

PRESTON PARISH PAPER

Village Activities & News | St Mary's Church | Local Clubs & Events



H.M. QUEEN ELIZABETH II PLATINUM JUBILEE 1952 - 2022



We congratulate Her Majesty warmly on celebrating 70 years as our Monarch. Preston St Mary will be celebrating – see Page 5



If you've any thoughts, points of view, experiences or protests to share, please write to the editors. We would love to hear from you, and so would the rest of our readers.

WHO'S WHO IN THE VILLAGE

Parish Council

CHAIRMAN	Pending		
CLERK	Kay Shorter	249492	prestonpcclerk@gmail.com

Parochial Church Council

RECTOR	Pending		
CURATE	Revd Graham Naylor	07768 283636	graham.naylor@lavenham.church
CHURCHWARDENS	Janet Martin	249020	janet.martin@btconnect.com
	Keith Davis	247112	keithhdavis@btinternet.com

Friends of Preston St Mary Church

CHAIRMAN	Janet Martin	249020	janet.martin01@btconnect.com
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Village Hall

CHAIRMAN	Annie Mason	01449 763640	ranniemason@btinternet.com
SEC./BOOKINGS	Sue Diggins	01449 737187	sdiggins2rda-east.org.uk

Art Group

Monday mornings, 3 terms of 10-12 weeks

NEW MEMBERS	Judy Legg	247515	judyannlegg@gmail.com
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Ladies' Group

Informal gatherings arranged for most months of the year, usually on Mondays

CO-ORDINATOR	Anne Springall	247156	annespringall@gmail.com
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Table Tennis

Thursday Evenings at 7.30 in the Village Hall

CO-ORDINATOR	Dave Williams		williams.jackdaws@btinternet.com
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Carpet Bowls

Friday Afternoons at 2.30 in the Village Hall

CO-ORDINATOR	Maggie Bardzinski		maggiemossbar@aol.com
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The Six Bells Pub

		247440	reservations@thesixbellspreston.com
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Neighbourhood Watch

CO-ORDINATORS	Sue Cawston	247189	kishcash@btinternet.com
	Mervyn Cochrane	01449 737187	

Tree Warden

Pending

Preston St Mary Parish Paper

News of events & village life, distributed free to every household, bi-monthly

EDITORIAL BOARD	Robyn Lloyd Hughes, Jack Tasker, Caroline Gove		editorpstmppaper@gmail.com
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Doctors' Surgeries

Bildeston	01449 740254	Lavenham	378226
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Local Councillors

Suffolk County Council	Robert Lindsay (Green Party)	robert.lindsay@suffolk.gov.uk
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Babergh District Council	Robert Lindsay (Green Party)	robert.lindsay@suffolk.gov.uk
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Community Liaison Officer	Cally Boardman	cally.boardman@suffolk.gov.uk
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Police - Non-emergency number 101

Police Community Engagement Officer – PC Jon Gerrish	ceosudburyhaverhill@suffolk.police.uk
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Our Ward is North West Cosford

JUNE & JULY 2022

**A PASTORAL LETTER FROM THE REVD STEPHEN EARL
ON HIS RETIREMENT AS RECTOR OF THIS PARISH**

Dear Friends,

Our time here in Lavenham and Preston St Mary drew to a close with my final service in the benefice at 10.15am on Sunday 1st May. Preston folk said they'd like to join with Lavenham that day with everyone together, so the decision was made for this to be a Benefice Communion.

Abi and I wish to thank you all for your support and friendship over our time here, almost 12 years. We have put down deep roots and will greatly miss both Lavenham and Preston St Mary and all the wonderful people we have been so blessed to get to know for all or part of this time. We shall also miss the delightful villages and the beautiful rolling Suffolk countryside that we have enjoyed so much.

To have served in this benefice with so many interesting connections and visitors to welcome has been a tremendous privilege, as also worshipping in such magnificent and uniquely special churches. I cannot help but envy whoever is my successor since, were it not for the advance of years and wishing to have more time with our family, we should have gladly stayed longer. But time moves on and so must we, as soon we say *adieu* and cross over the county boundary to not far from the North Norfolk coast and Broads to embark on our retirement. We are looking forward to having more time for some of the leisure things we enjoy and with our families and grandchildren, and with each other!

Here in Lavenham and Preston St Mary it will be good for you to have a new leader with fresh ideas and vision to take forward the ministry of these parishes with you, and I have no doubt when that time comes you will wish to give him or her for your fullest, enthusiastic support.

The appointment process in the Church of England is not the swiftest, but there will be Parish Representatives appointed who I know will be working hard to ensure things move on apace. Meanwhile the running of the parishes falls primarily on the Churchwardens ably assisted by our other clergy and lay Reader. The Revd Graham Naylor who is in his second year of curacy is likely to be providing continuity at least for the time being, helped by the Very Revd Dr Philip Buckler who so thoughtfully led our Holy Week devotions and contributed to our Easter celebrations in both parishes. The churches we bid farewell to, we therefore leave in good hands and importantly in good heart!

There are so many good things we will remember from these parishes, far too many to list! What readily and especially springs to mind has been the resilience of both churches and communities in how each of Lavenham and Preston St Mary in their own ways responded to and recovered from the significant lead thefts of recent years, which felt so devastating and demoralising, with people rallying round to assist, organise fundraising and to ensure the damaged roofs were properly repaired and the churches restored to their former glory. And also more recently in how both churches and communities have risen to the very considerable challenges of the pandemic which has been a hugely testing time for everyone. Individuals, organisations and notably shops and hospitality providers, as well as our churches, have all worked together amazingly in playing their part in providing support, especially to the elderly and most vulnerable. Having risen to the mark so admirably, life is thankfully starting to bounce back.

You will long be in our thoughts and prayers and a warm welcome is assured should you be venturing in the direction of Norwich or North Norfolk where there are lots of lovely places we can meet up! Last but not least, a very big and heartfelt thank you to all in Lavenham and Preston St Mary.

With every blessing,

Stephen & Abigail.

