19:00 - 21:00, Place: Friston Village Hall.

Wendy Ireland - 07948 150022 - thursdayladiesclubtbc@gmail.com

Striding for Friston - Suffolk Historic Churches Trust - 40th Ride and Stride - 10th September

Ian & Mary Shipman are long-standing participants in this event, which raises funds for Suffolk Churches by sponsorship of cyclists and walkers. Last year Ian & Mary raised £1,800 and also raised awareness of the threat of the Energy Projects in this part of Suffolk by cycling around the affected towns and villages. This year they plan to continue the same theme by walking the footpaths in proximity of Friston, which may be lost to the Energy Projects. The plan is to walk to Snape and from there to Sternfield, where many of the footpaths may be affected by the Nautilus proposals. The walk will continue to Benhall and Saxmundham churches and return to Friston via the Pilgrims Way which is planned to be lost in



perpetuity to the Scottish Power projects. To be clear all is far from lost on the energy projects. SASES is challenging the Kwasi Kwarteng's decision through judicial review and its case has been accepted by the High Court. The case is due to be heard in November.

If anybody would like to join us on any leg(s) of the walk, please let Mary know on 01728 688698 or by email to mary@foreburyestates.co.uk. We will be leaving from Friston Church at approximately 9am.

So this year Ian & Mary will be 'Striding for Friston' rather than riding and please support them with your sponsorship. Ian is already knocking on doors and remember that half of the money raised will be returned directly to Friston Church with the remainder used by Suffolk Historic Churches Trust for grants to churches for repair and restoration costs. Donations can also be made via Just Giving at:

<https://www.justgiving.com/fundraising/St-Mary-Friston>

Friston Wildlife Watch

There is a vacancy for someone to write this or similar column. Please contact the Clerk.

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 19th September 2022**



Friston Village Hall

Newly decorated!

A welcoming venue for your event

Reasonable rates of hire

To book please contact

Johnathan Burch on 01728 688655

or email fristonvillagehall@gmail.com

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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