

PRESTON PARISH PAPER

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

Dates for your Diary

Saturday 6th April – Duck Race Night in the Village Hall at 7.30pm – see Page 19

Monday 8th April – Ladies Club – 7.30pm in the Village Hall – see Page 9

Tuesday 16th April – Village Hall AGM at 7.30pm in the Village Hall

Sunday 5th May – Rogation Service at 12 noon followed by farm walk and BBQ lunch at Priory Farm – see Page 7

Monday 13th May – Ladies Club – 7.30pm in the Village Hall – see Page 9

Saturday 18th May – Preston Pop-up Choir Concert in the Village Hall at 7.00pm – see Page 22

Tuesday 21st May Parish Council AGM – 7.30pm in Village Hall

Sunday 26th May. USAAF Memorial at Lavenham Airfield – see Page 7

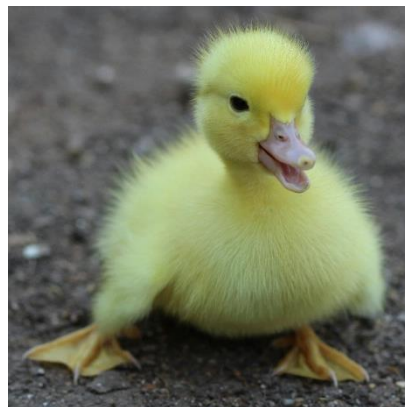
EDITORIAL

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

Our Editorial email address is: editorpstmppaper@gmail.com for future contributions.

VILLAGE EVENTS FUN FOR ALL THE FAMILY

Our Season of exciting happenings in Preston starts on Saturday 6th April with the return of Dave's Ducks to the Village Hall.



Sunday 5th May is Rogation Day, when we pay our traditional visit to Priory Farm for a short service of thanksgiving, followed by a tour of the fields led by our hosts Alan and Denise Luck, blessing the crops and a barbecue lunch.

The Ladies Club will have an open meeting on Monday 13th May when the subject will be Remembering D-Day,

The Preston St Mary Pop-up Choir pops up again on Saturday 18th May with a programme of Celestial Songs

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	07561 060041	prestonpcclerk@gmail.com

Parochial Church Council

RECTOR	Revd Simon Pitcher	827691	rector.lavenham@gmail.com
CHURCHWARDENS	Janet Martin	249020	janet.martin@btconnect.com
	Keith Davis	247112	keithhdavis@btinternet.com

Friends of Preston St Mary Church

CHAIR	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

CO-ORDINATOR	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 Hughes, Jack Tasker, Caroline Gove		editorpstmppaper@gmail.com
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Doctors' Surgeries

Bildeston	01449 740254	Lavenham	378226
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Local Councillors

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

A PASTORAL LETTER FROM THE RECTOR

Jesus the Great High Priest

¹⁴ Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. ¹⁵ For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. ¹⁶ Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Hebrews 4 verses 14-16

Dear Friends,

The Gospel of John tells us a story of an encounter between Jesus and a Samaritan woman at a well. It is midday and Jesus was tired and hot. The woman comes with a bucket to draw water and Jesus asks her for a drink. It is a very ordinary encounter, but one full of significance. Traditionally in Bible times Jews and Samaritans did not speak to each other, but were hostile to one another for various cultural and religious reasons. A Jewish man would not, for similar reasons, address a woman in public. But Jesus does not allow these traditions to prevent him reaching out to a lonely broken woman. She is drawing water at midday, the hottest time of day. And she is alone. Other woman would have drawn water much earlier in the cooler part of the morning before the sun was up. But this woman was not able to join them. This we learn is because she had had five husbands and was now living with a sixth man who was not her husband. We are not told anything about these men, but to lose five husbands is most unfortunate. She would have been deemed to be a disreputable person, not someone that decent folk would associate with.

But Jesus asks her to give him a drink. He does not see her as unclean. He then offers to her new refreshment. He offers to her the forgiveness, healing and friendship that he has to offer, and which the world has denied to her. By accepting his love she will be transformed. It does not matter any more what others think. To God she is acceptable. Jesus is the seventh man in her life. The number seven in the Bible means wholeness and completeness. In him she finds her belonging and her life.

The season of Easter lasts from Easter Day to Ascension Day. The Bible says that during this time *After his suffering, he presented himself to them (the disciples) and gave many convincing proofs that he was alive. He appeared to them over a period of forty days and spoke about the kingdom of God.* It is the Christian faith that Jesus is still alive and that we might know him through his Holy Spirit. The same Jesus who befriended the woman at the well, is the same Jesus who died for us on the cross, and who loves us still.

In this season of Easter may you know his love for you too.

Rev Simon

Changes to the Pattern of Church Services

Lavenham PCC has agreed three changes to Sunday worship to take effect from 1st April 2024

1. The main Sunday service in Lavenham will start at 10.00am instead of 10.15am.
2. The Morning Worship service previously held on the first Sunday of each month will move to the third Sunday. This will create a better balance to the pattern of worship across the benefice, with Preston Praise on the first Sunday of each month.
3. At 6.00pm on the first Sunday each month there will be a new evening service in Lavenham. We will start with Evensong on 7th April.

It is hoped that these simple changes will create a better balance to our worship within the benefice and an opportunity to try one or two new things.

Rev Simon

First Sunday	Second Sunday	Third Sunday	Fourth Sunday	Fifth Sunday
8.00 Holy Communion Lavenham	8.00 Holy Communion Lavenham	8.00 Holy Communion Lavenham	8.00 Holy Communion Lavenham	8.00 Holy Communion Lavenham
10.00 Holy Communion Lavenham	10.00 Holy Communion Lavenham	10.00 Morning Worship Lavenham	10.00 Holy Communion Lavenham	10.00 Benefice Service
11.30 for 12.00 Preston Praise				
6pm Evening service Lavenham	6pm Evensong Preston	6pm Holy Communion Preston	6pm Evensong Preston	6pm Benefice evensong

Christian Aid week Sunday 12th May to Saturday 18th May



Christian Aid is a well-established charity that works to relieve the poverty and suffering of some of the poorest and most vulnerable communities on earth. Warfare, climate change, and poverty can make life very difficult for many people. Christian Aid have a very good website, and if you would like to donate to support their work you can do this online at www.christianaid.org.uk

Saturday 18th May Christian Aid coffee morning in Lavenham Village Hall. 10.00 to 12.00. If you would like to donate a cake / biscuits etc all contributions will be welcome. All money raised will support the work of Christian Aid in bringing relief and help to those in need.

