

PRESTON PARISH PAPER

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

Dates for your Diary

Sunday 6th August - Preston Praise at 11.30am for 12 noon in the Church

Sundays 13th August and 10th September – Lavenham Airfield Guided Walks – See Page 17

Saturday 2nd September – Litter Pick – from Village Hall at 9.30am – See Page 25

Sunday 3rd September – Patronal Festival and Lunch in Church at 12 noon

Saturday 9th September – SHCT Ride and Stride all day – See Page 12

Saturday 9th September – BBQ and Party at Village Hall – See Page 19

Friday 15th September – Wine and Cheese Evening in Village Hall – See Page 15

Sunday 24th September – Daffodil planting in Village Hall – See Page 8

Saturday 30th September – MacMillan Cream Tea in Village Hall at 3.00pm – See Page 24

EDITORIAL

Thank you for all your support, and for your contributions to the PPP.

Our Editorial email address is:

editorpstmppaper@gmail.com

NOW IS THE SUMMER...

Preston is buzzing just now – songbirds are singing, owls are hooting, flowers are blooming, lambs are bleating, choirs are singing, bands are playing - and the fields and lanes are throbbing with the sounds of ever larger and more impressive agricultural machinery.

Our history, art, music, nature and worship are all to be seen and heard around us every day.

All the above are evident in the content of this issue of the Paper. Once again, we have filled our maximum forty pages with a wide range of articles and topics – and without stuffing it with small ads.

Thank you to all who have contributed to the paper. Enjoy our British summer – who would have guessed that temperatures in July would be around twenty degrees lower than last year's heatwave! Our gardens are all the better for it – we all remember last year's parched brown lawns.

Enjoy the rest of the summer.

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.

AUGUST & SEPTEMBER 2023

WHO'S WHO IN THE VILLAGE

Parish Council

CHAIRMAN	Peter Korwin		
CLERK	Kay Shorter	07561 060041	prestonpcclerk@gmail.com

Parochial Church Council

RECTOR	Revd Simon Pitcher	247244	rector.lavenham@gmail.com
CHURCHWARDENS	Janet Martin	249020	janet.martin@btconnect.com
	Keith Davis	247112	keithhdavis@btinternet.com

Friends of Preston St Mary Church

CHAIRMAN	Glynis Huggett	01449 741389	glynishuggett@gmail.com
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Village Hall

CHAIRMAN	Annie Mason	07740 820100	ranniemason@btinternet.com
SEC./BOOKINGS	Sue Diggins	247626	sdiggins2rda-east.org.uk

Art Group

Monday mornings, 3 terms of 10 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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Preston Popup Choir

MUSICAL DIRECTOR	Lyn Davis	247112	divalynx@aol.com
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The Six Bells Pub

		247440	reservations@thesixbellspreston.com
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Tree Warden

	Lyn Davis	247112	divalynx@aol.com
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Preston St Mary Parish Paper

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

EDITORIAL BOARD	Robyn Lloyd PHughes, 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	Deborah Saw (Green Party)	deborah.saw@babergh.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

AUGUST & SEPTEMBER 2023

A PASTORAL LETTER FROM THE REVD GRAHAM NAYLOR

Dear Friends

From mid-June to September is a time in the year when there are a considerable number of birthdays and anniversaries in my family. Thankfully, we then get some respite until Christmas from the challenges of choosing cards and presents, arranging mutually convenient days and times to get together, and so on!

As well as being enjoyable times together - at least with those still alive as the period covers the birthdays of my late mother and late mother-in-law - each birthday and anniversary gives opportunity to look back over the years and remember special (and sometimes not so special) memories, and to be thankful for everything our family members mean to us and the love we share between us. This is particularly the case in relation to my son and daughter – who are now far too old to have me as their father because I'm still so young.....hhmmm!

It's not uncommon at birthday meals for conversation to turn to events in my children's childhood and it's often interesting to hear what they remember as enjoyable, not so enjoyable, significant, or insignificant. 'Do you remember when.....?' is followed by 'Yes, and then this happened and.....!'

The church celebrates the Festival of the Blessed Virgin Mary, the patron saint of Preston, in mid-August (15th to be precise) but, because folk are often away in August and Preston St Mary church sometimes likes to operate on its own timescale, we celebrate our Patronal Festival this year on Sunday 3rd September (see other notices for details of service and lunch afterwards).

In the accounts of two events in Mary's life, the birth of Jesus and when Mary and Joseph left Jesus, then aged 12 years, behind in Jerusalem after a pilgrimage for the Passover festival (every parent's nightmare!), St Luke records that Mary 'treasured' the words and memories of the events in her heart and 'pondered on them'.

As birthdays and anniversaries in our own families and lives give us a chance to reminisce, the Patronal Festival gives us an opportunity to think, to 'ponder', on the way Preston St Mary church (both building and people) has been a focal point of the community since the 11th century, and to give thanks for the ongoing life of the church in the village.

We look forward to welcoming you to the Patronal Festival (and any other service) on Sunday 3rd September to celebrate another year of the church. Until then, I wish you an enjoyable summer whether you are celebrating birthdays and anniversaries - or not!

With every blessing

Rev Graham

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.

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THE COCKTAIL HOUR

Palm Beach

If it's been a long time since your last holiday, conjure up the blue skies and rolling surf of Florida with this sunny cocktail.

Serves 1

Cracked ice
1 measure white rum
1 measure gin
1 measure pineapple juice
Pineapple leaves

Shake the rum, gin and pineapple juice vigorously over the cracked ice until well frosted. Pour into a chilled highball glass and decorate with the pineapple leaves.

AUGUST & SEPTEMBER 2023

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

PRESTON ST MARY CHURCH

Patronal Festival Service and Lunch

Instead of our normal Preston Praise, we are holding our annual Patronal Festival service on Sunday 3rd September, celebrating the Blessed Virgin Mary. Mary is the Patron Saint of both our church and our village – so everyone is welcome.

.....
12.00 NOON ON SUNDAY 3RD SEPTEMBER
.....

The service will be at the usual time, 12 noon, and will last about an hour. It will be followed by lunch – outside if we are blessed with picnic weather, or else in the church.

Advance Notice

Harvest Festival and Lunch

.....
12.00 NOON ON SUNDAY 15TH OCTOBER
.....

LOCAL HISTORY RECORDS EXHIBITION

Another triumph for Roy Hollocks! “Back by popular demand”, as they say, he kindly repeated the exhibition of his amazing collection of photos, press cuttings and other articles relating to local villages and Preston St Mary in particular. The Village Hall was absolutely full of such items, which were pored over by a good number of visitors to the Hall. The morning had a slow start, but the day livened up during the afternoon and it was lovely to see so many residents, past and present. Various folks from yesteryear turned up and they all enjoyed seeing Roy’s staggering collection, bringing back memories of events that they knew about at the time but that they may have forgotten.

The accompanying photo shows three residents who together have amassed over 200 years’ experience of Preston life. The exhibition also attracted Virginia, Pearl and Hazel, three sisters who lived in the village when they were young Aldertons and who all still live locally.

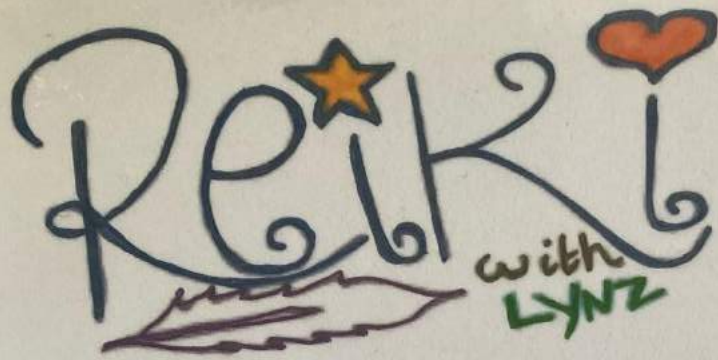


L-R Graham Pryke, Ean Stowe and Roy Hollocks

The weather behaved itself, which is just as well because in the garden were stalls for the Friends of the Parish Church and for Roy’s family. Tables and chairs were also laid out for the enjoyment of teas and coffees – and a dazzling array of cakes that the writer (noticeably) tried hard to get through!

