

PRESTON PARISH PAPER

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

Dates for your Diary

Sunday 4th February - Preston Praise at 11.30am for 12 noon in the Church

Wednesday 14th February – Ash Wednesday, and also St Valentine's Day

20th February – 21st March – various dates – Lent Course – See Page 19

Sunday 3rd March – Preston Praise at 11.30am for 12 noon in the Church

Monday 11th March – Ladies Club – 7.30pm in the Village Hall

24th- 30th March – Holy Week – See Page 24

Good Friday 29th March – Preston People's Passion – 12 noon in the Church

Easter Sunday 31st March – Sunrise Service at 6.30am followed by bacon butties and Buck's Fizz in the Church

DON'T FORGET TO PUT YOUR CLOCKS FORWARD ON 30th/31st MARCH

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.

A HAPPY NEW YEAR

2024 – From bad to worse – or what?



© The Spectator 2024

In recent months we have seen conflicts arising in various places around the world. There has even been talk of a need to prepare for a Third World War. All the news seems to be bad (apart from the Test Match result!) But, as this Parish Paper proves, there are lots of good things happening in this small corner of Suffolk, and we wish you all a happy and prosperous 2024.

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.

FEBRUARY & MARCH 2024

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

FEBRUARY & MARCH 2024

A PASTORAL LETTER FROM THE REVD GRAHAM NAYLOR

Dear Friends

In the summer of 1981, probably when I really should have been revising for 'O' levels (for those significantly younger than me, think 'GCSEs'!), I was watching the Wimbledon tennis. The match was between John McEnroe and Tom Gullikson. McEnroe served what would have been an ace but, much to McEnroe's disgust, the ball was called out. This led to an outburst towards the umpire when McEnroe frustratedly came out with the now infamous rant

You cannot be serious!

McEnroe appealed to his belief that the 'ball was on the line' as 'chalk flew up' in an attempt to persuade the umpire to think again about the decision to allow the call to stand. Although the way he did it wasn't good, history and analysis show McEnroe was probably right and, despite the evidence, the umpire was wrong in his conclusion.

In February, we begin the season of Lent as we journey towards the celebration of Easter. This is an opportunity for us to take time over the 40 days of Lent to think again about God, ourselves, and others – which is traditionally done through prayer and study, fasting, and charitable giving. Many will be familiar with fasting via the practice of 'giving up something' for Lent. Maybe not so familiar is the use of the period of Lent for prayer and study – thinking again about God and humankind's brokenness in preparation for celebrating God's solution to that brokenness through the death and resurrection of Jesus which we celebrate at Easter. Lent is a period when we can think again about our understanding of God, ourselves, and others – to consider whether our understanding is right or, like the umpire, wrong or maybe can be developed.

As usual, we are offering the opportunity to join us for our Lent Groups. Details of the various times and venues can be found on Page 19 of this Paper.

This year we will be encouraged to look again at Jesus through readings from the Gospel of John – that's John the Beloved Disciple not John McEnroe! The sessions will use a booklet.

You can be serious!

Please do join us, regardless of whether you are giving up anything for Lent, or you usually attend church or not, to think with others about God, ourselves, and others, in a less pressurised environment than a Wimbledon tennis match and without the McEnroe-style tantrums!

Blessings

Rev Graham

PRESTON ST MARY CHURCH

GOOD FRIDAY PEOPLE'S PASSION SERVICE



12.00 NOON FRIDAY 29TH MARCH

A Lay-led service in which members of the congregation share their thoughts and ideas on the Passion of Christ in words, music and pictures

EASTER SUNDAY NEW FIRE SUNRISE SERVICE



6.30AM SUNDAY 31ST MARCH

Followed by an Easter breakfast of bacon butties, sausages and Buck's Fizz.

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

FEBRUARY & MARCH 2024

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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Email: lee.jardine@outlook.com

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

FEBRUARY & MARCH 2024

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

This is a Bubbles recommendation. Drink with care! (i.e. slowly)

THE HURRICANE

This serves one:

High ball glass

Ingredients:

Ice cubes

4 measures dark rum

1 measure lemon juice

2 measures sweet fruit cocktail or juice (passion fruit or orange are the usual)

Soda water

Garnish: 2 maraschino cherries and 2 slices of orange

Method:

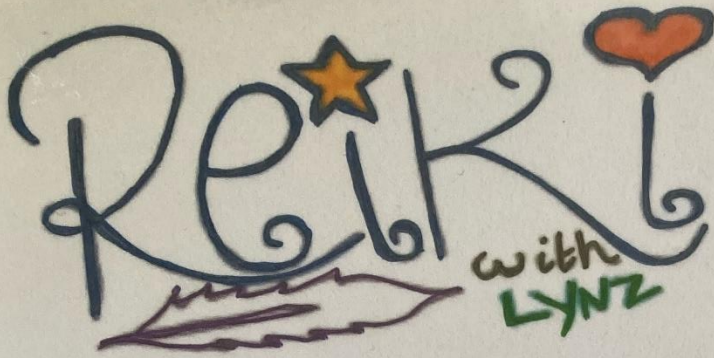
Fill a highball glass with ice

In a cocktail shaker shake the rum and juices until well combined and pour into the chilled glass

Top up with soda water and decorate with orange slices and cocktail cherries

Better to drink through a straw.