THE COCKTAIL HOUR

With Summer just around the corner, Bubbles has applied her creative spirit(s) to inventing a new, fine weather cocktail:

- 1 shot of Tequila
- 1 shot of white rum
- ½ shot of blue Curaçao
- 1 small tin tonic
- 1 ice cube

Place the ice cube in a tumbler
Add the tequila, rum and Curaçao

Add the tonic.
Stir gently.

It's very good - I've test-driven it! JT

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Email: lee.jardine@outlook.com

Ending a sentence with a preposition is something up with which I will not put - *Winston Churchill*

JUNE & JULY 2022



Preston St Mary Jubilee Celebrations

Street style party
On Sunday 5th June
From 1.00 pm
in the grounds of the Village Hall

The celebrations start at the Church
with an informal service Preston Praise at 12.00

Garden games

Bring along your picnic lunch
to join in the celebrations with
the whole community,
or we can provide a picnic lunch
for £5.00 per person



Tea, coffee
and cakes!

For a donation



Licensed Bar



Ice creams
For sale

Light entertainment
Sing along with
the pop up choir

Tables and chairs will be provided so we need to know numbers
Please call Kay or Steve on 01787 249492

THE ROYAL BRITISH LEGION, LAVENHAM



Many will be aware that there is a social club in Lavenham, but the main raison d'être of The Royal British Legion is to aid and support ex members of the armed forces or their dependents who are experiencing difficulties.

If you fall in that category, or know someone who might, and would like to speak to The Legion, please phone 01787 249571 or 07817 316024 in complete confidence.

HORTICULTURAL NOTES

Natural nourishment....

Now that we're well and truly into the growing season, give your plants a boost with a homemade, nutrient rich feed. It's easy to make, cost effective and chemical free.

For fruit and flowers...

Comfrey is rich in potassium and therefore ideal to use as a feed for fruiting and flowering plants.

- ❖ Harvest comfrey leaves, discarding stems and flowers (wear gloves as the stems are a skin irritant)
- ❖ Chop up the leaves and pop in a bucket of cold water (approx. 10 litres), pressing the leaves down so that the water covers them, or weight down with a brick
- ❖ Cover and leave for approximately 4 weeks
- ❖ The result will be a very strong smelling, dark brown liquid, rich in potassium, phosphorus and nitrogen. Ideal for hungry fruiting crops such as courgettes, peppers, tomatoes. Apply as soon as the fruit appears and regularly thereafter.
- ❖ Strain off the sludge at the bottom of the bucket and pop on the compost heap

Tip – if you decide to plant comfrey, go for the 'Bocking 14' variety as this is non-invasive.

Plant in the shade.

For leafy greens...

Using the same method, but using nettles instead of comfrey, make up a liquid feed for your leafy salad crops and brassicas. Nettles contain more nitrogen than potash so are more suited to leafy greens.

When the comfrey or nettle feed is 'brewed' store in a cool, dark place. To use, dilute one part feed with 10 parts water. Your plants will love you!

Happy Gardening!

Laura Ashford

Preston St Mary Parish Paper Advertising Charges

ONE-OFF ADVERTISEMENTS

Local Events	Free of charge
Full page advertisements for locals	£9.00
Full page advertisements for non-locals	£18.00

FOR 6 ISSUES

Local Organisations

Quarter Page	£9.00
Half Page	£18.00
Full Page	£36.00

Non-Local Organisations

Half Page	£36.00
Full Page	£54.00

Issues: Feb/Mar; Apr/May; Jun/Jul; Aug/Sep; Oct/Nov; Dec/Jan

Editor: editorpstmppaper@gmail.com

Copy Dates: At least one month prior to issue date

Time to get walking again!

At this time of year we start to think about the mud drying up and getting out to walk in the beautiful English Countryside again, but where to find new and interesting walks? Walking in Suffolk <https://www.walkinginengland.co.uk/suffolk> has hundreds of walks to download and print, free, it also has books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

John Harris (the custodian of the website) said 'There is so much walking information on the web but it is difficult to find. Walking in Suffolk (part of the Walking in England website) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'.

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy. So home or away, check out the websites and get walking!

John Harris
www.walkinginengland.co.uk
john@walkinginengland.co.uk

SAVE ENERGY – How would you like it if someone turned you on and then left?

The Friends of Preston St Mary Church

Sir Michael Palin, Vice President of The National Churches Trust, reminds us that “the UK has over 39,000 church buildings. The restrictions of Covid-19, resulting in reduced funding and fewer worshippers, have clouded the future for many of them. Yet Churches remain a vital and much-loved part of the UK’s history and heritage and we can’t let them fall into neglect and disuse.”

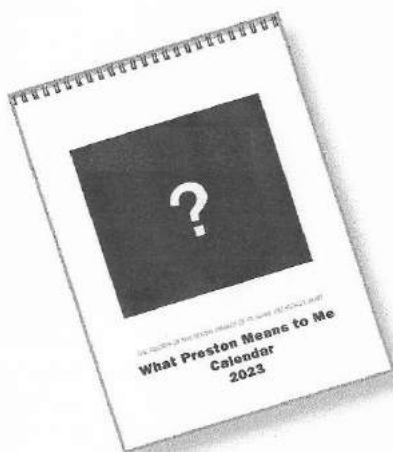
If you care as much as Michael Palin does please support our Church in Preston St Mary by continuing to be a Friend of the Church and paying your annual subscription of £10 per person or Life membership of £100.

Thank you very much indeed all those loyal Friends who have paid their subscriptions to the Society for 2022.

If you haven’t already done so and would like to continue to be a member of the Society please let Janet have your cash or cheque made out to The Friends of Preston St Mary Church, for £10 per person. We are well down on last year and would welcome more members, especially those new to the village. If you would like to get to know the Friends of the Church and what they do please get in touch with Janet Martin on 01787 249020. Thank you also to our growing band of Life Members.

If you no longer wish to be contacted by the Friends, please let Janet know on janet.martin01@btconnect.com

A Happy Jubilee Celebration to all of you, Janet
May 2022



Friends of Preston St Mary Church Forthcoming Event

Further details from janet.martin01@btconnect.com

‘What Preston Means to Me’ Calendar Photo Competition 2023

An exciting photographic competition in which we ask you to submit your own memorable photo of ‘What Preston Means to Me’. Entries will be judged by an expert panel and the winner will have the front cover of next year’s calendar while the runners-up will fill the pages for the ensuing months. There will be a £10 entry fee to cover costs.

