

PRESTON PARISH PAPER

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

Dates for your Diary

Sunday 5th October – Preston Praise at 11.30am for 12 noon in the Church – See Page 6

Sunday 12th October – Harvest Festival from 12 noon in the Church, followed by Harvest Lunch in the Village Hall – See Page 6

Sunday 26th October – CLOCKS GO BACK 1 HOUR

Sunday 2nd November - Preston Praise at 11.30am for 12 noon in the Church – See Page 6

Sunday 9th November – Remembrance Parade and Service in in Lavenham – see Page 4

Tuesday 11th November – Armistice Day Service at 10.30am in the Church – see Page 4

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.

RUSSELL PAGE

We report with sadness the death of Russell Page, a Preston resident for nearly half a century. He spent most of that time running the riding school at Swift's Manor Farm, during which he became a fine judge of horses, and also rode in many races as an amateur jockey. He was supported throughout by his wife Ruth, an expert trainer of horses, and over many years by his children.

Russell was educated at Cambridgeshire High School for Boys and Queens' College Cambridge, where he read Agriculture. He was a keen oarsman and rowed for the College, winning Head of the River races and competing at Henley Royal Regatta.

He served Preston for many years as a member of the Parish Council, including a stint as Chairman. He was also a supporter of this paper, until recently being one of the volunteers who deliver copies to every house in the Parish.

Russell's other passions were for his dogs and for gardening.

Our best wishes and condolences go to Ruth, Nick, Rosina, Cleo and all the family.

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.

OCTOBER & NOVEMBER 2025

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 revsimon63@gmail.com
CHURCHWARDEN Keith Davis 247112 keithhdavis@btinternet.com

Friends of Preston St Mary Church

CHAIR Glynis Huggett 01449 741389 glynishuggett@gmail.com

Village Hall

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

Art Group

Monday mornings, 3 terms of 10 weeks
CO-ORDINATOR Sarah Williams sarahwilliams74@gmail.com

Ladies' Group

Informal gatherings arranged for most months of the year, usually on Mondays
CO-ORDINATOR Anne Springall 247156 annespringall@gmail.com

Table Tennis

Thursday Evenings at 7.30 in the Village Hall
CO-ORDINATOR Dave Williams williams.jackdaws@btinternet.com

Carpet Bowls

Friday Afternoons at 2.30 in the Village Hall
CO-ORDINATOR Maggie Bardzinski maggiemossbar@aol.com

Preston Pop-up Choir

MUSICAL DIRECTOR Lyn Davis 247112 divalynx@aol.com

The Six Bells Pub 247440 reservations@thesixbellspreston.com

Tree Warden Lyn Davis 247112 divalynx@aol.com

Preston St Mary Parish Paper

News of events & village life, distributed free to every household, bi-monthly
EDITORIAL BOARD Robyn Lloyd Hughes, Jack Tasker, Caroline Gove editorpstmppaper@gmail.com

Doctors' Surgeries

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Member of Parliament James Cartlidge MP (Conservative) james.cartlidge.mp@parliament.uk

Local Councillors

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

Babergh District Council Deborah Saw (Green Party) deborah.saw@babergh.gov.uk

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

Police - Non-emergency number 101

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

Our Ward is North West Cosford

OCTOBER & NOVEMBER 2025

A PASTORAL LETTER FROM THE RECTOR

Dear Friends

October is the month in our benefice for harvest festivals. 10.00am on 5th October at Lavenham, 12th October at 12 noon at Preston and 2.00pm on 10th October in Lavenham church with Lavenham Primary School.

The word “harvest” derives from an old Anglo Saxon word “haerfest” which means Autumn. Autumn was the season for gathering crops. The gathering of the harvest has always been a time of celebration, and is shared around the world as people rejoice in gathering in the wheat, rice or corn. Many customs and ideas have developed over the centuries, but all hold in common a thankfulness that the earth has yielded a rich bounty and there is food to eat for the next year.

In the Bible the celebration of harvest is described as an offering of the first fruits of the harvest. The very best, the first cut of wheat, or the first born animal was offered to God in recognition that all good things come from him. In the English church tradition this is celebrated as Lammastide when the first bread from the new flour is offered to God in worship.

Harvest festivals in October give thanks for the fact that all the harvest has been gathered in and safely stored for the months ahead. One of the key features of harvest in the Bible is the idea of sharing and providing for the poor. Because the harvest is God’s gift rather than human “right” provision should be made for everyone. In the book of Ruth, the young widow is allowed to glean wheat from the edge of the field. She is an alien and a foreigner, destitute and lonely, but she is allowed to gather wheat in peace, and to shelter safely in the barn at night, because the law of Israel commanded that the widow and alien should be respected and provided for.

In our harvest festival in church this year we will keep these traditions alive. We will give thanks to God for the fruit of the earth, fruit that sustains us. We will remember our farmers. Farming is not easy at the moment. High costs, low incomes, increased taxes, changes and reductions to subsidies and uncertain weather patterns have all impacted on the farming community. We will pray for our farmers and give thanks for all who work in the food industry, remembering not to take their efforts for granted.