FEBRUARY & MARCH 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

FEBRUARY & MARCH 2024

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

Our first Club meeting for this year will be on:

Monday 11th March at 7.30pm in the Village Hall

where we will celebrate our first meeting of the year with a glass (or two) of Prosecco (or a non-alcoholic drink if you prefer) and which will give us the chance to mix and mingle and catch up with our Members.

It is early days at the moment to be able to give Members a full programme of events for 2024, but I hope to be able to arrange several interesting outings and speakers throughout the year.

However, the first item on my list is to organise a Ladies Club Spring Lunch to replace our usual end of the year celebratory Christmas Dinner, which was not possible because so many Members were under the weather at that time.

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**](mailto: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 29

1. In which year did Woolworths finally cease trading in the UK?
2. Who wrote Chitty Chitty Bang Bang?
3. What is the currency of Denmark?
4. From what grain is Japanese sake made?
5. What is the most sold flavour of Walker's crisps?
6. According to the Hitchhiker's Guide to the Galaxy, what is the meaning of life, the universe and everything?
7. What is the name of the computer that computed the answer to Question No.6?
8. What was comedian Oliver Hardy's first name at birth?
9. Geoff Hurst famously scored a hat-trick in England's 4-2 win over West Germany in the 1966 World Cup final. Who scored the other goal for England?
10. Gordon Sumner is the real name of which famous British musician?
11. Name all five Brontë sisters.
12. Which planet has the most moons?

HISTORY NOTES



Is this the oldest oven in Preston? The appendage to Spring Cottage was probably added to the Spring Cottage/Applebough building after its conversion from a barn in the 17th century. It's accessed from an inglenook fireplace with which it shares a chimney. Very like a pizza oven, it was stuffed with embers, then these were cleared out and replaced with bread. The bottom of the bread would have been rather grubby and not eaten by anyone of status. They would have had a right to the top of the loaf, hence "upper crust".

TO THE MANORS BORN

The feudal Manorial system was the underlying method by which rural areas of England were governed during the years between the Norman Conquest in 1066 and the Civil War of the 1640s. Preston prospered during those years and, although life was hard for the agricultural labourers and clothworkers, the artisans and tradesmen were better off than in many other parts of the country.

Preston St Mary in the Domesday Book 1086

The recorded history of Preston begins with the entry noted below:

Ulwar held as a manor 2 carucates of land (about 240 acres) under Edward the Confessor before 1066, but by the time of the 'Great Survey' which led to the Domesday Book in 1086 that manor was owned by Roger de Poitou. That original manor became known as Church Hall Manor or Preston Hall as it is today. Note the change from an Anglo-Saxon name to an obviously Norman one.

There was a second manor which belonged to the Abbot of St Edmunds, but was held in 1086 by Arnulf, with 3 carucates of land (about 360 acres).

Later there were five manors in Preston, showing it to be a place of some importance. There was also a church with 7 acres of land.

The Five Manors of Preston

It should be remembered that the title of Lord of the Manor, which exists to this day, confers no special rights or duties unless specifically agreed locally. Lordships are frequently bought and sold and there is no entitlement to be addressed as Lord. The Lord of any particular manor does not necessarily reside in the manor house. For example Robert Ryece, the famous antiquary and benefactor of this village, had Preston Hall as his 'seat' but was never a Lord of the Manor.

The manors of Preston are listed below, with the names of some of the more prominent occupiers through the centuries. Some of the names will be familiar to many, either because of their links to local places, or because their descendants are still recognisable today.

For example, the de Vere family – Earls of Oxford – were prominent in the building of Lavenham Church, as were the Spring family. Both have their arms or badges engraved into the fabric of that Church, one a noble dynasty, the other a successful merchant family.

