



The Swift

FRISTON VILLAGE NEWSLETTER



Friston Village Support

Happy New Year from the Friston Swift Admin! We are still able to support those who need it, please let us know if you need someone to help you with shopping or a lift for a medical appointment, or if you would just like someone to talk to. Contact: fristonvillage@gmail.com (if you do not have email Briony Sones 07885 560380)

Parish Council

The next Parish Council meeting will be on the 11th January via Zoom. Please contact the Clerk for the login details if you would like to attend. At the time of writing Suffolk is entering Tier 4 which unfortunately means the Village Hall will have to close in line with Government guidelines. We hope to be able to open again soon and welcome back our groups and classes. If you think the Hall may be suitable for your group's needs in the future contact fristonvillagehall@gmail.com for further details and rates.

News from St Marys the Virgin

Hello and Happy New Year for 2021. It feels a little bleak I know at the moment, but it WILL pass and we will be together again, praising God in our own Church. We are blessed with such a kind hearted community here in Friston and, despite the trials and tribulations (of which COVID was only one) of the past year, we have survived and thrived as a Church online. Whatever happens over the next few months there will be Compline on-line on Wednesday evenings at 6pm - contact Martin Steadman, one of our elders for a link, martin@steadman.me.uk for a link. It's really easy to join, short and spiritual. All are welcome whatever your usual place of worship!

Our Advent services were, as always, beautifully prepared and delivered and the Church was given a beautiful light filled make over by Emma and Martin for our 'Friston Christmas' Service on 22nd December 2020. Beautiful swathes of greenery and as always a beautifully decorated Christmas Tree by parishioners completed a magical effect that gave the service a very atmospheric touch. A wonderful collection of poems, readings, reflections and of course beautiful music - both live and recorded with Emma, Martin, Alan and Jan Bullard providing beautiful carols written by Allan himself was enjoyed by those who were able to attend. Heartfelt thanks go to our Clergy and Elders and all those who helped prepare the Church for this very special season. Despite the Tier 4 lockdown, we are present allowed to continue with Church services at St Mary's and there will be a service on Sunday 3rd January at 9.45am. We will be guided by our Clergy as to what happens after this - however, for those who do not feel able to come to the Church I know that there will continue to be an online service provided by Mark and we are all grateful for this.

So it has been a year that most of us would rather not remember too well - however, we can still rejoice in the good things - the willingness to help; the clap for carers; the beautiful Acts of Remembrance in the Churchyard and the work done by Margaret & Ann Savage to commemorate these events both at the porch and by the War Memorial to name but a few. Here's to 2021 bringing a measure of normality back into our lives and the opportunity to enjoy the many village events that make Friston so special. *Carole Edwards Church Warden*

Do you like flower arranging? At St. Mary's we are wanting to expand our team of volunteers, we are looking for anyone who could spare the time about twice a year to do the flowers in Church. If this is of interest and you would like more details, please contact Margaret Fife either by email p.fife@btinternet.com, or 'phone 01728 687759.

Friston Wildlife Watch

Something lurking in the corner of the front porch caught my eye the other day, when I looked closer I saw that it was a small cluster of ladybirds - they are hibernating. I know there are more ladybirds in the house, but they have inserted themselves into the nooks and crannies of my lovely but holey and draughty home - the joys of living in an old property. They huddle together to keep up the moisture in their bodies and to regulate their temperature and will re-emerge in the spring on a warm sunny day. It got me thinking about how other animals survive the winter. Apparently there are only three mammals who truly hibernate in the UK and they are

hedgehogs, bats and dormice. Hibernation is 'a state of inactivity and decreased metabolism': for the hedgehog this means the body temperature drops to match the temperature outside, the heart rate slows down from 190 beats per minute to 20 per minute and respiration slows to just one breath every few minutes! The birds that stay in winter, survive by fluffing out their feathers to keep warm during the day. At night they select a roosting place, maybe creep in between the bark and trunk of a tree, roof spaces, or into thick vegetation like ivy. They also slow down their metabolism to conserve energy and often huddle together with others. I don't know if anyone else found a surprising butterfly fluttering in their homes in the late autumn? I found a peacock butterfly just last week in my sitting room. The majority of butterflies overwinter in the larval or pupae stage but some, like the Small Tortoiseshell, Peacock and Comma will hibernate as an adult - apparently they need a cool place to rest, a shed or garage is better than a centrally heated home; if you find one you could put it in a cardboard box in a cool place but remember to release it in the Spring. And on that note it looks like we may just have to do our own sort of hibernation this winter, so surround yourself with lovely things, take a walk when the sun shines, read a good book, get out the jigsaws, play your favourite music loud, feed the birds and look out for those first little green spikes of snowdrops in January. Happy hibernation everyone! *Briony Sones*

Out and about in Friston at Christmas

Lights in the village - I'm sure inspired by the poem in the December Swift, there was a fabulous display of lights in the village over Christmas! I don't think I'm being biased but the prize has to go to Church Road, it made me smile and lifted my spirits every evening when I drove home from work

Pre-Christmas Supper at The Old Chequers - A lovely evening of appropriately socially distanced 'substantial' meals were enjoyed by many locals and a few drinks too. The evening was graciously hosted by Andy and Carol with a delicious menu from Adam and his team. Looking forward to the pub re-opening soon.

Paul Benney at Snape - If anyone dared to venture further than their front doors in December, they could have seen a giant and hypnotic exhibition of images projected onto the beautiful Victorian Maltings barn and buildings. Paul Benney's 'Night Paintings' was an extraordinary and haunting experience accompanied by the evocative music of Sallis and set under a clear dark sky peppered with bright stars and a wintry moon. This was a free exhibition - Snape is continuing to look at innovative ways to provide entertainment for local people, whether it's free, paid or with a donation. During lockdown you can still walk around the beautiful buildings, along the river and admire and touch sculptures by Barbara Hepworth and Henry Moore, it's a lovely place to visit if you need a change of scene. Keep an eye out for upcoming events at snapemaltings.co.uk

A Friston Christmas - Maybe a little more understated and quieter than the usual Christmas Carol Services at St Mary's Church but nevertheless a thoughtful service in a beautifully decorated and lit church. A big thank you to Emma and Martin for all their thought and hard work. *Briony Sones*

The Old Chequers

Here at the Old Chequers Pub we wish everyone a very Happy New Year. Unfortunately, in this current Covid tier we are unable to open but we miss you all & are looking forward to opening the doors once more in early 2021. Our last day open (for food - "the substantial meal") was Christmas Day & it wasn't quite the same without all of the Christmas villagers jostling for a position at the bar! We still had a good day though & those who did come said how much they enjoyed it. Here's hoping we see you all again soon. With our very best wishes & please stay safe *Andy, Carol & the team*

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.

HM Government

NHS

**CORONAVIRUS
TIER 4**

STAY HOME

**THERE IS A NEW STRAIN
OF COVID-19 WHICH
SPREADS EVEN FASTER**

- Around 1 in 3 people have no symptoms, so will be spreading it without realising
- You must not leave home except for specific purposes: food, medical reasons or work
- Do not travel unless necessary
- Work from home if you can
- ONLY up to two people can meet in public outdoor spaces

For further details, go to gov.uk/coronavirus

STAY ALERT > CONTROL THE VIRUS > SAVE LIVES