



The Swift

FRISTON VILLAGE NEWSLETTER



Parish Council

The Parish Council have a mystery to solve! The village photograph album in the Village Hall has not been returned to its usual cupboard. If anyone has taken it for safe keeping or to borrow for a project, please could they let the Clerk know or return it to a Councillor. This album contains a fascinating recent history of the village and the Parish Council would like to know it is safe. The Council are also pleased to announce that a resident has continued to sponsor the Swift in to the New Year. Please send any contributions to the Clerk.

News from St Mary the Virgin

At the time of writing it is good to be able to report that services continue at St Mary the Virgin. There was a happy occasion at the end of September when our curate, Revd. James Marston, celebrated the Eucharist following his ordination to the priesthood earlier in the month. October brings our Harvest Festival on 4th October (scaled down a little in view of current restrictions), to be followed by CW Holy Communion on 11th; CW Morning Prayer on the 18th and BCP Morning Prayer on 25th. We may not be able to sing at present but you will be assured of a warm welcome. (Please remember to wear a face mask when in church!) *Revd. Nicky Winter*

Peter Berry 'Slow Puncture' Book Launch - Saturday 3rd October 12 Noon at The Old Chequers

Peter and Teresa Berry are delighted to let you know that "Slow Puncture" is available from The Book Guild (<https://www.bookguild.co.uk/>), as well as online from Waterstones, WH Smiths, Foyles and Amazon. Below is the 'blurb' from The Book Guild which gives a sense of what the book is about:

This is an account of a year in the life of Peter Berry, an ordinary man living in a sleepy Suffolk village. Happily married and running a successful business, Peter's life changes when, at the age of fifty, he is given a terminal diagnosis of early onset dementia. Since that day, he has learned to live with his very own 'dementia monster'. From depression and suicide attempts through to his determination to confront his dementia, Peter has embarked on a series of challenges to show that 'life isn't over with dementia, it's just a little different'. Peter has now raised thousands of pounds for dementia charities, cycling hundreds of miles in his quest to show that life is always worth living. When Peter meets Deb, recently retired, they embark on regular cycle rides and, as their friendship grows, Deb is able to look at her own life through the lens of Peter's dementia. In Slow Puncture, Peter tells the world what it is really like to live with a terminal condition and Deb learns to enjoy each day more fully. With a foreword by best-selling author Wendy Mitchell, author of Somebody I Used to Know, this is an inspirational look at both living in the present and coping with dementia.

Covid permitting and with appropriate crowd control, we will be at The Old Chequers on 3rd October 2020 at noon to sell and sign copies of the book. We only have 20 books available and so it might be advisable to purchase online and to bring your own copy just in case we run out on the day! *Deb Bunt*

Suffolk Historic Churches Trust Bike Ride - 12th September 2020

Well done Ian Shipman on his magnificent achievement! Mary and Ian have been participating in this event for over 20 years. However, this year Mary was busy at work on her SPR Written Representations (what joy!) which left Ian to cycle 45 miles and visit 29 churches. Setting off from Friston Church at 9am he travelled north as far as Uggheshall and Stoven returning back via Blythburgh, Kelsale and Saxmundham. He raised a record £1,200 thanks to his commitment and the generosity of his sponsors, almost all from within Friston. Half this amount will be returned to Friston Church with the remainder used by the Trust for grants for repair and restoration work to historic churches in the area. As Treasurer of Friston Church I am especially appreciative of

his success and the generosity of those who supported him. It is a measure of the regard and affection with which he and Mary are held and I would hope the value attached to your Church. The loss of income from our events has left a large hole in the finances so I am grateful for this help. It does not compensate for the lack of being able to get together and we can only hope the opportunities for our events are better next year. Thank you then to everyone and not forgetting those who sat in the Church and whose welcomes were much appreciated by those visiting and participating. *Simon Ive*

SPR EA1N and EA2 - SASES Update

Following the Preliminary Meeting on 16th September, the Examination by the National Planning Inspectorate gets fully underway with the Open Floor Hearings. The timings are as follows:

Wednesday 7th October 6pm, Thursday 8th October 2pm and Friday 9th October 10am

Further details will not be available until after this newsletter has been printed. Therefore, you will need to keep in touch by referring to the two Planning Inspectorate's websites which are most easily accessed by clicking on to the links at the action group website, SASES.org.uk. Many individuals have registered to speak, including members of SASES but are limited to just five minutes and only one speaker for each household. This has caused consternation since it limits the number and diversity of views that can be voiced. If you feel strongly, contact the Planning Inspectorate. We hope you will follow these hearings, which can be accessed via Microsoft Teams at home, even if not all the time. Audio streams will be available after the hearings. They are means of following progress and signify your interest and support for those working so hard. The Planning Inspectorate will advise the links in due course and these will appear on the SASES website. They will be useful for Interested Parties working on their Written Representations which have to be submitted by 2nd November 2020. Hopefully the sessions will be lively and informative. Sadly, but inevitably many found that they were unable to follow the Preliminary Meeting because of poor broadband connectivity and have felt disenfranchised. It is not at all satisfactory and protests have been made. There is little more that can be done, but we shall endeavour to keep you informed. It is emphasised that the Examination is primarily a written process. Meanwhile, we always welcome your feedback to help in our work. *Simon Ive*

Friston Wildlife Watch

I regularly have the pleasure of working at Minsmere, and last week, as I was pushing my wheelbarrow through the woods minding my own business, something hit me hard on the head. For a brief moment, 2020 being as it is, I considered the chances that the sky really was falling in, but it was in fact a perfectly formed little brown acorn. Autumn is here and the fruits of those magnificent Oak trees are ripening and falling, unfortunately for the Oaks most of these pretty little nuggets of goodness are eaten long before they are able to grow into a tree. If a flower bud escapes the gall wasp earlier in the spring, it is likely to be eaten by a Jay in summer, nibbled or snaffled by a hungry Mouse or Badger in the autumn or secreted away by a Squirrel ready for the colder months. The Oak is an extraordinary tree that can live for many hundreds of years and apparently can support over 330 species of insects as well as many different types of lichen, fungi, flora, birds and mammals. On my walks around Friston I have my favourite Oak trees, there is a handsome tree on the left hand side as you drive into the village on Mill Road, which at the right time of day looks fabulous in silhouette against the sky. I also love the gnarly Oaks in the hedgerows along the public footpaths on Friston Moor, they support a variety of Oak galls and their canopies are always full of song birds. Do you have a favourite tree in Friston or the surrounding area? fristonvillage@gmail.com *Briony Sones*

Poetry Corner

A COVID DITTY

The roaring lion shook his head with
loudest roar, Winter's dead!
Look forward folks, lift your face, the
warmth of spring, there, ahead.
But stealthily, the dragon lurked, creeping
gliding over land
Mists of fiery breath, bring fear, a war? No
worries, we will withstand.

The nation stopped. What's this furore?
Inside they ran and slammed the door
We'll let them tussle, all this will settle
Of course our lion has the mettle
To sort a panting fiery beast who lumbered
here from out the East

This is no battle it's a struggle with all of us
right in the muddle
Like dancing circles round we go. Today
hold hands tomorrow NO!
The rainbows shone, the tin pots rattled,
Of course it seems we're all embattled.
While spirits rise and fall again, the pubs
may shut I feel that pain
We mask our gloom and wink an eye to let
you know, we will get by.