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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Mob: 07444 272 472

Email: lee.jardine@outlook.com

Polling Day this year will be Thursday 2nd May. The only election in Suffolk this time will be for the County Police and Crime Commissioner

The
Electoral
Commission

Find out more at

electoralcommission.org.uk/voterID

No ID? You can apply for free voter ID

You now need
photo ID to vote at
a polling station

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

THE COCKTAIL HOUR

Bubbles has surpassed herself with this one:

BLUE ICE

For two people.

Into a cocktail shaker:

2 ice cubes

2 measures of Bacardi {or other white rum}

2 measures of vodka

2 measures of blue Curacao

Shake vigorously {the shaker not you personally!}

Pour into a wine glass

Top up with Fever Tree tonic water

Delicious! JT

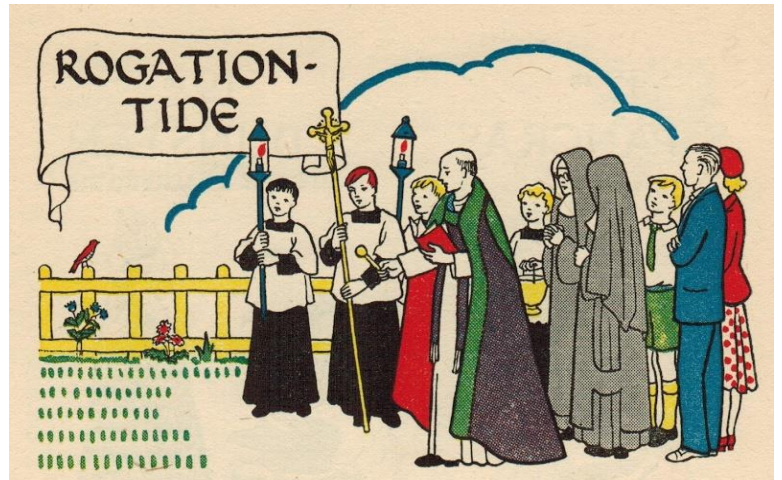
It does not appear that there can be urgent or sufficient reasons, racial or social, for departing from the old tolerant and generous practice of free entry and asylum to which this country has so long adhered.

Winston Churchillin 1904

APRIL & MAY 2024

PRESTON ST MARY CHURCH

ROGATION SUNDAY SERVICE BLESSING THE CROPS AND BBQ



12.00 NOON SUNDAY 5TH MAY

A service of thanksgiving, followed by a tour of the Priory Farm fields blessing the crops as we go, and returning to the Farm for a BBQ lunch

IF YOU WOULD LIKE TO ATTEND THIS SERVICE PLEASE CALL SUE ON 01787 247626

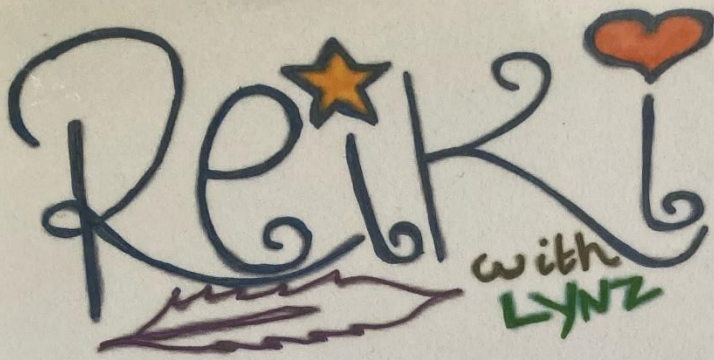
FRIENDS OF
LAVENHAM AIRFIELD

COMMEMORATING THE SERVICE AND SACRIFICE OF
THE 487TH BG, 8TH USAAF



The USA Memorial Holiday weekend falls on the 25th – 27th May this year. On Sunday 26th May Lavenham Airfield will be open to the public, and there will be a ceremony at 12 noon on that day at the memorial to the 233 men who died while flying with the 487th Bomb Group during WW2. For more information on this and other events organised by the Friends of Lavenham Airfield please contact Robyn Lloyd Hughes on 01787 247571 or email robynlloydhughes@gmail.com.

APRIL & MAY 2024



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

PRESTON ST MARY & DISTRICT LADIES CLUB

New Members will be warmly welcomed to our meetings, 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 usually 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.

2024 PROGRAMME

MONDAY 8TH APRIL. GIRL POWER. Anne Springall will be giving a talk about the **MATCH GIRLS STRIKE OF 1888** at the Bryant and May match factory in Bow, East London. The match girls strike was a protest against their dangerous and unhealthy working conditions, and arbitrary fines. Wages were very low and the working days very long, and they were also subjected to arbitrary fines. Girls as young as 12 years were also employed at the factory. Social activists became involved with this strike and wrote about the girls' exploitation, describing their dangerous working conditions and highlighting their risk of contracting 'Phossy Jaw'. Following the success of the strike, the Union of Women Matchmakers was formed. On its creation, it was the largest union of women and girls in the country and inspired a wave of collective organising among industrial workers.

MONDAY 13TH MAY. The UK will be celebrating the 80th Anniversary of D-Day this year and to mark this fact **ROBYN LLOYD HUGHES** has kindly offered give us a D-Day talk - not just the detailed military campaign, but telling the story of the 50th anniversary in 1994 in which he participated. At that event there were many thousands of surviving veterans who were taken to Normandy, and all the Royal family and Heads of State/Government from every country involved were there. Robyn was there for a few weeks acting as the UK contact with the French authorities and local participants. He has some interesting stories about what was going on behind the scenes with the Royals' arrangements. As Robyn's talk is certain to be of great interest to all, the Ladies Club is making this meeting an **OPEN MEETING** - so please bring your husbands, partners, friends and anyone else who you think might be interested.

Future Meetings

I am hoping to arrange a Ladies Club Lunch sometime after Easter when perhaps the weather is more reliable. Please let me have suggestions for a Venue. Also, I am endeavouring to arrange several outings - again when the weather improves.

REPORT ON PREVIOUS MEETING

Monday 11th March. This was our first meeting for 2024 and unfortunately several members were not well enough to attend. So, instead of playing board games, as planned, we sipped our Prosecco and chatted and put the world to rights. We felt it was rather good to just sit and have a conversation and catch up with each other.

