

PRESTON PARISH PAPER

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

Dates for your Diary

Sunday 4th June - Blessing of Animals at 11.30am for 12 noon in the Church

Monday 12th June – Ladies Club at 7.30pm in Village Hall – See Page 10

Saturday 17th June – Concert in Village Hall – See Page 22

Sunday 18th June – Fathers' Day

Saturday 24th June – Village Get-Together and Remembering the Past Exhibition in Village Hall – See Page 17

Sundays 11th June and 9th July – Lavenham Airfield Guided Walks – See Page 15

EDITORIAL

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

Our Editorial email address is:

editorpstmppaper@gmail.com for future contributions.

GOD SAVE THE KING



Preston's own celebration of His Majesty's coronation was enjoyed by nearly 100 people at the Village Hall on Sunday 7th May. A report is on Page 13

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	Peter Korwin		
CLERK	Kay Shorter	249492	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	Pending	249020	janet.martin01@btconnect.com
----------	---------	--------	--

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
-------------	-----------	--------	--

Ladies' Group

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

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

Table Tennis

Thursday Evenings at 7.30 in the Village Hall

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

Carpet Bowls

Friday Afternoons at 2.30 in the Village Hall

CO-ORDINATOR	Maggie Bardzinski		maggiemossbar@aol.com
--------------	-------------------	--	--

Preston Popup Choir

MUSICAL DIRECTOR	Lyn Davis	247112	divalynx@aol.com
------------------	-----------	--------	--

The Six Bells Pub

		247440	reservations@thesixbellspreston.com
--	--	--------	--

Tree Warden

	Lyn Davis	247112	divalynx@aol.com
--	-----------	--------	--

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
-----------------	---	--	--

Doctors' Surgeries

Bildeston	01449 740254	Lavenham	378226
-----------	--------------	----------	--------

Local Councillors

Suffolk County Council	Robert Lindsay (Green Party)	robert.lindsay@suffolk.gov.uk
-------------------------------	------------------------------	--

Babergh District Council	Robert Lindsay (Green Party)	robert.lindsay@suffolk.gov.uk
---------------------------------	------------------------------	--

Community Liaison Officer	Cally Boardman	cally.boardman@suffolk.gov.uk
----------------------------------	----------------	--

Police - Non-emergency number 101

Police Community Engagement Officer – PC Jon Gerrish ceosudburyhaverhill@suffolk.police.uk

Our Ward is North West Cosford

A PASTORAL LETTER FROM THE RECTOR

Dear Friends

Sunday 4th June in the church calendar is Trinity Sunday. On this day Christians celebrate the understanding that God is one, but that God is known in three forms, as Father, Son and Holy Spirit. This understanding of God is drawn from the Bible, particularly from the Gospel of John and the letters of St Paul. It is a mystery that takes some working out!

After Trinity Sunday there are 21 weeks in the church calendar called ordinary time. Ordinary Time runs from Sunday 11th June to Sunday 29th October. Ordinary time sounds like a period in which nothing much happens until we start to look forward to Christmas once again. But Ordinary Time is important.

During the season of Lent, then Easter and then Whitsun, or Pentecost, a great deal happens in the Christian story. It is then helpful to have a period of time to allow the story of Christ's death, his resurrection and gift of the Holy Spirit to mature in our own spiritual journey. What does it mean for me, what does it mean to be a disciple? How do we grow in faith? I sometimes think that if we only ever go to church at Christmas, we only ever see Jesus as a baby, and so our own faith remains just that, a beginning. If we are ever going to have a meaningful faith, we have to allow it to grow and mature. Ordinary Time helps us to grow.

The colour for church decorations in ordinary time is green. Green reminds us of the beauty of creation all around us, our environment, of growing and bearing fruit. The poet Gerard Manley Hopkins wrote "nature is never spent; there lives the dearest freshness deep down things;" Ordinary Time is a season in which we are invited to explore the deep down things of God and to grow in faith.

Simon

CAROL SINCLAIR

From Simon and Sandra Fisher

It is with deep sorrow that we have said our last goodbyes to our beloved daughter Carol who passed away peacefully on 2nd April following a long illness. Thank you for all the kind messages and to those who attended the service. Also thank you for all the generous donations to the McMillan Unit who were a real support to Carol, she will be forever missed and always in our hearts.

FROM PETE POSTLE, LAY READER

What is it about railways (particularly steam locomotives) and the clergy?

The Reverend Wilbert Vere Awdry wrote the Thomas the Tank Engine books (that I read when young 70 years ago and which still fascinate youngsters worldwide).

The Reverend Teddy Boston built a full-size railway track at his Rectory in Cadeby so as to run Pixie – an 0-4-0 Saddle Tank we bought from a quarry, together with two very short lengths of track. (Pixie was built by W G Bagnall of Stafford for the anoraks amongst you).

The famous (in rail enthusiasts' circles) Bishop of Wakefield Eric Treacy left 12,000 railway photographs and died of a heart attack on Appleby station whilst waiting for a railtour headed by 92200 Evening Star to arrive. (Anoraks: LMS class 5 45428 was named after him.)

And the railway system itself – and here I am focusing on British Rail, not all this privatised nonsense that has succeeded it.

My dad, 45 years on the railway, retired after 15 years as stationmaster at Sudbury, at the same time that the Sudbury to Marks Tey line lost all of its staffed stations. My elder Brother Colin, a railwayman from leaving school, retired when British Rail was dismantled. Neither were prepared to work for profit-orientated organisations.

What British Railways personified was the loyalty that an institution dedicated to service can inspire in its workers. Talk to anyone who served in those days and you will find a pride in the comradeship, in their claims of a career and a job well served. Of course, there were arguments and disputes and falling-outs - and British Rail sandwiches - but BR was a huge family where caring for its staff and service to the public was paramount, secure enough to survive any challenges.

What has that got to do with the church? Re-read the past paragraph and replace "British Rail" with "Anglican Church".
(Except the sandwiches – we do them better)

My love to you all
Pete Postle

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.

THE LATE BRIAN WINSTON OBE

Brian Winston, who has died aged 85, was born on 19th September 1937 in Whitechapel, London E1, and was educated there at the Devenant Foundation Grammar School. He had planned to become a teacher, but left school at 16 because of his father's ill health and subsequent death at age 49.

He followed a career in retail and wholesale merchandising, building up a successful chain of shops which he later sold to a large retail group. In 1973 he became Chairman of Leyton Orient FC, and later became a member of the Management Committee of the Football League and the FA Council.

In 1984 he bought Dingley Dell and moved to Preston. Over the next 30 years he made his home here and was a supporter and benefactor of both the Parish Church and the Village Hall.

