



## FRISTON VILLAGE NEWSLETTER

### Parish Council

The Parish Council are looking for someone to take on the role of Booking Clerk for the Village Hall. If you're an organised person who would like to be part of the team keeping our Hall open and viable, please contact the Clerk. The current sponsors of the Swift have generously been funding for the newsletter for over two years and this has been greatly appreciated by residents and the Parish Council. The Parish Council have agreed to take on the cost from now on but would gladly welcome any form of sponsorship.

### Friston Open Gardens - Sunday, 18<sup>th</sup> June, 11.30am - 5.30pm

This is one of our two most important fundraisers for your church. We would welcome some more gardens to stimulate interest, so please contact me with your offers. Meanwhile, Margaret and William Reeve have advised that their flower meadow has been left to regenerate itself and nature being nature we are all waiting to see whether it will recreate the memorable scene of Spring 2021. We have included the meadow in the route map as part of the attraction of the day. However, please remember this is private land and you should not deviate from the public footpath. Entry remains at £5 per adult in these difficult times and tickets can be obtained on the village green. We are indebted to all of you who help to make this happen. Not least Linda Grover who has kindly agreed to manage light lunches and refreshments in the village hall. She needs donations of cakes and offers of help to set up and during the day. She can be contacted at [lp.grover@icloud.com](mailto:lp.grover@icloud.com). Enjoy the day! [simonive@aol.com](mailto:simonive@aol.com)

### Thursday Ladies Club (TLC)

TLC meets on the second Thursday of the month from 7pm-9pm in Friston Village Hall. (NB: first Thursday in July, 6th, as Classics on the Green takes place on July 13th). In May we were engaged and inspired by local Pastel Artist, Teresa Seals, a very talented artist. On **8th June** PC Simon Green, Community Engagement Officer, Suffolk Constabulary, will join us and show a video on the day in the life of a new Police recruit. Simon will then talk about his role and leave time for any questions. Come and join us and meet your local Police Officer. £3 entry including refreshments. Email : [thursdayladiesclubtcl@gmail.com](mailto:thursdayladiesclubtcl@gmail.com) Wendy Ireland : 07948 150022

### Friston Recorder

I have been delighted to receive photographs and further information on events that have taken place in the village since 2000. All this will enhance my yearly reports for this Century to be placed eventually in the Suffolk County and Friston village Archives. Thank you to everyone who has taken an interest in the role of Village Recorder. email : [fristonrecorder@gmail.com](mailto:fristonrecorder@gmail.com) or mobile 07507 947486 Elizabeth Ashton

### Exhibition at Aldeburgh Gallery, 143 High Street, Aldeburgh. June 15<sup>th</sup> to June 21<sup>st</sup>

Ian Cook, who has a cottage in Friston, has been a professional photographer since the 1960s. His work has appeared in various publications around the world. Two years ago Ian had a successful exhibition at the Aldeburgh Gallery with pictures of personalities ranging from Mick Jagger, Rudolf Nureyev and Leonard Cohen to Liza Minnelli, Joanna Lumley and Dame Edna Everage. Now, after going through his files, he has come up with some more well-known names and a large selection of photogenic places he has had the fortune to visit while working. Tel: 020 8692 7211 email: [ianmcook@aol.com](mailto:ianmcook@aol.com) web: [www.iancookphotography.com](http://www.iancookphotography.com)

### Friston Goes Green

One year I feel sure we will choose to hold this event on a warm sunny day! Nevertheless, through the hard work and dedication of the organising group: Rachel, Maggie and Briony we managed to raise £1200 for St Elizabeth's Hospice - this is a record in the four years that we have been holding the event!