FEBRUARY & MARCH 2024

Preston Hall (also known as Church Hall Manor)

1155 Aubrey de Vere

1526 John de Vere

1570-1638 Robert Ryece

1839 Sir Benjamin Brodie

Swifts Manor (carved out of the de Vere holdings)

1360 Ralph Swift (or Swyft)

1833 Sir Benjamin Brodie

Mortimers Manor

1297 Sir William de Mortimer

1566 Robert Rookwood

1811 Thomas Makin

Maisters Manor (also known as Preston Manor)

1300 William de Kentwell

1550 Thomas Spring

1715 John Wright

Priory Manor

1333 The Priory of Holy Trinity, Ipswich

1580 Robert Ryece

1836 John Green

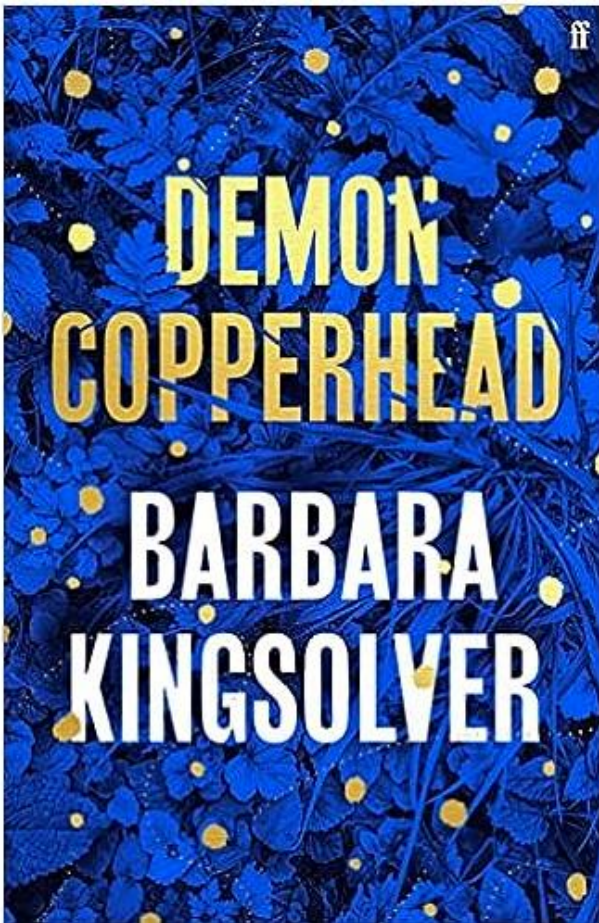
Today the five manors are still recognisable by the names of the still extant manor houses (which may have been replaced or rebuilt), although the land holdings and the ancient status of the Lords of the Manor are very much a thing of the past.

Robyn Lloyd Hughes

OBITUARY – MANDY BUTLER

Mandy Butler, who lived in Kettlebaston, died on 25th December 2023 at the early age of 59. Mandy latterly worked in Alan Faiers' shop, and was a familiar figure in Preston. Our thoughts are with her family.

BOOK REVIEW



Demon Copperhead is the latest offering from the gifted Barbara Kingsolver - she of The Poisonwood Bible fame. Barbara has taken David Copperfield and transported the story to a poor ex-mining community in Southern Appalachia, reimagining it into this winner of the Women's Prize for Fiction and the joint winner of the Pulitzer Prize.

She can sure write and quickly draws one into the tale of a boy born to a teenage single mother who is an expert in rehab and lives in a trailer. It begins in an unrelentingly depressive narrative of the story of Damon Fields (Demon Copperhead) who grows up in foster care and who quickly learns how to survive despite the institutional neglect. The plot follows Demon from the age of 10 into early adulthood throwing a spotlight onto the opioid crisis of the 90s, the ensuing misery and the failures of the system on the way. It is not a laugh a minute, but it is very readable and one finds oneself rooting for the little quick-witted boy.

It is harrowing at times, but I must confess to becoming a little weary of the drug taking and teenage sex. I even found myself looking to see how much of the book I had left at one point. Having said that, it is a worthy read and the characters are extremely well observed. It is a fierce polemic of the system and inequalities in society. I just felt it could have been a tad shorter!

Faber and Faber £8.99

LB

POETS' CORNER

In the market square in Keswick,
In the Java Coffee place,
Where the chocolate fountain tumbles
And I stuff my happy face.
A diabetic desperado
Eating sugar-laden cakes,
Drinking coconut cortado
In the lovely Northern Lakes.

And Zoë's out there running
Or climbing up a fell,
Bursting sinews, lungs, capillaries,
While I nibble on a shell.
A cream horn cornucopia
In the Java coffee place.
A Kaffee-Kuchen-based utopia
While Zoë runs her sodden race.



And, yes, coffee in the post-noon
Might seem a wee bit German,
But I've spent a chilly morning
Swimming like a hirsute Merman.
In the lovely Crummock Water
That is clear and cold as ice
So should I? P'raps I oughter
..... one more cream cake would be nice.

While for Zoë to run up a mountain,
Or to climb a precipitous fell,
Is just swell! But to me a warm fountain
Of choc'late will do just as well!
My brisk, morning dip in cold Crummock
Was bracing, but now I'd much rather
Fill my whole afternoon (and my stomach)
With the cakes and the coffee at Java!

SESAW – Suffolk and Essex Small Animal Welfare

Hello Preston Parishioners

Have you made any resolutions as you hang the new calendar, flip through the seed catalogues and holiday brochures or search for evening classes? Maybe you want to turn over a new leaf, eat less, exercise more – or how about volunteering once a week?