Among many other gifts he generously helped to fund the new window in the Church's North Porch, which displays the Winston family coat of arms alongside those of the Diocese and of our Patron Emmanuel College Cambridge. The arms incorporate the badge of Leyton Orient FC, and a white chapel to honour his place of birth.

Brian and his wife Irene had two children, Peter and Susan, and five grandchildren. We send our condolences and best wishes to all the family as we remember a dear friend who always had a special place in his heart for Preston St Mary.

YOUR RELIABLE LOCAL ELECTRICIAN



Lee Jardine Electrical Services



- All Domestic Electrical Work
 - Rewires/New Installations
- New/replacement lights and sockets
- Electric Showers/Hobs and Ovens
 - 24 Hour Emergency Call Out
- Landlords Compliance Certificates

Tel: 01284 361 986

Mob: 07444 272 472

Email: lee.jardine@outlook.com

THE COCKTAIL HOUR

Bubbles created something special for the great occasion.

“The Coronation Cocktail”

2 shots Kahlua

2 shots Cognac

4 shots Baileys

3 ice cubes

Shake well and serve in a large-stemmed glass.

God save the King!

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

MEMORIES OF THE CORONATION

No, not this last one but the one before. I was a Scout selling programmes and had to get up at 3.00am to be taken to London. It was all a bit of a blur, frankly, and the only things to make any impression were the fact that it was possible to get up at 3.00am and the announcement that day that Hillary and Tensing had climbed Everest. JT

HISTORY NOTES?

Given that I had a career in education it's surprising – nay shameful – that I should have failed GCE O-level in History. More surprising that one of the few genres of TV programme that I have time for is history, particularly British history. Dismissing “The Crown” as a drama I was eventually forced by Bubbles to give it a try. I was rooted for nine hours! If this were the way history were taught in schools the teaching might be a lot more effective. Characterisation is first class and direction of Hollywood standard. There might be some artistic licence in the production but “The Palace” has not reacted. I've been through three more volumes since that first one; another is to go on sale in November; the sixth and last is currently in production. Buy it! JT

PRESTON ST MARY CHURCH

BLESSING OF ANIMALS SERVICE

Instead of our normal Preston Praise, we are holding a Blessing of Animals service on Sunday 4th June to celebrate the special place that animals have in our lives. So those of you who have pets, of whatever kind they may be, please bring them along.

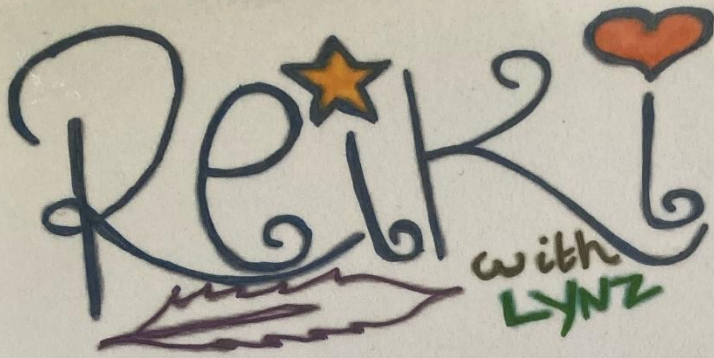
12.00 NOON ON SUNDAY 4TH JUNE

It will be an informal service at the usual time, 12 noon, and will last about half an hour. Coffee and biscuits will be on offer from 11.30 am onwards.

NIGHTMARE ON WHELP STREET

On a windy day in April one tornado strength gust lifted a load of washing and dumped it in a nearby pond. This was quite amusing but what followed wasn't.

A long-dead elm from the other side of the stream crashed, smothering a car and blocking the road. Steve Philips from Cockfield intervened with his chainsaw and the car was freed and the road unblocked. A few more dents on the ancient Freelanders are quite in character, but dead elms remain. They are a menace. JT



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

HORTICULTURAL NOTES

Sustainable Gardening...

We can all do our bit for the planet by being greener and smarter and adopting more sustainable gardening practices. Here are some tips...

Plants - Ensure there are plants in bloom all year round. Plant spring flowering bulbs in Autumn so that bees have something to feed on early in the season.

Choose resilient varieties that are better suited to our changing climate.

Create a native wildflower patch to encourage pollinators.

Attract bees by planting varieties with single or tubular shaped flowers. Bees particularly love blues and purples. *Top tip; the perennial wallflower, Erysimum 'Bowles Mauve' is long flowering and a good nectar source.*

Following the adage of 'right plant, right place' will mean less watering and feeding for you, as plants will naturally thrive in their ideal positions.

Plant perennials over bedding. More cost effective for you as perennials will come back year after year. Or prolong your displays by mixing bedding with evergreen herbs, such as Thyme and Sage.

Companion planting - Planting companion plants with your veg is the natural way to deter pests. *Top tip; Tagetes (Marigolds) planted with Tomatoes, and garlic/onions planted with carrots.*

Soil - Make your own compost and mulch your borders with it. This will help retain the moisture and add nutrients back into the soil.

Soil traps carbon so when disturbed this is released into the atmosphere. Dig over the soil only when planting if possible.

Save our peat bogs and only use peat free compost.

Lawns – leaving some of your lawn longer allows native species to come through. Mow late summer then leave the grass clippings in situ to allow seed heads to drop their seeds.

Collecting your seeds as plants go over is a great way to add new plants to your garden for free.

Collect rainwater instead of using the hosepipe.

Plant up a dry garden...drought tolerant plants will tolerate the heat and need little water. (Visit Beth Chatto's Dry Garden in Essex for inspiration!)

Lastly, we put so much effort into our gardens, so remember to take some quiet time, put down your gardening tools and enjoy.

Wishing you happy and fruitful gardening!

Laura Ashford

JUNE & JULY 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 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.

LADIES MAY LUNCH Because May was such a busy month for most of us with the Coronation and so many Bank Holidays and also the Village Coronation BBQ I was not able to fix a date and venue for our lunch. BUT hopefully I will be able to sort something out the not too distant future.

Roy Hollocks has been repeatedly asked to host another *Remembering the Past* Exhibition which had such success last year, so he has agreed to hold it on **Saturday June 24 2023** - 10.30am - 4.30pm with all funds raised being donated to the Village Hall. Apparently, Roy has added even more Exhibits to his collection - if that is at all possible. See poster in this publication for more details. After this Exhibition, Roy will not be holding another Exhibition for several years. The Preston Ladies will be helping with the refreshments on the day and also baking many of the cakes.

PROGRAMME

MONDAY 12th June. I do not have a speaker for this date at the moment and if I cannot find one I will give a talk entitled **HI HO IT'S OFF TO WORK WE GO.** I will talk about my first job when I left school and began working for the London County Council at County Hall. County Hall was a splendid building and working there was most enjoyable.

