

PRESTON PARISH PAPER

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

Dates for your Diary

Sunday 1st June - Preston Praise at 11.30am for 12 noon in the Church

Monday 9th June – Ladies' Club at 7.30pm in the Village Hall – Carol Rogerson

Sundays 8th June and 13th July – Lavenham Airfield guided tours – See Page 9

Sunday 29th June – T500 Festival Service in Lavenham Church at 11.00am – Bishop Graeme Knowles

Sunday 6th July – Preston Praise at 11.30am for 12 noon in the Church

Saturday 19th July – History display in the Village Hall – Roy Hollocks

Tuesday 22nd July – Parish Council meeting at 7.30pm in the Village Hall

Saturday 26th July – Village Hall Summer Garden Party from 2.30pm

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.

FAREWELL TO PETE



On Sunday 4th May Pete Postle, our Lay Reader, took part in his last service at Preston before moving to Worcestershire to be nearer to family members. The 12 noon Preston Praise service was followed by lunch in the Village Hall, enjoyed by around 50 people. See also Page 29.

If you've any thoughts, points of view, experiences or protests to share, please write to the editors. We would love to hear from you, and so would the rest of our readers.

WHO'S WHO IN THE VILLAGE

Parish Council

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

Parochial Church Council

RECTOR	Revd Simon Pitcher	827691	revsimon63@gmail.com
CHURCHWARDEN	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	Sarah Williams		sarahwilliams74@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 Pop-up Choir

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

		247440	reservations@thesixbellspreston.com
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Tree Warden

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

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

EDITORIAL BOARD	Robyn Lloyd Hughes, Jack Tasker, Caroline Gove		editorpstmppaper@gmail.com
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Doctors' Surgeries

Bildeston	01449 740254	Lavenham	378226
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Local Councillors

Suffolk County Council	Robert Lindsay (Green Party)	robert.lindsay@suffolk.gov.uk
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Babergh District Council	Deborah Saw (Green Party)	deborah.saw@babergh.gov.uk
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Community Liaison Officer	Cally Boardman	cally.boardman@suffolk.gov.uk
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Police - Non-emergency number 101

Police Community Engagement Officer – PC Jon Gerrish	ceosudburyhaverhill@suffolk.police.uk
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Our Ward is North West Cosford

A PASTORAL LETTER FROM THE RECTOR

Dear Friends,

The well-known hymn “Abide with Me” includes the line, “change and decay in all around I see”. The author seems to equate change with decay. I do not think that is a very Christian sentiment. God is a God who is unchangeable in terms of his character, his love and his permanence. He is our rock and our salvation. But God also brings about change. The prophet Isaiah says “see, I am making all things new, do you not perceive it?”

God brings about change to make things new. It's tempting to look back at the good old days, and to think that things are not what they used to be, but looking ahead there are changes that would be good to see.

Change in Ukraine and Gaza, an end to war and the opportunity for people to rebuild their lives. Change in areas devastated by climate change and environmental destruction. Change for people struggling to find a job or make ends meet. There may be changes in family life, friendships and relationships at work that would be good to see, making all things new.

We celebrate Pentecost on Sunday 8th June. At Pentecost the Holy Spirit was poured out on the disciples of Jesus, filling them with his Spirit so that they could do the work of change that Jesus began, preaching the good news of God's reconciling love, a message of forgiveness, a ministry of service. Christians pray that together we may be equipped to do the same.

We continue to celebrate the 500th anniversary of Lavenham church tower, 500 years of history and change, watched over and blessed by our unchanging God, who in every generation looks to make things new.

Yours in Christ
Simon

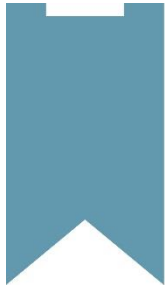
God's Grandeur by Gerard Manley Hopkins

In this poem the author sees that the world can look tired, worn and weary, but God's Holy Spirit can bring change, renewal and refreshment.

The world is charged with the grandeur of God.
It will flame out, like shining from shook foil;
It gathers to a greatness, like the ooze of oil
Crushed. Why do men then now not reck his rod?
Generations have trod, have trod, have trod;
And all is seared with trade; bleared, smeared with toil;
And wears man's smudge and shares man's smell: the soil
Is bare now, nor can foot feel, being shod.

And for all this, nature is never spent;
There lives the dearest freshness deep down things;
And though the last lights off the black West went
Oh, morning, at the brown brink eastward, springs —
Because the Holy Ghost over the bent
World broods with warm breast and with ah! bright wings.

JUNE & JULY 2025



**CELEBRATING
FIVE HUNDRED YEARS OF
LAVENHAM CHURCH TOWER**

Dear Friends,

Our T500 celebrations are now in full swing.