We will also remember the Biblical example of sharing, by donations to the local foodbank, and by supporting the Farming Community Network, a charity that supports farming families through difficult times. You will be welcome to join us for harvest, and if you are not able to join us in church please join us in prayer for farmers, those who work in the food industry and for our shared efforts in tackling climate change.

Yours in Christ

Simon

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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.

AT THE ELEVENTH HOUR OF THE ELEVENTH DAY OF THE ELEVENTH MONTH

**PRESTON ST MARY PARISH CHURCH
ARMISTICE DAY SERVICE**

**TUESDAY 11th NOVEMBER 2025
AT 10.30am IN CHURCH
AND 11.00am AT THE WAR MEMORIAL**

**Including Act of Remembrance, Two Minutes Silence
and Laying of Wreaths**

**REMEMBRANCE SUNDAY
PARADE AND SERVICE**



SUNDAY 9TH NOVEMBER

*From 9.30am in Lavenham Market Place, followed by
Service in Lavenham Parish Church*

OCTOBER & NOVEMBER 2025

THE COCKTAIL HOUR

Bubbles has excelled herself with this one!

For 2 people.

Blue

1 vodka
1 tequila
1 gin
1 blue curaçao
2 ice cubes

- shake well,
- pour into 2 small tumblers
- Top up with tonic

Delicious!

MONKS ELEIGH POST OFFICE

Opening Hours

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

**DON'T FORGET TO PUT YOUR CLOCKS BACK ONE HOUR ON
SUNDAY OCTOBER 26TH**

PRESTON ST MARY CHURCH

Harvest Festival and Lunch

Our Harvest Festival service this year will begin at 12.00 noon and will be a chance to sing favourite Harvest hymns before reparing to the Village Hall for the Harvest Lunch, an ancient tradition when all is gathered in. Lunch will begin at approximately 1.15pm. More details on Page

**12.00 NOON ON SUNDAY 12TH OCTOBER
FOLLOWED BY LUNCH AT 1.00PM**

Preston Praise

Our Preston Praise services have been very encouragingly received, preceded as they have been by mini-croissants, Chelsea buns and *pains au chocolat*, which have gone down very well, along with the fresh coffee or tea. The services are led by members of the congregation and are more relaxed and informal than the celebrations of Holy Communion and Evensong that we hold on most other Sundays. Our six magnificent bells are rung beforehand, and music always plays an important part in the proceedings.

**11.30AM REFRESHMENTS BEFORE
12.00 NOON ON SUNDAY 5TH OCTOBER AND
SUNDAY 2ND NOVEMBER**

**Just an hour or so – good fellowship.
Come and try it!**

NEWS FROM THE NEIGHBOURS

Brent Eleigh

We have a quiz night Saturday 25th October - all the usual stuff.....

6-8 per table

£12 per person

Donations bar, raffle and usual mix of questions from quiz master Kevin!

The famous Brent Eleigh chilli and baked potatoes in the interval.

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Preston St Mary Parish Paper Advertising Charges

ONE-OFF ADVERTISEMENTS

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

FOR 6 ISSUES

Local Organisations

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

Non-Local Organisations

Half Page	£36.00
Full Page	£54.00

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

Editor: editorpstmppaper@gmail.com

Copy Dates: At least one month prior to issue date

PRESTON ST MARY ART GROUP

Today (22nd September) we start our ten week term at the Art group. It also marks the Autumn equinox.

We shall be taking turns to bring still life arrangements, possibly gatherings from the beautiful nature around us, recording the change in the season in our sketches and paintings.

We also look forward to tea and biscuits in the warmth of our lovely Village Hall. If you would like to join us please feel free to contact me or just pop along on a Monday morning 10am – 12 noon at the Village Hall. We are a friendly bunch - no Art experience necessary.

Sarahwilliams74@gmail.com
07737 806324

WORDS OF WISDOM

Dangerous foreigners begin at Calais and don't stop until you get to Bombay, where they speak English and play cricket.

Clement Attlee

Iconic Paintings of Suffolk

Some of our most well-known and loved paintings and where to see them.

By Kate Hanlon



The Hay Wain
by John
Constable
Room 40 in The
National Gallery

This view is of the millpond at Flatford on the River Stour. Flatford Mill was a watermill for grinding corn, operated by the Constable family for nearly a hundred years. It still survives and is about a mile from Constable's birthplace at East Bergholt, Suffolk. The house on the left also survives; in Constable's time it was occupied by tenant farmer Willy Lott and is called Willy Lott's Cottage

Over the years this painting has been reproduced more than any other I can think of!

Originally when Constable painted this scene the painting failed to sell, and it wasn't until it went to France that its fame began to spread. To the French it was the epitome of the English countryside - why the English didn't recognise this I can't imagine! His style was very different for the time and it was said that he splattered white paint over the surface in a very unacceptable way...

Personally, I think Constable made even more beautiful work and you will see some of these if you do visit the National Gallery. His small watercolours of Suffolk skies are really worth seeing.