I am still working on the remainder of this year's Programme but I am hoping to be able to arrange some of the outings that were not possible over the past years. For instance, the River Stour trip with lunch, a visit to Suffolk Punch horses and visits to National Garden Scheme gardens.

REPORT ON PREVIOUS MEETINGS

MONDAY 17th APRIL - FUN & GAMES NIGHT. We had previously held a similar evening in November 2022 but because of the terrible weather that particular night, not many Members were able to attend. So, we held another Fun & Games evening which this time was very well attended. Our Ladies brought with them some interesting games for us to enjoy and we had a most enjoyable evening.

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.



Trying to work out your pet's age in human years? We've all heard that one human year equals seven dog years, but there are several factors that could alter your cat's or dog's ageing process. Let's look at them.

The first thing to consider is that pets mature at a much quicker rate than people, and the first two years are particularly significant. On their first year of age, our furry companion roughly compares to a 15-year-old teenager, while their second year of age equals 24 years of age in a human. From year 3, each new year counts as about four human years.

Confused? See this table:

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	15	24	28	32	36	42	47	51	56	60	65	69	74	78	83	87
	15	24	28	32	36	40	44	48	52	56	60	64	68	72	76	80

Remember this isn't an exact science, but an easy way to guess your pet's approximate 'human' age.

QUIZ TIME

There are no prizes – answers are on Page 37

1. By what name is the painting "La Gioconda" usually known?
2. Which is the only vowel on a standard keyboard not on the top line of letters?
3. What language has the most words?
4. How many bones does a shark have?
5. What flavour is Cointreau?
6. Which animal has no vocal cords?
7. The Statue of Liberty was given to the US by which country?
8. How many total time zones are there in the world?
9. Which African country was formerly known as Abyssinia?
10. What is someone who shoes horses called?
11. Who invented the rabies vaccine?
12. What kind of weapon is a falchion?



This photograph shows Lavenham Station in the early 20th Century. You can see more local historic photos in the Village Hall on Saturday 24th June. See Page 17

CORONATION BBQ AND PARTY

“I have enjoyed many events in Preston, but this one surpassed them all”. Praise indeed!

Sunday 7th May was the day dedicated to village gatherings to celebrate the coronation of King Charles III and Queen Camilla. Our village was no exception and around 100 people congregated in the Village Hall garden for a late afternoon BBQ and party. The weather forecast had been dire a few days earlier and was still fairly unsettled the day before. Our concerns came to nothing, as it happened, and the sun shone warmly on the event.

Preparations had not gone completely smoothly. Two of the marquees went up very professionally – after all, the *Preston Erection Team* have had a lot of practice over the years and were equally keen to get it done properly this time. Many thanks to all of them. The third marquee, however (an altogether more flimsy affair) had different ideas and offered a much more difficult challenge. We erected it, after a fashion, a couple of days before the event and hoped that it would survive. It didn't and was found to have collapsed dramatically in overnight rain. Jude Shenton to the rescue! She asked Mat whether we might borrow a marquee that she knew he had and he readily agreed. This went up on Sunday morning and was “just the job”, as some folks say. Such is the power of cooperation, and we are extremely grateful to them both for this rescue act.

A lot of people exerted a lot of effort to ensure that the event proceeded seemingly without effort. There are so many people to thank, not just the Village Hall committee members. No names, because someone or other would be missed out, but the bar, the BBQ, the amazing salads and the countless cakes all appeared as if from nowhere, allowing the majority of people to simply enjoy themselves.



The “Suffolk Beats”, i.e. Lars and his band, ensured that no-one would go to sleep during the party and gave us a splendid and wide-ranging rendition of tunes that many of us grew up with and to which we felt that we could dance – even on the uneven grass surface.

It was an event for reminiscences, for banter and joviality, for good, old-fashioned fellowship with friends and neighbours. Several follow-up comments have been received, along the lines of the phrase quoted above. Another simply said, “When’s the next one?” Very many thanks to all involved.

POETS' CORNER

Crouch Street, Colchester

A dirty, grey street in the garrison town,
On a grimy and yellowing cheap manhole cover,
A brilliant lemon carnation: thrown down?
Or laid, with the tears of a desolate lover?

The derelict shell of the Art Deco shrine,
Where the lovers would wait in the sun and the rain,
Watches the flower with eyes boarded and blind,
And for one precious moment, it kindles a flame.

That perfect carnation, its colour affording
The shabby and shuttered old cinema's walls,
A bitter-sweet mem'ry of polychrome hoardings
Long-gone from the Odeon's entrance and halls.

The bright splash of colour defiant and brave
On that drab, dirty pavement, the light fading fast.
A small gift of thanks for the joy that you gave
And the sanctuary then, from the dark of the past.



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



VILLAGE HALL NEWS

100 CLUB WINNERS

Most of the subscriptions for the 2023 draws have now been collected by members of the committee, so if you haven't had a knock on the door from one of us and you want to get involved, contact one of us (see below). Just £5 per ticket, giving you a chance to win one of 15 prizes (£25, £15 & £10 in each of 5 draws) over the year. Excellent odds, may I say!

REGULAR CLUBS

It is lovely to see the Hall being used frequently during the week, as the regular clubs are now back in business. So, if you are interested in any of the following, please get in touch: art, singing in a choir, table tennis, carpet bowls, Ballroom and Latin dancing. The Ladies' Club is also active on a monthly basis.

CORONATION PARTY

What great fun we had on Sunday, 7th May! Plenty of people, plenty of food and drink, and plenty of brilliant party music from Lars' group, *The Suffolk Beats*. A more comprehensive report can be found elsewhere in this paper. Well done – and thank you - to all who helped.

OUR NEXT EVENT: The Popup Choir meet on Tuesday afternoons and are busy rehearsing songs from *Joseph and the Amazing Technicolour Dreamcoat* and other shows, in readiness for their **concert on 17th June** – more details elsewhere in this paper. Do make a note in your diary and come along.

(If anyone else would like to join the choir, please contact Lyn on 07748 174708.)

FUNDING

We are grateful to the Parish Council who have agreed to a grant from the Community Infrastructure Levy funds to purchase a shed and some extra tables that will be very useful and available to users of the Hall in the future. Talking of using the hall

VILLAGE HALL FOR HIRE

The Village Hall is well used during the week. Please remember, however, that it 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.

ANNUAL GENERAL MEETING (AGM)

Our AGM was held on Tuesday 11th April at 7.30, followed by a standard committee meeting. Please note that the committee members and the officers were all re-elected.

