



# The Swift



## FRISTON VILLAGE NEWSLETTER

### Substation Action - Save East Suffolk

SASES has now received judgement in its Court of Appeal case which was heard in December last year. Very disappointingly SASES has not been successful. The appeal was brought on two grounds, first that surface water flood risk at Friston had not been properly addressed, despite there being a high surface water flood risk, and second that evidence relating to the cumulative impact of the National Grid Interconnector projects (Nautilus and Lionlink (formerly Eurolink)) had not been taken into account.

SASES is considering its next steps including seeking leave to appeal to the Supreme Court.

SEAS is also pursuing its case in the Court of Appeal which is being heard in February. More details are available on the SEAS website [www.suffolkenergyactionsolutions.co.uk](http://www.suffolkenergyactionsolutions.co.uk)

### Parish Council Dog Ownership - a messy responsibility

Friston is a village bestowed with many beautiful footpaths. Unfortunately, due to the actions of a minority these walks are becoming not so enjoyable. Instead of looking at the views and wildlife, walkers are increasingly having to look down at their feet to avoid standing in the result of irresponsible dog owners. Let's dispense with the niceties, dog mess is revolting. It sticks to whatever it comes into contact with, meaning the unwary walker takes it home with them. The countryside whilst nice to enjoy is also a place of work for many. Some fields produce the food we eat and although most farmers use muck, they tend to be choosy on what type they spread. Friston has plenty of dog waste bins around the village, please be a responsible dog owner and use them. The message is simple - bag it and bin it. If there's not a bin nearby, take it home.

### Reclaim the Rain

Reclaim the Rain has just launched a Project Newsletter! This newsletter will provide detailed updates for each of our six communities, specifically covering any progress as we enter the detailed design and delivery stages of the project. If you wish to read this or receive any future editions, please check out our website where it's been published or contact us to express your interest in being added to our growing mailing list. Get in touch with your Suffolk team, Ruby and Sian, via our website ([reclaimtherain.org](http://reclaimtherain.org)) or using our email: [reclaimtherain@suffolk.gov.uk](mailto:reclaimtherain@suffolk.gov.uk).

### February Services at St Mary's Friston

Sun 4<sup>th</sup> Feb at 10am, the 2<sup>nd</sup> Sunday before Lent - Holy Communion Service, led by Revd. Sarah du Boulay.

Sun 10<sup>th</sup> Feb at 10am, the Sunday Next before Lent - Service of the Word led by Marie Szpak

Sun 18<sup>th</sup> Feb at 10am, the 1<sup>st</sup> Sunday of Lent - Holy Communion Service, Common Worship, led by Revd. Nicky Winter.

Sun 25<sup>th</sup> Feb at 10am, the second Sunday of Lent, Service of the Word, led by Revd. Mary Brown.

Knodishall- St Lawrence Church: Wed 14<sup>th</sup> Feb at 6pm Ash Wednesday Service, led by Revd. Sarah du Boulay and Revd. Mary Brown.

Friston Carol Service - I am delighted to inform you that we raised £354.50 at our annual carol service in December. The money has been sent to East Anglian Children's Hospice (EACH). Thank you to all who donated.

### St Mary's Friston Welcome from Revd. Sarah and Open Morning

Happy 2024 everybody! (I know I'm a bit late, but I do hope that this year is going to be a good one for Friston). I wanted to take the opportunity of introducing myself to people who I haven't yet had the chance to meet, and to catch up with old friends. My name is Sarah, and I am the Rector of St Mary's in Friston (we're the Church of England church on Church Road). Our Assistant Curate Mary lives in the village and has now been with us for 6 months. Together with the team at St Mary's, we just want to make sure that everybody knows they are very welcome to visit the church at any time (it is left unlocked during daylight hours) for peace and quiet and prayer, or just to look around the beautiful building. We have a service every Sunday at 10am, and are around in between times should you want to get married, baptised, or need support during difficult times. We'd love to get to know

you better, and are always very happy to have a cup of tea and a chat. Please do feel free to contact either Mary or myself on: [Revd.sarah@btinternet.com](mailto:Revd.sarah@btinternet.com) (01728 582213) or [revd@mary-brown.co.uk](mailto:revd@mary-brown.co.uk). Finally, we'd like to invite you to our church open morning, to be held at St Mary's on Saturday 10<sup>th</sup> February. Please come along to meet us, see what we do, or just to have a go at bell ringing, organ playing, explore our beautiful churchyard, or have a cup of tea and a slice of cake. Everybody is very welcome. Looking forward to seeing you soon, with prayers Rev'd. Sarah du Boulay Rector