On Sunday June 8th Lavenham Hidden Gardens. We will open the church tower between 12 noon and 4pm for visitors to climb to the top and to enjoy spectacular views over the rooftops of Lavenham. In church you will be able to enjoy Artworks celebrating our church tower by the children of Lavenham Primary School, and an exhibition by the Suffolk Art Society. To add a sense of history and beauty there will also be performances by the musical duo Chanter's Jigge. They will present a mix of traditional English songs, Tudor courtly music, country dance tunes, all played on a mix of historic and contemporary instruments. Refreshments will be on sale. There will be a modest charge to climb the tower, and donations welcome for the music.

Friday 20th June 4pm to 7pm Midsummer wine and canapes hosted by The Great House. This lovely evening will be held at the Great House and in the Gardens of Little Hall. £45 each and tickets can be booked at The Great House

On Sunday 29th June everyone is invited to our special celebration service at 11am. Members of the Spring family, descendants of Thomas Spring, the medieval cloth merchant of Lavenham, will gather from around the world to celebrate their family history and our community history. This will be a once in history gathering. We welcome Rt Revd Graeme Knowles, Acting Bishop of St Edmundsbury & Ipswich who will be our preacher. I do hope that the whole community of Lavenham will feel welcome and that many will come to be part of this occasion.

Sunday 6th July at 7pm Lavenham Sinfonia Concert at Lavenham Church with guest Robert Spring.

Robert Spring is a descendant of Thomas Spring, the medieval Lavenham clothier whose wealth helped pay for our church tower. Robert is a professional musician, living in the USA where he is described as one of his country's most sensitive and talented clarinettists. This will be an evening of beautiful music. Tickets can be purchased from Lavenham Sinfonia website £15

On Saturday July 12th between 12 noon and 4pm bring the whole family along for our family fun day and Teddy Bears' picnic. Bring a picnic to enjoy in the church grounds. Music from Phoenix silver band, family games in the church, live Suffolk farm animals in the churchyard, vintage farm tractors and a steam engine on the Glebe field. Bring your favourite Teddies and after they have received a medical examination from our very own Nurse Mary, watch them being hauled in a basket up to the top of the tower, then zoom down a zip wire to the bottom. You might like to bring some pocket money for games, and donations will be much appreciated.

Please come and join us as we celebrate the 500th anniversary of the church tower.

Further details are on our website www.lavenham.church

Rev Simon

THE ROYAL BRITISH LEGION, LAVENHAM



Many will be aware that there is a social club in Lavenham, but the main raison d'être of The Royal British Legion is to aid and support ex members of the armed forces or their dependents who are experiencing difficulties.

If you fall in that category, or know someone who might, and would like to speak to The Legion, please phone 01787 249571 or 07817 316024 in complete confidence.

THE COCKTAIL HOUR

Bubbles never ceases to be busy. Here is her latest inspiration. Delicious!

“Mellow Sunset”

1 ½ measures Cointreau
2 ½ measures Mount Gay or other light rum
3 measures orange juice.

Shake for 1 minute with plenty of ice, pour into Martini glasses and top up with tonic
Serves 2

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

PRESTON ST MARY CHURCH

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 1ST JUNE AND
SUNDAY 6TH JULY**

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

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

Time flies when you are having fun... we are already a couple of weeks into our summer term.

This term we are back painting '*en plein air*' which is very enjoyable as long as the weather stays pleasant on our Monday sessions. We are lucky not only to welcome each other into our gardens but we are also hoping to spend some time in the church yard.

Last term we spent some time looking at portraiture - we experimented with a few different ways to capture portraits.

We are already talking about the creation of our group's Christmas cards.

If you are interested in joining us on a Monday morning, please feel free to email me at sarahwilliams74@gmail.com. We would love to welcome you - no experience necessary, just need an interest.

Cost of Living Support in Babergh

Dealing with energy debt:

- Supplier grants - many energy suppliers have grants to reduce or clear debt if you meet their criteria. Speak to your energy supplier to see what help you can get.
- Citizens Advice - offers advice for energy, debt and more. They can support you to create a budget, negotiate with your supplier and boost your income.
- Benefit entitlement – payments such as Warm Homes Discount, Cold Weather Payments, and Winter Fuel Payments can add up to hundreds of pounds to help you pay your energy bills – but you'll need to be claiming certain benefits to get them. Benefit checks can be done online at www.gov.uk/benefits-calculators, or by contacting your local Citizens Advice.

More information

Visit www.babergh.gov.uk/energy-fuel-and-utilities for more resources to help you keep fuel and utility costs down.