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FROM PRESTON ST MARY TREE WARDEN LYN DAVIS

When I look at trees at this time of year I see them as things of beauty, tall and majestic. When Keith looks at them, he sees a million leaves which all have to fall somewheremostly on our lawn! He then has much sweeping and clearing to do. How different perceptions can cause misunderstandings. But I think that I am becoming too controversial, so I want to concentrate on our recent visit to Yorkshire to visit some friends.

Our friends took us to Fountains Abbey and Studley Royal Park. They were intrigued by my title of Tree Warden and we all noticed trees in these two National Trust places much more than we would have done hitherto.



As you can see from the photo, Fountains Abbey has a wide variety of mature trees while Studley Royal Park which is adjoined to the Abbey, has many trees too, but it was the roots that fascinated us. You can see these plainly in the other photograph. Some trees were saplings, some were very old and some were dead. Our overall concern though was that trees if not managed can be dangerous. This is a thought I have continued on my walks here in Preston.

Are our trees and hedgerows becoming a danger as they mature and grow up into the electric wires or bend over the roads? Apparently, it is the landowners who must 'manage' them and this costs money. So, whilst we love to look at them, trees can be a hazard if not carefully looked after.

I was in Haslemere recently and the same problem is arising there. A lady I met said that quite frankly it would take a death before anything will be done about it.

I do love to look at trees on my walks, but I have become aware of just how many of them are dead or covered in ivy which according to some people is lethal to trees, but to others is not.

I leave you, dear readers, to think on this problem!





Megan is a beauty and skincare therapist
with over 20 years' experience.
Your treatments are at my rural retreat in Hitcham
Appointment only with reserved parking

A variety of treatments include:

Dermalogica expert skincare
Spray tanning/Waxing/Eye treatments
Manicure & Pedicure/Gel Nails
LVL Eyelash perming/Reflexology

Please contact me for any enquiries or for a full price list.

Megan Pryke VTCT, BABTAC **07876 717 008**

megz_pryke@hotmail.com

Facebook: Beauty by Megan Hitcham (look for my logo)

Instagram: @beautybymegan_suffolk

Or log onto Fresha and book online at your convenience.

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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 £3 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.

PROGRAMME FOR 2025

October 20th. PLEASE NOTE CHANGE OF DATE

Anne Springall will talk about **DAME ALIX MEYNELL** who was an amazing woman and a force to be reckoned with and one of only two women admitted to the Civil Service in 1925, where she made her mark in the Board of Trade with rapid promotions. In her late 80's she published her autobiography: '**PUBLIC SERVANT, PRIVATE WOMAN**'. Alix had a long and productive life and I am proud to have been her Secretary for over 17 years.

November PLEASE NOTE - There will be no meeting during NOVEMBER

December - PRESTON LADIES CHRISTMAS LUNCH Date & Venue to be advised. However, I hope to arrange the lunch early in December because we Ladies tend to get busier and busier as Christmas gets closer and closer.

REPORT ON PREVIOUS MEETINGS

September 8th - Lyn Davis gave us a wonderfully entertaining talk about her long career with the **English National Opera**. Lyn illustrated her talk by passing around photos of herself that had been taken over the years. Lyn had worn a multitude of ravishing costumes and amazing over the years. Lyn told us all the backstage secrets - well nearly all. Lyn looked so glamorous in her sumptuous outfits, which ranged from crinolines, Beefeaters and Edwardian Lady, to mention just a few. Lyn also gave us an insight into what goes on in the fitting room and the difficulties of managing these magnificent costumes, and the wonderful wigs. Lyn clearly enjoyed every minute of her career and we Ladies were totally mesmerised by her talk.

August 21st. Ladies Lunch held at Barn Owl Lodge by kind invitation of Sue Diggins and Mandy Cochrane, which of course included menfolk. Everyone contributed something delicious and wonderful to the table. It was a most enjoyable meal, with good company, good conversation which made the occasion very memorable. We heartily thank our two hostesses, Sue and Mandy for hosting the Preston Ladies Club once again.

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. I am always glad to hear from you.

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QUIZ TIME

There are no prizes – answers are on Page 21

1. Who wrote The Scarlet Letter?
2. What does The Bristol Scale assess?
3. Which book had the alternative title of There and Back Again?
4. What was the Artful Dodger's real name in Oliver Twist?
5. Which book featured a character named Mrs Danvers?
6. Which way does the sun traverse the sky in the southern hemisphere?
7. What is the capital of Canada?
8. What is the official currency of Hungary?
9. Which is longer, a nautical mile or a mile?
10. In which year did the Russian Revolution occur?
11. Which of the March sisters died in Little Women?
12. What did the Three Little Kittens lose?

PRESTON ST MARY PARISH COUNCIL

2025 Meetings

The last Parish Council meetings for this year is on

November 18th at 7.30pm in the Village Hall.

Should extra meetings be required during the year they will be announced on the website.

Kay Shorter
Parish Clerk

**DON'T FORGET TO PUT YOUR CLOCKS BACK ONE HOUR ON
SUNDAY OCTOBER 26TH**

POETS' CORNER

Lines Upon the 60th Birthday of a Genteel Lady

Sixty years; your sun now past its zenith,
Eat some strawberries, wear a wide straw hat and watch the
tennis.