A few hours of your time can make a huge difference to charity shops, food banks, befriending services or hospitals. If you happen to love animals, SESA W needs you too. Volunteering is a two-way street, your gift is more than compensated by the feelgood factor. Our human carers go home tired but happy, especially when they see people going home with their new pets. If you would like to volunteer at SESA W, please contact: sesawken@gmail.com. One of my humans will call you to discuss how we could help each other.



We still have kittens in need of new homes and a five year old black and white cat. It appears Paddington was callously thrown over a garden wall and left to die when seriously ill with flu. Fortunately she was brought to SESA W where she spent two weeks beside a radiator, being nursed, medicated and fed the best food.

Paddington is now fit and ready for a loving home. Please contact us if you are the human she needs, or you are looking for a pet to share your life. Mum's new diary is open on the desk, ready to take your calls but she'll find her pen is missing. A nice, crunchy biro is too tempting to a little dog like me,

Kenny (the Boss) Chihuahua.

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

WORDS OF WISDOM

You are what you do - not what you say you'll do.

Carl Jung

COOKS' CORNER

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".

BREAD PUDDING

From Miranda Elgar - of Cafe Como, Brent Eleigh

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

Method:

Tear bread into small pieces and soak in the milk overnight. Next morning add the fruit, spices, eggs and sugar. Stir well. Grate lemon zest, melt butter, add these and stir again. Place in a buttered oven dish and bake at 160C for an hour and twenty minutes or until firm to touch. Cover with foil if getting too brown. Sprinkle with demerara to decorate.

The pudding can be allowed to cool slightly and eaten warm with cream or cooled completely and eaten as a substantial snack!

All cakes and pastries at the Café are of superb quality - and within a few minutes of Preston.

PRESTON ST MARY PARISH CHURCH ELECTORAL ROLL

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 by 31st March on 01787 247626

VILLAGE HALL NEWS

**WELCOME TO 2024 - HAPPY NEW YEAR TO EVERYONE
FROM THE VILLAGE HALL COMMITTEE**

After several years of compiling the village hall newsletter Keith has handed it over to the Chairman and Secretary. - Annie and Sue. A big thank you to Keith for all his hard work on the newsletter.

100 CLUB:

The results of the last 2 draws are as follows:

Draw 4: 1st, Maggie Bardzinski; 2nd, Nigel Catchpole; 3rd Gerald Sharp

Draw 5: 1st, Kirk Braker; 2nd, Nora Hutchinson; 3rd, Harry Grundy.

Congratulations to all the winners, your prize money will be winging it's way very soon. As it's the start of a new year, committee members will be knocking at your door shortly to collect your subs for 2024.

FUTURE EVENTS:

After much discussion at a recent committee meeting, the following events will be organised for the next few months.

6th April - the ever popular Duck Race Night will be held again. First race at 7.30pm, tickets £10 in advance or £12 on the door, to include a hot supper. Please telephone 01787 247626 to book your tickets.

16th April - Village Hall Committee AGM, all welcome.

18th May - The Preston Pop-Up Choir Charity Concert.

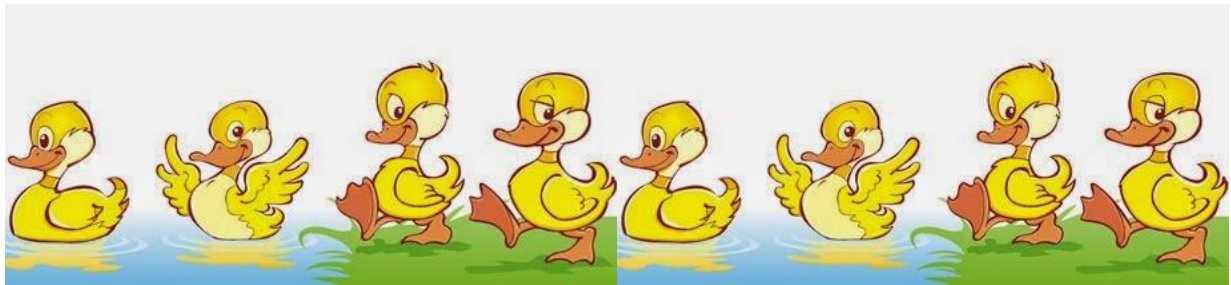
8th June - 80th Anniversary celebrations of the D Day landings. The Village Hall will be holding a BBQ to mark the event. This will have a 1940s theme and a prize will be given to the best outfit.

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

FEBRUARY & MARCH 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

NATURE NOTES

CORRECTION

In the "Nature Notes" of the December/January edition it was assumed that the falling tree which wrote off a car in Whelp Street was an elm. Not so - among many elms it was the exception: a maple. Thanks to Ean Stowe for the correction.