Please get in touch with me if you are reading this article and think that you might like to give a talk to Preston Ladies Club. I would very much like to hear from you.

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.

QUIZ TIME

There are no prizes – answers are on Page 33

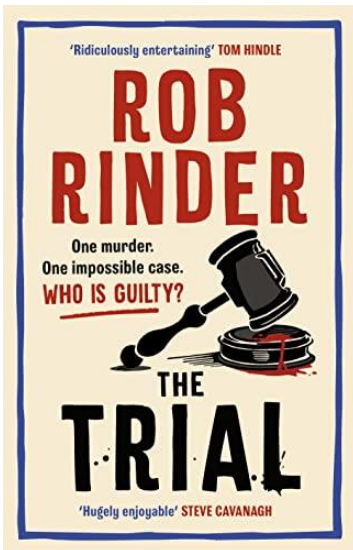
1. What are the four languages spoken in Switzerland?
2. In what country did the first Starbucks open outside of North America?
3. Pocahontas was baptised and given what English name?
4. What is the rarest blood type among humans?
5. In what year and in which city were the first modern Olympic Games held?
6. Who is the Greek god of war and son of Zeus and Hera?
7. What is the name of the largest moon of Jupiter?
8. What is the term for a group of flamingos?
9. What is the only planet that rotates on its side?
10. What is the world record for the longest hiccupping spree?
11. What animal's milk is pink?
12. In how many films did Sean Connery play James Bond?

PRESTON St MARY PARISH COUNCIL – MEETINGS FOR 2024

January 23rd
April 2nd
May 21st - Annual General Meeting
July 23rd
September 24th
November 19th

All meetings are in the Village Hall at 7.30pm
Extra meetings may be called if there are planning matters to be discussed

BOOK REVIEW



This courtroom drama/whodunit is slick, well-crafted and, who is accused of murdering a police detective but is difficult to defend, and of Adam Green, a trainee barrister who is hoping to be granted permanent employment at the Stag Court chambers after his year of pupillage. The characters are clearly drawn and one finds oneself rooting for Adam who has the misfortune to be assigned to a pupil master who is an arrogant, entertaining. Written by TV personality and barrister Rob Rinder it is the story of Jimmy Knight womanising and avaricious senior barrister. Adam has a strong sense of justice which is, sadly, not matched by his mentor who is more concerned with his bank balance.

Rinder draws on his experience as a criminal barrister and covers the ups and downs of the trial without being formulaic or heavy handed. It is quite a light but addictive read. Great book for the train or beach.

Cornerstone £7.49

LB

FILM REVIEW

“One Love”

Whether or not you liked Reggae in its heyday you’ll appreciate this film. I was no fan but did indeed. Perhaps the music benefits from a cinematographic backdrop, but Marley benefits from an opportunity to spell out his philosophy. He was no saint but believed in his modest way that music could bring people together and bring joy. His death at 39 was a loss not only to music but to world peace. I would like to see this again.

“Wicked Little Letters”

This true story is set in a small coastal town in the aftermath of the First World War. The story is a spate of poison pen letters and the tracking down of the culprit. It’s entertaining because it’s true, the setting gives it a historical feel and all the main leads are women. Absorbing.

“Vindication Swim”

Set in 1927, a British woman seeks to smash the record for a female Channel swim but does not have her effort accepted. So she tried again – and failed due to an injury. The anguish of the swimmer, the misogyny of the time, the characterisation of the main characters and the lead’s subsequent career are not developed, so it is not a particularly absorbing film.

JT

SWIFT'S MANOR

Swift's is just one of five manors in Preston St Mary. This would appear to be a large number in relation to the size of the parish. It is a wonderfully unpretentious house, a completely integral part of its rural surroundings since c.1380 when the original house was built.

Since this property is a significant building we are fortunate to have some of the history of its owners and how it was held, bearing in mind that the language concerning property ownership has changed somewhat!



Coppinger's 'The Manors of Suffolk' describes this ancient site as being 'carved out of the holdings of the Earls of Oxford not later than the time of Edward, son of Alfred, king of the Anglo-Saxons 899-924, and held of Mortimer's Manor, also in Preston, at the yearly rent of three shillings and eight pence.'

In 1360 we find Ralph Swyft connected with the manor and obligated to the Earl of Oxford. In the time of Henry VI (who was king from 1422 to 1461, deposed by Edward IV and then came back to the throne 1470 to 1471) the estate was vested in John Jervys. Cecily, Duchess of York and mother of Edward IV, held the manor in the 1470s and in 1480 gave it to John Smith of Bury St Edmunds, founder of the Chantry there.

After the dissolution of the monasteries the manor passed to the Crown and in 1548 was granted to Richard Corbet who in the same year passed it to William Poley. Thomas, Poley's son and heir, sold the manor in 1588 to one Edmund Jermyn. In 1596 John Jermyn had licence to alienate to Thomas Jermyn and Henry Firmage as trustees. In 1609 Thomas Burler was lord and his son died without issue.

In 1767 the manor belonged to John Newman who sold it to the Rev. Henry Crossman. This is recorded in a memorandum in the Court Books of Mortimer's Manor. His daughter, Elizabeth and her husband Edward Green acknowledged holding lands by free tenure of Mortimer's Manor and Swift's Manor after Crossman's death on 25th June 1798. Swift's Manor was offered for sale by public auction in 1833, making £3,800, and comprised 150 acres, the farm, which was let for four years at £130 and timber to be taken at a valuation. In 1838 the Manor was owned by Sir Benjamin Brodie, but another major farming figure in the parish, Ebenezer Osborn rented the land belonging to Swift's.

The plot in which the Manor sits faces north-west to south-east. The eastern half of the Manor is constructed on a substantial oak frame and consists of three structural bays. The wing to the north is of later construction – possibly at the Reformation when the Manor was in the possession of Richard Corbet (1548) or Thomas Poley (1556). Now in the entrance hall, having been moved by a previous owner, is a tall, beautifully carved crown post which was originally at the centre of the open hall in the eastern half of the manor. The reception hall, as it is now, would have had a solar above and while digging to install electricity cables the foundations for another equivalent bay to the right of the dining room were discovered. Thus, the original hall was where the dining room is and the foundations mentioned above were. The brick fireplace and flue built at the south end of the house is likely to be on the site of the hearth in the open hall and added so that a floor could be inserted. This comprises some beautifully wide boards. At first floor level the flue 'bends' backwards behind a magnificent truss towards the roof.