Ease back a bit, buy a Lloyd Loom chair,
Invest in larger pants and maybe perm your hair;
I think, don't you, that you have done your bit?
Time for comfy shoes, flat heels a broader fit?

Baby sitter, yes, an honourable role
For you, whose life began when trains still ran on coal.
Looking after grandchildren, while sitting somewhere shady,
Your place is now to serve, now you're a six-times Tena lady.
The better class of granny doesn't rage against the dying of the
light,
The better class of granny takes her teeth out, drinks her cocoa,
Has an early night.

Time to dispense with saucy garments brief and daring.
As Maggie said "the older, looser flesh is not for baring."
And all that bedroom stuff now that's extremely
Inappropriate for ladies of your age and most unseemly!
The kind of stuff one reads about in certain lower types of paper,
Is not for gentle ladies who must eschew that class of smutty
caper.

Such thoughts must no more mire your fragrant mind,
At sixty, one must leave all that behind!

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COOKS' CORNER

From Ralph Crapnell

BOUGATSA - a delicious recipe from Greece for you to enjoy.



Anna Traiforos is an amazing cook in the Greek medieval castle-town of Monemvasia, where in addition to cooking locally, she has run a glorious emporium of herbs, spices and wines, with the aromas pouring into the nearby lanes. Anna now spends most of her time in the family hotel, the Byzantino Hotel.

Her recipe for bougatsa enables the use of frozen Filo pastry, rather than hand-rolled fresh Filo, as in Greece.

This is Anna's recipe for Bougatsa, a wonderful, aromatic sweet pastry, well known in Greece as a favourite dessert.

You are unlikely to find it in the run-of-the-mill tavernas, rather as a speciality dish in a restaurant (estiatorio) or in a patisserie (zaxroplasteio).

INGREDIENTS

- 1 pack Filo pastry (or Beirut)
- 150 grams cow's butter (melted and cold)

FOR THE BOUGATSA CREAM

- 1½ litres fresh milk
- 200 grams fine semolina
- 200 grams sugar
- 2 vanillas
- 2 pinches salt
- 60 grams cow's butter
- Cinnamon and sugar for topping

DIRECTIONS

CREAM

1. Place the milk, semolina, sugar, vanilla and salt in a heavy-bottomed saucepan.
2. We save the butter for the end.
3. Let them boil over medium heat, stirring constantly until a smooth cream is formed.
4. The whole process takes a few minutes.

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5. Once it boils, remove the pan from the heat, add the butter and stir until it melts.
6. Transfer it to a wide bowl to stop it from boiling and let it cool and thicken.
7. As the temperature of the cream drops, it stabilises and tightens.
8. Cover the surface of the cream with cling film that covers the entire surface.
9. Ideally, for this recipe, we use a 23 by 33 cm long baking pan.
10. Brush with the melted cold butter.

FILO PASTRY AND COMBINING INGREDIENTS

1. We lay out five sheets of Filo pastry, making sure they are facing opposite directions, crosswise, so that enough sheet extends from all sides of the pan.
2. We also butter the sides that protrude from the pan.
3. Pour the cream over them.
4. Turn the leaves that protrude from the sides of the pan inward. Make sure to butter them very well.
5. Finally, we layer the remaining five sheets on top, after buttering them very well and in between.
6. Using a soft spatula, push the top leaves that protrude from the edge of the pan into the pan and down.
7. Butter its surface very well.
8. At this stage, when it is completely cold, we can wrap the pan with cling film and store it in our refrigerator for up to four days. Or it can be kept in the freezer for several months. However, you should be careful that the Filo used is fresh because it is forbidden to defrost and put it back in the freezer.
9. Bake at 180 °C in air, on the middle rack for about 35 minutes until the bougatsa puffs up and the Filo is well browned.

Serve with granulated sugar and cinnamon.



Tips - We make sure that there is no gap between the cream and the pastry. This will avoid the creation of moisture but at the same time we will also avoid the creation of a skin.

Did you know that Filo Pastry is from the Greek, meaning Friendly Pastry?

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VILLAGE HALL NEWS

Now that summer is nearly over, all the regular classes and clubs at the Village Hall have returned after the holidays and the hall is busy again.

The committee will be meeting again very soon and will be organising an event for the Autumn, so watch this space!

The Harvest Lunch will take place on Sunday 12th October 12.45 for 1pm, this follows the Harvest Festival Service at the Church, everyone is welcome to both or just the lunch. Please let us know if you are attending for catering purposes. Tel. 01787 247626 or email susan.diggins@gmail.com

ANNIE MASON

KEITH DAVIS

SUE DIGGINS

Chairman

Treasurer

Secretary

07740 820100

07187 247112

01787 247626



Some of our church services are enhanced by anthems sung by the St Mary's Singers, led by Lyn Davis

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Preston Pop-Up Choir

By kind invitation of Carol and Wendy, our latest Charity Concert was held in Preston Manor Barn on Saturday 30th August and was a roaring success. The Pop-Ups sang their hearts out and according to some, this concert was our best ever!