Not only a successful social event but one that raised a decent amount of cash for the Village Hall coffers, making a very helpful figure of just over £200 in total. The committee members would like to thank for their efforts not only Roy and his supportive family, but also all who toiled to provide the refreshments, helping to make the day so memorable.

AUGUST & SEPTEMBER 2023



07772604598

Reiki is a natural healing system using life force energy and intention, by placing hands on the body in various positions or at a distance.

Reiki can help with **stress, anxiety, depression, pain, sleep, strengthens the immune system and removes energetic blocks**, just to name a few! Reiki is a complementary therapy that works alongside medical procedures.

Reiki is for everyone, humans, animals, young and old.

1 hour at £25 course of 3 at £65 & 6 at £120

30 minutes at £15 course of 3 at £35 & 6 £70

*Discount for multiple people at the same location

**Discount for people who need the help but can't afford the full amount

AUGUST & SEPTEMBER 2023



Please can you help the village by
fostering some daffodils?

In the autumn the parish council will be buying
a large number of daffodils to be planted throughout the village.
as we already have some on the village green, the new ones
would be planted in pots and placed around the current ones to
make a much larger display once they have started to grow.

There are quite a few larger daffodils growing on the
verges as well, again we will get a better idea of how to
make a real splash of them once they have started to appear.

If we meet at the Village Hall on Sunday 24th September
at 10.00, we can get them planted into pots. Bring gardening gloves,
and any empty pots you may have (small ones)

CONGRATULATIONS



Congratulations to Mike and Sally's youngest son, Adam, who became Doctor Adam Taggart (PhD in Neuro-Cognitive Kinesiology) at the University of Illinois, USA.

Adam's five-year research looked at relationships between technology, exercise and human cognition. The study involved participants between the ages of 18 and 45, statisticians and a team of research assistants.

AUGUST & SEPTEMBER 2023

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 refreshments. Village Hall meetings start at 7.30pm and are held on the 2nd Monday of the month. However, in the summer we do try to alternate Village Hall monthly meetings with interesting outings wherever possible.

PROGRAMME

PLEASE NOTE: There will be No Ladies Meeting During August because so many members are busy during this month. However, we plan to meet in the Village Hall as usual on the following dates - speakers and activities to be announced nearer the time.

11th September

9th October

13th November

Christmas Meal date & venue to be advised.

REPORT ON PREVIOUS MEETINGS

MONDAY 12th June. Anne Springall gave a talk entitled **HI HO IT'S OFF TO WORK WE GO** about her first job when she left school and was initially employed as a Clerical Assistant by the London County Council at County Hall in London and where she remained for almost 5 years, gradually moving to various Departments. County Hall was a splendid building and working there was most enjoyable experience. The LCC had responsibility for Education, Parks, Planning, Sewerage, Roads, Housing and much much more. Anne loved working for the LCC and felt that she could not have had a better start to the world of work.

SATURDAY 24TH JUNE. 'Remembering The Past' Exhibition. Roy Hollocks set up and hosted another local history Exhibition relating to Preston St Mary and surrounding villages, which was enjoyed by a steady stream of visitors throughout the day. The Preston Ladies' Club organised the home made cakes and served refreshments throughout the day. This event raised just over £200 towards Village Hall funds for which we give a huge 'thank you' to everyone involved.

10th July Reiki. Lindsay Robinson - a recent new resident in our village - introduced us to Reiki by first explaining that the name means Universal Life. It is a complementary therapy originating in Japan which uses life force energy that flows through all living things. It helps on a mental, emotional and spiritual level but is not a religion. Lindsay demonstrated the Reiki technique on one of our members, who said afterwards how relaxing the therapy was. Lindsay suggests that Reiki can help with stress, anxiety and depression and is a complementary therapy that works alongside medical procedures. Anyone interested in learning more please phone Lindsay on 07772 604598

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.

JOSEPH POPS UP FOR CHARITY



Saturday 17th June saw the Preston Pop-up Choir pop up again. Retelling the story of Joseph, his eleven brothers and his Amazing Technicolour Dreamcoat, the first half of the show included many memorable songs. In the lead role, Sylvia Towell captured the character of Joseph perfectly – sometimes with a soft, crystal clear melody and at other times with loud, energetic passion. Other choir members also rose to the challenge of solo artist. The splendidly attired Robyn as our narrator, Graham who gave us a cheerful and catchy “Benjamin’s Calypso”, Kerrie with her French onions who performed a hilarious and magnificent “Those Canaan Days”, and who will ever forget Pharaoh Keith’s hip-shaking Elvis routine in “Song of the King”?

Thanks to Kay who ran the bar in the interval and to all others who helped. The raffle was drawn during the interval by Mervyn from Robyn’s top hat.

In the second half we visited various countries as we were treated to songs from the shows including “Somewhere My Love” (Lara’s Theme) and “I like to be in America”. Then we were introduced to The Preston Belles. This newly formed ladies’ group were an absolute delight to listen to. Consequently, the evening provided great pleasure for the audience and choir alike and, just as importantly, made £874 for the multiple sclerosis charity MS Society UK.



A huge cheer must go to our superb pianist, Sara Whymark, ably assisted by her daughter Bethany. She coped with all our mistakes and made us sound pretty good!

AUGUST & SEPTEMBER 2023

We know that this concert owes everything to our fantastic and talented musical director, Lyn Davis. She deserves the colourful Dreamcoat – she is Amazing. Thank you, Lyn, we are so lucky to have you.

Our little venue might not have the glitz or the glamour of London's West End, but Preston St Mary's village hall certainly provided the place where we could all enjoy being together as we finished with

"Be light-hearted all day long, keep me singing happy songs,
Let your arms be as warm as the sun from up above,
Bring me joy, bring me laughter,
Bring me smiles, bring me rainbows,
Bring me fun, bring me sunshine, bring me love!"

Review by Sally Taggart

QUIZ TIME

There are no prizes – answers are on Page 37

1. Which British car company was known as SS Cars until 1945?
2. What is the world's best-selling novel?
3. Which City's name was painted on the stern of the Titanic?
4. What is the name of Fred and Wilma Flintstone's child?
5. On which island is the Dominican Republic?
6. In which month was Julius Ceasar stabbed?
7. What is the joule a unit of?
8. What does the Richter scale measure?
9. What is the chemical symbol for Potassium?
10. Which Ocean borders Ecuador?
11. Which number does the Roman Numeral L represent?
12. What is the capital of Morocco?

BIRDS'N'ROSES

The delights of Preston's gardens



RIDE AND STRIDE – THE SUFFOLK HISTORIC CHURCHES BIKE RIDE SATURDAY 9th SEPTEMBER - A REMINDER

Please don't forget that Saturday 9th September is the day of the Suffolk Historic Churches Bike Ride – now renamed Ride and Stride. Walkers as well as cyclists are encouraged to take part, (though horses and motorbikes are not allowed). As always, the aim is to cycle (or walk) to some of the fine old churches and other places of worship we have in Suffolk, and to raise sponsorship money while doing so. Money raised is split equally between our church and the Suffolk Historic Churches Trust.

Preston has always strongly supported this event, and we have been rewarded with several grants from the Trust for works in the church. Our cyclists and church recorders will be asking for sponsorship over the coming weeks, and we hope as many of you as possible will give your support. On the same day, a vintage and classic car rally is held with cars travelling a provided route around a selection of churches.

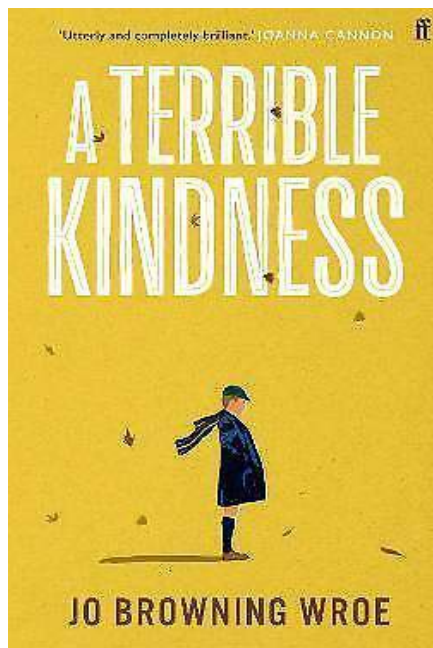
If you would like to ride or walk, drive your classic car, or to help man the church on the day - let me know and I'll give you a sponsorship form. This is a charity which supports our own church, village and county and it's in our own interests to support it.