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")

**A VILLAGE
GET-TOGETHER**

**THE FRIENDS OF
PRESTON ST MARY CHURCH**

**AN OPPORTUNITY
TO MEET**

**POP-IN TO
THE VILLAGE HALL
BETWEEN 10.30AM AND 12 NOON**

SATURDAY 24 JUNE

**CAKES &
PRODUCE STALL
PLANTS
BRIC-A-BRAC**

... AND GET-TOGETHER
(in conjunction with the
Preston St Mary History Display)

Remembering the past

An exhibition of Preston St Mary's Past featuring
Local Village Images, Rare Photos and Documents
for your perusal collected by Roy Hollocks

also including Bildeston, Brent Eleigh, Brettenham, Cockfield, Hitcham,
Lavenham, Monks Eleigh, Rattlesden and Thorpe Morieux

including Maps, Postcards and other Archival materials

**PRESTON ST MARY
VILLAGE HALL (C010 9NE)
SATURDAY 24th JUNE
10.30 am until 4.30 pm**

ENTRANCE IS FREE

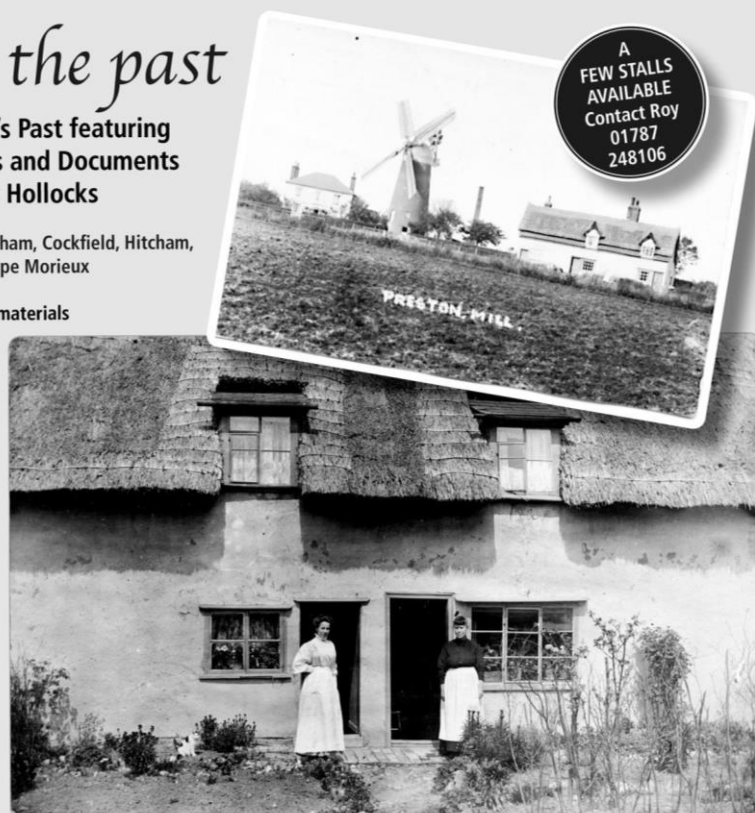
REFRESHMENTS, COFFEE, TEA AND CAKES
WILL BE ON SALE THROUGHOUT THE DAY

For Sale in the Garden at LOW PRICES:
SECOND-HAND BOOKS, BRIC-A-BRAC, PLANTS
GRAB A BARGAIN!

A small donation to the upkeep of Preston St
Mary Village Hall would be much appreciated

FREE PARKING

Roy Hollocks, our resident Village Historian will
be in attendance to regale you with local stories
and interesting facts of past village life



No Mow May – and June, July, August.....?

Last year we took part in ‘No mow May’, which is an initiative started by *Plantlife* that aims to increase the garden’s benefit for wildlife and expand the biodiversity of our lawns. No mow May is when gardeners are encouraged to leave the mower in the shed for a month and let the lawn grow, so that a variety of plants can establish their roots and are able to compete with the different species of grass.

Refraining from mowing allows the lawn to increase its diversity as ‘weeds’ (I don’t like that word!) provide essential pollen and nectar for pollinators such as bees when they are at the crucial stage of coming out of hibernation. At the end of the month *Plantlife* encourages participants to submit results of the plants identified in every 1 square metre of the unmown lawn to their ‘Every Flower counts’ website.

The reason that we were interested in taking part in this ‘Citizen Science’ project is because in my lifetime we have lost nearly 97% of the UK’s flower rich meadows (since the 1970s) and with them vital food needed by pollinators. The number of butterflies has reduced by 80% since 1976 and 17 of the 228 species of native bee have become extinct in Suffolk over the same time frame.

So, we duly left the lawn uncut for the full month, which included the area of grass opposite the Six Bells. What grew alongside the grass was exciting, but it became clear that a single month was not long enough for everything to flower. Our bee orchids had sent up flower spikes which hadn’t opened yet, so we decided to delay mowing until everything had had a chance to flower, which in reality was late August, early September. We did however mow the edges and a few paths through the grass, but other than that we left well alone.

We were rewarded in June by the Bee orchids flowering along with daisies, ox-eye daisies, yellow rattle and dandelions all making an appearance and over the summer other species followed.

At the end of May we carried out the Every Flower Counts 1m square surveys and submitted our results online. In response our unmown lawn was given a score. I am pleased to share that our lawn was producing 107.5mg of nectar sugar per square metre, per day. This means 1 square metre of lawn was supporting 9.8 bees a day! Over the entire area of our unmown lawn this equated to over 2500 bees. I was really amazed by these results, and even factoring in some human error in identifying the plants and calculating percentage cover, (because this was the first time we had completed this survey) our lawn is still extremely valuable for pollinators, because 80% of all UK garden lawns only support an average of 400 bees.

These results have encouraged us to try and encourage better quality wildflower conditions, because to have a great looking flower-rich meadow does take work. Lawns have often been treated with herbicides and/or fertilisers and the impacts of these need to be removed from the soil. Wildflowers thrive in nutrient poor soils.

We have sown seeds of yellow rattle across our lawn, which is a semi-parasitic native wildflower that feeds off the nutrients that neighbouring grasses need, as a consequence the grasses die back and hopefully allow other species to colonise the area. We are planning to mow some areas once a month because this has been shown to allow species like white clover, daisies and selfheal to establish successfully. These species boost the nectar produced in your lawn.

Please watch the area opposite the Six Bells to see how we get on and hopefully we will get past the ‘messy’ stage where it may look like we can’t be bothered to mow the garden – in fact we are hoping to create a far more diverse lawn that supports a variety of wildflowers and that the rewards are worth the effort. We are going to complete the Every Flower Counts survey again this year and hope that our score may improve upon last year’s.

On a single day in the summer 1 acre of wildflower meadow can contain 3 million flowers, produce 1kg of nectar sugar and support nearly 96,000 bees.

Now, that’s got to be worth a try, hasn’t it?