We had superb solo acts from Sylvia, Robyn, Malcolm, Glynis, Sara, Judith and Lyn along with a duet from Kerrie and Keith. Well done all of them. New talent was brought to the fore as Hilde and others gave a hilarious performance of "Albert and the Lion". The Taggart family and Robyn facilitated song words on a screen, enabling everyone to join in with gusto and enhance the joy of the evening.

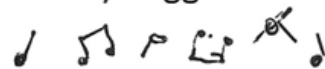
A delicious finger buffet was much appreciated by everyone, as was the bar. Mervyn did a sterling job selling raffle tickets which provided more fun and revenue.

Our thanks go to many people: Those who transported tables and chairs from the village hall and church, the bar staff, Sue and Anne for the superb buffet, those who contributed food and raffle prizes, those who set up beforehand and cleared up afterwards. To Carol and Wendy for such a beautiful venue and, of course, to our brilliant organiser Keith Davis, our amazing musical director, Lyn Davis, and our marvellous pianist, Sara Whymark.

We raised £920 which will be shared between Preston Parish Church and a local cancer support charity "Hope for Tomorrow".

Choir is held in the village hall on Tuesdays 2pm-3pm. Please contact Lyn if you would like more details.

Sally Taggart.



"Always look
on the bright
side of life"

"Rule Britannia"

"I vow to thee
my country"

"Tom Bowling"

"Swiss Gran"

"Jerusalem"

"Somewhere
over the
rainbow"

"Roll out
the barrel"

"Jack
the Lad"

"My old man
said follow
the van"

"Spread
a little
happiness"

"Oh my
darling
Clementine"

"The
Hippopotamus
Song"

"She'll be
coming round
the mountain"

"Those
magnificent
seven"

"Skye
Boat Song"

"Knees up
Mother
Brown"

"Danny
Boy"

"Land of
Hope and
Glory"

"A little of
what you fancy
does you good"

"Bangers
and
Mash"

"Scarborough
Fair"

"The Saucy
Arethusa"

"Home
Sweet Home"

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PRESTON 'PETROLHEADS'



Petrol heads are by no means peculiar to Preston. There are some gems run by our nearest neighbours. For example, this antique was discovered in Water Street, Lavenham, owner unknown. However, close inspection revealed that it is still in regular use: a Lagonda - nearly 100 years old. JT



VJ Day August 1945

Civilians and service personnel in London's Piccadilly Circus celebrate the news of Allied Victory.

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NATURE NOTES

THE CLARET AND BLUE TREE - ARE YOU FOR EVER BLOWING BUBBLES?

A bit more interesting than watching West Ham this season! However the West Ham tree - the clerodendron nicknamed after the team on account of its claret and blue buds and flowers is worth having in the garden. I have a few saplings ready for planting. Phone 249571. JT



VILLAGE PONDS



This little chap was dug in about 2 hours: 8ft x 4ft. In the last 3 years it has attracted frogs, toads and newts, a moorhen and her chick, a pair of mallards, a grass snake and numerous invertebrates. Many species of birds drink there daily. See how easy it is to attract wildlife to your garden? Such a delight! JT

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COOKS' CORNER (2)

From Keith Davis

Here is a recipe that I came across a couple of years ago and adapted to suit my taste. It is a very straightforward dish, using only one pan so saving on the washing up. It includes butternut squash which will be in season during these autumn months.

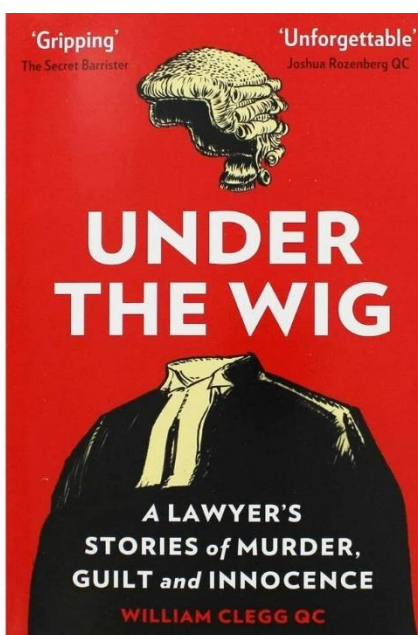
SAUSAGE, BUTTERNUT AND SPINACH TRAYBAKE (serves 4)

6 or 8 Butcher's sausages – flavour of your choice
Butternut squash, about 650 grams (1½ lbs), cut into roughly 1½ inch (4cms) chunks
1 red chilli, deseeded and finely chopped
1 tsp cumin seeds
1 tsp rosemary
1 tbsp olive oil
1 x 150g pot natural yoghurt
Juice of ½ lemon
1 garlic clove (optional) or 1 tsp smoked paprika
1 pack spinach

Pre-heat oven to 200C (180C fan). Put sausages, squash, chilli, cumin, rosemary in a large roasting tin and baste them in the oil. Roast for 40 minutes, turning the sausages halfway through. Meanwhile, combine the yoghurt, lemon juice and garlic or paprika and leave to gestate. Rinse the spinach and add this to the baking tray once 40 minutes are up. Stir the spinach into the mixture and place the tin back into the oven for just a few minutes. Plate up and drizzle the yoghurt mixture over to serve.