WILLOWBROOK POND – AN UPDATE



You may remember an article in the PPP in the late summer of 2021 about the digging of our pond at Willowbrook. We began digging it that year in July and now over two years later we're really pleased with how established it has become.

Initially it looked sparse but it's amazing how quickly plants establish themselves in and around the water and the water becomes a haven for insects, birds and various water creatures.

The pond has had its challenges in the long hot periods but overall is a great success. We have spent many tea breaks sitting on our decking enjoying it. There's always something interesting happening there!

This summer we had a surprisingly large Grass Snake who we watched swimming across the pond on several occasions. I hope he wasn't eating the many Newts who live in the pond for a good part of the year. There are always Water Boatmen, Diving Beetles and an array of insects both on and in the water.

It's been lovely to watch the Dragonflies of many sizes and colours, and also the bees and wasps who enjoy all the planting around the pond. We feed the wild birds near the pond and they are often seen bathing in the shallow bits.

As always, I have put in far too many plants and they need to be cut back regularly, but plenty of cover has encouraged even more creatures to use the area.



FEBRUARY & MARCH 2024

THE BENEFICE OF LAVENHAM WITH PRESTON St MARY LENT 2024

Lent Groups 2024

Over five weeks in Lent we will be following a course entitled "You Can Be Serious, meeting Jesus afresh in John's Gospel". There will be four groups meeting over the five-week period, and we welcome anyone who would like to join.

Tuesday evenings at 7pm at The Rectory led by Rev Simon Pitcher, on 20th and 27th February, and 5th, 12th and 19th March

Wednesday mornings at 11.15am in Tenterpiece led by Paul MacLachlan and Kevin Slingsby on 21st, 28th February and 6th, 13th and 20th March

Wednesday evenings at 4pm at Hill House Farm, Preston St Mary, the home of Robyn Lloyd Hughes, led by Rev Simon Pitcher on 21st, 28th February and 6th, 13th and 20th March

Thursday afternoons at 2pm at the home of Tim and Geraldine Rose, 1 The Glebe, led by Tim on 22nd and 29th February and 7th, 14th and 21st March.

If you would like to join a Lent Group please contact Rev Simon Pitcher on 01787 827691
revsimon63@gmail.com

Lent Lunch Saturday 23rd March Lavenham Village Hall 12 noon to 2pm

A lunch of soup, bread and cheese, and an opportunity to meet for fellowship as we enter Holy Week, the week that remembers the events that led Jesus to the cross and to Easter Day. Donations will be in aid of our Diocesan Lent appeal to support the work of the church in our twin Diocese of Kagera in Tanzania. Kagera is one of the poorest parts of Tanzania, a poor country in global terms. The church provides education, health care and projects to help farmers cope with the challenges of climate change.

Easter Workshop for Children Saturday 9th March Lavenham Village Hall 10am to 1pm

We invite children of Primary School age to a fun morning of crafts, stories and song. This is the day before Mothering Sunday, so we will be thinking about our mothers, and those who care for us, and thinking about the story of Easter. To book a place for your child please contact Mary Jackson, Head of Children's work and Safeguarding Officer on 01787 247631

Good Friday 29th March 7pm Come & Sing Stainer's Crucifixion

Do you enjoy singing? Would you like to join the choir for this event? Please contact Kevin Slingsby, Director of Music for more details 01787 389409

WE LIVE ON A BLUE PLANET THAT CIRCLES AROUND A BALL OF FIRE NEXT TO A MOON THAT MOVES THE SEA, AND YOU DON'T BELIEVE IN MIRACLES?

LISA NIEMY



PRESTON PEOPLE

Hi, I have been asked to write a short biography about myself for the magazine! Trouble is I am quite a private person and I've had so many different elements in my life it's all a bit hard to pin down!!!!

We moved to P St M last April and have thoroughly enjoyed meeting and getting to know all the local folk, all of whom have been extremely friendly. Most people seem to recognise me by my Dalmatian bitch Spice, who delights in playing with any dogs, but in particular black labs! She is the fourth of our Dallies and will probably be the last as the hairs really do get you down after a while!! They are great carriage driving dogs, and the first of ours used to come out regularly with me at the back of my carriage and then with my horse when I was riding.

We've moved from south of Guildford as a bit of a happy accident, discovering the house whilst visiting a pal of mine who lives locally in Glemsford.

I am originally from the Isle of Man, and love to return there for an annual dose of sea and wind. I think the first attraction to P St M was the wide-open spaces and big skies, which give a similar sense of freedom.

I've started and run a number of different businesses, from owning a sandwich bar in the Aldwych to importing stallion semen for sport horse breeding, and would very much consider myself an entrepreneur.

I am a keen gardener and have two RHS medals with show gardens at Hampton Court and Birmingham, but although I love doing my own garden I have very much stopped working as a designer to focus on reducing my golf handicap!