Merle Barbrook

Some favourite wildflowers to look out for this summer

All of these flowers can be found in and around Preston but some are harder to find than others. I remember all of these from my Suffolk childhood and love their old-fashioned names. The Bee Orchids are hard to spot but there are some in the churchyard most years. Butter and Eggs (yellow Toadflax) can be found, in the verge, along the road out of Whelp Street and Ragged Robin by the pond at the Old rectory near Kettlebaston. If you become very keen (like me) there is a great app to put on your phone where you just take a picture and it identifies the flower. It's called 'Picture this' Don't be put off by it asking for subscription, just hit the back button and take a picture.

Text by Kate Hanlon. Photographs here and on the following pages have been sent to us by Kate Hanlon and Merle Barbrook.



Bee Orchid, *Ophrys apifera*

A gorgeous little pink orchid that, as its name suggests, looks as though a bee has landed on its petals for a quick snack.

Usually found on dry, grassy slopes with poor soil



Ox-eye daisy, *Leucanthemum vulgare*



Annual blue cornflower, *Centaurea cyanus*.

All of these can be seen flowering in the area of grass opposite the Six Bells



Red Campion, *Silene dioica*

Keep a look out in shady woodland areas where bluebells have finished flowering, and on rural roadside verges to catch a glimpse of this pretty deep pink flower. Known as 'Bachelor's Buttons', it is thought it used to be worn as a buttonhole by unmarried men

Bird's Foot Trefoil, *Lotus corniculatus*

A member of the pea family, this low-growing plant has the best collection of common names, which include 'Granny's Toenails', 'Eggs and Bacon' and 'Hens and Chickens'. Whatever you call it, you'll find it in grassy spots like lawns and verges, including the grass opposite the Six Bells



Ragged Robin, *Silene flos-cuculi*

These charming flowers are found on tall curved stems which rise above the foliage. Ragged Robins bloom from May to August, and butterflies and long-tongued bees feed on the flowers' nectar

JUNE & JULY 2023



Rosebay Willowherb, *Chamerion angustifolium*

This is also called Fire Weed and is an erect, beautiful plant with pink flowers, found on open woodland throughout the UK

Yellow Toadflax, *Linaria vulgaris*

Last but certainly not least and my favourite. Yellow and orange Snapdragon-like flowers. It is often called Butter-and-eggs.



JUNE & JULY 2023

**PRESTON St MARY
VILLAGE HALL**

PRESENTS SONGS FROM

**JOSEPH
AND
THE
AMAZING
TECHNICOLOR
DREAMCOAT**

AND OTHER SHOWS

SUNG BY THE PRESTON POPUP CHOIR

MUSICAL DIRECTOR LYN DAVIS ACCOMPANIST SARA WHYMARK

SATURDAY 17th JUNE 2023 AT 7.30PM

PRICE £10 UNDER 12s £5

TO RESERVE A SEAT CONTACT MANDY COCHRANE

01787 247626 amanda.cochrane@gmail.com



A CHARITY CONCERT IN AID OF THE

Multiple Sclerosis Society (MS Society UK)

Registered charity no 1139257. Registered office address: Carriage House, 8 City North Place, London N4 3FU

COOKS' CORNER

Hi! I'm Flo Niemy, and my family and I recently relocated to Preston St Mary, accompanied by our dalmatian, Spice. A few things about myself: I'm currently in my final year as an undergraduate at Durham University, pursuing a BSc degree in Geography. One of the highlights of my university experience has been leading both the university lacrosse team as well as my college mixed lacrosse team.

In addition to my love for sport I also enjoy baking and cooking for my family and friends. Whether it's making a special cake for an occasion or hosting a dinner party at my university house, I find joy in creating delicious meals. During the lockdown, I took on the challenge of making chocolate eclairs. It took time and practice to get the choux pastry and crème pâtissière just right, but the end result was definitely worth it! These eclairs have become a cherished favourite among my family and were specifically requested by my mum to celebrate her birthday.

I found the recipe and detailed instructions on a Canadian blog called The Flavor Bender

(<https://www.theflavorbender.com/perfect-classic-chocolate-eclairs/>)

My Homemade Chocolate Eclairs:



LORRAINE THREADGOLD

PRESTON PEOPLE



Hello. My name is Lorraine Threadgold and I moved into Preston St Mary, with my husband Graham, at the end of September last year. We both originate and met in Manchester in 1973. During our married life, we have had eight house moves, due to Graham's career. Our journeys took us to Cornwall, Derbyshire, Nottinghamshire (twice), the West Midlands, Norfolk and now Preston St Mary. Our homes kept switching from new builds to renovation projects, depending on our state of mind and energy levels at the time!

We spent the last 19 years in Norfolk. Our home there was a complete contrast to our new home here. It was a Grade II listed 16th Century farmhouse with 10 acres of land. We had a **disused** railway embankment running across the land, approximately 30 metres from our house. The line was closed in the 60's and it was hard to believe that trains ran over it so near to the property. We raised two orphan lambs there called Cassie and Stu (as in lamb casserole and stew!). They lived into old age and were more like well-trained pets, following us around the paddocks! We loved our time there but as the years moved on, we wanted something warmer, lighter and easier to manage, which our new property in Field View has given us.



We have three married daughters and six grandchildren (with a seventh on the way!). Two of our daughters live in Kent and the third in Enfield. Although a little distance from us, we get to see them lots and are regularly called upon for childminding duties!

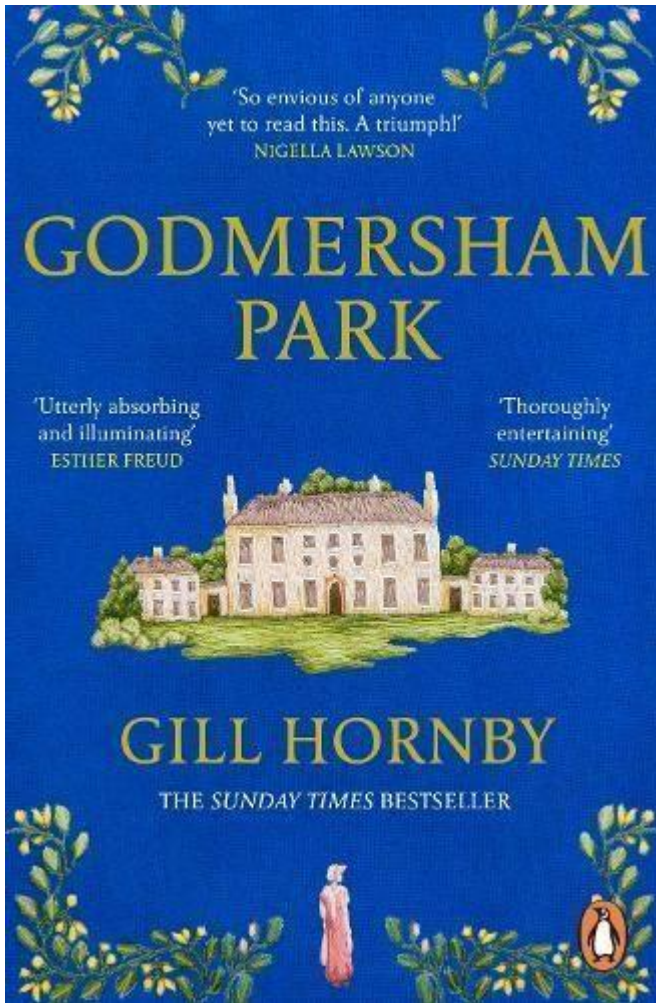
I enjoy dancing, running, watercolour painting, reading and gardening.