BOOK REVIEW

William Clegg, KC, *Under the Wig*, Canbury Press, 2018



Bill Clegg, who lives in Lavenham, is perhaps Britain's most famous defence lawyer. The book is a great insight into the operation of the law at the highest level and helps explain why brilliant men defend patently bad and guilty offenders.

The comments of Joshua Rozenberg, KC: "Unlike many words of this genre, he eschews endless exchanges with long-forgotten judges, lawyers and villains. Like the successful jury advocate that he is, he reduces his story to its essence and speaks without bombast and braggadocio. An unforgettable legal memoir." JT

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RIDE AND STRIDE – THE SUFFOLK HISTORIC CHURCHES BIKE RIDE SATURDAY 13th SEPTEMBER – THANK YOU

Once again Preston supported the Suffolk Historic Churches Trust annual bike ride on Saturday 14th September. The aim was to cycle (or walk) to visit some of the fine old churches and other places of worship we have in Suffolk, and to raise sponsorship money while doing so.

This year there was again a linked rally for classic cars, and some interesting vehicles visited us during the day.

The total amount we raised is not known yet but is already well over £400 and counting. The proceeds will be shared as always between the Trust and our own Parish Church.

Our thanks go to all those who volunteered to ride or stride, man the church on the day, collect sponsorship money or sponsor our riders. Our riders and drivers this year were Sara Whymark and Robyn Lloyd Hughes. Those who helped to man the church were Keith Davis, Sylvia Tillotson, Janet Martin, Val Gutteridge, Sue Diggins and Glynis Huggett.

Thank you all very much.

Robyn Lloyd Hughes

QUIZ TIME ANSWERS from Page 13

1. Nathaniel Hawthorne
2. Poo
3. The Hobbit
4. Jack Dawkins
5. Rebecca
6. Anti clockwise
7. Ottawa
8. The Forint
9. A nautical mile
10. 1917
11. Beth
12. Their Mittens

OCTOBER & NOVEMBER 2025

PRESTON PEOPLE

CAROLYN JENKINS

Carolyn is the daughter of our old friends, the late Albert and Elizabeth Jones

Hi, I am Carolyn and I write your gardening tips each issue. I have been growing plants all my life, as my parents had a nursery. I, my two brothers and two sisters, all helped out with tasks such as filling trays with compost, pricking out, watering, weeding, picking tomatoes or planting Christmas trees. Gardening is 'in our blood'!

We lived in Tendring and I went to Colchester County High School for Girls - a long bus journey each day. After A levels, I went on to the Froebel Institute, teacher training, in Roehampton. Owing to a surplus of teachers at the time, my BEd Hons didn't help me get a teaching job, so I went to Belgium, where I met my first husband and his two young sons. We eventually came back to England and lived in Sheffield for several years, where we had a third son, before moving 'down south', near Epsom.

I had always kept up teaching in various capacities, supply work, private tuition and running a small private nursery school. I finally started working in the English state system, in a primary school near Wimbledon. In spite of having had my daughter shortly before, I accepted a permanent post as nursery teacher, which defined my career after that.

I have worked with all age groups and abilities over my teaching career but became most experienced in working in the Early Years and with children with Special Needs. I was a SENCo for many years in Kingston Upon Thames and my last teaching job was setting up a specialist provision in a brand new mainstream school, for children with autism. Unfortunately I had to retire early due to poor health.

I now live with my second husband, Peter, in what was my parents' cottage, just up from Rise Farm - the one with the untidy but beautiful pink rambling roses at the front. They came to Preston St Mary in 1993, having always loved this area. Dad soon became Chairman of the Gardening Club (and wrote gardening notes for Lavenham Life), with Mum taking over when he became too ill. When Mum moved to be next door to my brother, we bought the cottage as a holiday retreat, and, after I retired, were very happy to make this our permanent home. The family (and it is a large one, as Peter and I have 7 children and 13 grandchildren between us) love to come and stay, as we always did every school holiday.

I am currently Chair of the Gardening Club, write gardening notes for the PPP and Lavenham Life and organise the Club Plant Sale in Lavenham Market Place each May. I like to think my parents are pleased that I am carrying on the family traditions!

When not gardening, I love my Siamese cats and can be seen over the fields, walking my Cockerpoo, Rupert Bear.

OCTOBER & NOVEMBER 2025

Here are Peter and me dressed for my daughter's Hindu wedding last year.