Thank you all very much.

Robyn Lloyd Hughes
01787 247571

BOOK REVIEW - A TERRIBLE KINDNESS

by Jo Browning Wroe



William Lavery is 19 and is a newly qualified embalmer. He is attending his first black tie "do" which is an evening for those who have graduated the embalming course. His date for the evening is the lovely Gloria.

During the evening news comes in of a landslide that has engulfed a village called Aberfan and has buried the Pantglas Primary School and its children. Volunteers are needed to deal with the bodies and William steps up to help.

The experience causes William to remember the child he once was; both at home and his experiences as a Cambridge chorister. The story goes on to relate how this awful tragedy shapes his future. Of course, these

days he would be swamped with offers of counselling and he would be diagnosed with a recognised Initialism.

One would expect this book to be a harrowing read but the subject matter doesn't take up all the content. It is beautifully and sensitively written.

Faber & Faber £7.49

Lynne Brown

A BIRD IN THE BUSH



This baby barn owl has taken to sitting in a flowering shrub at Hill House Farm while he waits for his Mum to come back to feed him.

Mrs Mary St Preston our village agony aunt answers some more of your problems.....

Dear Mrs St Preston

During Covid my husband and I took to wearing more leisure wear on a daily basis as we weren't leaving the house. This laziness seems to have become a habit and whilst we both agreed that we quite liked being more comfortable in Lycra, 3 years on he is still wearing his Ipswich Town shorts and Frankie Goes to Hollywood T shirt. He doesn't even cover this up when he answers the door to Amazon deliveries. Do you think I should say something or is it not worth the potential fall out after 45 years of marriage with no cross words?

Yours

Ms Door-Mouse



Dear Ms D-M

Well. If I had a pretty penny for every time I'm asked advice about sartorially mis-matched couples, I'd just about be able to buy a tin of Waitrose baked beans from their Essential range. Lockdown had many privations and disadvantages for us all but one of the plusses was that we could all cock a snook at the wardrobe warriors and fashion police. I spent weeks, nay months! in my 'comfort wear', not caring a hoot what anyone may have thought as I completed my daily constitutional walk around the village. This consisted of my late dear mother's old thick cotton grey knickerbockers (less chaffing ladies and you get a through draught) coupled with a Cornish fisherman's smock which had seen better days but a bargain from Sudbury's Oxfam shop. To tame my unruly locks after weeks of not seeing a hairdresser - and to cover up Mr P's attempt on my locks at a home hair dye kit (who knew "Saucy Vixen" is such a bright shade of scarlet it caused our timid pussy to hide under the sofa each time I came into the room?) - I wore a fluorescent Blink 182 baseball cap the wrong way round, very à la mode! If Mr Preston had any views on my clothing choices, he sensibly kept his feelings to himself.

So I would say two things to you: 1) congratulations on 45 years of no cross words and 2) keep an old school nylon housecoat by the front door which you can encourage your husband to throw on whenever the doorbell rings. Tell him how attractive you find him in it and that should do the trick.

Your fellow fashion follower

Mary St Preston

Retrospective apologies to the owners of nervous dogs in the village during lockdown...

Dear Mary

I really look forward to Wimbledon each year. Despite the running commentary from the professional BBC team, my husband feels the need to share his own commentary alongside often louder than the TV team. Although obviously he is always right and his opinions are very important, I'm struggling to enjoy the tennis with this dual verbal input. I'd appreciate any help you can offer in terms of diplomatically telling him to "zip it".

Anon.

Dear Anon

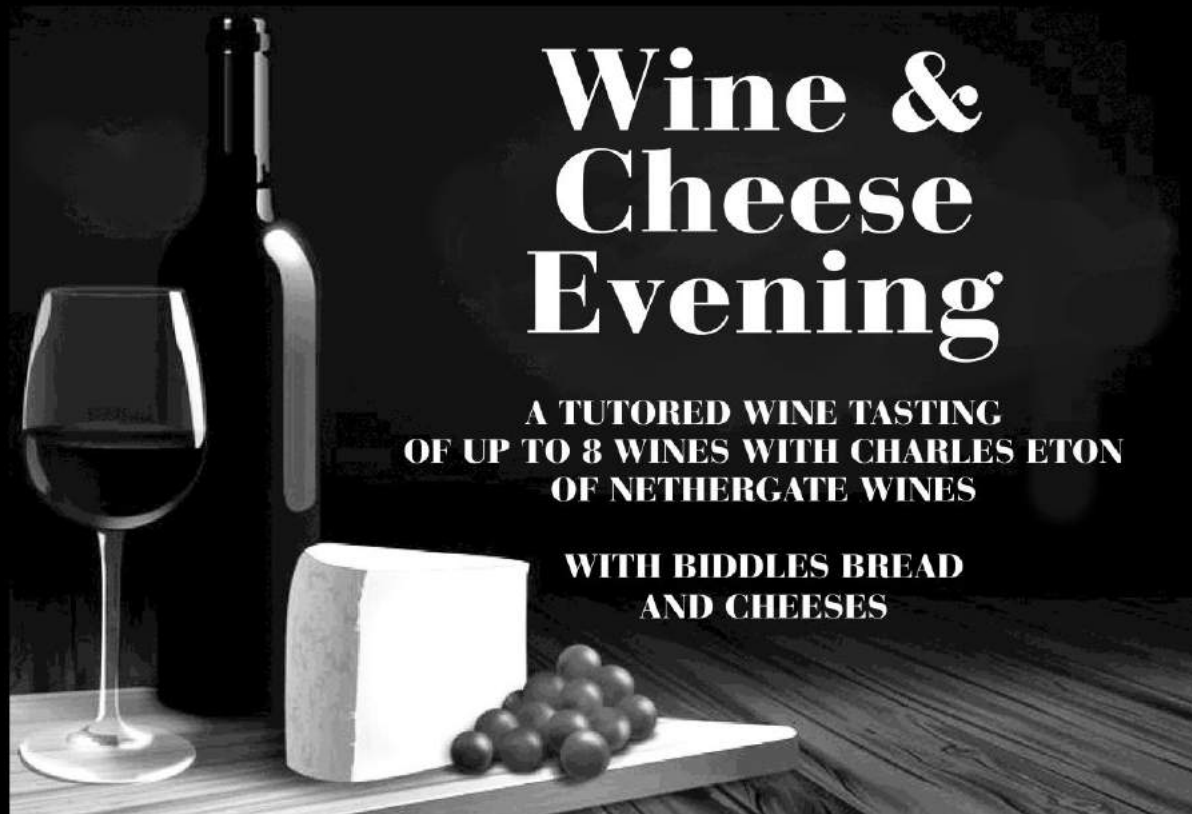
You can NOT be serious! Let the old man blow off a bit of steam or it'll be game set and match for your relationship and you'll be all alone on Henman Hill next year.

40 love

Mary

AUGUST & SEPTEMBER 2023

Presented by The Friends of Preston St Mary Church



Wine & Cheese Evening

**A TUTORED WINE TASTING
OF UP TO 8 WINES WITH CHARLES ETON
OF NETHERGATE WINES**

**WITH BIDDLES BREAD
AND CHEESES**

**Preston St Mary Village Hall
on Friday 15th September
at 7.30pm**

Tickets £17.50

**LIMITED NUMBERS SO PLEASE BOOK AND PAY FOR TICKETS
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ALL PROCEEDS IN AID OF THE CHURCH FABRIC REGISTERED CHARITY NO. 1070593

POETS' CORNER

Mirrors

Metallic coppered mirrors in a quiet dim-lit lift.
Cruel mirrors, bright in hotel bathrooms,
Their mean, vindictive truth like an evil fairy's gift.
That truth is that my trousers lack for arse-room.
That no matter just how slimming I had thought my chosen clothing,
And despite my satisfaction in my mirror on that morning,
These horrid hotel mirrors cause such hatred and self-loathing,
I'll be dieting and fasting 'ere the dawning!

I skip nimbly from the shower and the looking-glass attests,
That I've been joined there in the bathroom by a person
With a pink and wobbly tummy and sagging hairy breasts,
And he's staring at me rudely with aversion.
And as I step into the lift he is with me once again.
He is fat and short and jowly and depressed,
And he's trying to look jaunty and the jolliest of men,
That's the truth of my infinity of jest.