When I left school my first job was for National Westminster international Bank in Manchester. During our nomadic life of house moves, I had various banking roles. Life changed when we had our children and I spent 10 years at home looking after them. When our youngest started school, I was lucky to get a job as the Finance Secretary at the local Primary School where I worked for six years before a house move took us to Nottingham. I was able to continue employment as a school secretary at a challenging inner-city school, which was quite an eye opener!

Thank you for persevering through this article! We love living in Preston St Mary and already feel very settled here. There is a great community spirit and everyone has made us feel very welcome. Hope to see you all around the village. xx

BOOK REVIEW – GODMERSHAM PARK

by Gill Hornby



Jane Austen aficionados will either pounce on this book with glee or recoil from it with horror. The novel is based on real characters and the events are taken from the journal of Jane's niece Fanny,

It is written in the style of Miss Austen, which, of course, some may see as sacrilege, and recounts the story of Miss Anne Sharp in an entertaining and skilful depiction of the life of a governess in the early 1800s.

At 31 years of age, Anne finds herself in need of a way to support herself and so becomes governess to the young Fanny Austen of Godmersham Park.

Despite being an independently minded young woman Anne is very aware of her precarious situation in life and is mindful of the fact that she must tread a fine line between upstairs and downstairs in the Great House. Anne's insecurity and fear of losing her position rises and falls with every passing week and her resentment

of Fanny's Uncle Henry's lack of understanding of how a governess should behave rattles her. He seems determined to win her over and change her opinion of him, much to her consternation and fear of appearing to overstep her social place.

Anne encourages her charge to strike up a correspondence with her Aunt Jane which develops into a source of enjoyment to both Fanny and Jane. During the course of her time at Godmersham Park and following Austen family visits, Anne becomes a close and lifelong friend of Jane.

This is an extremely well researched book and an enjoyable read. It does, however, end rather abruptly but don't let this deter you. The Author's notes are an intrinsic part of this novel and make very interesting reading.

Penguin Random House

Lynne Brown



[reservations@thesixbells
preston.com](mailto:reservations@thesixbellspreston.com)


**JOIN US IN
CELEBRATING
FATHER'S DAY**

**Sunday
18th
June**

**Book
now to
avoid
disappointment**

**01787
247440**

 **The Six Bells** 
Preston St Mary

Six Bells Quiz Night: the first Wednesday of the month, teams of four, £2 entrance fee and £10 for your (very good) curry – both free to the winners!

The May quiz was won by The Interlopers - again. Remember: the first Wednesday in every month, entrance fee £12, includes a (very good) curry. Teams of four. The next quiz at the Six Bells will be on Wednesday 7th June.

The Art Group

Because of the number of Bank Holidays which interfere with the meetings of the Art Group on Mondays we made a late start to the Summer Term. We try to have a bit of structure to the Group by suggesting topics and/or media for each term and this Summer we are concentrating on Watercolour as applied to landscape or al fresco scenes. We would welcome any new people into this group - we are all amateurs and very non-judgemental. We would also like to paint in a variety of places so if you have a garden that you could offer for a change of scene we would love to hear from you. We meet on Mondays from 10.00 - 12.00 in the Village Hall but if the sun shines we will be out and about. Please contact me with any queries you might have.

Judy Legg 01787 247515 judyannlegg@gmail.com

Tom Mabbitt

Tom Mabbitt, who died suddenly and tragically last December, was a good friend and a keen supporter of village life here in Preston, although he lived in Lavenham. He is buried in our churchyard alongside his wife Rosemary.

A very modest man, we knew him as an artist and member of our Art Group, and that he had been a specialist carpenter and joiner after joining his family firm. However, it was only after he died that we discovered that his carved eagles, mouldings and other embellishments could be seen in the House of Lords, 10 Downing Street, Windsor Castle, countless churches and several cathedrals, including our own in Bury.

A dear friend who will be much missed, but how wonderful to have had a part in something so epic, that will last for generations. RLH

NEWS FROM THE NEIGHBOURS

News from Brent Eleigh

Brent Eleigh have got their own bottle-bank !!!

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.



**Suffolk
Wildlife Trust**



Suffolk Wildlife Trust
Let the grass grow and help our pollinators
*By Amy Rushton, Head of Business Development,
Suffolk Wildlife Trust*

Many of us are lucky enough to have a garden at home with a lawn, providing us with outdoor space to relax and enjoy nature. But lawns can also provide a feast for our pollinating insects, if we just let them. In fact, allowing longer grass and wildflowers to grow in our lawns benefits wildlife of all kinds, and even tackles climate change by locking away carbon.

Sadly, during the twentieth century we lost 97% of the flower rich meadows which bees and butterflies would normally rely on. Wildflower meadows provide shelter and food for important pollinators including bees. When wildflower meadows vanish, so do pollinators, as well as other insects and the animals that eat them, such as birds, hedgehogs and bats. Wildflower meadows are extremely diverse habitats, with a huge variety of flowers; ideal for bees in particular. But since their decline, some species of bee have evolved to only eat a limited number of pollens and too much competition for food sources inevitably causes bee populations to reduce.

Elsewhere in this paper there is a feature on the nationwide campaign called 'No Mow May' begun by the charity 'Plantlife' to encourage people to hold off from cutting their lawns. Combined, our gardens make up an area bigger than all of the UK's nature reserves put together, making them a vital source of food and shelter for pollinators and other insects. Plantlife's request is a simple one - do nothing!

Our work is only possible thanks to the 28,000 members who support us. If you would like to consider joining us, 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.**

Thank you from Mothers' Union



A big thank you to everyone who supported the **Mothers' Union Make a Mother's Day** by purchasing a virtual gift. Over £70,000 has been raised through the 2023 Mothering Sunday virtual gifts. The theme for these gifts this year was gifts of perseverance, which aims to empower women around the world through a range of projects and outreach programmes which transform their lives. For more information about Mothers' Union's work here in Suffolk check out our website at www.musuffolk.org.uk.

Lavenham Physiotherapy

&

Acupuncture Clinic

A combined Chinese and Western approach to help relieve your pain quickly and prevent it recurring.