AGRICULTURAL NOTES



Farmers are getting ready to lift sugar beet and drill for winter wheat. A few still have some of the previous harvest of winter wheat - reluctant to sell it at £138 per ton and hoping the price will rise. Birdseed will also be sown - with government support - for the general benefit of the countryside. And besides what is going on in the fields, is the maintenance of the magnificent farm machinery which rolls up and down our lanes. A recent 3-day visit to service equipment in Gary's workshop cost £4,000. JT

OCTOBER & NOVEMBER 2025



VJ DAY 80th ANNIVERSARY

AUGUST 2025

The 80th Anniversary of VJ Day – the end of the war against Japan in 1945 – was marked by a Service of Thanksgiving in the Church for the coming of peace, the return of the Suffolk men who had suffered as prisoners of the Japanese, and the sacrifice of those who died in action or in captivity between 1942 and 1945.

The service was attended by over 30 people, including representatives of the Royal British Legion, and our MP James Cartlidge, the Shadow Secretary of State for Defence.



L-R Janet Faiers, RBL Standard Bearer, Robyn Lloyd Hughes, Chairman Lavenham Branch RBL and James Cartlidge MP

OCTOBER & NOVEMBER 2025



Lavenham Physiotherapy & Acupuncture Clinic

Unit 12 Lavenham Studios, Brent Eleigh Road, Lavenham CO10 9PE

Conditions treated include:

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- Neck pain and whiplash
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- Hip and knee pain
- Ankle and foot pain
- Headache
- Rehabilitation after injury or operation



Your physiotherapist Mrs. Hua Sands:

- 20 years' experience as a physiotherapist registered with the Health and Care Professions Council
- Chartered Physiotherapist and member of the Acupuncture Association of Chartered Physiotherapists
- Masters degrees in Health Psychology and Physiotherapy from Queen Margaret University, Edinburgh
- Trained in acupuncture in China and UK for safe, relaxing and effective acupuncture

Unique Clinic Approach

The Clinic was set up 14 years ago to deliver a better outcome for patients through a unique combination of physiotherapy and Chinese acupuncture approaches to musculoskeletal pain relief, plus longer and more thorough assessment and treatment sessions. Acupuncture treatment is optional, but around 95% of patients feel some pain relief following initial acupuncture treatment.

The longer sessions enable a thorough assessment - essential for a proper diagnosis so that you can get the most effective treatment straight away to relieve your pain as quickly as possible. The detailed assessment also helps deal with the root of your problem, not just the symptoms, to help relieve your pain for the long term and prevent it recurring.

Where other health professionals have failed, Hua has often been able to diagnose and help resolve patients' pain by taking the time to fully understand her patients.

"When I first visited Hua I was experiencing considerable pain in my left knee despite visits to other professionals. Hua immediately identified a possible source of the discomfort. After a series of exercises my situation is much improved." Sue Arnold, Stowmarket. See website and Google Reviews for more examples of what patients say.

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

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OCTOBER & NOVEMBER 2025



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.

QUIZ NEWS

Come on Preston! Monthly Quiz Nights at The Six Bells, First Wednesday of the month, £12 including a very good curry.



Alan Hollocks held by Ada Pitt, Fred Pitt & Stanley Pitt. Stanley was later killed in action in WW2

The name of Private S A Pitt is engraved on our War Memorial and will be read out at our Remembrance Service on November 9th.

Thanks and acknowledgements to Roy Hollocks, who included this photograph in his recent exhibition in the Village Hall.

OCTOBER & NOVEMBER 2025

Lavenham Gardening Club

It is good to see the garden recovering from the drought. We are having an early autumn but many flowers are blooming again! If you are adding bulbs to your garden, get smaller ones into the ground or pots quickly, as they are more prone to drying out in the packets, eg. iris reticulata, anemone blanda, chionodoxa or species crocus. Soaking bulbs before planting tends to deter squirrels but they still seem to take any crocus that I put in! You can try covering plantings with chicken wire. Plant tulips deeply in pots or borders - layering bulbs that bloom at different times, topped with violas, pansies, bellis and forget-me-nots will give a long lasting display.

Autumn is the best time to move shrubs or plant new ones. The roots have time to establish before winter and they will be more resilient to dry conditions we may have next year. After working in organic matter to enrich the soil, I water the plant and planting hole before planting, and water well after planting, as our clay soil is so dry. It's also the best time to divide or plant new perennials. There are often bargains to be found where perennials have finished flowering and garden centres want to clear space for new stock. Choose new plants that give you more than one season of interest and support wildlife by providing nectar, berries and habitat.

I keep reading that with our changing climate we can grow plants that would not previously have survived our winters and certainly exotics seem to be increasingly popular. However, I will still be moving tender plants indoors, including agapanthus, 'hardy' salvias and dahlias. Insulate well any tropical plants that are too large to move.

Lawns may need an autumn feed to revive them - you can also leave grass cuttings. Spiking will improve drainage in areas that will become wet. Collect fallen leaves for leaf mould - especially useful to top up pots of acid loving plants like camellias, azaleas, and rhododendrons through the year. Leave leaf and log piles and garden cuttings for wildlife. As you tidy the garden, collect your own seeds but also leave seed heads for birds and hollow stems for insects during the winter. They also look beautiful when they are frosted. Garden tools will need some maintenance at the end of the season - a job for a rainy day?

