



FRISTON VILLAGE NEWSLETTER

Friston Goes Green

On Saturday 13th May we will be holding our annual plant and cake sale in aid of St Elizabeth's Hospice. So calling all growers, bakers and conserve makers..... If you have some spare plants, vegetables or herbs that you have grown, if you feel able to make some cakes, biscuits or scones, or if your cupboards have a few extra jars of marmalade or jam we would be very grateful for your donations to the stalls. Alternatively, if you would like to buy some plants and veg, cakes, or preserves the sale will take place on Friston Village Green from 10.00am to 4.00pm. Remember all proceeds will go to St Elizabeth's Hospice. More details about the mechanics of the day will follow in May's edition of The Swift and Friston's Facebook page. *Marie Szpak*.

Friston Village Celebrates the King's Coronation

As part of our village's celebrations, we are hoping to live stream the Coronation on Saturday 6th May in Friston Village Hall. This will be an opportunity to come together and enjoy the celebrations taking place in London. Arrangements are still in their early stages but we are trying to keep it simple. We are currently thinking along the lines of everybody bringing their own food and drink and maybe we could have a raffle to raise funds for the Village Hall. For those of you who have never visited the Hall it would be a good opportunity to come along and see what a good venue it is, you might even come up with some ideas of how we can further develop the Hall for use by our community. *Marie Szpak*.

Reclaim the Rain in Friston

The last month has been about conversations and learning! We've spoken with landowners, farmers and community members about the next phases of Reclaim the Rain. This has been incredibly valuable for us and we hope it is useful for the community so that it is easier to understand what Reclaim the Rain can and cannot deliver. Such a large factor in what is and is not possible is influenced by the Scottish Power Renewables proposal to the north of the village. The team is aware of the latest updates on this proposal and we are always in contact with our planning colleagues. However, the presence of the proposal does not inherently threaten the success of Reclaim the Rain. The surface water catchment Friston is located within presents opportunities to manage water in locations associated with flooding which affected the village in 2016 and 2019. While we are interested to learn about how we can deliver water resilience to the north of the village despite the SPR proposals, we will continue to focus on the areas of Friston which will enable us to manage water irrespective of whether the development goes ahead or not. We appreciate your enthusiasm for exploring solutions with Reclaim the Rain and we hope the community feels informed and engaged throughout this process. Let's work together to create a better and more resilient future for your community!

Friston Recorder's update

Recently I was kindly offered a collection of memorabilia to review, of events and happenings in Friston over the last 20 years. It was fascinating to read and I will now be recording it all for our village archive. Next, I plan to record the memories of residents who were living in the village before 2000. Some have already generously offered me their time and I hope to contact others in the coming months. Thank you to everyone who has helped me so far and I look forward to meeting more of you soon.

Elizabeth Ashton fristonrecorder@gmail.com 01728 688892

News from St Mary's Church

Easter is the most important Festival in the Church calendar so we have a rota of services beginning with Holy Week, Easter and April services culminating in a benefice service hosted by Friston which we hope you will join in.

Sunday, 2nd April at 10am, - Palm Sunday Service led by Revd. Sarah du Boulay.

Monday, 3rd April at 6.30pm - Compline - a short, 30-minute service of prayer and reflection which will finish in time for you to attend the **Friston Annual Parish Meeting in the Village Hall which starts at 7pm**.

Friday, 7th April at 2pm - Good Friday, Hour Before the Cross - an hour of reflection, prayer and music led by Revd Nicky Winter and our Elder, Marie Szpak.

Sunday, 9th April at 10am - Easter Day Service led by Revd Nicky Winter followed by coffee and biscuits. Please come and admire the displays of the flower arrangers of the village; and also for the launch of 28 Days of Prayer for King Charles III (See below).

An Easter card can be found in the church listing all the Easter services and offerings within the Benefice.

Sunday, 16th April at 10am - Service of the Word.

Sunday, 23rd April - No service at Friston, but an opportunity to attend services at Aldeburgh, Knodishall and Aldringham - all members of the Benefice whose members and congregations we welcome the following

Sunday 30th April at 10am - when Friston hosts a service for the Alde Sandlings Benefice. It will be led by Revd Sarah du Boulay and will be followed by coffee in the Village Hall. We are anxious to show Friston at its best and hope that you all might turn out in force to welcome them.

Getting ready for the Coronation of King Charles III

A historic moment in the life of our nation, the Church of England has compiled an attractive booklet of daily prayers. Beginning on Easter Day, Sunday 9th April - four weeks before the Coronation, the booklet offers a prayer, a short reading and reflection on a different theme for each day. Come to our Easter Service and you will receive your own free copy and it will be available in the church in the following days. Our church will be helping and joining village celebrations throughout the Coronation weekend. simonive@aol.com

Allotment Association

With the soil now warming up second early & main crop potatoes can be planted this month. Early sowings of lettuce & peas can now be made along with spinach, carrots & parsnips. Herbaceous perennials can be safely divided now growth has started. On sunny days vent greenhouses & cold frames to avoid growth becoming too soft & more vulnerable to attack by pests & diseases. As annual weeds start growing hoe regularly to avoid them becoming established. We have two vacant plots on the allotments, if you would like more information please contact the Parish Clerk

Thursday Ladies Club (TLC)

TLC meets on the second Thursday of the month, 7pm - 9pm at Friston Village Hall. Guests and new members are always welcome. In March we had the pleasure of meeting Dave and Bernie from East Anglian Air Ambulance who told us the history and day to day operation of this vital service as well as surprising us with their first hand experience of it. On **13th April** we will focus on collecting as a pastime with Mike Lewis telling us about his coin collection. We will then invite members and guests to tell their stories of collecting or collections they have seen. **Come and join us on Thursday 13th April 7pm - 9pm.** £3 entry including refreshments. thursdayladiesclubtcl@gmail.com Wendy Ireland 07948 150022

Friston Wildlife Watch

Flowers are everywhere, popping up in the garden, amongst the trees, along the banks: primrose, daffodil, celandine, hyacinth and dog violets, all a welcome and colourful reminder that spring is here at last! However, I am instead going to write about Lichen. I was walking through the churchyard the other day and the early morning sun highlighted these splashes of white on the grave stones: like paint-ball splats of pale silvery paint, but this was graffiti of the natural kind. I read that some lichens found in churchyards are actually as old as the gravestones on which they are found. Lichen is not a plant or a moss but actually a complex organism that is a 'symbiotic association between a fungus and an alga and or Cyanobacteria'. It is such an interesting, extraordinary and strange organism that I can't possibly try and explain it here, but I thoroughly recommend further research. Lichen comes in different colours from bright yellows and greens to silvers and greys, you can find little sage green rosettes and red/brown whorls decorating the surfaces of benches, brittle, crusty growths on branches of trees, feathery silvery balls of seaweed or, my favourites, those that look like alien landscapes, with little fairy-cup like protuberances. I promise that once you start seeing lichen, you will just keep seeing it everywhere! (see Baader-Meinhof or frequency illusion phenomenon).

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 April 2023.**

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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