Coda

Let's give three hearty cheers for that good, saintly man
Who cared; and invented the 'active waist-band'
And that Mother Teresa, that empress, that queen,
Who invented the fabric they call 'elastine'.

© Tim Bridges June 2023



Footnote:

We are very lucky to have a poet of Tim Bridges' distinction contributing regularly but Poets' Corner is not exclusive. If you have ever written a poem we'd love to see it, so please send it to PPP.

Learn about life on a wartime American
air base with a guided walk on ...

LAVENHAM AIRFIELD

Home to the USAAF's
487th Bomb Group during WWII



★ When? : Second Sunday of June, July, August & September

★ Time? : 10.00am - 1.30pm

★ Cost? : Adults £10 Under 16s £5 (Sorry - no dogs)

★ Booking? : Essential - Tickets available from...

Lavenham Information Point - 2 Lady Street - ☎01787 249939

Mon, Tue, Thu & Fri 11.00am - 2.00pm



All proceeds go towards the USAAF
487th Bomb Group Memorial Fund



AUGUST & SEPTEMBER 2023

VILLAGE HALL NEWS

100 CLUB 2023: The subscriptions for the 2023 draws have now been collected. Thank you to all who have renewed their subscription and all who have joined for their first year. The lucky winners of the first three draws (out of five) for the year are:

1 st Prize (£25):	Richard Green	Ruth Page	Nova Jefferson
2 nd Prize (£15):	David Hicks	Gerald Sharp	Sylvia Tillotson
3 rd Prize (£10):	Roger Huggett	Stuart Williams	Carolynne Howard

PRESTON BBQ & PARTY **SATURDAY 9TH SEPTEMBER**

Lars and his band, The Suffolk Beats, have agreed to entertain us again, so we have planned a Final Hurrah to summer, behind the Village Hall. The BBQ team will also be on hand, along with a delicious array of salads and cakes. See Page 19 opposite to pre-book your places @ £10 each, (under 12's half price).

REGULAR CLUBS: The Hall continues to be used frequently during the week, with regular clubs meeting weekly or monthly. Some of the activities are taking a break during the summer but will be back with a vengeance in September. Club contact details on page 2.

THE NEW SHED: Having received grant monies via the Parish Council, a lovely new shed has been erected by a brilliant team of volunteers – many thanks to all involved. We now have to tidy up some of the area behind the Hall ready for further events and, of course

VILLAGE HALL FOR HIRE: Please remember that the Village Hall is available for private hire, particularly at the weekends. It is an ideal venue for family celebrations and parties, now that it offers a modern kitchen and toilet facilities. Rates are reasonable, so why go elsewhere when you can stay in our village and gather your friends and relatives around you? Contact Sue (below) for further information.

THE POP-UP CHOIR duly popped up on 17th June to perform songs from *Joseph and the Amazing Technicolour Dreamcoat* and other shows, singing their hearts out in front of a full house. A success both socially and financially – all proceeds went to the MS Society who will have been delighted with the receipt of £874. Well done to the choir and to all who helped in any way to bring this about. See report on Page 10.

LOCAL HISTORY EXHIBITION: Roy Hollocks again filled the Hall with his superb collection of memorabilia relating to Preston St Mary and local villages. Such an interesting day and well attended, raising £200 for Village Hall funds. Thank you, Roy. See report on Page 6.

ANNIE MASON, Chairman, 07740 820100 (PC title "The Chair")
SUE DIGGINS, Secretary, 01787 247626 (PC title "The Quill")
KEITH DAVIS, Treasurer, 01787 247112 (PC title "The Till")

AUGUST & SEPTEMBER 2023



Preston St Mary BBQ

Saturday 9th September
at the Village Hall
starting at 3.30pm when the bar opens
Food from 5.00
Live music from The Suffolk Beats

Tickets if booked ahead are £10.00 for adults £5.00 for under 12s
£12.00 or £6.00 on the day

We need to know numbers so please contact
Sue Diggins on 01787 247626
or Annie Mason on 07740 820100

COOKS' CORNER

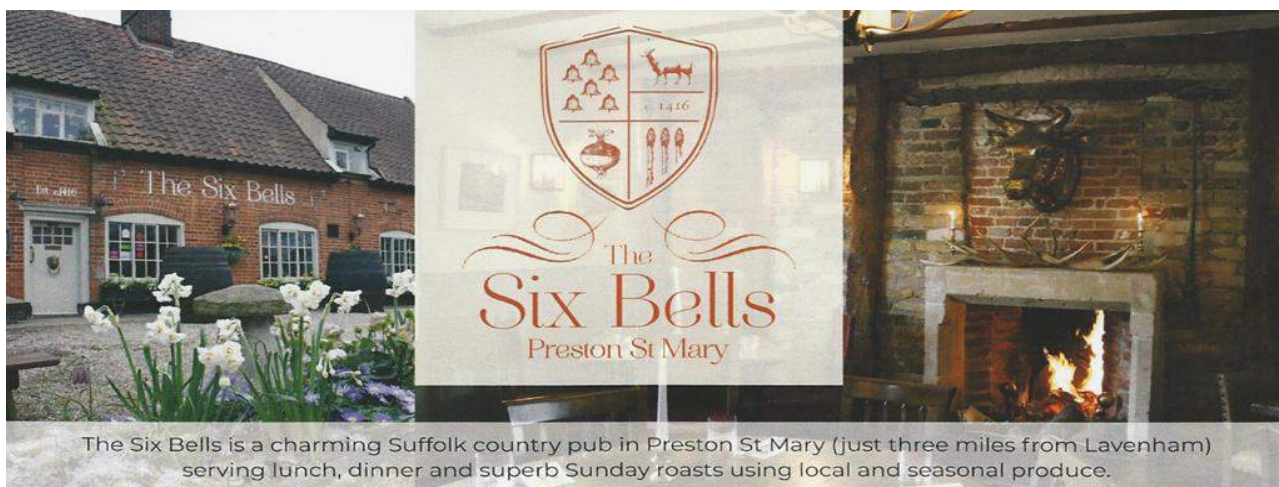
DON'T throw away that chicken carcass! Put it and the skin, bones of the legs and wings and any other bits in a saucepan, cover with water and simmer for about an hour. Strain – and discard the bones, etc. Add a couple of tins of mushroom soup and the chopped mushrooms of a small punnet, simmer for another hour and season. You will have about six portions of extra delicious mushroom soup

My Paean to Suffolk - from Jay Knobel

I guess the best place to start my explanation of why I keep coming back to Suffolk lies with my wife. She was a newlywed in 1969, to her first husband, a USAF F-100 pilot with the 493rd fighter squadron and she joined him at his assigned duty station - RAF Lakenheath. For two years they lived in Stanton, near Bury St. Edmonds and made some lifelong friends. When I arrived in Frances' life in 1987, I was introduced to those East Anglian friends and they became my friends. Over the ensuing years, we would make annual visits, when our work schedule allowed, staying mostly in Bures with dear friends, Sylvia and Paul Roberts.

Since our retirement, living year-round in Stuart, Florida, we have taken advantage of our free time to travel, usually in the summer months and have always included a long stay here in Suffolk. We have stayed in holiday flats and cottages in Lavenham, Kersey and Chelsworth, for at least 1 month and as much as 3 months for the past 8 years (minus 2020). When I stop and consider the question of why I do this, a variety of motivators come to mind. The prime mover, and I would argue one that exists in most long-term marriages, is my spouse, who is an unequivocal Anglophile. She loves coming to this land of gentility, lovely landscapes, cool weather and preserved history. I derive a great amount of pleasure making it happen for her as each day unfolds. One element of our daily routine is a walk, taking advantage of the unique system of footpaths that have been wisely preserved throughout the UK, usually ending with a lunch at a village pub. Being a person who has been described as pathologically social, I love the fact that you can walk to "the local", usually older than the USA itself and always be warmly welcomed (in spite of my obvious speech impediment), by interesting and interested people who may or may not know you and find yourself invariably learning something new. This is absolutely not available in my hometown in Florida. I have spent many hours in proper pubs such as The Cock in Brent Eleigh and I have developed some friendships of my own that I want to continue to enjoy for as long as I am able. I have also acquired a taste for real ale as served in a traditional pub. While not a significant motivator, I must comment on the improved variety and quality of food now available in the pubs. This is a good thing but it is unfortunate that at times, it seems that gastropub and proper pub are mutually exclusive items.