Plants for Oct & Nov: chrysanthemum, grasses, aster, Japanese anemone, colchicum, cyclamen, acer, hydrangea, nerine, viburnum tinus, sumach, sorbus, parthenocissus

Club News: We had a pleasurable summer party in Little Hall's garden in August and, in September, a relaxed Garden Celebration evening, with the tables full of members' produce and flowers. This year's winner was Andrew Butcher, who was presented with the Cyrina Howlett cup by our President, Hugh Howlett. John Hannah was a close runner up. We enjoyed a visit to Clare Bulb Co, and a talk by the inspirational Sue Kent.

8th Oct Trip to Beth Chatto's by coach - £25, places available, guests welcome, details Sandra Harbord 01787 311707

29th Oct Talk by **Lucy Redman** topic "Border combination for colour all year"

26th Nov Annual Quiz at Lavenham with Thorpe Morieux garden club

New members always welcome. Subscription to Feb now £10
details on website <https://lavenhamgardeningclub.co.uk>

Carolyn Jenkins

OCTOBER & NOVEMBER 2025



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**Success
AfterStroke**

Registered Charity No. 1211565

A Charity Craft Fair will be held 10-4pm,
5th October at Whatfield Village Hall,
Rectory Road, IP7 6QU.

Wide range of crafts, gifts and a bumper
raffle plus tasty bacon rolls and
homemade cakes.

All proceeds to Success After Stroke, a
local charity based at the Great Cornard
Stevenson Centre.

SAS provides Speech/Language, Physio and Well Being therapists to help stroke survivors rebuild their lives and regain their confidence. Subsidised events include Art classes, sailing days, meals out, BBQs, an annual Pantomime and other entertainment trips.

SAS receives no official funding so please shop early for Christmas and help support a very worthwhile cause.

WORDS OF WISDOM

You are what you do – not what you say you'll do

Carl Jung

OCTOBER & NOVEMBER 2025



LAVENHAM LIBRARY

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

On top of the traditional book lending service, Suffolk Community Libraries has a range of other services, including:

- A community wellbeing service, providing drop-ins, reading lists and signposting to help people with their health and wellbeing
- An extensive free eLibrary, including music, eBooks, eAudio books, eMagazines and newspapers
- Free computer access and Wi-Fi in every library
- Hundreds of activities including fun storytimes and singing for under-fives and social groups for older people – plus many more events and opportunities to have fun or learning something new
- Suffolk Community Libraries is an Arts Council England funded National Portfolio Organisation, with programmes promoting libraries as creative spaces.



The Friends of Lavenham Library are thrilled to welcome our Patron, **Tracy Borman**, to speak about her new book **The Stolen Crown** **Saturday 1 November 2025, 2.30 pm - 4.30pm** Lavenham Village Hall.

Tickets available

Other activities to enjoy at the library:

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!



Baby Bounce/Tot Rock: Come and join us for our Baby Bounce/Tot Rock session which starts again after the summer holiday on **Thursdays** between 2pm - 3pm for songs, musical instruments & play! No booking necessary, just turn up.

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



OCTOBER & NOVEMBER 2025

UNITED BENEFICE OF LAVENHAM WITH PRESTON ST MARY

Rector: The Revd. Simon Pitcher

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

Associate Priest: The Revd. Elke Cattermole

Tel: 07957 419055

CALENDAR OF BENEFICE SERVICES FOR OCTOBER 2025

SUNDAY 5th OCTOBER TRINITY 16	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HARVEST FESTIVAL followed by Harvest Lunch
	PRESTON	12 NOON	11.30am Refreshments before PRESTON PRAISE
	LAVENHAM	6.00PM	CHORAL EVENSONG with North Hartsmere Benefice Choir
SUNDAY 12th OCTOBER TRINITY 17 HARVEST FESTIVAL	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	12 NOON	HARVEST FESTIVAL Followed by Lunch in Village Hall
SUNDAY 19th OCTOBER TRINITY 18	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	MORNING WORSHIP
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
SUNDAY 26th OCTOBER TRINITY 19 BIBLE 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
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Note: BCP = Book of Common Prayer (traditional language)

OCTOBER & NOVEMBER 2025

UNITED BENEFICE OF LAVENHAM WITH PRESTON ST MARY

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CALENDAR OF BENEFICE SERVICES FOR NOVEMBER 2025

SUNDAY 2nd NOVEMBER ALL SAINTS	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	12 NOON	11.30am Refreshments before PRESTON PRAISE
	LAVENHAM	6.00PM	SONGS OF PRAISE
SUNDAY 9th NOVEMBER REMEMBRANCE SUNDAY	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.45AM	SERVICE OF REMEMBRANCE
	PRESTON	6.00PM	EVENSONG
TUESDAY 11th NOVEMBER ARMISTICE DAY	PRESTON	10.30AM	SERVICE OF REMEMBRANCE
SUNDAY 16th NOVEMBER SECOND BEFORE ADVENT	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	MORNING WORSHIP
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
SUNDAY 23rd NOVEMBER CHRIST THE KING	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	EVENSONG
SUNDAY 30th NOVEMBER ADVENT SUNDAY	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	LAVENHAM	6.00PM	BENEFICE ADVENT CAROLS

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)