NEW DEFIBRILLATOR AT THE VILLAGE HALL

Coming to Preston St Mary



The Parish Council along with a grant from Babergh Council have purchased a Defibrillator that is going to be installed at the Village Hall for use in case of emergencies.

We have all heard of the delays in getting an ambulance in case of an emergency, so like many of our neighbouring villages we now have a chance to help in case of a heart attack.

Once it has been installed if you phone 999 the operator will tell you where the defib unit is and the code for the lock. It seems you don't need any training on this. The machine will talk you through the step-by-step process. It will decide whether or not this is the right action for the patient.

The Village Sign

Ten years ago in June 2012 the Parish Council decided to mark HM the Queen's Diamond Jubilee by erecting a sign on the Village Green on the corner of Church Lane.

The sign is made of English oak and consists of a post, standing on a brick plinth, engraved with the Royal Cipher and the date, across which is a plaque showing the name of the village. The sign is topped with a shield, bearing the Arms of Robert Ryece and his wife Mary (née Appleton), who lived at Preston Hall and were benefactors of the church and the village.

Ten years on the sign has been cleaned and repainted in honour of the Platinum Jubilee, and it is now back in its place.

SESAW - Suffolk & Essex Small Animal Welfare

Hello Preston Parishioners,

There goes Kenneth, the smallest dog at SESA, strutting around the garden like the big boss. He is oblivious to me, quietly sunning myself whilst engaged in a little bird watching. Of course I have no chance of catching the blue tits as they dart in and out of an old nesting box. Those conscientious parents enter with fat grubs and exit with their babies' white droppings. I'm glad I'm a cat!



A robin accompanies Tanya as she loads the wheelbarrow with the dogs' evening meals. He helps himself to the dinners, flying back and forth to his family. Blackbirds forage about the garden for food, probably descendants of those nursed back to health by Mother. Avian Flu restrictions were lifted at the beginning of May, just in time for our geese. The female is sitting on a clutch of eggs and woe betide anyone who gets too close!

Turning to the animals awaiting rehoming, this is an appeal for Polly, a devoted mother cat and her one remaining kitten. She was found in a poly tunnel with five offspring, all but one now rehomed. Why? Because, like me, they are black and so they are overlooked. If you are the person who can offer them a loving home, please leave a phone message or email straight away.

It's nearly dark and time for a snack before to patrolling the grounds. One of my ex-SESAW pals who now lives outside Hadleigh says he is tantalised by Nightingales singing at night. He will have to resign himself to dinner in the kitchen, just like me, **Ollie** (the Black) Cat.

Suffolk & Essex Small Animal Welfare, Stoke Road, Leavenheath, CO6 4PP. Reg.Charity No.1124029, Tel: 01787 210888, email: info@sesaw.co.uk www.sesaw.co.uk

LAVENHAM GARDENING CLUB

Our talk in March by Lady Tollemache of Helmingham Hall was well supported and very interesting, accompanied by stunning pictures of gardens large and small and their transformations. We are planning a club trip to Helmingham Hall in September for the Plant Fair, which will also be an opportunity to see Lady Tollemache's own beautiful gardens.

We continued a 'design' theme in April, with Susannah Sharman giving us a wealth of tips we can all apply when looking at enhancing our gardens, including looking at the fore, middle and background, as in a painting, as well as the features we wish to install. We held a 'wildlife friendly' raffle and, due to its success, will continue with a 'themed' raffle at club meetings.

Unfortunately, our outing to Beeleigh Abbey was cancelled but we hope to run this at a later date.

Our first plant sale, of mostly annuals, was held in glorious weather, with plenty of visitors to our stall in the Market Place. There was not much left at the end! At time of writing we are yet to hold our second sale, of mainly perennials. We are busy amassing plants, which are being well watered by the rain. We are hoping for an outcome as good as last year's, at over £1000!

Sandra, our chairman, and I visited Lavenham Preschool to see how their outdoor area had been developed with the donation the club was able to give them. They have purchased large beanbags and decorated an outdoor reading hut and have been planting flowers. Their forest school area is being well used by the children. Also funded by the club, a bench will be installed in Lavenham and a tree, at Lavenham Village Hall, to mark the Jubilee.

Our programme for June and July is as follows:

June 1st Talk by Ian Limmer from Peter Beales Roses, Attleborough, on 'Rose growing made easy'

June 22nd Visit by coach to Peter Beales Roses, with guided tour

June 29th Talk by Zsuzannah Serer, from Castle Hedingham, on 'Propagating and growing herbs'

July 6th Visit by coach to award winning Ousden House Gardens, nr Newmarket

July 27th Talk by Jim Paine, from Walnut Tree Nursery, nr Attleborough, on 'The secret lives of plants'

Please note that members are able to bring a friend on coach outings, just ask when booking.

Don't forget that **Adam Frost, Chelsea Gold Medal winner and TV presenter** is coming to Lavenham on **27th Sept**. Tickets are selling fast and numbers are limited so don't delay, £20 each, to include glass of wine or soft drink.

Ring Sandra on 01787 311707 or Carolyn on 01787 247489 to book tickets, or for information on other events or membership.

Carolyn Jenkins

PRESTON ST MARY & DISTRICT LADIES CLUB

New Members will be warmly welcomed to our meetings now that the Village Hall has been so beautifully refurbished, so do come and join our group of lively ladies. Our annual subscription is only £10, and just £2 when you attend a meeting which includes raffle prizes and refreshment. Village Hall meetings start at 7.30pm and are held on 2nd Monday of the month. However, in the summer, we do try to alternate Village Hall monthly meetings, with interesting outings wherever possible.

Confirmed dates for meetings in 2022

Meetings in Village Hall start at 7.30pm

MONDAY JUNE 13th -Tim Bridges who we will be welcoming and who regularly publishes his beautiful poems in this Parish Magazine, has very kindly agreed to read some of his poems to us and tell us what inspired him to write them. Listening to Tim reading his poems will be a memorable experience for us all.