When I am not golfing, gardening or walking Spice I enjoy bird watching, scuba diving and travel. A recent trip to Vietnam and Cambodia was possibly one of the most thought provoking of my recent travels and one I would most definitely recommend to anyone. That's pretty much all in a nutshell.



The Six Bells is a charming Suffolk country pub in Preston St Mary (just three miles from Lavenham) serving lunch, dinner and superb Sunday roasts using local and seasonal produce.

DON'T FORGET TO PUT THE CLOCKS FORWARD ON MARCH 30th/31st FOR THE START OF BRITISH SUMMER TIME!

Preston Art Group

The Art Group resumed activities on 15th January and voted to have a go at acrylic painting this term. This will start at a basic level with colour mixing and merging. If there are any folk reading this who would like to join us we will all be at a beginners' level and learning from one another, so there is no need to feel daunted. You would be warmly welcomed.

The group meets on Monday mornings 10.00 -12.00 in the Village Hall for a ten-week term. We pay a fee which covers the hire of the hall and allows us to pay a modest sum to our regular occasional tutor - Kate Hanlon, herself a member of the village community.

Judy Legg 01787 247515

WORDS OF WISDOM

For a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle

Winston Churchill

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&

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- 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

FEBRUARY & MARCH 2024

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FEBRUARY & MARCH 2024

The Benefice of Lavenham with Preston St Mary Holy Week (24-30 March 2024)

On **Palm Sunday** with traditional palm crosses we recall the entry of Jesus into Jerusalem, riding on a donkey to the shouts of *Hosanna* from his many followers. In Preston St Mary Parish Church we have Evensong at 6.00pm.

The Church invites us to travel the Way of the Cross with Our Lord during **Holy Week**, and each evening from Monday to Wednesday at 7.00pm at Lavenham we shall share in the beautiful evening **Office of Compline** with a short meditation.

On **Maundy Thursday** at 7.00pm at Lavenham in the Eucharist we will join with Our Lord and his disciples at the Last Supper.

On **Good Friday** we watch as his disciples in disbelief and dejection witness his death on the Cross. At 12.00 noon in the Preston People's Passion we are led by members of the congregation in Preston St Mary Parish Church to meditate in words, music, pictures and prayer on the events and meaning of Good Friday. In Lavenham we gather at the foot of the cross for the final hour from 2.00-3.00pm in a service of prayerful reflection

To journey together in this way through Holy Week prepares us all for the dawning of Easter Day.

Easter Day (31 March 2024)

On **Easter Day** we celebrate the empty tomb and the risen Christ.

Preston St Mary's 6.30am short Easter Communion begins outside with the lighting of the Easter Fire from which is lit the Paschal Candle symbolising the unquenchable light of Christ for the whole world. Join us for an early breakfast of bacon butties and Bucks Fizz afterwards!

At Lavenham there will be Easter Communion services at 8am (Book of Common Prayer) and at 10.15am a sung Eucharist with refreshments afterwards plus an Easter Egg hunt for the young and young at heart!



Elysa Dale

Cost of Living Coordinator

Babergh District Council and Mid Suffolk District Council - Working Together

Tel: 01449 724 944 www.babergh.gov.uk www.midsuffolk.gov.uk

Endeavour House

8 Russell Road

Ipswich

IP1 2BX

‘PETROLHEADS’

TONY DITHERIDGE

A distinguished petrolhead among our neighbours is Tony Ditheridge, CEO of Hawker Racing, Milden who shares his lifelong passion:



Passion is the driver for any specialist business. It may not produce substantial profits but driven by enthusiasm it can produce remarkable results. This was recently the back stay of British entrepreneurial innovative engineering. These small companies tend to attract the appropriate people with the required skills and enthusiasm. Hawker Racing has acquired the skilled workforce combined with the enthusiasm from local people.

My passion has always been vintage

aviation, classic and vintage cars, especially historic racing cars from the 1950s through to the mid-60s. These iconic cars were driven by famous racing drivers such as Stirling Moss, Jack Brabham, Graham Hill and Jim Clark. Many of those cars we currently restore, race and maintain.

Originally, we started as Hawker Restorations in 1990, specialising in the restoration of WW2 aircraft but primarily concentrating on the unsung hero of WW2, the Hawker Hurricane which shot down more than 65% of the enemy aircraft downed during the Battle of Britain. Over 19 years we successfully restored 9 of the 14 Hurricanes now flying in the world. We also restored 13 WW1 fighters such as the famous Sopwith Camel, the SE5A, and continue to restore WW1 aircraft through our sister company, Hawker Aeronautical engineering.

The car business has been in operation over 16 years, building a world reputation for restoring historic single-seat F1/F2 cars and sports racing cars of the 50s/60s. Over the last few years, we have restored 9 F1/F2 pre 66 race cars, including Lotus, Brabhams, Coopers and BRMs. Most of these cars have impeccable history with drivers previously mentioned. Not only have we restored these cars, but we



also transport them, maintain them and race them for their owners at all the iconic original circuits, such as Imola, Spa, Monza, Monaco plus numerous others overseas. In between European events, we race at Goodwood, Brands Hatch, Donington and Silverstone on Grand Prix circuits.