### St Mary's - Organists Wanted!

Friston parish church would warmly welcome any organist or pianists willing and able to play the organ for Sunday services. Please get in touch with Mary Brown if you are interested: [revd@mary-brown.co.uk](mailto:revd@mary-brown.co.uk). If you would like to try out our organ, you would be most welcome to come and have a go during the upcoming open morning.

### Friston Allotment Association

Shrubs and both soft & top fruit will benefit with a feed of fish, blood & bone or pelleted chicken manure to promote healthy growth & crops during the coming year. Climbing roses can be pruned now but delay pruning HT & floribunda roses until March to avoid any late frosts. Snowdrops can be divided to increase numbers while in leaf. Complete cutting hedges before March when birds will start nesting. Friston had 35ins. of rainfall recorded during last year, 22.5ins of which fell in the last 6 months, compared with our average rainfall of 22ins. per year for this part of Suffolk. We will all hope for less in 2024.

### Friston Recorder

The work to record the Friston years 2000 - 2021 is nearing completion. Grateful thanks are due to Hazel and Alex Wright for their valuable contributions. The records will be available on the village website in due course. I am now keen to know if anyone is interested in joining me to set up a Friston village history group and/or just a Friston village archive.

Please contact me to let me know of your interest or to find out more [fristonrecorder@gmail.com](mailto:fristonrecorder@gmail.com) 01728 688892

### Thursday Ladies Club (TLC)

In January we welcomed a very inspiring couple, Amanda and Toby from Leiston. Amanda spoke about her commitment to help us achieve zero waste through her Refill Store and Toby told us about Project 40seven providing assistance, support and much more for those in need. At our next meeting on 15th February, Elizabeth will tell us about her 30year career working with adults who commit crime and the victims of crime. Ladies from Friston and the local towns and villages are welcome at Friston Village Hall on the 15th. £3 entry (£10 annual membership), tea or coffee and cake. Any enquiries phone Wendy 07948 150022

### Friston Wildlife Watch

Now if I said to you 'Drosophila melanogaster!' you may be forgiven for thinking I was casting a spell or talking incoherently. However if there are any biologists out there I am confident they would know immediately what I am talking about... fruit flies! Last summer I had the pleasure of spending a sunnyish afternoon sitting in a pretty Friston garden, chatting to a young scientist who had recently written her dissertation about these tiny flies. Seemingly rather benign insects that annoyingly hang around your ripening bowl of fruit or compost heap, fruit flies are actually really important in many branches of scientific and medical research. There are many reasons for this: apart from the fact that they are economical as they need little space, care and equipment to keep, they also have a rapid life cycle, so several generations can be studied in a short period of time. However, most importantly they share over 60% of the same DNA with humans, making them a model organism used in at least six Nobel prize winning scientific breakthroughs! In addition to this, they are of course an important element in our ecosystem, helping to clear up dead organic material and providing a food source for other creatures. On a final note, fruit flies like to get drunk on fermenting fruit, causing them to fall over, become clumsy, amorous and resulting in them making inappropriate choices for sexual partners... sound familiar? I'm saying nothing. So, the next time you see these Nobel Prize winning detritivores lurking around your squashy fruit and vegetables, maybe stop and give them a nod of respect. *Briony Sones*

*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 19<sup>th</sup> February 2024.*

All information correct at time of publication. This newsletter is funded by FPC & donations from residents and lightly edited by the Parish Clerk. Thank you to all contributors and deliverers.

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