Something a little different for **JULY's meeting**, which will be an **OPEN MEETING** on either **Saturday 16th July or Saturday 30th July (DATE TO BE CONFIRMED)** at the Village Hall for the whole day where **Roy Hollocks** will exhibit his wealth of local historical documents, particularly regarding Preston St Mary but which now include surrounding villages, including, Lavenham, Brettenham and Thorpe Morieux. Roy has increased his exhibits significantly since he last exhibited five years ago and there is so much detail in his records accompanied as they are with his personal memories that we hope you will find both interesting and fascinating. This will be an Open Meeting for everyone. Once the actual date has been confirmed I will let everyone know.

Visits/Outings We hope to reinstate our proposed visit to the Suffolk Punch Horses at Hollesley and possibly another River Stour trip with lunch at The Henny Swan but at the time of writing Covid seems to have delayed their usual preparations for opening times. As soon as I can get more information I will email Members with proposed dates.

Any ideas or suggestions for talks and/or visits greatly appreciated. Also, anyone who has an interesting subject they would like to talk to us about would be wonderful. Please contact me because I would love to hear from you.

REPORT ON PREVIOUS MEETINGS

MONDAY APRIL 11th - BEETLE DRIVE - We Ladies enjoyed this evening of pure silliness playing this fast and furious game to much laughter and amusement.

MONDAY MAY 9th - A DIFFERENT KIND OF EDUCATION - report of the talk by Anne Springall about the origins of Stotley Rough School which she had attended. In 1933 Dr Hilde Lion, a German Jewish academic and teacher of social workers, contacted the English and German Quakers for assistance. It was the time of the Nazi seizure of power and she knew that her days of teaching and being the Director of the German Academy for Social and Educational Women's Work were over. That help came in the form of the loan of a beautiful mansion on the South Downs donated by "Mrs Vernon of

JUNE & JULY 2022

Hampstead to be used for some good cause” and from financial backing from fundraising groups and benefactors.

Dr Lion emigrated to England. Governors were selected and plans made to create a school to cater for pupils from very young to adolescence. Staff were appointed and the buildings adapted to provide classrooms and sleeping accommodation. In 1934 the first group of Jewish refugee children arrived to be educated at Stootley Rough School with the aim of providing “a refuge that came closest to a real home”. They had a farm on site which must have been hugely beneficial during the war years. Children and adults all played their role in the food preparations and upkeep of the school. After the war, as pupils completed their education and moved on, children from various London Boroughs were financed by the London County Council to attend the school. Thus in a cold January in 1955 Anne became a Stootley Roughian.

Anne’s account of those formative years and the school’s history was both poignant and heart-warming, giving insight into an unconventional and successful place to learn. Though very small, around 60 pupils, their opportunities for standard subjects and an array of extra activities were extremely well met. The school closed in 1960 yet Anne continues to correspond with fellow pupils and has very fond memories, and memorabilia, of that special time. Thank you, Anne for such an interesting evening.

This report written by

Sally Taggart.

Contact Anne Springall on 01787 247156 or email annespringall@gmail.com for more information about any of our meetings. I am always glad to hear from you.

FAREWELL TO THE REVD STEPHEN EARL

On 7th May members of Preston St Mary PCC entertained Stephen and Abi to dinner at No 10 in Lavenham to celebrate his retirement after nearly twelve years as Rector of Lavenham with Preston St Mary



BOOK REVIEW

Simon Sebag Montefiore, "One Night in Winter", Century, 2013, London.

"Putin is trying to re-establish a Stalin-type society in Russia". So opined one recent commentator. This book is a reminder of that kind of regime. It is set in 1945 Moscow: a whodunnit, love story (young and old versions) and quasi-history. It's well written - as you would expect - but with a few surprising errors. For example, Hurricanes were British, not American, and pistols are calibrated according to bullets' dimensions, not weight, so "9mm". The love stories should keep an enthusiast going but the whodunnit was never resolved in my mind. Undoubtedly, the value of the book in the present environment is the chilling portrayal of life in a Stalinist regime - worth the 454 pages. Keep it up, Ukraine! JT

QUIZ TIME

There are no prizes - answers are on Page 30

1. By what other name is RAF Squadron 617 known?
2. What is Scooby Doo's full name?
3. Which novel begins, "It was a bright cold day in April, and the clocks were striking thirteen."?
4. Which UK city is Banksy from?
5. What year was Heinz established?
6. What grain is the Japanese spirit Sake made from?
7. What did Snickers bars used to be called before the name was changed in 1990?
8. Which five colours make up the Olympic rings?
9. Which London Underground line has the most stations?
10. Where was the mojito cocktail created?
11. What is the Papaver Rhoeas flower better known as?
12. What fruit takes the scientific name *Mangifera indica*?

PRESTON ST MARY PARISH COUNCIL

Kate Hanlon has retired from the Parish Council. Councillors are most grateful for Kate's work with both the Parish Council and as the Tree Warden for Preston St Mary.

This leaves a vacancy for the position of Tree Warden. You don't have to be an expert, just interested in the Village.

The Parish Council have decided that the whole village green is to be left unmown, apart from along the edges next to the footpath and the road. Looking at how this has been done in other villages it will be great for the wildlife.

Kay Shorter, Parish Clerk

AGRICULTURAL NOTES

"Hooray! 8.5mm of rain last night!" quoth Gary on arrival. For the last 6 months or so rainfall has been barely adequate from the point of view of the farmer. More rain means bigger and healthier crops, higher yield and bigger profits. Wheat and sugar beet yields are a worry. Meanwhile, machinery has to be carefully maintained in readiness for the harvest and spraying to prevent diseases such as flea-beetle and rust. Also, preparations for drilling winter barley and rape. It's a busy time of the year. But it always is! JT

NATURE NOTES

A couple of days before going away, I found our resident robin fussing as I went out to the Freeland. I went to Sudbury and back. The next day I went to Sudbury again and parked in Waitrose car park for a couple of hours while shopping and lunching. On return home, I opened the back door to unload shopping and the robin made an excited appearance. I searched diligently and discovered between the fitting for the spare wheel against the back door a nest with eggs. Remember: I had driven to Sudbury, stayed 2 hours, driven back, and the robin had sat tight on its nest throughout, only stirring when I opened the door. Next day I departed on holiday for 12 days and returned expecting the nest to have been abandoned, but when I peered in I was greeted by wide open little beaks. Hooray for nature!