When asked by Jack, one of the members in good standing of the "cheese group" at The Cock, to answer his question of "why", I had to stop and think (a useful exercise). This has been a good experience, examining my reasons and to try to explain why both my wife and I, two "senior citizens" of America have fallen in love with the rhythm of life in rural Suffolk.



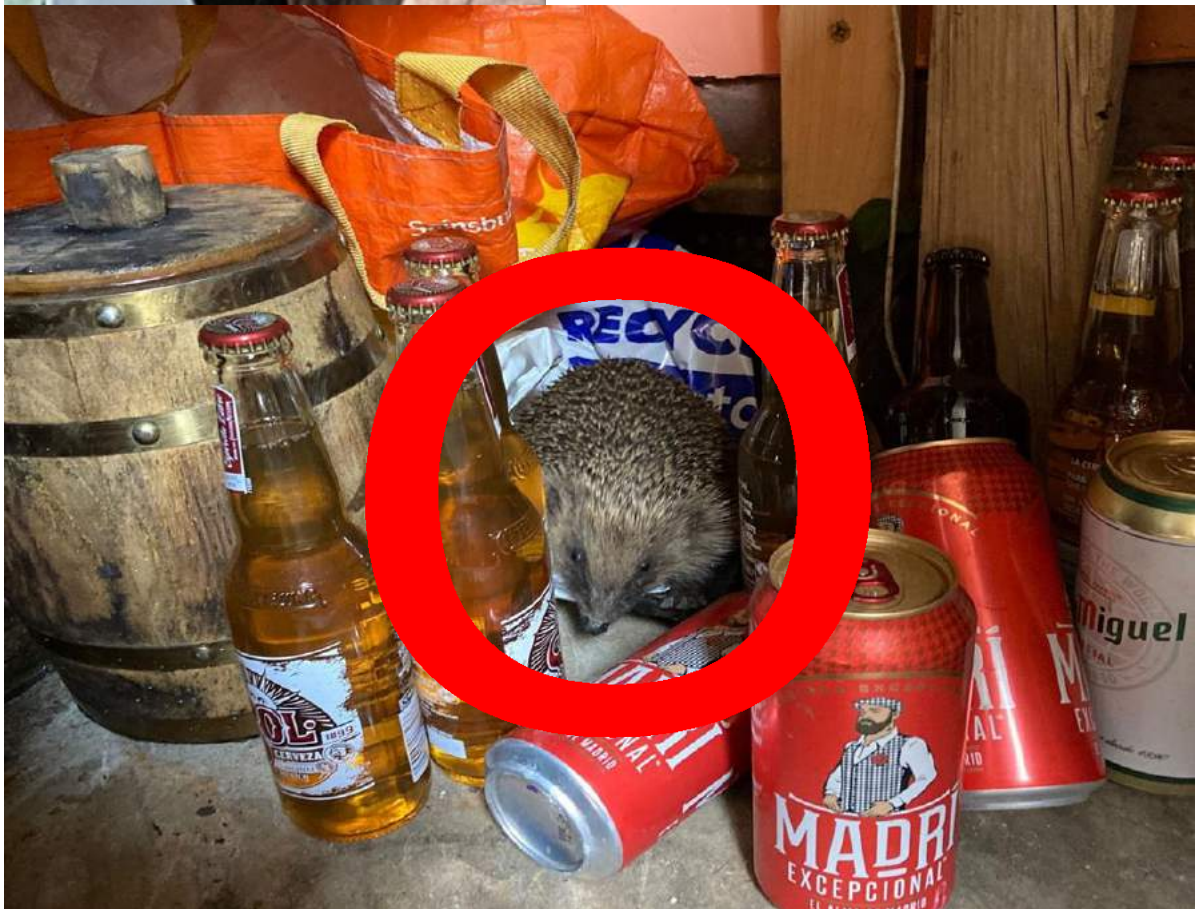
AUGUST & SEPTEMBER 2023

NATURE NOTES



Jacquie Williams sends us a picture of a grass snake devouring a fish from the Colliers Farm pond. She rescued the fish. It's perhaps not well known that grass snakes are amphibious and never far from water. Kate Hanlon and John Dunk dug a pond last year which has a grass snake as a frequent visitor. Great things, ponds!

An urban BBQ last weekend produced the usual rubbish – being explored by this little chap. How great to see a hedgehog in a garden!



RICHARD GRAYLEN

PRESTON PEOPLE



Hello Fellow Villagers. My name is Richard Graylen and I moved into the village almost three years ago. I was born in Beverley, North Yorkshire and was schooled in Halifax and Leeds. I joined Lloyds Bank after A Levels as a management trainee and continued at Lloyds for 31 years. I have two younger brothers and Married Sheila, who was a Health Visitor and Midwife, from Manchester in 1977. I have two daughters and a son who between them have produced four wonderful grandchildren who are aged between three and eleven years. I also have four step Grandchildren. My career in banking took us on a tour of the country and my house in Preston is the 10th house which I have bought, covering 7 counties. As a result my children were all born in different counties. We are a very close family and I chose Preston to be a little nearer to all of them and their families who are living near to Colchester and St Ives (Cams).

Whilst living in West Bergholt near Colchester in 2000, Sheila was diagnosed with terminal cancer and we lost her in 2003. She had wonderful care from the medics and my family and I embarked upon a fund raising campaign for Cancer Research UK (CRUK). For the next few years all my children and many friends got behind our fund raising efforts enabling us to raise substantial monies for this incredibly important charity. Our activities included my son running the London Marathon in 2004 (he was then aged just 21) and he joined me in a skiing fund raiser across some notable ski resorts in the French and Swiss Alps. I also took part in a trek in the Peruvian Andes climbing above Machu Picchu ascending above the snow line to almost 17,000 feet above sea level. The draw of the mountains was strong and the experience fantastic so a couple of years later I joined another adventurous fund raiser for CRUK, climbing to the summit of Mount Kilimanjaro in Tanzania. At just under 20,000 feet up, and the roof of the African Continent, this was the most physically demanding thing I have ever done!

I had abandoned my banking career in 2002 to help at home and Lloyds were incredibly supportive. Afterwards I found myself in Management Consultancy for a few years before working for HSBC Private Bank and then Coutts & Co. In 2009. I remarried in 2010 but divorced in 2020. Whilst working for Coutts & Co where I was fortunate to be invited to work for a customer who had built up a then renowned Classic Cars Business which is another of my passions. I worked there until 2020 just before moving to Preston. This had been a most enjoyable second career spanning 11 years which involved me in business travel to California, Le Mans, Germany, Switzerland, Portugal and Northern Italy with annual appearances at the Goodwood Revival where we also raced as well as at the Goodwood Member's meeting.

