



The Swift

FRISTON VILLAGE NEWSLETTER



Parish Council

The Committee of the Alde Valley Suffolk Family History Group have been given around 45 photos of Friston and would like help in identifying them. Please contact the Clerk for more details on how to take part. If you would like more details on the Society visit their website <http://aldevalleyfamilyhistorygroup.onesuffolk.net/>

The Council are hoping to meet on Monday 14th September a 7pm in the Village Hall - subject to Government guidelines.

Village Hall

The Parish Council have recently taken over the running of the Village Hall from the Village Hall Management Committee. The Council would like to thank them for all their hard work and dedication to this village asset. In a time when many villages are losing their heart, the Committee kept the Hall running and accessible to residents, ensuring there was always somewhere to meet and get together as a village. The Council will now build on that hard work. The Hall will be available to book from September (in line with Government guidance) after a deep clean. The Book Clerk is Jonathan Burch and he can be contacted on 01728 688655 or email - fristonvillagehall@gmail.com. All bookings must be made through Jonathan to ensure no diary clashes!

Kingfisher Spotted at Friston Church!

On Sunday 16th August, Beth Spendlove's Kingfisher Quartet entertained around 100 socially-distanced audience members in the tranquil grounds of Friston Church. A joyously welcome interlude after months of live-music deprivation! The string quartet showed a remarkable versatility in their programme choices, ranging from Borodin's "Nocturne" to the Beatles "Here Comes the Sun". Thankfully, the weather remained benevolent and the concert had a timely finish, beating the rain. On 23rd August, Kingfisher expanded into an 8 string ensemble, led by Beth and conducted by Geoff Lavery. The Church walls provided a brilliantly acoustic backdrop to their 9 piece programme which featured a lively start with Bach's "Vivace" and a nostalgic finish with "That's Amore", made famous by Dean Martin. I am sure everyone will join me in giving a huge thank-you to Beth and her musicians who had obviously enjoyed playing for us, as much as we had enjoyed listening. Kingfisher raised a magnificent £1,525 for St. Elizabeth Hospice, from the combined retiring collections. *Anita Johnson*



Friston Moor - a new orchestral piece with images by Alan Bullard

Alan who is a composer and resident of Friston has written during lockdown a most evocative and moving nine-minute piece of music for symphony orchestra. He has added visuals to make a short film. Visit YouTube and search for Alan Bullard Friston Moor or go to his website www.alanbullard.co.uk. How music and images can say more than words!

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

Peter and Teresa are popular and genial residents of Friston and are delighted to say that their story is now in print! The Book Guild have published Peter's story, which charts the lead up to his dementia diagnosis and the

impact it had on the whole family, to his remarkable charitable cycle rides and his 'glass half full' attitude to living with the condition. 'Slow Puncture' written by Peter and his cycling companion, Deb, will be available to purchase on 28th September from many outlets, including Amazon. Peter, Teresa and Deb will be delighted to sign copies of their book, pose for photos and to answer any questions about the book or early onset dementia at The Old Chequers at Noon on Saturday, 4th October. The book is £9.95 and there will be 40 books available on the day. *Simon Ive*

Support Ian Shipman - Suffolk Historic Churches Trust Ride and Stride, Saturday, 12th September.

Mary and Ian have ridden across the county for many years for this most worthwhile charity. Ian is exploring more corners this year. Please sponsor his efforts which will benefit Suffolk Churches and half of his sponsorship comes to Friston Church. We are embarking on a long-term project to renovate and refurbish the unique decorations of the interior walls of the chancel and roof so your support will be most appreciated. Our church will be open on the day to welcome riders, walkers and visitors. Contact: simonive@aol.com. / 01728 688106.

VJ/VP Day 75th Anniversary Celebrations - Saturday 15th August

Just before 11.00am a socially distanced gathering listened to the Last Post and held a two minutes silence to remember the veterans and all those who gave their lives at home and abroad so that we could have the freedoms we share today. This was followed by the sounding of the Reveille and Revd. Nicky Winter led 'The Cry for Peace Around the World': a moving service of prayer, reflections and readings to commemorate 75 years since the end of the war with Japan. Finally, the church bells were rung 75 times - one for each year since the end of the conflict. The service was recorded and a short clip was aired on both Saturday and Monday evenings' BBC Look East straight after a clip of the national celebrations, led by Prince Charles. Thanks to Nicky and all involved for making it such a memorable occasion. We have since received a 'Certificate of Grateful Recognition' as a permanent reminder of our involvement in the event. *Marie Szpak*

Stars Come Out in Friston!

I hope some of you braved the hot night air to catch a glimpse of the Perseids? We are lucky to get a fantastic view from our village as our skies are quite dark without too much light pollution. I kept saying: "I'll just stay awake for one more show", needless to say before I knew it I had been star gazing for the best part of an hour! Talking of stars, fans of BBC's Antiques Road Trip, might know of James Braxton, one of the show's antiques experts. He was recently spotted driving around the village in a noisy classic sports car. He was on his way to Aldeburgh, filming for an episode of the programme, which should be aired in January. So keep a look out for our lanes! James was keen to visit the Commonwealth War Grave in our churchyard, and I just had to show him the Royal Coat of Arms in St Mary the Virgin church, he was fascinated by it - C19 guidelines adhered to! *Marie Szpak*

Friston Wildlife Watch

Mid-August was so hot and humid: the birds were quiet, skulking in the bushes to escape the heat and protect themselves through their summer moult. The swifts had all but disappeared on their migration back to Africa, leaving the open skies to the circling buzzards. My desiccated garden was rather tired and forlorn and even the butterflies were looking a little frayed around the edges. Amid the threats of spikes and recession, my 'lockdown' wildlife pond resembled a warm murky soup of blanket weed and bad-tempered wasps; to be honest I was feeling a bit low. Then one evening a perfect mini hedgehog arrived, my first 'hoglet', bold as brass drinking from the birdbath and snuffling in the flowerbeds, the perfect remedy! Sadly, hedgehogs are now officially at risk of extinction, here are some things you can do to help them: leave out dishes of water, food - hedgehog or cat/kitten biscuits are best (not fish flavoured and no milk), build a hedgehog house or feeding station, make sure there is space in your fence for the hog to travel through, always check bonfires before lighting and don't use insecticides or slug pellets. I'm off to build a hedgehog house... For more info, visit: www.britishhedgehogs.org.uk *Briony Sones*