Isn't that remarkable?! JT

POETS' CORNER

May

The morning mist is lying in the valley of the Brett,
And a golden sun is breaking through and rising.
A cock pheasant's calling in the dewy, green new wheat,
And young summer waits beyond the pale horizon.

Through fuzzy new-growth greens, one still glimpses winter browns
On the branches of the bushes and the trees.
But a week from now those browns will be swallowed up and drowned
By a thousand different shades of new-born leaves.

The cow parsley's higher than the little muntjac's eye
And new nettles nip my ankles as I'm walking.
And the frantic skylarks shriek as they flitter in the sky,
And my world feels full of promise this May morning.

Coming past Rise Farm up the hill to Hill House Lane,
The roadside colours take my breath away.
There's a brilliant Golden Rain, a copper bush I cannot name,
Then the reds and snowy whites of hedgerow May.

Preston's lack of any buses and a halfway decent bandwidth,
And the anarchy of building sites' confusion,
Are more than compensated by a Biddle's Sourdough sandwich
And our Preston hill-top's blazing May profusion.

But the world outside my Suffolk is a roiling thundercloud.
War in Europe, global warming, cost of living.
The world is run by gangsters, stupid, populist and proud.
And our fragile peace and order's almost riven

I will focus on the beauty of my narrow, Suffolk land.
Withywindle's Vale, my bastion, redoubt.
For there is all I need of beauty here and clay, not shifting sand
And I think that's what life's always been about.

© Tim Bridges May 2022

Preston St Mary Church

The Return of Our Elizabethan Arms Board

Should you walk into the Church, you will notice that the empty space on the north wall has now been filled again by our precious Arms Board which had spent a few months in London at the British Library being part of the exhibition: Elizabeth and Mary, Royal Cousins, Rival Queens.

I received a very grateful letter from Roy Keating, the Library's Chief Executive, thanking the Churchwardens and the PCC of Preston for their "great generosity in lending to" the exhibition. "We were thrilled to be able to display the wooden triptych of the royal arms alongside other loans and objects from the Library's own collections."

Elizabeth and Mary: Royal Cousins Rival Queens received 31,629 visits, 765 being schoolchildren, and the curatorial staff produced a full programme of speakers and events to complement the exhibition. They also ran special tours for the blind and partially sighted and a speech to text tour for the deaf and hard of hearing.

Mr Keating goes on to say "of course, none of this would have been possible without the magnificent support of our lenders. We are very grateful for the part that you and the PCC played in making Elizabeth and Mary such a success. With your support, the scope and content of our exhibition was greatly enhanced, bringing the story of Elizabeth¹ and Mary Queen of Scots to new audiences at the British Library itself and online. Thank you for making this possible"

They have also sent a booklet of the highlights of the excellent reviews they received in the national press and broadcasting media, a copy of which you may find in the Church. It is heartening to know that we in Preston have in our possession such an important historical artefact which informs our present-day learning, and that so many people have had the opportunity of seeing it.

Janet Martin
Churchwarden



What do you mean – gone to live in America? I told you to keep them securely locked up in the Tower!

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Mites/Silverfish/Flies etc
Mole control by all Ministry approved methods
Rabbit control and rabbit proof fencing



Property Care:

Woodworm/Deathwatch beetle/Damp proofing
30 Year Bonded Guarantee available



Insect Control:

Fly control units, electric and adhesive
Stockists of all leading brands
Replacement tubes and servicing carried out to all units
Secondhand units available
Flyscreens/chain curtains/plastic strip curtains

Bird Control:

Bird control to public, commercial and domestic buildings
Bird proofing to any situation
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VILLAGE HALL NEWS

100 CLUB

We are about to start collecting the subscriptions for the 2022 draw, so get your fivers ready! Don't forget - 15 chances to double, triple or even quintuple your investment. Many thanks to all who have participated in previous years, as the draws contribute usefully towards the normal running costs of the hall

OFFICIAL OPENING

On St George's Day, the Preston Pop-up Choir presented a lively and enjoyable opening to the event which was attended by about 40 people, all of whom had contributed in one way or another to the successful works that have given us a hall of which we can be proud. The new facilities were admired by all who were there. As always, many folks also helped in preparing and delivering the fare for the day – many thanks to all involved.

VILLAGE JUBILEE PICNIC LUNCH

By the time you read this, the event may well have taken place on Sunday 5th June. This is/was/has been another chance to enjoy the social side of our lovely village, albeit open to the elements. Also another chance for the Preston Pop-up Choir to do what they do best - pop up and sing!

NORMAL SERVICE HAS BEEN RESUMED

During April we were able to re-open the Village Hall for the regular clubs and societies. In May we prepared and distributed details of the various regular clubs and societies that are held there. The Hall is centrally situated, and we have made all parts of the premises accessible to everyone. Don't be shy!

ANNUAL GENERAL MEETING

Our AGM is due to take place at 7.30pm on Wednesday 22nd June, when the Village Hall Committee will reflect on the very interesting year just gone. All welcome to attend.

COME AND JOIN US: LOTS GOING ON!

With so much being planned, and with the potential to organise and host a greater range of events, it's going to be a thrilling time for the Village Hall Committee.

Would you like to join us?

There are a couple of vacancies for anyone who wants to get involved in the social side of this lovely village. Please contact one of the "officers" on the number below to express your interest.

ANNIE MASON, Chairman, 01449 763640 (PC title "The Chair")
SUE DIGGINS, Secretary, 01449 736808 (PC title "The Quill")
KEITH DAVIS, Treasurer, 01787 247112 (PC title "The Till")

PRESTON PEOPLE

Philip & Linda Buckler

Having lived for much of their married life in the very centre of cities, it was quite a change to move to Whelp Street in 2016. Philip and Linda met and married in Cambridge where he was Chaplain of Trinity College and she a schoolteacher in the city. Linda provided the sports car, Philip the parking space in central Cambridge – clearly a match made in heaven. They moved to London and St Paul's Cathedral in time for the wedding of Charles and Diana.