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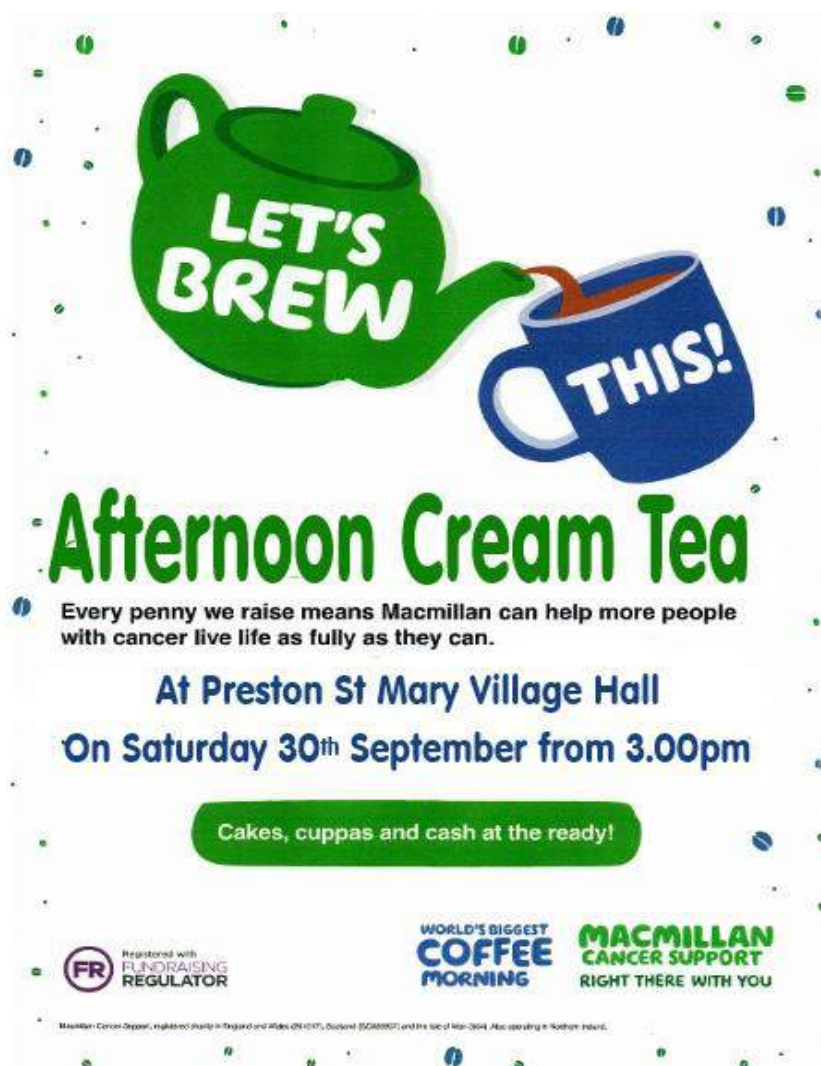
Apart from obvious interests in Mountain climbing, Skiing and Cars / Motor Sport, I follow Current Affairs, enjoy eating out with good food and good wine, travel, family, the countryside, keeping fit and my dog Brutus are all high on the agenda. I rescued Brutus via a charity just over two years ago and whilst he is the 5th dog I have rescued in my time, he is most definitely the best, having settled very well into his new life in Preston. He is a Kangal (the national breed of Turkey) where he was a working dog guarding flocks of sheep and goats in the Turkish Mountains. Brutus is a very loyal dog and intelligent dog and because of his unusually large and different appearance he attracts a lot of friendly attention from fellow dog lovers and is widely admired. When my partner Andrea comes to visit, Brutus abandons his day time snooze and instantly jumps up to greet her hoping she will be carrying a knuckle bone or some pigs' ears treats!

I have found Preston to be one of the friendliest and most active of villages I have ever lived in. I am a Committee Member of the Friends of the Church and also enjoy singing in Lynn Davis's Pop Up Choir. I am organizing (with colleagues from the Friends committee) a village wine tasting for September 15th. As I write this I have just put my property on the market to try to downsize a little, but am intent on staying in the area, or better still within the village if at all possible.

SHEEP MAY SAFELY GRAZE



For the last few weeks Preston has been home to several hundred sheep with their lambs, grazing on clover on fields owned by the Getty Estates



Please get in touch with Kay if you can help by bringing cakes or savouries

The Very Revd Philip Buckler

In July Philip marked fifty years since his ordination as a Church of England priest by leading the morning service in Lavenham Church. There was no service in Preston that day and a number of Preston parishioners joined the Lavenham congregation to mark Philip's special milestone.

Philip served as a Parish Priest before becoming a Canon of St Paul's Cathedral and latterly Dean of Lincoln Cathedral. Since his retirement he and Linda have made their home in Whelp Street.

AUGUST & SEPTEMBER 2023

Your Village Needs You!

(again)

Following on from the success of previous litter picks
the next one will be on
Saturday September 2nd
Starting at 9.30 from the Village Hall

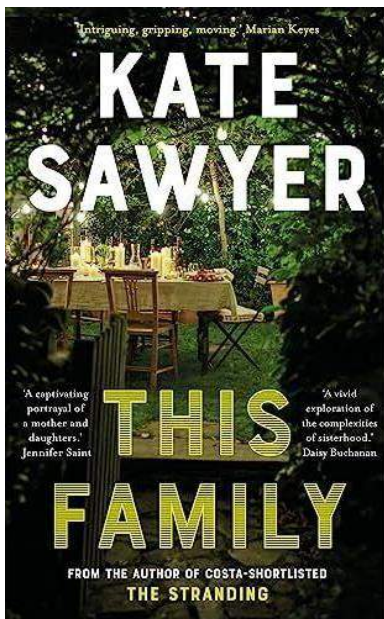
Please come along and join in,
there will be drinks and cakes afterwards.

Please contact Kay Shorter the Parish Clerk for more
details either by email; prestonpcclerk@gmail.com
text, whatsApp or phone 07561 060041



Book Review

This Family by Kate Sawyer



Full disclosure....I came to this book care of my friend who is the mother of the author Kate Sawyer and to whom it is dedicated. Kate has had an interesting life so far working as an actor, a producer and writer of short films; this is her 2nd work of fiction. The story centres around an ordinary family in a Suffolk village & for that reason, it feels pertinent to let you know what I thought having read it this summer. This Family was published in hardback in May but you may want to wait until it comes out in paperback or download onto a device.

Mary is the main character and mother of 3 adult daughters; she is getting married on a late summer's day in the family's Suffolk home. The whole brood have been invited to attend, despite fractured relationships between some of the sisters; Mary has written to each one asking them to put aside their animosities for her wedding.

The book spans just this one special summer's day from the early morning as she prepares the house for her guests right through to when the last guest leaves the party late at night. There are twists and turns I didn't see coming, deftly interwoven with beautiful descriptions of a much loved family home & garden which has been the constant in all their messy, complicated, happy, shared lives. As it is set in Suffolk village (not Preston St Mary!) I certainly recognised some of the seasonal descriptions & geographical references especially the now defunct livestock market which Bury held twice a week. Knowing that the author comes from a large family of 4 generations herself, with 2 sisters and a young daughter, she has clearly written about what she knows best & has been exposed to for her whole life.

Each character reveals their own 'take', tracking back in time over 40 years to very gradually reveal the history, lives, relationships - good & bad, messy & straightforward. Everything comes to a head towards the end of the evening -I won't reveal the plot - and I have to say, I didn't see the conclusion.

There are 4 generations of women in This Family: Mary: her ex mother in law; her 3 daughters and her young grand children, so you won't be surprised to discover that the book is a study of the nuances, the ebb & flow between characters and I think Kate captures them beautifully. (There are men and other characters in the story too...)

If you have the time, this book, a Suffolk garden in summer and better still, a willow tree next to a pond, lose yourself in this very enjoyable book. It has stayed with me for several weeks now and I can already see it as a film or TV series. But don't take my word for it, read the glowing online reviews.

Caroline Gove

QUIZ NEWS

Six Bells Quiz Night: the first Wednesday of the month.

The Whelp Street Wonders returned to their winning ways at the Six Bells July quiz. Remember: teams of four, £12 per person which includes entrance fee, an excellent curry - all free to the winners. Booking in advance necessary. The next quiz at the Six Bells will be on Wednesday 2nd August.

The Art Group

The Art Group continues to meet on Monday from 10.00-12.00 on a termly basis.

During the summer Term we always aim to get out of doors if possible, but we have been thwarted a bit by strong winds or showers. None the less we have managed four alfresco sessions and have also had two tutor led sessions as well. Thank you to those who have invited us to paint in their gardens. This term we have concentrated on watercolour with emphasis on not being too detailed. To help with this we have had a go at mark making using sticks, sponges and feathers, all with interesting results.



The photograph shows members of the Group enjoying a morning's watercolour painting on a warm sunny day. This is a friendly group with a small core of fairly permanent members and a few others who dip in and out when their work or health allows. If you feel so inclined please come along for a taster session and join in our arty experiments.

Judy Legg 01787 247515 judyannlegg@gmail.com

HORTICULTURAL NOTES

The Healing Garden

Being out in nature has long been known for its healing and restorative properties, when we need a place to just 'be', to retreat from our busy lives and boost our overall sense of well-being.

A "green prescription" can restore our calm and balance, reducing stress and aiding psychological and emotional recovery and providing a peaceful and spiritual place of meditation and reflection.

Creating our own 'healing garden', a small corner or space, a private sensory retreat to go and quietly sit can offer the tonic we need to reset our minds.