The 16th century wing to the north now comprises a sitting room and behind it a back hall and staircase, and at first floor level the main bedroom. There is an additional bedroom above this in the roof. Along the first floor landing running along the back of the house is a section of wall painting in which there is two distinct pink hearts.

The present owners Roger and Glynis Huggett, who have owned Swifts since 1987, have undertaken sympathetic renovation work and have sought to preserve the calm and timeless quality of the house and its surroundings.

Sara Whymark

I saw a study that said speaking in front of a crowd is considered the number one fear of the average person. Number two was death. This means to the average person, if you have to be at a funeral, you would rather be in the casket than doing the eulogy. —Jerry Seinfeld

POETS' CORNER

Road Rage

I'm a cheerful, friendly fellow,
I love my fellow man.
I'm kind to little children,
I'll help you if I can.
But when I get behind the wheel,
I metamorphosize,
And anyone not in my car,
I curse and I despise!

I become a roadway warrior,
Forgetting while I drive,
When I'm not behind the wheel,
I'm weak and small; fun-sized.
I rage at other motorists,
I swear and flip the bird,
Forgetting that outside my car
I'm just a weedy nerd.

And if you wait to let me through,
I'll never wave and thank you.
I'll just ignore you, scowl and drive.
I hate you, so I'll blank you;
And those who overtake me
Should not be on the road.
While cautious fools who hold me up?
Too slow and much too old.

Of all the accidents I've had,
(and I've had quite a few)
Not one has been my fault you know,
It's always down to you.
'Cos you're the 'other driver'
You're always in the wrong
And I am always in the right
And will be all day long.

I climbed out of my massive car,
With sunny friendly smile,
To find my dear old mother there,
Not seen her in a while.
"YOU STUPID GIT! You cut me up,"
She cried, "you so and so".
She punched my nose and pulled my hair
And kicked me down below!

© Tim Bridges



SESAW – Suffolk and Essex Small Animal Welfare

Hello Preston Parishioners



We took in an unprecedented number of cats last year. Some abandoned, some homeless through their owner's circumstances, many were mothers with kittens and more on the way. Like most charities, we struggle to find enough helpers and particularly need reliable, conscientious adults to look after the cats on Saturdays. Youngsters help at weekends until academic commitments draw them away. Working 'grown ups' need time with their families at weekends and so we fall between two stools. If you, like Jenny here, can spare a Saturday (or Sunday) morning to feed, clean out and socialise the cats, please email sesawken@gmail.com or phone 07881 785535 for more information.

Birdsong, daffodils and lighter evenings herald the arrival of Spring, but we have animals from last summer still awaiting new homes, including the bonded pair of Saluki dogs shown below. Lily and Grey are looking for a loving home with a comfy sofa after raising their five puppies. If you, or someone you know, could be that special person they deserve, please call or email.

We are full to overflowing with rescued animals which is impeding vital maintenance, so we have decided to close from 1st April for at least one month to facilitate renovations. Rescue intake is now on a strictly emergency basis to free up the accommodation in need of repairs. Rehoming of animals will continue by appointment only and extra help will be drafted in to take incoming calls and emails. We apologise for any inconvenience caused whilst these essential works are carried out and hope everyone will be understanding until normal service can be resumed.



I must go now as there is activity around the nest box, suggesting months of entertainment ahead for me,

Ollie (the Black) Cat.

Suffolk & Essex Small Animal Welfare, Stoke Road, Leavenheath, CO6 4PP.

Tel: 01787 210888 www.sesaw.co.uk

ASIAN HORNET

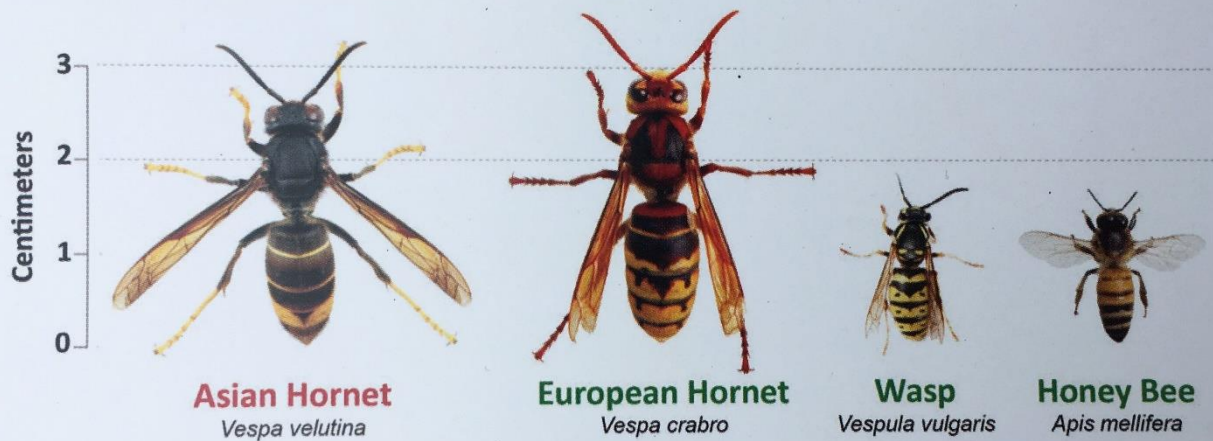
**This is an invasive species
a threat to our wildlife
REPORT ANY SUSPECTED SIGHTING**

Think you've seen an Asian Hornet? Report it!

Asian hornet, *Vespa velutina* (also known as yellow legged hornet)
An invasive hornet from Asia which poses a significant threat to honey bees and other pollinators.



Animal &
Plant Health
Agency



Report through the Asian Hornet Watch app or
www.nonnativespecies.org/asianhornet.
Further information on honey bee health available at
www.nationalbeeunit.com Tel 0300 303 0094

“All you need in this life is ignorance and confidence — then success is sure.”

Mark Twain

COOKS' CORNER

BREAD PUDDING

Everybody has heard of bread pudding - not to be confused with bread and butter pudding, a milk pudding - but surprisingly few cook-books include a recipe. Mrs Beeton did in 1859 as did Delia more recently. It's grown richer since 1859 leading it to gain the nickname "navvy's wedding cake". This much-loved English "bread pudding" was featured in our last edition in its sophisticated – and delicious – Café Como (Brent Eleigh) form.