Conditions treated include:

- Back pain and sciatica
- Neck pain and whiplash
- Headache
- Shoulder pain
- Elbow and wrist pain
- Hip, knee and ankle pains
- Arthritis
- Rehabilitation



Private treatment is provided in a relaxing and friendly atmosphere by Preston resident Mrs. Hua Sands MSc MCSP MAACP, who has been trained in acupuncture in China and the UK, is qualified as a Physiotherapist to Master's level in the UK, and has worked as a Senior Physiotherapist in the NHS. Treatments depending upon your condition may include exercises, manual therapy, ultrasound and/or acupuncture.

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



BIRDS RECENTLY SEEN
IN MONKS ELEIGH

Preston Popup Choir

We are performing songs from Joseph and the Amazing Technicolour Dreamcoat and other shows on Saturday 17th June at 7.30. Details on the advertisement elsewhere in the PPP. This is shaping up to be a fun evening with lively songs and drama. The Popup Choir rehearse at 2pm on Tuesday afternoons in the Village Hall and anyone who would like to join us is very welcome. No audition required just a love of singing. The choir exists to enjoy singing and perhaps learn a bit, but mostly to get to know each other through the medium of song. Come along for a taster session! Contact details on the Who's Who List at the beginning of this edition. Lyn

COMMAND PEST CONTROL

TELEPHONE: 01787 248049



Complete Pest Control service including Premises Contracts
Year Round Protection from Infestation • All Pest Control work undertaken

Pest Prevention:

Rat and mouse eradication and prevention of access to agricultural/
commercial and domestic premises/Insect control
Prompt service to Wasps/Hornets nests/Ants/Fleas/Cockroaches/
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
Cleaning contracts – Public buildings etc



Grain Handling:

Fumigation to grain and other commodities
Grain store cleaning and pre-harvest
Insecticidal treatment
Monitoring of stored grain and supply of all relevant equipment



Our Services Offer:

Trained technicians/Professional back up:
Quality control manager and field biologist/Approved by local
authorities and food retail industry/Reporting documentation
tailored to any requirement

We also supply:

Rodenticides/Timber treatment chemicals disinfectants/Industrial
cleaning chemicals and pest control equipment

RODENTS

INSECTS

FLY KILLERS

WOODWORM

BIRD PROOFING

FUMIGATION

ESTABLISHED 1986

**COVERAGE THROUGHOUT EAST ANGLIA AND BEYOND
FOR COMPETITIVE PRICES PLEASE RING 01787 248049**

Command House, College Farm, Church Lane, Preston St Mary, Sudbury, Suffolk CO10 9NQ
Email: sales@commandpestcontrol.co.uk Web: www.commandpestcontrol.co.uk



HEALTH AND WELLNESS NOTES

Taking care of your urinary system

Your kidneys are organs of elimination, filtering and eliminating wastes from your blood. Through sufficient water balance they also control pH (acidity/alkalinity) levels, electrolytes, blood pressure and regulate red blood cell production.

In Traditional Chinese Medicine (TCM), the kidneys are said to be the seat of vitality and their influence is all pervasive. The kidneys interact with the adrenal glands, which are part of your stress management system. They govern energy, including sexual energy and reproduction and fertility. The emotion associated with the kidneys is fear and negative emotions. Excess fear will weaken the kidneys.

As organs of filtration and elimination it is important to keep them clear and fully functioning by means of:

Correct hydration, drinking 2 litres of water daily (3-4 pints).

Performing regular kidney flushes first thing in the morning before food by drinking 500ml of water with the juice of one lemon or one lime and a pinch of cayenne pepper.

Guard against kidney stones by making sure your intake of water is optimal.

A kidney nourishing diet includes black beans, kidney beans, sesame seeds, chia seeds, walnuts, soymilk, tofu, root vegetables (roasted), fish and shellfish, seaweed, mushrooms (reishi and cordyceps), miso, sea salt. Salt moistens dryness and aids in water retention, so should be restricted in cases of high blood pressure or oedema. Too much salt may weaken the bladder, kidneys and ultimately the heart.

The bladder stores and releases urine as transported to it from the kidneys via the ureters, eating a kidney nourishing diet will also support the bladder.

In TCM to keep the energy flowing optimally through the bladder meridian, make sure to stretch, especially your back area. When the bladder is out of balance, there may be negative emotions such as jealousy, suspicion, and an inability to let go of grudges.

Keep an eye on the colour of your urine. It should be dark first thing in the morning, growing lighter during the day. If it is still dark in colour later in the day this can indicate insufficient hydration. Vitamin B supplementation and some medications can also affect the colour of your urine.

General signs and symptoms that may indicate urinary tract pathology:

Frequent and painful urination with urgency.

Red urine (Blood, beetroot?).

Pain in the loin.

High urine volume with great thirst.

Low or no urine volume.

Nausea and vomiting.

Oedema.

Exhaustion.

A good book to read – Your Body's Many Cries For Water by Dr F Batmanghelidj

Marjorie Devine-King
Nutritionist/Herbalist

A Simple seasonal supper – Asparagus Pasta for 2

I love asparagus and the simpler the better. I enjoy roasting the asparagus and then drizzling olive oil and shaved parmesan over it or dipping steamed asparagus into an egg. But this one is rather delicious too.

For the breadcrumbs

1 TBSP pistachios
50g crustless day old bread
2 TBSP olive oil
Pinch chilli flakes
1 lemon, zested.

For the pasta

250g asparagus
250g fresh pappardelle (180g dried, any shape)
2 cloves garlic finely chopped.
4 TBSP full fat crème fraîche
2 TBSP parmesan cheese finely grated.
2 TBSP olive oil
Sea salt and black pepper

Put a saucepan on to boil with salted water for the pasta.

Snap off the woody ends of the asparagus, and thinly slice the stalks keeping the tips whole.

Whizz the pistachios until broken down into a fine crumb. Remove and do the same for the bread.

Heat some olive oil in a frying pan add the chilli flakes and breadcrumbs. Cook for a few minutes until they start to turn golden in colour, stirring every now and then to prevent sticking.

Add the pistachios and cook for about 2 minutes.

Tip out the mixture onto a piece of kitchen towel and add the lemon zest.

Place the frying pan back on the heat with a little bit of olive oil and add the asparagus. Sauté for about 3 minutes until starting to brown.

Add the garlic and keep on a low heat while the pasta cooks.

Cook the fresh pasta for 3 – 4 minutes.

Before the end of cooking take a ladleful of the pasta water and add it to the asparagus along with the creme fraiche and parmesan. Season to taste.

Plate up the pasta with the asparagus sauce and sprinkle the pistachio breadcrumbs over the top.

Enjoy.

In season for this month:

Rhubarb, asparagus, new potatoes, salad leaves including rocket and watercress, radishes.