Choose a special spot. Include a seat or bench. Opt for natural planting in layers, using muted colours (shades of green, purple and white) and include evergreens for year-round interest.

To enclose your space plant taller varieties ...e.g. fennel...yarrow, grasses, buddleia, lilac, star jasmine.

Use a variety of soft textures, e.g. fennel, sage, wild geranium and lambs ear. Aromatic plants will ignite your senses so place these at the front of the border, or next to seating and pathways as they will release their fragrance when brushed against. To name a few - lavender (calming and aids sleep), rosemary (boosts the memory and mood), anise hyssop, catmint, chamomile, mint, feverfew, nicotiana (for evening scent), oregano. Nectar rich plants will attract wildlife, creating a special haven, e.g. sunflowers, echinacea (cone flower), honeysuckle, wild bergamot (Bee Balm).

For meditation, add a focal point, perhaps a sculpture or just something you love. A water feature or a small reflective pool works really well. No need to dig a pond, use a favourite bowl or rusty container, add pebbles and water.

Lastly - relax and breathe it all in.

Wishing you happy and fruitful gardening!

Laura Ashford



Image credit: Ben Hall



Suffolk Wildlife Trust

Suffolk Wildlife Trust is the county's nature charity, inspiring and connecting people to the wildlife on their doorstep, as well as playing a monumental role in caring and safeguarding Suffolk's wildlife and countryside. We have led local nature conservation efforts in Suffolk for six decades and have saved some of the county's most important wildlife sites by securing them as nature reserves.

Working with communities, local landowners and partner organisations, Suffolk Wildlife Trust has helped animals and plants to thrive across Suffolk, reviving and cherishing crucial habitats. These habitats act as corridors, allowing wildlife to move safely through the landscape, and create a connected network of nature. Our vision is to create a wilder living landscape where wildlife can flourish and encourage others to become part of a wilder Suffolk.

Today, Suffolk Wildlife Trust cares for 50 nature reserves. But we have not done this alone; gifts in Wills over the decades have enormously contributed to the buying, expanding and protecting of our reserves for generations to come.

Seizing opportunities to buy or enlarge our nature reserves is one of the most powerful ways in which we secure a better future for Suffolk's wildlife. Legacy gifts have in fact been instrumental in every reserve purchase in recent years, enabling us to act quickly and with confidence when opportunities arise. Knowing they represent a lifetime of saving, we always try to increase the impact of bequests by using them to inspire more support through local fundraising. The unstinting response to these from members and supporters is inspiring.

The stories of our amazing legacy donors will forever be a part of Suffolk Wildlife Trust's history and will inspire others to consider leaving a gift in their Will, so that we may continue our fundamental work. Our approach of saving legacy gifts for landmark projects like these means a gift in your Will of any size will directly help to buy land for wildlife, safeguard a threatened species, or support a special piece of work with lasting impact.

For more information please contact us on 01473 890089
or visit www.suffolkwildlifetrust.org/will



CONFESSIONS OF A PRESTON 'PETROLHEAD' John Dunk

Don't get too excited with the use of the word 'confessions', the only spirits here are petrol, over-rich mixture is to do with carburation and not last night's curry in Long Melford and a greased nipple? – no not a cocktail, just keeping your steering in good order!

Most petrolheads probably know where it started, with me it was anything electrical or mechanical that I could strip apart, possibly repair, and make better than when I started - didn't always work out that way! As an early teen I probably had more electric shocks than Dr Frankenstein's lab assistant, pulling apart radio sets and transmitters and finding there was quite some high voltage in there!

The start of the slippery slope was a Honda CB160 when I was 16, a second-hand motorcycle with my parents begrudging blessing – the Japanese were well ahead of the British motorcycle industry by the late 1960s/70s and this thing actually had an electric start! No frantically kicking a starting lever with this machine!

Progressing from a motorcycle to my first car, a Ford Anglia 105E, I did my best to make it go faster, primarily by adding larger wheels and tyres which no doubt made it go slower, and by sticking things on it which made it look faster, primarily to impress girls who, on reflection, were mainly unimpressed!

Still interested in bikes though, an old 1950's BSA Bantam 125 came into my possession which friends and I used to ride with no insurance, tax or other luxuries until the cylinder head cracked. Too expensive to repair so what do we do – cut the frame in half so it fits in the car boot and take it down to the local dump!

At some point it became important to get a job and after a couple of false starts (by that I mean jobs didn't provide you with a car!) along came my first job with the car provided, a Ford Escort Mark1, then followed a series of vehicles including the infamous Austin Allegro, or All-aggro as it was affectionately and accurately nicknamed. Though as I climbed the greasy career ladder in latter years nicer things turned up, BMW 530 Twin Turbo, Audi A6 Quattro. Then a major crisis in my life, retirement from full-time employment – “now John you have to buy your own car!” - “Hell's teeth, how much!!” said I.



Porsche arriving, Morgan departing

Over many years many cars came and went but I always had to have something on the side, often this was a Land Rover. Series 2, Land Rover lightweight, Series 3, 90's, Range Rover classic and even the Rolls-Royce engined

Austin Champ, one of which I managed to obtain by swapping a leather jacket, walkie-talkie set and 50 quid!

Then into more sporty vehicles, Sunbeam Alpine, Austin Healey 3000 Mk 3 which I should never have sold!, Caterham Seven (latter-day version of the Colin Chapman designed Lotus Seven) and others – always the pleasure of driving and maintaining these vehicles keeping the interest going. Almost 10 years ago prior to moving to Preston I sold my 3.9 L Range Rover Classic (by this point in the story the Greens in Preston are snarling!) – “Shouldn't have done it, have you seen the price of them now” said I to an unsympathetic wife recently.

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Then my Covid 'lockdown' car, 2001 Land Rover Defender 90 diesel. Bought from a friend knowing its history and low mileage was correct but it needed some work. The rear part of the chassis, the crossmember, was somewhat rotten – most of them are. So out with the angle grinder and other associated tools, cut off the rear quarter of the chassis and re-weld in a new one! But it didn't stop there, probably hundreds of hours doing many things to that vehicle.

So in June last year the big clear out, the Morgan V8, the Land Rover Defender, Triumph Tiger 100 and AJS 350 went off to auction at Lacy Scott and independently I sold a 1974 Honda CB750, one of the first 'superbikes'.

Hankering for my first Porsche I bought a 911, 996 variant – the unloved one, the first of the water cooled Porsches' and frowned on by the aficionados but brilliant if you ever get a chance to drive

one. The advantage of being unloved is that they are not expensive.

At the same time a Preston resident (you know who you are Mike!) who rides the lanes on two wheels suggested I look at the Honda Blackbird when I casually mention I might be interested in another bike. The Blackbird when first produced in 1996 was the fastest production motorcycle, 177 mph, until unseated by the Suzuki Hayabusa a couple of years later. Not being very sensible I bought one, but it is lovely.



Honda Blackbird, Porsche behind

So what's next? Who knows, but it's great fun thinking about what might be!

JD

NEWS FROM THE NEIGHBOURS

News from Brent Eleigh

A future date for your diaries! The Edmund Octet will be performing in St Mary's Church, on Saturday 14th October starting at 7pm. More details in due course, but this versatile and well-travelled group have a new professional Musical Director and members, who will offer a variety of song - something for everyone. Tickets will be available beforehand and on the door.

Brent Eleigh are to hold their first Open Gardens on Sunday, 3rd September. Refreshments and a BBQ will be available in the village hall.



An otter has been seen in Brent Eleigh.

Steve {Moose} Philips has been rewilding in Cockfield. The humble daisies, delightful in themselves, produced a bonus in the form of this beautiful orchid.

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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



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AUGUST & SEPTEMBER 2023

ATTENTION ALL SCHOOL LEAVERS!

FINANCIAL HELP OFFERED WITH UNIVERSITY OR TRAINING COSTS

Are you embarking on a course of further learning? If so, and if you are under the age of 21, we can help.

All school leavers or people under the age of 21 living in the village are invited to apply for a grant from **The Robert Ryece Charity** towards the cost of the next step in their chosen career. The Trustees are Janet Martin and Keith Davis, who are keen for the charity to help with the finances of further learning. We would love to hear from anyone who is about to tackle the next step in their development, whether this be further study, an apprenticeship or other training. The Robert Ryece Charity has some funds to help youngsters expand their learning.”