Here's where it all started – perhaps. The ingredients from Mrs Beeton's 1859 recipe:

"Very plain bread pudding"

Odd pieces of crust or crumb of bread. To every quart allow:

½ teaspoonful of salt

1 teaspoonful of grated nutmeg

3 ozs moist sugar

½ lb. currants

1½ oz. of butter

The butter is not mixed in but placed in pieces on the top before the pud goes in the oven.

Compare the above with the Café Como ingredients:

500g white bread

500g mixed fruit

1 tsp cinnamon

1/2tsp nutmeg

1/2tsp ginger

1 pint milk (568ml)

2 eggs, beaten

140g muscovado sugar

1 lemon zest

100g butter

Mrs B does remark that soaking the bread in milk rather than water would greatly improve it, but I doubt if a discriminating navvy would appreciate it at HIS wedding. JT

PRESTON ST MARY ANNUAL PARISH CHURCH MEETINGS

The Annual Parochial Church Meetings will be held at 7.00pm after Evensong on Sunday 14th April. All parishioners are invited to attend, but if you wish to vote you must be on the Church Electoral Roll. If you wish to add your name to the Roll please contact the PCC Secretary Sue Diggins on 01787 247626

VILLAGE HALL NEWS

With the Spring weather just around the corner the Village Hall has some upcoming events that will hopefully tempt you come out and about.

Put the 6th April in your diary, we are holding another ever popular **Duck Race Night!** First race at 7.30, tickets £10 in advance or £12 on the door. Tickets will include a hot supper with a vegetarian option. Please telephone 01787 247626 to book your tickets and your let us know your meal preference.

16th April - **Village Hall AGM**, 7.30pm at the Village Hall, all welcome.

18th May. - The Preston Pop-Ups are holding a **Charity Concert** in aid of the Addenbrookes Charitable Trust, a charity which provides facilities for relatives of seriously ill patients. More details will follow.

8th June – 80th Anniversary celebrations of the D-Day landings. The Village Hall will be holding a **BBQ with music** to mark the event. This will have a 1940s theme and a prize will be given to the best outfit.

ANNIE MASON Chairman, 07740 820100
SUE DIGGINS Secretary, 01787 247626
KEITH DAVIS Treasurer, 01787 247112

PRESTON AND DISTRICT ART GROUP

The Art Group has just concluded a 10-week term where we have concentrated on acrylic painting. This was a new medium for several members and a big change from watercolour and pastels. We experimented with mark making, abstract art and the use of stencils. There is no quick shortcut to producing a satisfying picture and we all acknowledge the need for practice.

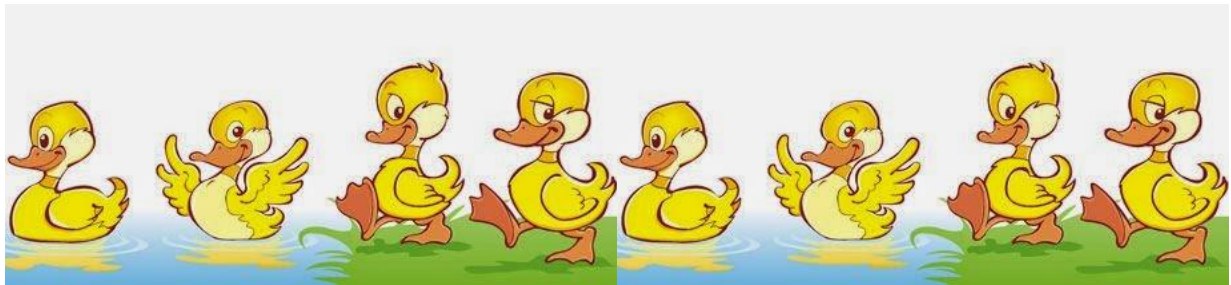
Next term we will continue to meet on a Monday morning from 10.00 - 12.00 but will try to get out in the fresh air and anticipated sunshine as often as possible. With that in mind, could I ask if there are any kind neighbours who would be prepared to invite us to their garden for a change of scene. Please contact me if you would be willing to do so and we could find a mutually acceptable date. We aim to start the next term on 22nd April and run for the usual 10 weeks finishing on 24th June. Our first meeting will be in the Village Hall with the remainder being weather dependent.

New members of any ability would be warmly welcomed. Come and have a go!
Call Judy Legg 01787 247515

APRIL & MAY 2024

Preston St Mary Village Hall Committee presents an evening of

DUCK RACING



Saturday, 6th April 2024

In Preston St Mary Village Hall

First race at 7.30pm

Plenty of chances for you to pick a winner

Dave's Ducks are back so there's no need to bring your own!

Traditional format, with a twist - no technology involved.

Donations bar and tote available Prize Draw

Tickets £10 in advance or £12 on the door

Price includes hot supper (with vegetarian option) during the interval

Please telephone 01787 247626 to reserve your place and let us know your supper preference.

Proceeds in aid of Village Hall Funds

Registered Charity No: 304934

NEWS FROM THE NEIGHBOURS

Brent Eleigh News

Brent Eleigh held a “Music and Dancing” evening in their Village Hall. 50s and 60s music to The Suffolk Beats. An “amazingly fun evening”. Everybody danced! An idea for Preston? JT

The Edmund Octet are performing at St Mary's Church in Brent Eleigh on Friday 12th April, starting at 7pm; tickets are now available at £12 each including a glass of wine, from Cafe Como, the Monks Eleigh Community Shop, Rev Mike Birt, or 'on the door'. Expect a wide variety of song, from 'She', Beach Boys numbers, Bohemian Rhapsody, Sailing, and much more, with a finale of Nessun Dorma. In aid of continuing repairs to our amazing Grade 1 church of St Mary's. Do join us!

MONKS ELEIGH POST OFFICE

Opening Hours from January 2024

May be subject to alterations dependent on volunteer availability (Check our social pages)

Monday	9.00am – 4.00pm
Tuesday	9.00am – 1.00pm
Wednesday	Closed
Thursday	9.00am – 1.00pm
Friday	9.00am – 1.00pm
Saturday	Closed
Sunday	Closed

The Community Shop is open 9.00am – 5.00pm Monday to Friday and 9.00am – 12.30pm Saturday and Sunday

Many local shops and particularly Post Offices are closing in these tough times. We are fortunate to have a local amenity such as this.

