



The Swift

FRISTON VILLAGE NEWSLETTER



Friston Warm Space at the Chequers

The Friston Chequers are offering a 'warm space' to anyone in the village to come and keep warm and have a free hot drink. We have 3 volunteers that are offering to collect and drop back home anyone that requires assistance in getting to and from the pub. 01728 688039 TheFristonChequers@hotmail.com

Reclaim the Rain

Friston is one of six villages across Norfolk and Suffolk chosen to be a part of 'Reclaim the Rain', a £6.4 million project funded by Defra. Reclaim the Rain is a six-year-long joint Norfolk and Suffolk County Council project. Following a successful first drop-in event in Friston in November, the Reclaim the Rain team are keen to meet, learn from, and engage with you again. In hopes of meeting more of you and building on previous conversations, we'll be hosting another drop-in session in Friston on 30th January at the Village Hall from 6 - 7:30 pm. The team will be sharing more about the project, what we hope to achieve, the results of our community survey, and answering any questions. We will be providing refreshments of hot drinks and biscuits.

Don't miss the opportunity to have your say in our survey! A hard copy of the survey accompanies this month's Swift, with a QR code also provided to access the survey online. Your responses will help us understand people's opinions on flooding and drought, as well as how Reclaim the Rain can best support Friston moving forwards. In the meantime, if you would like to learn more or get in touch with us, visit: reclaimtherain.org.

News from St Mary's Church

Our heartfelt thanks to all who supported our carol service and made it such a memorable occasion. Clearly, the residents of Friston are a hardy breed turning out on the coldest night of the year and generous in spirit. A 'full house' enjoyed the decorated church as Margaret Fife had galvanised her flower arrangers to new artistic heights. Alan Bullard had assembled a twelve strong choir and our nine readers were drawn from across the community. The congregation sang lustily and their generosity was reflected in that we were able to donate £300 to the East Anglia Children's Hospices (EACH). All topped off with mulled wine and mince pies in the warm village hall!

Our challenge is to encourage and sustain this support through 2023. We hope that you might try out some of our services during the year ahead. There is a determination to revert to weekly Sunday services, but that will be delayed whilst many of our non-stipendiary clergy are indisposed and we pray for their continued recovery. The good news is that our own Marie (Szpak) has trained to become an Elder and will be able to lead some services. This is a tremendous commitment of her faith and dedication to our church and community. We are so grateful and wish her well. Indeed, you have your first chance to support her by joining us for her commissioning (along with other Benefice Elders) at Aldeburgh Parish Church, 10.30am, Sunday 8th January. She will be commissioned by Archdeacon Jeanette Gosney and the service led by Revd Sarah. Marie's first service at Friston will be 10am (yes, we are starting Friston services at 10am, much more civilised!), Sunday 22nd January. Here is our rota of January services:

Sunday 1st January - No service but brunch at The Old Chequers!

Sunday, 8th January, 10.30am at Aldeburgh Parish Church, Holy Communion (Common Worship) and Commissioning of Elders.

Sunday, 15th January, Friston 10am, Holy Communion (Common Worship) led by Revd. Sarah.

Sunday 22nd January at 10am - Service of the Word with hymns led by Marie - her first service!

Sunday, 29th January, Benefice Service, Holy Communion (Common Worship), 11am at Aldringham, St Andrew.

Finally, thank you to everyone for your help in 2022 and we wish you all a Happy New Year!

Simon Ive simonive@aol.com

Friston Allotment Association

Christmas pot grown Hyacinths after flowering can now be planted in the garden. Bare root fruit trees and bushes can be planted when the ground is frost free. Seed potatoes will be available to purchase this month

as well as onion sets and shallots. Starting early potatoes can be placed in trays or egg boxes on a window sill to chit. Cover rhubarb now with old buckets or large pots to force it to produce pink tender shoots.

Parish Magazine

The four Parishes magazine will continue to be available for Friston residents after all but there will be a charge from January 2023 of £4 for the year. If anyone has not previously received the magazine but would now like to do so, please contact *Elizabeth Ashton* on 01728 688892.

Friston Recorder

Thank you to everyone who has given me information for the Friston Annual Report 2022 to cover the months before I took on the role. I hope to share this with you once it has been accepted for the Suffolk Archive. Also thank you to those who have offered to share their memories of Friston or given me contacts to pursue. I look forward to following all this up in the New Year. *Elizabeth Ashton* 01728 688892 fristonrecorder@gmail.com

Thursday Ladies Club (TLC)

We had a fun meeting in December with Karen Lear, florist, who created some magical Christmas arrangements for the home. This was followed by a Christmas party. For January's meeting we will be joined by local artist, Carole Massey, who will demonstrate painting with water colours. Carole is very talented and paints and draws human and animal portraits as well as landscapes. Not to be missed.

Date: Thursday 12th January, Time: 7pm - 9pm, Place: Friston Village Hall

Tea, coffee and biscuits as well as a raffle. If anyone needs a lift to enable them to attend please let me know. thursdayladiesclubtcl@gmail.com *Wendy Ireland* 07948 150022

Friston Wildlife Watch

The twelve days of Christmas inspired by Mr Pheasiwig (get it?) our recent regular garden visitor who likes to sit in our old apple tree:

Please feel free to sing along:

On the first day of Christmas my true love sent to me - A Pheasant in an apple tree. 2 Fieldfares (actually only one). 3 Cheeky robins. 4 Collard doves. 5 Goooooldfinches. 6 Geese a honking (not strictly IN my garden). 7 Blackbirds rustling. 8 Pigeons flirting. 9 ladybirds sleeping. 10 empty bottles (where did they come from?) 11 Holly berries 12 Sparrows chirping. And Mr Pheasiwig in an apple tree!

Hope you have a happy and healthy New Year! *Briony Sones*



Cold Weather Reminder

The recent cold weather is a reminder, especially to new residents that Friston can easily be cut off if there is heavy snow or high winds so please be prepared.

Keep a good supply of medicines and the like. Have some extra essentials in the store cupboard, including meals which can be heated easily. Be prepared for power cuts with candles, perhaps camping stove and a good torch and spare batteries as well as matches. Don't forget pets and other livestock and their needs. *Christine Brooks*

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 23rd January 2023.**

A Christmas Quiz for all the family!

Q. What kind of music do elves like?

A. Wrap Music

Q. What do Snowmen call their offspring?

A. Chill-dren

Q. What's St. Nicholas's favourite measurement?

A. The Santameter

Q. Where do Christmas plants go when they want to be movie stars?

A. Holly-wood!

Q. How do Angels greet each other?

A. "Halo"!

Q. Which of Santa's reindeer has the worst manners?

A. Rude-olph, of course!

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.

Mrs. Phillippa Welby fristonclerk@gmail.com or phone 01502 478094.