Philip was a Minor Canon, responsible for all the special services and ceremonial as well as leading the daily worship. Linda taught in an Islington Comprehensive School. After six years they moved when Philip became Vicar of Hampstead and they had their daughter, Susannah. Twelve years later Philip was appointed a Residentiary Canon at St Paul's Cathedral and they returned to Amen Court. His role as Treasurer meant responsibility for all the Cathedral fabric (buildings) and finances. A particularly busy time as the Cathedral embarked on a complete cleaning and restoration requiring an appeal of £46 million. Those years also saw an impressive variety of national services – many joyful (such as the Golden Jubilee) and some tragic (such as the service three days after 9/11).

Most of Philip's ministry had been spent in classical buildings up to now. He had always hankered after a real gothic setting. This was met in 2007 when he was appointed by The Queen to be Dean of Lincoln – at perhaps the finest mediaeval gothic Cathedral in the country. Linda took this opportunity to retire from teaching but found her time fully occupied in entertaining and being entertained in the County and beyond. Apart from the life of a busy Cathedral with a world-renowned Works Department of skills such as stonemasonry, joinery, leadworking and glazing, Philip found himself amongst other roles as Chair of a Quarry Company – providing the stone for the Cathedral!

Lincoln Cathedral also owned one of the four original 1215 Magna Carta. This involved many visits abroad, from South Korea to the United States. Lecturing on Lincoln and St Paul's Cathedrals as well as on the Magna Carta across America was hugely enjoyable, making many friends and visiting some very special venues. In 2015 the four extant originals were brought together for the first time in 800 years at the Palace of Westminster,

The fascinating places in which they have lived and worked meant meeting an extraordinary number of interesting people from all over the world, and having many tales to tell.

Philip is currently Chair of the Little Gidding Trust, but for them both retirement involves the garden, Honey the dog, grandparental duties, and the Test Match.

COOKS' CORNER

From Joanne Diable

Froga Tat-Tarja - Maltese Cheesy Pasta Omelette

Froga Tat-Tarja is a Maltese pasta omelette, traditionally made with vermicelli. An ingenious way of bulking up freshly cooked pasta or turning leftovers into a second meal, this dish comes together without much effort and disappears just as easily.

- 8 oz. vermicelli
 - 2 large eggs
 - 1/3 cup grated grana-type cheese (Grana Padano or Parmigiana-Reggiano)
 - 2 tbl. chopped parsley plus a little extra for garnishing
 - 1 clove of garlic, minced (optional)
 - salt and pepper to taste
 - extra virgin olive oil
1. Cook the vermicelli until *al dente*, strain and set aside.
 2. Beat the eggs thoroughly and mix in the remaining ingredients except for the olive oil.
 3. Toss the egg mixture with the pasta, making sure all pieces are evenly coated.
 4. Pour a thin layer of olive oil into a large pan and heat on the stove top over medium.
 5. Once hot, pour enough of the pasta and egg mixture into the pan to form a layer approximately 1/2 inch thick and let it cook until the bottom is crisp and golden. If there is not much of the mixture left, you can choose to pour it all in or make a second Froga Tat-Tarja. How much of the pasta and egg mixture is left will depend on the size of your pan.
 6. Carefully flip everything to cook the other side. If needed, slide the Froga Tat-Tarja, cooked side down, on to a plate, cover the plate with the pan and flip.
 7. Let the other side cook until golden.
 8. Serve hot, sprinkled with a little fresh parsley.

The typical flavourings for this dish are cheese and parsley, but you'll find some with other ingredients like green onion, spinach, or prosciutto. We have made this dish a variety of ways, including mixed with crumbled bacon, onion and hot peppers. As long as the moisture content of what you add to Froga Tat-Tarja isn't too high, you should be able to mix in whatever you like. Although vermicelli is the traditional pasta used to make Froga Tat-Tarja, you can also make a spaghetti omelette if that is the type of pasta you have handy.



STEPHEN EARL'S LAST SERVICE – SUNDAY 1st MAY



A large congregation gathered in Lavenham Church on Sunday 1st May for a Benefice Communion service – the final one to be taken by Stephen Earl before his retirement. The photograph shows Stephen and Abi with the Lavenham churchwardens, David Deacon and Mary Morrey, and the Preston churchwardens, Janet Martin and Keith Davis.

HISTORY NOTES

There has been considerable speculation about the name Whelp Street. One thing seems certain: it has nothing to do with dogs. It could refer to a former landowner in the area. Remembering the “street” historically referred to a district not just a thoroughfare it could relate to the deep and evidentially ancient stream. “Whelm” archaically referred to water and in a largely pre-literate, verbal society could easily become “whelp”. Try muttering it! It’s my favourite explanation, anyway! Any others? JT



Keeping the Bombers Flying

UK Logistic Support to the 8th USAAF in WW2



The arrival of the 8th USAAF in East Anglia – with more than a hundred airfields, thousands of aircraft, and hundreds of thousands of servicemen and women – placed unprecedented demands on our transport systems. Our rural roads and railways had to deal with vastly increased volumes of traffic, on a scale hitherto unknown, with the much-reduced level of resources available to them under wartime conditions, in order to construct and sustain this mighty infrastructure.

Each airfield was an enormous civil engineering project in its own right – and had to be completed in just a few months. A main runway, 6000 feet long and 150 feet wide, and two secondary runways each 4000 feet long and 150 feet wide required a quarter of a million cubic yards of concrete and hardcore. Then there were perimeter tracks, each about three miles long and 50 feet wide, and hard standings for fifty or more aircraft weighing over 30 tons each. Surrounding this were the roads, paths and buildings needed to administer and accommodate the base, with its nearly 3000 personnel.