Currently we have 2 Grand Prix cars in South Africa. On their return to the UK they, along with 4 other cars under preparation in our workshop, will undergo complete engine/gearbox rebuilds and be transported to Pergusa in Sicily. Our facility enables us to rebuild F1/F2 engines, gearbox, chassis and race set up. In order to support our business we have full CNC machine capability, steel and aluminium fabrication and the ability to machine complex parts as required.

In addition to single-seat racing cars, we also restore maintain and race pre-60 sports racing cars, such as the famous C-type Jaguar and Lister Jaguars built in Cambridge plus various others.

We are a very specialised company whose passion is to maintain and keep these cars on the track so they can continue to be raced and seen by the public with the same enthusiasm as they had in the period.

FEBRUARY & MARCH 2024

LAVENHAM GARDENING CLUB

Happy New Year to you, Preston St Mary! A new Gardening year is upon us and we hope you will enjoy your garden and all the benefits it can bring. The weather continues to be inclement but watching the birds from indoors brings joy every day!

You may be getting busy sowing annuals or bedding plants. Windowsills are fine for light and warmth, but shield from midday sun and night frosts. Tomatoes, peppers and cucumbers and some vegetables can be sown indoors in Feb. March is the time to sow the bulk of vegetables and herbs outdoors. Hardy perennials need little heat. I usually sow in the greenhouse and cover with a sheet of glass till I see green shoots, then give them full light. You can sow directly in the garden but they take longer to flower. Achillea, aquilegia, campanula, delphinium, echinops, geum and rudbeckia are easy. If you start putting in potatoes now, watch out for frost!

Give stored tender perennials, eg dahlias, fuchsias, light and a little water to start them off - strong new shoots make cuttings later. Likewise, take new strong shoots from the crowns of hardy perennials in the border to increase stocks of delphiniums, lupins etc.

Plenty of pruning to do: cut late flowering shrubs hard to 2 or 3 buds eg buddleia, caryopteris, ceanothus, hardy fuchsia, hydrangea paniculata, santolina and tamarix. Give them a feed to boost new growth. Prune mahonia if they have gone woody and bare at the base. Clematis that flower after mid June can be cut down to a few inches, unless you want them to flower high up. And roses - use secateurs, shears or hedge trimmer. Cut out spindly growth and anything dead, diseased or crossing to open the bush up and let in light and air for a healthy plant. Clear away all pruning and give a dose of rose feed.

Clip winter flowering heathers when they have finished flowering to keep them compact and cut back damaged hebes. The roots are probably fine and they will grow back. If conifers have lost their shape, tie branches back to the main trunk rather than cut them off. Prune established coloured-stemmed cornus and salix for the best colour next winter.

Plant fruit bushes, if you have space, and raspberry canes. Cut autumn fruiting raspberries down to the ground. Tie in new stems to give support to the next crop. Sweet peas can be planted outside - pinch out the growing tip to encourage side shoots and remove tendrils as they grow, so that energy goes into producing flowers. For more free plants, split lily of the valley, polyanthus and snowdrops if they are getting congested and spread them round the garden.

Repair bare patches on lawns, by raking or scratching the surface then spread with a soil and seed mix. Cover with polythene, peg down and slit to let in air and water. Rake out 'thatch' and moss and cut edges for an instant 'tidy up'.

Plants for Feb-March: Cyclamen coum, snowdrops, aconites, hellborus orientalis, Erica darleyensis, camellia, viburnum bodnatense 'Dawn', narcissi, scilla, wild anemone,

FEBRUARY & MARCH 2024

magnolia, crown imperial, snake fritillary, periwinkle, epimedium, flowering quince, daphne, primrose

Club News: We are very happy to report that Lavenham hold the rose bowl for another year, winning the Quiz in Nov by 8 points. We are looking forward to the members' New Year party, with entertainment by Shantyfolk. The AGM follows in Feb. 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>.

Our speaker in March will be **Leanna Monica**, a local florist who grows her own flowers. In April we welcome **Nick Bailey**, well known Gardener's World presenter. Tickets £20 members and non-members welcome.

We have 3 **outings** by coach planned this year, to be booked and paid for in advance:
22nd May: Porters Lodge, Cavenham
23rd July: Raveningham Hall Gardens
9th Oct: Hyde Hall

For all tickets ring Sandra 01787 311707

Happy Gardening

Carolyn Jenkins

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.



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Facebook: Beauty by Megan (look for my logo)

Instagram: beautybymegan_suffolk

Left over from a Christmas Cracker

What do you call an alligator wearing a vest?