QUIZ NEWS

The deadly Woolpit team returned to form and pipped the Whelp Street Wonders into second place in the March quiz by half a point.

Remember, at The Six Bells, on the first Wednesday {except April when it will be the second} of the month, teams of 4, £12 per person includes an excellent curry; winners eat free.

NATURE NOTES



No, it's not too late to erect a nest box. They're available from a variety of hardware outlets and farm shops but are dead easy to make. A few tips: If you want to attract blue-tits or coal-tits, marsh-tits, willow-tits) the entrance should not exceed 1 inch in diameter. Great-tits require a little more elbow room and need 1½ inches. Strangely though, they're all programmed to peck at whatever cavity they've adopted, so in this garden great-tits are pecking at a blue-tit box while blue-tits have occupied the box normally used by great-tits. Height doesn't seem so important, but 6 feet-plus is probably safest.

Perhaps the most important thing to remember when siting is to position the entrance facing North. If it faces towards the sun it can overheat with disastrous results for the little occupants.
Good luck! JT

HAPPY 80th BIRTHDAY TO PETE POSTLE



Pete Postle has served for many years here in the Benefice of Lavenham with Preston St Mary as our Lay Reader.

He has taken services and preached in Preston Parish Church and been a friend and counsellor to many. He has built up special links with Preston during that time.

Pete celebrated his 80th birthday the other day, and he is shown here with the Rector enjoying a glass of bubbly after a recent service in Preston.

Happy Birthday Pete – love and best wishes from all of us.

APRIL & MAY 2024

The Preston Pop-up Choir presents



Charity Concert

In Preston St Mary Village Hall

Saturday 18th May 2024 at 7.00 pm

A fun-filled programme of favourites with a celestial theme.

Proceeds in aid of ***Addenbrookes Charitable Trust***, a registered charity that helps patients and their families by providing additional services that would not be available through the NHS.

Donations Bar

Raffle

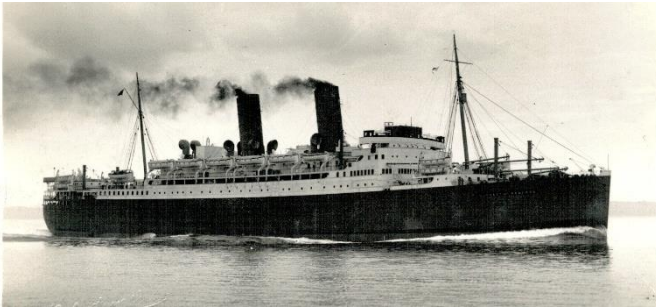
Entry £10. Reserve your seat now - telephone 01787 247626



Addenbrookes Charitable Trust Registered Charity No. 1170103

Trains and Boats and Planes (or The Yanks are Coming!)

Eighty years ago in early February 1944 the first American personnel had started to arrive at the newly built Lavenham airfield, or as the new arrivals called it, Army Air Force Station 137. These were the men of the 1685th Ordnance Supply and Maintenance Company who, having been in the UK since 1942, moved up from High Wycombe to Lavenham to prepare the Station for the arrival of the ground and flying personnel of the 487th Bomb Group from the USA. By March 13th the ground personnel were at Camp Kilmer in New Jersey preparing for the move overseas via the New York Port of Embarkation, a military facility that existed solely to move as many US Army personnel to Europe as efficiently as possible.



By the evening of March 21st all the 487th BG ground personnel were aboard the repurposed British passenger liner 'Duchess of Bedford', in company with other USAAF personnel and a variety of passengers travelling to the UK. This once rather grand liner of 20,000 tons had been launched on the Clyde in Scotland in 1928 by Mrs Lucy Baldwin the wife of the then British Prime Minister Stanley Baldwin.

With a length of 600 feet and a crew of 510 she was designed to carry 1,570 passengers in some comfort. Needless to say, as a troopship she was required to exceed that number by some margin. The ship sailed next morning as part of a convoy bound for the UK. The conditions on board proved trying with cramped accommodation, questionable food and sea sickness. Relief would come twelve days later when the coast of Scotland appeared. The ship docked at Gourock on the Firth of Clyde on the morning of April 3rd. By that evening the Americans were aboard southbound trains arriving at Long Melford station the following day where trucks were waiting to take them to the airfield. The next few weeks would prove very busy as the occupants prepared the station to receive the Group's aircraft and flying personnel. During the period their colleagues were at sea they had flown their B-24 aircraft in manageable hops over several days, from Alamogordo in New Mexico down to Brazil, from where on April 1st the crews undertook the long journey across the Atlantic to Dakar, West Africa. On April 3rd it was another lengthy flight north to Morocco followed on April 11th by the final leg, at 'battle stations', to the UK. All crews made the journey safely and by April 15th all 72 B-24s of the 487th Bomb Group and 2,900 personnel were present at Lavenham. Lieutenant Colonel Beirne Lay, the Group's commanding officer, recalling his first sight of the airfield wrote... *'I got a jolt of blissful disbelief...when we circled the field and saw brand new runways and perimeter track, green turf nearly everywhere, new hangars and buildings and concrete roads interconnecting the dispersed living sites. You could see at a glance that Lavenham was a jewel.'*

If you would like to learn more about Lavenham airfield and the 487th Bomb Group the 'Friends of Lavenham Airfield' (FOLA) offer a guided airfield walk on the second Sunday of June, July, August and September. The cost is £10 for adults and £5 for under 16s. Places are limited so booking is essential. You can book in person or by telephone at the Lavenham HUB, 2 Lady Street. Tel: 01787-249939.

Mon, Tue, Thu, Fri 10.30am-2.30pm. Sat 11.00am-2.00pm.

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

APRIL & MAY 2024

PETER BISSON

PRESTON PEOPLE

I was born and grew up in Guernsey except for the war years when I lived in Weymouth. I studied at Bristol University and qualified in medicine in 1960.

I got married, had two children and then to gain extra experience worked in New Zealand for 2 years and HongKong for 18 months. On return to the UK I took up my position in Bristol to set up an artificial kidney and transplant unit. Here we performed the first successful renal transplant in the South West and provided our speciality for the children of Cornwall.

In 1992 I was requested to take early retirement as there was a surplus of qualified Junior Staff in my speciality. I did this and went on a 3-month lecture tour in the USA. On return we moved to Suffolk to help my daughter set up her business and for my wife Peggy to help with the grandchildren.