All of this materiel had to be brought in from outside, much of it by rail. Small country stations like Lavenham, Cockfield and Long Melford had very modest siding and dock capacity, designed for handling agricultural traffic, but in 1943 had to handle a constant flow of heavy trains arriving from various parts of the country with rubble, bricks, cement and other construction materials for the airfields at Lavenham, Sudbury, Rattlesden and Rougham among others. It has been estimated that about ten times the normal tonnage was handled by each of the local station goods yards at this time, without any extra staff or equipment being provided.

Once here the trains had to be unloaded and the contents transferred to lorries for delivery to site, all by manual or very basic mechanical handling methods. Many thousands of tons of the material used as hardcore came from the ruins of buildings destroyed or damaged in air raids on London and other cities. The whole airfield building task was a British undertaking, with all the country's large construction firms playing a part. Lavenham and Sudbury airfields were built by John Laing, and Rattlesden by George Wimpey.

Once in operation the capability of the airfields had to be sustained. This meant bringing in all the bombs and ammunition, fuel for aircraft and vehicles, and other stores and supplies that were needed. Once again the railways played a leading part.

Bombs and ammunition came mainly by sea from the USA, landing usually in the North West, at Liverpool, Preston or Glasgow docks, then later in the war on the East coast, at ports such as Hull and Immingham. From the ports there was a constant stream of trains travelling via Peterborough and March into Suffolk, each with over 40 wagons loaded with several hundred tons of bombs and machine gun rounds.

Fuel was imported from the USA, at the time the largest oil producing country in the world – the Middle East's oil resources had not yet been tapped. Tankers from the Atlantic convoys docked at Avonmouth, near Bristol, where there were massive storage tanks. Fuel for the 8th USAAF was then taken by rail tanker to a specially constructed distribution depot at Sandy, between Cambridge and Bedford, and then by rail or road tanker to the airfields. Other stores and supplies were mainly locally supplied, or brought in from factories and depots around the country by road convoy or by train. Many of those convoys were driven through the night under blackout conditions by female ATS soldiers.

Robyn Lloyd Hughes

ROGATION SUNDAY

22nd MAY

It seems that every year we are blessed with fine weather for our annual Rogation Service and Blessing of the Crops, held at Priory Farm by kind invitation of Alan and Denise Luck.

A short service was held in the church, where we heard an inspiring sermon from our Lay Reader, Pete Postle. The farm walk was led as always by Denise and Alan, who gave us his expert Agronomist's view of the modern science and technology of farming. As we toured the farm the crops were duly blessed and we prayed for a good harvest.

Back at the barn we all enjoyed the Barbecue in the warm sunshine and relaxed in good company and with good food and drink.



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**Suffolk
Wildlife Trust**

Suffolk Wildlife Trust Go Wild in June!

*By Amy Rushton, Head of Income Generation
Suffolk Wildlife Trust*

Summer is here! For Suffolk Wildlife Trust, and for all the other Wildlife Trusts up and down the UK, this means it's time for '30 Days Wild'.

'30 Days Wild' is The Wildlife Trusts' annual challenge which takes place every June, where we invite everyone across the UK to try and do one 'wild thing' everyday throughout the month.

In fact, 30 Days Wild has become the biggest nature challenge in the UK. Last year, a record 760,000 people took part (that's almost the same as the population of Suffolk!) and approximately two million people have participated since 30 Days Wild began in 2015.

The aim is very simple – it's about bringing people closer to nature. Last year, supporters completed over 16 million acts of 'wildness'; the most popular activities were wildlife-watching, eating outdoors, planting wildflower seeds and listening to birdsong.

Other suggested wild acts include litter picking in your local area, bug-hunting and even taking on a fundraising challenge for wildlife. When asked, most participants said their favourite activities were those that directly helped nature, or those that expanded their knowledge of the natural world.

Funded by players of People's Postcode Lottery, 30 Days Wild has an enthusiastic fan base and has attracted celebrity support from the likes of TV presenters Monty Don, Liz Bonnin and Dr Amir Khan, and guitarist James McVey.

You can sign up for your free 30 Days Wild pack on The Wildlife Trusts' website at www.wildlifetrusts.org/30dayswild. Inside you'll find everything you need to get started. Over 800 people in Suffolk have already registered and pledged to do something for nature, everyday in June! Locally in Suffolk, we will be sharing news stories of what Suffolk people are up to for their acts of 'wildness'; attending one of our events in June could be one of yours! Our Learning Team have lots on offer for families with little ones and there are plenty of activities for adults too, from dawn chorus walks to bird identification - see www.suffolkwildlifetrust.org/events.

We hope you have a wild June – and keep up the habit for a long time after!

The best way to support our work for Suffolk's wildlife is to join us as a member. If you would like to consider joining, Jack Tasker has membership forms and sample copies of 'Wild Suffolk' magazine, which members receive 3 times a year. Find out more about joining at www.suffolkwildlifetrust.org/join. **Contact Jack on 01787 249571**



A walk in the woods or a litter pick are just 2 ideas for 30 Days Wild

HEALTH AND WELLNESS NOTES

FORAGING FOR SUMMER HEALTH

Summer is the time for outdoor activities, spending time gathering and making stores for the winter.

Hay fever is a big issue in our household, but nature does give us a helping hand. Thankfully we have been provided with nettles, cleavers, elderflower, chamomile, and plantain. These herbs all help reduce inflammation. Combine all or some of these herbs in equal quantities for a tisane (a drink made by pouring boiling water over herbs and left to stand for 15 minutes) or an infusion (soaking herbs for at least 4 hours in cold water) and drink at least 3 times a day. Ideally, this needs to begin at least 2 months before your hay fever sets in but starting now will help.

The perfect time for collecting elderflowers is in the morning before the day's heat dries the delicate flowers. Elderflowers are great for supporting our respiratory system and helping to reduce runny noses. Elderflowers are so versatile, and as we all know, elderflower cordial and champagne are delicious summertime drinks. When making a cold infusion, you can leave the stalks on. I fill my water jug with the flowers and add cold water, leaving it for 4 to 24 hours before I strain and drink it. If you are making an infusion with hot water, it's best to take the stalks off the flowers as the stalks may irritate your stomach. With a hot water infusion, allow it to infuse for 15 minutes before drinking.