An Investigator

AGRICULTURAL NOTES

One problem, among many troubling Gary at the moment, was a load of wheat returned by the dealer. It had already proved a disappointment through not achieving the required protein content for human consumption and therefore was to be sold for animal fodder - less profitable. Now it had been rejected after a bug had been discovered. All is not lost because the problem can be tackled with a hand-held spray or by covering the grain with plastic and pumping it full of gas. All this and the to-ing and fro-ing make inroads into the farmer's profits!

QUIZ TIME ANSWERS from Page 9

1. January 2009
2. Ian Fleming
3. The Krone
4. Rice
5. Cheese and Onion
6. 42
7. Deep Thought
8. Norvell
9. Martin Peters
10. Sting
11. Emily, Elizabeth, Charlotte, Anne and Maria
12. Saturn has the most moons after new moons were recently discovered, pushing Jupiter into second place

QUIZ NEWS

The January quiz at The Six Bells didn't go well for Preston teams. "The Interlopers" won by a wide margin. However, the chef excelled himself and the curried lamb, to his own recipe, was first class. Remember: the first Wednesday of the month, teams of four, £12 per head including a choice of curries.

FEBRUARY & MARCH 2024



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



The future of libraries in Suffolk

Thank you to everyone who took part in the public consultation which ended last month. Suffolk County Council's contract with Suffolk Libraries (the independent charity that runs the library service) comes to an end on 31st May 2025. Now that the 13-week consultation has ended it will be followed by a competitive Tender process, before a new contract is awarded in November 2024 and will begin in June 2025.

Support Suffolk Libraries with an ethically sourced jute bag – bargain at £5!



These 100% natural jute bags are perfect for the book lover in your life. They are just the right size for storing and transporting your books to and from the library, or to take your current read and lunch to work ready for your midday break! At just £5, they make a wonderful stocking filler and - being made of natural materials and being ethically sourced - they make a completely green and guilt-free gift for a loved one. You will also be supporting Suffolk Libraries (the charity that runs your library service) with each purchase.



Tot Rock

Bring your tots and join us in the library for a fun session of active songs and rhymes for under 5s held every **Thursday from 2pm-3pm** during term time. The session involves 30 minutes of singing activities followed by half an hour of 'Stay and Play' where refreshments and chat can be enjoyed.

Indoor Kurling Join us every Friday afternoon from 2.30pm – 4.00pm for this fun indoor adult activity that helps to improve strength and mobility with refreshments and chat included!

Top Time Group

Top Time is our sociable drop-in group for all adults held fortnightly on Tuesdays from 2.30-4.00pm.

Lego Club

Held every Saturday between 11am – 12pm. A drop-in session for children of all ages.

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



FEBRUARY & MARCH 2024

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 FEBRUARY 2024

SUNDAY 4th FEBRUARY 2 BEFORE LENT	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	MORNING WORSHIP
	PRESTON	12 NOON	11.30am Refreshments before PRESTON PRAISE
SUNDAY 11th FEBRUARY NEXT BEFORE LENT	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW) Commissioning of Lay Elders
	PRESTON	6.00PM	EVENSONG
WEDNESDAY 14th FEBRUARY ASH WEDNESDAY	LAVENHAM	7.00PM	HOLY COMMUNION
SUNDAY 18th FEBRUARY LENT 1	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
SUNDAY 25th FEBRUARY LENT 2	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	EVENSONG

THE FOLLOWING MID-WEEK SERVICES ARE HELD EVERY WEEK

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

FEBRUARY & MARCH 2024

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Reader: Mr Pete Postle

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

CALENDAR OF BENEFICE SERVICES FOR MARCH 2024

SUNDAY 3rd March LENT 3	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW)
	PRESTON	12.00 NOON	11.30am Refreshments before PRESTON PRAISE
SUNDAY 10th March LENT 4 MOTHERING SUNDAY	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	MORNING WORSHIP
	PRESTON	6.00PM	EVENSONG
SUNDAY 17th March LENT 5 PASSION SUNDAY	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
SUNDAY 24th March PALM SUNDAY	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	EVENSONG
MONDAY/TUESDAY/WEDNESDAY 25th/26th/27th March HOLY WEEK	LAVENHAM	7.00PM	COMPLINE
THURSDAY 28th March MAUNDY THURSDAY	LAVENHAM	7.00PM	HOLY COMMUNION
FRIDAY 29th March GOOD FRIDAY	PRESTON	12.00 NOON	PRESTON PEOPLE'S PASSION
	LAVENHAM	2.00PM	LAST HOUR AT THE CROSS
SUNDAY 31st March EASTER SUNDAY	PRESTON	6.30AM	FIRST LIGHT NEW FIRE HOLY COMMUNION Followed by Bacon Rolls and Buck's Fizz Breakfast
	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW)

THE FOLLOWING MID-WEEK SERVICES ARE HELD IN LAVENHAM CHURCH EVERY WEEK

WEDNESDAY 10.00AM HOLY COMMUNION

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