We soon discovered Preston St Mary and lived here in this lovely community and village ever since. Peggy died in 2018 and is buried in the Churchyard.

WORDS OF WISDOM

Knowledge is knowing what to say. Wisdom is knowing whether or not to say it.



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

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- Headache
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- 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

APRIL & MAY 2024

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tailored to any requirement

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CONFESSIONS OF A PRESTON 'PETROLHEAD'

Jack Tasker

V12 vs V8



When I finally decided I was grown up enough to have a real car I determined that it would have to be “British” - so a Rover SD1, but the 2.6 version not the “obviously overpowered” version with the 3.5 V8 Buick engine! You live and learn! After the 2.6 had cooked I switched to a V8 and subsequently owned a total of four of them: economical, powerful and only 3000 revs at 90mph.

Being forever pretentious, I was easily persuaded by my garage to try a Jaguar V12 and – guessing it would be up a grade from the 3.5 SD1s – I bought a Series 3 5.3 saloon: to my mind a beautiful-looking car but thirsty, difficult to service and giving little headroom to the driver. A V12 6.0 litre XJ40 and a Daimler Double Six followed. Very comfy saloons! Then a chap from a nearby Jag Enthusiasts Club remarked “If you think you like the V12s wait ‘til you try the V8s”. I was sceptical, but a test-drive in an XJ8, 4.0 litre V8 convinced me. Fast, comfortable, economical.

So, which engine configuration is the winner?

With very little motor engineering savvy to go on I now conclude that V8 is the winner. I’ve had 4 Jag V8s and am looking for another.

JT



LAVENHAM GARDENING CLUB

At last we have had a few sunny days to encourage us outside. Clearing garden borders in the sunshine definitely lifts the spirits! Plants are really starting to grow and spring bulbs are filling the garden with their bright flowers.

If you have not managed to get seeds in yet, don't worry, many do better when the soil is warmer and if you sow annuals late then the flowers will just come later. I recently attended a talk by the head gardener at Great Dixter. He showed us a wonderful bed of zinnias blooming in autumn which had not been sown until July! Sowing annuals directly outside once the ground has warmed up can create a colourful display.

This is a busy time of year - my greenhouse is full, with seeds germinating, new cuttings, seedlings to prick out and plants to pot up. My cold frame is very useful to move on hardier plants.

There's still time to lift and divide herbaceous plants in cool moist weather but make sure to keep them watered while they re-establish. If you have a surplus, don't forget I am always collecting for our plant sale in May!

This is one of the best times to sow grass seed, but, if we have a dry spell, you will need to water. Time to check your mower! Established lawns will be growing quickly so gradually reduce the cut height through spring. Unless it is dry, it's best to use the grass box. Lawn fertilisers should only be used on moist soil or if rain is expected, otherwise the grass will burn. To help our insects it is good to join in with 'No Mow May', but even leaving a small patch of long grass will benefit wildlife in your garden.

If you don't have a compost heap, it's a good time to start one, as you can add grass cuttings and weeds. I quite enjoy hand weeding my flower borders but hoeing is quicker where there is space. Current thinking is to embrace our native plants rather than weed them out. I do love the daisies in the lawn, cowslips, forget-me-nots and shirt buttons. I leave some nettles and dandelions. But, although Monty Don loves cow parsley, it would take over completely if I let it. As the season progresses there is usually an annual weed explosion but now is undoubtedly the prettiest time of year in our garden.

Once daffodils and other spring bulbs have finished, leave them to die down naturally. Don't cut them off or tie them up as the leaves feed the bulbs for flowers next year. If they are in the way, it is better to dig them up and replant in a shady corner. Remove dead flower heads or plants will spend energy making seed.

Garden centres will be full of annuals to follow on from spring blooms but don't be tempted to put them out too early. Nights can still be cold even if not frosty. Bedding plants need to be 'hardened off' before planting out - put them out for the day and in again at night for at least a week. If you leave greenhouse doors open on warmer days, close them at night to protect your tomatoes and cucumbers. Cloches and frames are useful for outdoor crops. Earth up potatoes. Stagger sowing peas directly into soil but start beans indoors or sow later after the last frost.

APRIL & MAY 2024

Time to feed roses with rose fertiliser, blood, fish & bone or chicken manure pellets. Roses like moisture, so mulch with garden compost or well rotted manure. Put supports in early for tall herbaceous plants rather than trying to add them when plants have grown.

I am happy to live with most 'pests' that start to be active with warmer weather but I do check for vine weevil grubs in containers - they love primulas, auriculas, begonias and heucheras. Water with nematodes now and repeat in late summer.

The last thing to do in May from a gardening perspective is to enjoy the Chelsea Flower Show!

Plants for April-May: spring flowering bulbs, aubretia, polyanthus, kingcup, violet, fritillaria, dicentra, clematis Armandii, clematis alpina, allium, aquilegia, euphorbia, foxglove, delphinium, clematis Montana

Club News:

24th April 7.30 pm Celebrity speaker Nick Bailey, Gardener's World presenter, '365 days of colour in your garden' Tickets £20 members & non members

11th May 10am - 2.30pm Annual Plant Sale in Lavenham Market Square. Only one sale this year, with a variety of plants at reasonable prices. Please ring 01787 247489 if you have any plants to donate - I am happy to collect.

22nd May Coach outing to Porter's Lodge, Cavenham, Nr Bury St Edmunds

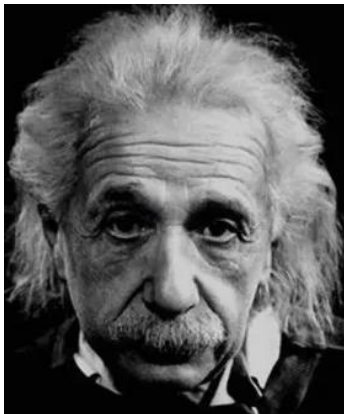
29th May Talk by Stephen Frankland, gardener at Melford Hall & Guildhall, Lavenham, 'National Trust Gardens'

New members welcome. Annual subscription £20, which includes all meetings, which are held on the last Weds of the month at Lavenham Village Hall 7.30pm details on website: <https://lavenhamgardeningclub.co.uk>.

For all tickets ring Sandra 01787 311707

Happy Easter.