The Ryece (or Ryce) family owned Preston Hall during the 16th and 17th centuries, when several generations were named Robert. One of these was a famous student of heraldry and local history who instigated the many coats of arms in the windows of the parish church. There were originally 160 shields, but many of them were destroyed when the tower collapsed into the nave in 1863. The remaining 52 coats of arms are still a notable feature of our lovely church.

One of the many things that he did for the village was to found this charity, the aim of which is to offer support to school leavers and apprentices of the Parish in the form of grants to assist them with the purchase of books, equipment, tools, special clothing, etc to help them in their studies and/or training. The grants are relatively modest but have nevertheless proved to be useful to previous recipients.

Please direct your enquiry to Keith Davis, who reassures prospective applicants “The application is very straightforward. No fancy forms or detailed processes. All that is needed is a letter explaining who you are, where you live, what training you are about to start and what items you need to buy. I look forward to hearing from you!”

Keith’s contact details are:

Addington House, Whelp Street, Preston St Mary, Suffolk CO10 9NL

Tel: 01787 247112

E-mail: keithhdavis@btinternet.com (don’t forget the silly 2nd “h” in the address)

AUGUST & SEPTEMBER 2023

LAVENHAM GARDENING CLUB

I hope your gardens are all blooming marvellously - the roses seem to have been particularly good this year.

Hopefully everything bought at our plant sales in May is doing well and creating a lovely show. Sales were very good and, thanks to generous donations and fine weather for the perennials sale, we raised over £1,000 again for club funds.

Members have enjoyed two interesting and informative talks, the first in May by Barbara Segall on 'Secret gardens of the South East' and the second in June by Melanie of Mickfield Hostas. Melanie gave a history of the nursery as well as detailed information about the plants. She brought a huge selection of wonderful plants for sale and most found new homes! Both ladies were entertaining speakers and we hope to welcome them back.

We are looking forward to our summer Garden Party for members, which is always an enjoyable evening, with food, a glass or two and good conversation.

No meeting in August but we still have places for our next trip (by car) to a private garden in Woolpit, tea and cake included. Please contact Sandra to book, on 01787 311707, and please ask if you would like to come but need a lift.

Our next event will be the 'Produce Plus' Show in September. This year it will be a members only event on the Wednesday evening. Classes include cookery, arts and crafts and photography.

We still have tickets available for this year's celebrity speaker, Pippa Greenwood, respected expert in pests and diseases and long time panellist on Gardeners' Question Time. Non members are welcome - call Sandra, on 01787 311707.

Club meetings are held on the last Weds of the month, in the main hall at Lavenham Village Hall at 7.30pm and new members or guests are always welcome. Please find details on our website: <https://lavenhamgardeningclub.co.uk>.

Diary dates:

Aug 9th Visit to 'Bridges', Woolpit

Sept 6th Produce Plus Show

Sept 27th **Celebrity Speaker: Pippa Greenwood 'My Life in Gardening'**
tickets £20 for members and non-members

Our best wishes for a lovely summer,

Carolyn Jenkins

AUGUST & SEPTEMBER 2023



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Megan Pryke VTCT, BABTAC

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PRESTON ST MARY PARISH COUNCIL

CHANGE OF MEETING DATE

The dates for meetings for the remainder of 2023 are September 26th (NOT September 19th) and November 21st, all meetings to be held at the Village Hall to start at 7.30pm. Extra meetings may be held if required and the agenda for each meeting will be posted on the Parish Council notice boards and the Prestonstmary.suffolk.cloud website

The Parish Council is still in need of Councillors. We desperately want to continue working for your village, but we need some help with more Councillors. If you are interested then please contact our Clerk, Kay on 01787 249492 or by email on prestonpcclerk@gmail.com

AGRICULTURAL NOTES



Gary Elsdon has been farming for over 50 years (The first of those years under supervision). We are in the harvest season and he notes that the crops haven't changed dramatically in that time. Winter barley harvesting started on 12th July and will continue until around 21st July. A rather unexceptional rape harvest will start around then for 2–3 days. And winter oats will be harvested soon. Congratulations on the half century, Gary!

QUIZ TIME ANSWERS from Page 11

1. Jaguar
2. Don Quixote
3. Belfast
4. Pebbles
5. Hispaniola
6. March
7. Energy
8. Earthquakes
9. K
- 10 The Pacific
11. 50
12. Rabat

AUGUST & SEPTEMBER 2023



Opening Hours

Monday 10.00 – 1.00
Tuesday 10.00 – 1.00 & 2.00 – 5.00
Thursday 10.00 – 1.00 & 2.00 – 5.00
Friday 10.00 – 1.00 & 2.00 – 5.00
Saturday 10.00 – 2.00
Sunday & Wednesday - CLOSED



Our Summer Reading Challenge is well under way and if you haven't already signed up there is still plenty of time. The aim of the challenge is to encourage children to continue reading during the summer holidays. For each of the six books they read, they can collect a prize from the library. **If you sign up at Lavenham Library, we are offering an additional prize of our exclusive "light up pens" funded by our Friends Group once you have completed book 3!** If they complete the challenge, they'll also receive a special certificate! Children can sign up from **15 July**. The challenge officially ends **10 September**.



Suffolk Libraries PAWS-ITIVITY fundraising campaign. Look who has arrived here at Lavenham Library! Come and meet "Book & Woof" our PAWS-itivity dog who is part of Suffolk Libraries fundraising campaign.

Our lovely fabric dog has been created by Charmaine McKissock, a community artist, teacher and writer who has a therapy dog which she uses to support children's reading, and this inspired her to create our cuddly fabric sculpture "Book & Woof"!

PAWS-itivity! will raise awareness of Suffolk Libraries as a charity that nurtures literacy, supports an appreciation of the arts and improves wellbeing and positivity. Ultimately, it will raise crucial funds for Suffolk Libraries at a high-profile auction in late September 2023.

For more information, please pop into the library to pick up a PAWS-ITIVITY leaflet.



Summer holiday activity for children **BACK BY POPULAR DEMAND!**

We are holding another African Drumming Workshop on **Thursday 31st August 3.00pm – 4.00pm** which costs £2.00 and is open to all ages. Due to the limited numbers you will need to book either by emailing lavenham.library@suffolklibraries.co.uk by telephoning 01787 247729 or by coming into the library and speaking to a member of staff. As this event is funded by our Friends Group we can only accept cash payments.

Contact Details

Lavenham Library, Lavenham Village Hall, Church St, Lavenham CO10 9QT

Tel No: 01787 247729

www.suffolklibraries.co.uk

Email: lavenham.library@suffolklibraries.co.uk

Suffolk Libraries HMRC charity number XT34476



AUGUST & SEPTEMBER 2023

UNITED BENEFICE OF LAVENHAM WITH PRESTON ST MARY

Rector: The Revd. Simon Pitcher

The Rectory, Church Street, Lavenham, Sudbury, CO10 9SA Tel: 01787 247244

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 AUGUST 2023

SUNDAY 6th August TRANSFIGURATION	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	MORNING WORSHIP
	PRESTON	12 NOON	11.30am Refreshments before PRESTON PRAISE
SUNDAY 13th August TRINITY 10	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	EVENSONG
SUNDAY 20th August TRINITY 11	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
SUNDAY 27th August TRINITY 12	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	EVENSONG

THE FOLLOWING MID-WEEK SERVICES ARE HELD EVERY WEEK

WEDNESDAY	LAVENHAM	10.00AM	HOLY COMMUNION
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Note: BCP = Book of Common Prayer (traditional language)

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CALENDAR OF BENEFICE SERVICES FOR SEPTEMBER 2023

SUNDAY 3rd September TRINITY 13	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	MORNING WORSHIP
	PRESTON	12 NOON	PATRONAL FESTIVAL EUCARIST Followed by Lunch
SUNDAY 10th September TRINITY 14	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	EVENSONG
SUNDAY 17th September TRINITY 15	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
SUNDAY 24th ST MICHAEL AND ALL ANGELS	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	EVENSONG

THE FOLLOWING MID-WEEK SERVICES ARE HELD EVERY WEEK

WEDNESDAY	LAVENHAM	10.00AM	HOLY COMMUNION
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