X Marjorie Devine-King

LAVENHAM GARDENING CLUB

Our gardens are exploding with new growth and blooms now we are fully into springtime. The wildflowers add to the billowing drifts and alliums look majestic aloft all the greenery. I hope you have been able to sit out in the sunshine to enjoy it all!

We have had a busy time since last writing. A large group visited Ousden House by coach back in April and thoroughly enjoyed the early flowers in this remarkable garden, including banks of daffodils, primroses and hellebores. The garden has NGS open days and is highly recommended if you get a chance - in summer, the rose garden will be wonderful.

Janey Auchincloss talked us through her approach to designing a garden at our meeting at the end of April, showing plans and photographs of a garden completed for a client - a painstaking process but the end result totally enhanced the property.

Our first Plant Sale, in the Market Place, of annuals, tomato plants etc was a chilly affair. However, the plants had grown well and sold well and it was a great success. As I write, my garden is full of plants ready to go, as we gear up to the second sale of perennials at the weekend. I hope to report on huge sales in the next issue! Monies raised go towards subsidising speakers and trips for the club, and also enable us to contribute to local causes or projects.

Just a mention of two forthcoming trips - the first to Houghton Hall, which is a combined trip with Boxford Gardening Club - well worth visiting for their lovely walled garden, if you have not been. The second is to a private garden in Woolpit, tea and cake included. Please contact Sandra to book, on 01787 311707.

And lastly a reminder to book your tickets for this year's celebrity speaker, Pippa Greenwood - open to all.

You are very welcome to join club meetings on the last Wednesday of the month, in the main hall at Lavenham Village Hall at 7.30pm. Subscription £20 pa, guests £4 per visit.

The website has details of speakers and trips, photographs and contact numbers.
<https://lavenhamgardeningclub.co.uk>.

Diary dates are as follows:

June 28th Talk by Mickfield Hostas + plants for sale

July 16th Visit by coach to Houghton Hall

July 26th Members' Summer Garden Party at Little Hall

Aug 9th Visit to 'Bridges', Woolpit

Sept 27th Celebrity Speaker: Pippa Greenwood tickets £20 for members and non-members

Happy Gardening!

Carolyn Jenkins



Kutz 4 Mutz

Complete Professional Dog Grooming Service

**Stress-free one-to-one appointments
Individual requirements catered for**

Bathing, drying, clipping,
scissoring, hand stripping, nails,
anal gland relief, ear cleaning

Call: Jan 07716 034521

Find me on Facebook

1 Manor Cottage, Lavenham Road, Preston St Mary, CO10 9LU

Beauty by Megan

Megan is a Beauty Therapist with over 18 years' experience.

I work from my log cabin in Hitcham, which is in a peaceful, rural location and benefits from off-road parking!

Treatments are by appointment only. Therefore you are guaranteed complete privacy and your treatment time is exclusively for you!

A variety of treatments include:

Dermalogica Facials /Spray Tanning/Waxing

Eye Treatments/Jessica Manicures and Pedicures

Jessica Gel Nails/Foot Health Maintenance (nail trimming & hard skin removal)

LVL Eyelash Perming/Reflexology

Please phone for any enquiries and for a full price list.

Megan Pryke VTCT, BABTAC

07876 717 008

PRESTON ST MARY PARISH COUNCIL

After the AGM the Chair of the Council is still Peter Korwin. The vice chair is Sara Whymark.

The dates for meetings for the remainder of 2023 are July 25th, 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



Perhaps we could attract more staff into the NHS if we used a bit more imagination in designing their uniforms and PPE

AGRICULTURAL NOTES

In 2022 Gary harvested 406 tons of wheat. Later, in October/November it was processed. If it reached a certain protein content it could be sold for use in high grade flour. Otherwise it would go for animal feed at a lower price. Unfortunately, 2022 only reached the lower level. Although the financial matters were settled on evaluation, the grain was stored, as is usual, and only recently sent to the purchaser.

February was freak weather. Keep your fingers crossed for farmer-friendly for the rest of the year. JT

CORRECTION

In the April/May edition, under "Agricultural Notes", it read, "75 acres of spring barley have to be harvested...". Of course it should have read, "75 acres of spring barley have to be sown...".

Apologies, Gary!

GREETINGS FROM STEPHEN AND ABI



Our former Rector and wife have clearly embraced retirement enthusiastically, and in turn have been enthusiastically embraced by their new Parish Church at Aylsham in Norfolk.

Their Coronation celebrations were a great success, judging by this photograph.

Wasn't it King Stephen who was imprisoned over a disputed claim to the Throne?

Stephen and Abi send their best wishes to all.

QUIZ TIME ANSWERS from Page 12

1. The Mona Lisa
2. A
3. English
4. Sharks do not have bones
5. Orange
6. Giraffe
7. France
8. 24
9. Ethiopia
10. A Farrier
11. Louis Pasteur
12. A sword

JUNE & JULY 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

Half Term Event – Creative Interactive Workshop



On June 1st we had a visit from a professional musician and digital children's book illustrator who presented a fun interactive workshop for children. They were able to discover how to write music for storybooks using a piano and learnt how to develop characters and illustrations using digital software. The library is fortunate to be able to offer these opportunities due to the fundraising endeavours of our very supportive Friends of Lavenham Library group.

Summer Reading Challenge 2023



The Summer Reading Challenge is open to all children aged 4-11. The challenge is to read six books over the school holidays. This year's theme is **Ready, Set, Read** and will focus on empowering young people to forge new connections with others and unleash the power of play, sport and physical activity through reading. For each of the six books they read, they can collect a prize from the library. If they complete the challenge, they'll also receive a special certificate! Children can sign up from **15 July**. The challenge officially ends on **10 September**.

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



JUNE & JULY 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 JUNE 2023

SUNDAY 4th June TRINITY	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW)
	PRESTON	12.00 NOON	11.30am Refreshments before PRESTON PRAISE BLESSING OF ANIMALS
SUNDAY 11th June TRINITY 1	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	MORNING WORSHIP
	PRESTON	6.00PM	EVENSONG
SUNDAY 18th June TRINITY 2	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
SUNDAY 25th June TRINITY 3	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
-----------	----------	---------	----------------

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

JUNE & JULY 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 JULY 2023

SUNDAY 2nd July TRINITY 4 PATRONAL FESTIVAL	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW)
NO SERVICE AT PRESTON			SPECIAL BENEFICE SERVICE AT LAVENHAM
SUNDAY 9th July TRINITY 5	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	MORNING WORSHIP
	PRESTON	6.00PM	EvENSONG
SUNDAY 16th July TRINITY 6	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
SUNDAY 23rd July TRINITY 7	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	EVENSONG
SUNDAY 30th July TRINITY 8	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
-----------	----------	---------	----------------

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