As with all our events, there are so many people to thank: our growers, cake, scone and preserve makers and those who donated items for the Recycle/Reuse stall. Yet again though, there are several people who I must mention by name: Simon, for taking on the responsibility for advertising the event and putting up signs in the

Village, to Rosemary, who came for a look round and ending up spending hours behind the cake stall, Sandra, our beekeeper in Low Road for her very generous donation of jars of honey and our newly discovered star baker Sam from Church Road who donated the most beautifully decorated small cakes. Remember if you plant your wildflowers seeds and any produce from the sale and you are happy with the results please post photos on the Friston Facebook page. *Marie Szpak*

### **Friston Coronation Day**

I just want to say a big thank you to the team who helped me to organise the celebrations for the day in the Village Hall. The team: Caroline, Tricia, Wendy, Maggie and Briony were brilliant: organising the decorating and setting up of the Village Hall, the raffle, the making of teas and coffees and of course the clear up! A special mention must go too to Paul Carlaw who so brilliantly organised the technology for the day and enabled us to watch the whole event on a big screen with tremendous sound! There are so many others, too many to mention by name but special thank yous must go to our anonymous donor whose 'gift' allowed us to purchase the commemorative wildflower seeds and buy the goodies that went into our hamper of local produce, and the Lighthouse, Aldeburgh, who donated £70 of vouchers for their restaurant. The event was never designed to be a money-maker, it was to bring members of our community together to celebrate this special event - a throwback to the street parties of years gone by; but by selling raffle tickets we raised £210 - we donated £50 to the Village Hall who had waived the fee for letting the Hall and the remainder £170 we have donated to Alzheimer's Research UK who do such wonderful work. *Marie Szpak*

### **Friston Allotment Association**

With the risk of frost now past, runner beans, courgettes & squash can be safely planted outside, along with tomatoes after hardening off. Be ready to protect brassica plants from pigeons & cabbage white butterfly with nets. During hot weather keep good ventilation on greenhouses & cold frames to prevent overheating. Watering will be needed in prolonged dry weather for vegetables & newly planted trees & shrubs. Stop harvesting asparagus by the end of June & apply a general fertiliser to help regain strength for next year's crop.

### **News from St Mary's Church**

The combination of clergy indisposition, holidays and Open Gardens means there are only two services at Friston during June:

Sunday 4<sup>th</sup> June at 10am - Holy Communion (Common Worship) led by Revd. Sarah du Boulay.

*Sunday 11<sup>th</sup> June - No service at Friston, Sunday 18<sup>th</sup> June - No service at Friston being Open Gardens Day*

Sunday 25<sup>th</sup> June - Service of the Word led by our Elder, Marie Szpak.

### **Friston Wildlife Watch**

You may be surprised to learn I have two Superpowers. The first, appointed to me by my mother, is the "power to make a room untidy just by stepping into it". Talent indeed. The other is that I can attract any stingy or bitey insect from within a 10 mile radius, just by putting on a summer T-shirt and stepping into the garden. There are insects I can forgive for being a bit tricky: bees, ants, spiders, even wasps have a certain purpose, quality and beauty, but there are 4 creatures which I cannot abide and they should be banished from earth: 1) The horse-fly (Tabanidae) is a really nasty black insect with the most excruciating bite. It is only the females that bite (as they need protein from blood to produce their eggs). The reason it is so painful is because their mouthparts have a big stabbing organ with two pairs of sharp cutting blades that saw into your flesh. 2) The mosquito (culiseta annulata) is a really spiteful little insect who will stick SIX needles into your skin (just the females again) and inject saliva which will cause an allergic reaction. 3) The flea (Siphonaptera) - I almost got tricked into thinking a flea could be likeable when I visited Tring Natural History Museum where there are two fleas dressed as a little Mexican man and woman. Do not be fooled. Fleas are tiny evil wingless insects that will jump up to 200 times their body length so they can suck your blood through their proboscis. Their saliva will cause the bite to be unbearably itchy. I thoroughly recommend the museum though. 4) The Tick (Ixodeda) is a parasitic arachnid that actually revolts me so much I can't bear to write about it ...Just no! Dear Friston I promise I will write about something beautiful next month. *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 26<sup>th</sup> June 2023.**

All information correct at time of publication. This newsletter is funded by Friston Parish Council and lightly edited by the Parish Clerk. Thank you to all contributors and deliverers.  
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