Carolyn Jenkins



WORDS OF WISDOM

Two things are infinite – the Universe and human stupidity..... And I'm not so sure about the Universe



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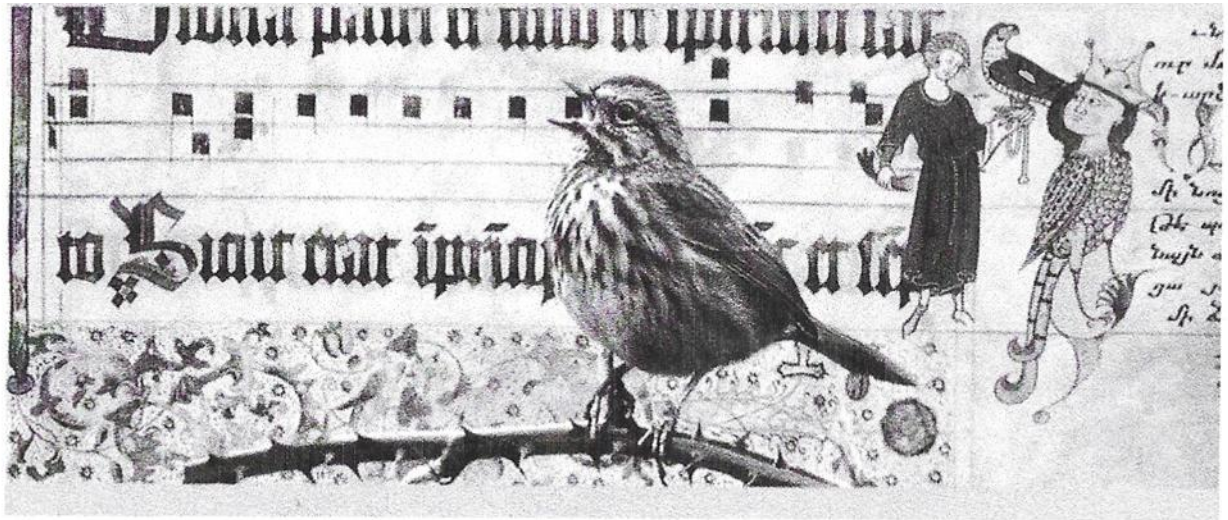
megz_pryke@hotmail.com

Facebook: Beauty by Megan (look for my logo)

Instagram: beautybymegan_suffolk

It is currently being suggested that one out of every four of us is suffering from some form of mental illness. Just think of your three best friends. If they're OK, then it must be you.

APRIL & MAY 2024



Gainsborough Ensemble Spring Concert 12 April 2024

Kate Huggett - Soprano Natasha Holmes - 'Cello Janna Hüneke - Flute

Birdsong & Love

*A heady mix of birds in English medieval song,
songs by Emily Hall, the sublime
Hildegard von Bingen, a Venezuelan love duo
and Stockhausen on romance.*

*Tickets £15 including a drink at The Secret Garden after the concert.
Accompanied under 18's: £8.*

*The Friends Meeting House, Friars Street,
Sudbury (Suffolk) at 6 pm.*

Ticket booking: <https://www.ticketsource.co.uk/booking/t-lnaoyve>

AGRICULTURAL NOTES



It's been a catastrophic year so far for rainfall. February 2023 was perfect: 3cm. February 2024 produced over 100cm with awful results: sugar beet lifted late, many crops drowned and lost. You will have seen many fields with unfamiliar lakes in the middle (see below) and these can sometimes be partly saved, but a seed drill cannot be dragged through a mixture of live and dead if the chosen solution is to re-drill. It's going to be a tough harvest with the financial effects severe. JT



"You can sum up this year's budget with one word."

QUIZ TIME ANSWERS from Page 10

1. German. French, Italian and Romansh
2. Japan
3. Rebecca
- 4 AB-negative
5. 1896 in Athens, Greece
6. Ares
7. Ganymede
8. Flamboyance
9. Uranus
10. 68 years
11. Hippopotamus
12. Seven





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

HOLIDAY FUN FOR ALL THE FAMILY

Family Eco-Craft Event: Thursday 4th April 2.30pm – 4.00pm



Join us for a FREE activity event with our Environmental Artist Clare Sams to transform trash into beautiful butterflies!

Using cereal boxes and scrap fabrics you can learn to craft a butterfly bookmark.

Suitable for young and old (and everyone between!)

NAME



QUIZ NIGHT FUNDRAISER

The Friends of Lavenham Library invite you to join us on Friday 17th May for a fun-filled evening of quizzical questions and baffling brain-teasers!

Tables of 6, doors open at 7pm for a prompt 7.30pm start. Cost £5.00 per person. There will be no bar available, but you are welcome to bring your own drinks. Raffle tickets will be on sale with some fabulous prizes.

Limited numbers so reserve your place at the library!

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



APRIL & MAY 2024

UNITED BENEFICE OF LAVENHAM WITH PRESTON ST MARY

Rector: The Revd. Simon Pitcher

The Rectory, Church Street, Lavenham, Sudbury, CO10 9SA Tel: 01787 827691

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 APRIL 2024

SUNDAY 7th APRIL EASTER 2	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	12 NOON	11.30am Refreshments before PRESTON PRAISE
	LAVENHAM	6.00PM	EVENSONG
SUNDAY 14th APRIL EASTER 3	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	EVENSONG followed at 7.00pm by APCM
SUNDAY 21st APRIL EASTER 4	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	MORNING WORSHIP
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
SUNDAY 28th APRIL EASTER 5	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	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)

APRIL & MAY 2024

UNITED BENEFICE OF LAVENHAM WITH PRESTON ST MARY

Rector: The Revd. Simon Pitcher

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Reader: Mr Pete Postle

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

CALENDAR OF BENEFICE SERVICES FOR MAY 2024

SUNDAY 5th MAY EASTER 6 ROGATION	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	12 NOON	ROGATION SERVICE followed by Blessing Crops and BBQ Lunch at Priory Farm
	LAVENHAM	6.00PM	EVENSONG
THURSDAY 9th MAY ASCENSION DAY	LAVENHAM	8.30AM	TOWER PRAISE
	LAVENHAM	11.00AM	DEANERY EUCHARIST
SUNDAY 12th MAY EASTER 7	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	EVENSONG
SUNDAY 19th MAY PENTECOST	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	MORNING WORSHIP
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
SUNDAY 26th MAY TRINITY SUNDAY	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	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)