Pick the tops of nettles at knee height from the plants that have not yet seeded. Later in the summer, be sure to pick the leaves from the stands that have been cut and regrown. Nettles are gentle, nourishing, regenerative, and rich in iron, calcium, and magnesium. Nettles are great for the liver and for cleansing the kidneys. It's such a powerhouse! Infuse the nettles in hot or cold water. If you're using hot water, make sure you infuse them for at least 15 minutes, you want the water to be dark. You can add nettles to a cold cleavers infusion with a slice of lemon.

Cleavers are blood purifiers and a diuretic. The term 'diuretic' covers a range of actions associated with urinary function. These include increased urine flow, use in urinary tract infections, kidney stones, cystitis, and impeded urine flow. Cleavers are often associated with nettle; they always grow near each other. Cleavers don't do well in heat, so don't boil them, as their healing properties will be destroyed. Infuse in cold water for at least 4 hours before straining. They are also beneficial added to smoothies.

Other ways to use herbs for hay fever and summer health:

Tincture – containing herbs like goldenseal, nettle leaf, marshmallow, eyebright, elderflower, ginger, and plantain.

Nasal spray - with aloe vera to help soothe mucous membranes.

PictureThis is an excellent plant identifier app to use when out and about.

Have an excellent summer!

Marjorie Devine-King – Nutritionist

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QUIZ NEWS

The "Bells" April quiz was won again by the Woolpit team but a three-man {actually two women, one man} won on 4th May: "The Three Amigos".

Remember: "Quiz and Curry" every first Wednesday in the month; teams of 4, £10 per head, winners do not pay.

A team of seven from Whelp Street competed in the annual Brent Eleigh quiz in May (for teams of eight) but were beaten into second place by one point by a team from Bildeston!

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Scientific evidence shows that acupuncture treatment can stimulate the brain and spinal cord to produce natural pain-relieving chemicals such as endorphins, melatonin (which promotes sleep) and serotonin (to promote well-being). Based on strong scientific evidence available so far for its effectiveness, the National Institute for Health and Care Excellence (NICE) recommends acupuncture as a treatment option for chronic lower back pain, chronic tension-type headaches and migraines. Large scientific studies also indicate that acupuncture can help relieve pain caused by osteoarthritis.

"I have found your sessions to be beneficial for my neck...I also found the acupuncture to be incredibly relaxing. Your fees are very reasonable for the high value of therapy you offer." Ben Holden, Rattlesden. See website for more examples of what patients say.

Ring 01787 247 726 or e-mail Hua@lavenhamphysio.co.uk to book an initial appointment. For more information, see www.LavenhamPhysio.co.uk

QUIZ TIME ANSWERS from Page 14

1. The Dambusters
2. Scoobert Doo
3. 1984
4. Bristol
5. 1869
6. Rice
7. Marathon bars
8. Black, green, blue, yellow and red
9. The District Line (60 stations)
10. Cuba
11. The Poppy
12. Mango



PRESTON POP-UP CHOIR

THE CHOIR PERFORMED BEAUTIFULLY AT THE OPENING OF THE REFURBISHED VILLAGE HALL ON 23rd APRIL. THEY SANG FOUR NUMBERS AND PERFORMED WITH GREAT GUSTO! ABLY ACCOMPANIED BY SARA WHYMARK AND CONDUCTED BY LYN DAVIS THEY ENJOYED SINGING FOR SUCH AN IMPORTANT EVENT IN THE LIFE OF THE VILLAGE.

COME ALONG ON FRIDAY AFTERNOONS AT 4.45pm FOR A TASTER SESSION. NO NEED FOR ANY MUSICAL EXPERIENCE OR SIGHT READING. JUST COME AND HAVE FUN!

CONTACT LYN ON 01787 247112

JUNE & JULY 2022

UNITED BENEFICE OF LAVENHAM WITH PRESTON ST MARY

Curate: The Revd. Graham Naylor

41 Spire Chase, Sudbury, CO10 1PZ Tel: 07768 283636

Reader: Mr Pete Postle

7 Hall Road, Lavenham, Sudbury, CO10 9QU Tel: 01787 248564

CALENDAR OF BENEFICE SERVICES FOR JUNE 2022

SUNDAY 5th June PENTECOST	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	MORNING WORSHIP
	PRESTON	12.00 NOON	11.30am Refreshments before JUBILEE PRESTON PRAISE
SUNDAY 12th June TRINITY	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	6.00PM	EVENSONG (BCP)
THURSDAY 16th June CORPUS CHRISTI	LAVENHAM	10.00AM	HOLY COMMUNION
SUNDAY 19th June TRINITY 1	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
WEDNESDAY 22nd June	LAVENHAM	7.00PM	ARCHDEACON'S VISITATION
SUNDAY 26th June TRINITY 2	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	6.00PM	EVENSONG (BCP)

THE FOLLOWING MID-WEEK SERVICES ARE HELD EVERY WEEK

WEDNESDAY (Except 15th June) LAVENHAM 10.00AM HOLY COMMUNION

A short service followed by a 'Coffee Morning and Chat'

Note: BCP = Book of Common Prayer (traditional language)

JUNE & JULY 2022

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CALENDAR OF BENEFICE SERVICES FOR JULY 2022

SUNDAY 3rd July ST PETER AND ST PAUL TRINITY 3	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE EUCHARIST PATRONAL FESTIVAL
	PRESTON	12.00 NOON	11.30am Refreshments before PRESTON PRAISE
SUNDAY 10th July TRINITY 4	LAVENHAM	10.15AM	MORNING WORSHIP
	PRESTON	6.00PM	EVENSONG (BCP)
SUNDAY 17th July TRINITY 5	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
SUNDAY 24th July TRINITY 6	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	6.00PM	EVENSONG (BCP)
SUNDAY 31st July TRINITY 7	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	6.00PM	BENEFICE SONGS OF PRAISE

THE FOLLOWING MID-WEEK SERVICES ARE HELD EVERY WEEK

WEDNESDAY LAVENHAM 10.00AM HOLY COMMUNION

A short service followed by a 'Coffee Morning and Chat'

Note: BCP = Book of Common Prayer (traditional language)