If you would prefer to speak to someone, you can contact our Customer Services team on 0300 123 4 000, option 7 to discuss your situation and find local organisations available to support you.

Elysa Dale

Poverty Reduction & Digital Inclusion Lead

Babergh District Council and Mid Suffolk District Council - Working Together

Tel: 01449 724 944

www.babergh.gov.uk www.midsuffolk.gov.uk

JUNE & JULY 2025

FROM PRESTON ST MARY TREE WARDEN LYN DAVIS

For my first article in the Preston Parish Paper, I started by quoting from a song:

*I Think That I Shall Never See
A Poem Lovely As A Tree.*

As a singer [and tree warden!] I was sorting through my music the other day and it struck me how many songs and lyrics have been inspired by trees: Don't Sit Under The Apple Tree, Tie a Yellow Ribbon Round the Old Oak Tree and Heart of Oak, to name but a few.

The well-known aria from Xerxes, an opera by Handel, often known as Handel's Largo, is about a plane tree where Xerxes, the King of Persia, stands admiring the verdant peace that it provides. He calls it a friend under whose shade he finds beauty and harmony.

Another song which extols the virtues of trees is the folk song Linden Lea which mentions the oak tree, birds and the beloved apple tree throughout all seasons. The song culminates in a verse about our 'fast living' world and delights in the freedom of being in the countryside where the apple tree leans down in Linden Lea.

I am sure that readers can think of many more examples which go to show how nature in all its glory inspires and heals us.

By the way! Linden Lea will be one of the items performed by Sarah Whymark and Lyn Davis at a lunchtime concert in Sudbury's St. Peter's Church on Thursday 7th August at 12.30pm.

PRESTON ST MARY PARISH COUNCIL

2025 Meetings

The dates for the Parish Council meetings for the rest of this year are:

July 22nd

September 23rd

November 18th

All meetings at 7.30pm in the Village Hall. Should extra meetings be required during the year they will be announced on the website.

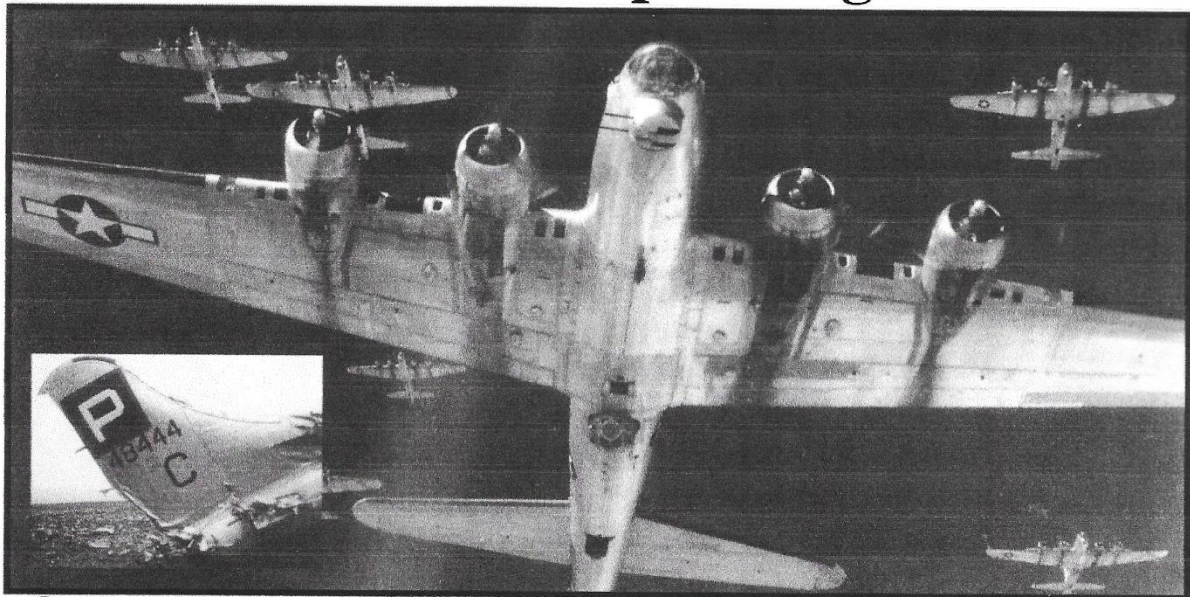
Kay Shorter
Parish Clerk

JUNE & JULY 2025

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

LAVENHAM AIRFIELD

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



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

★ Time? : 10.00am - 1.30pm

★ Cost? : Adult £10 Under 12s with a (Sorry - no dogs)
(plus £1 booking fee) paying adult - FREE

★ Booking? : Essential

Choose your date and purchase tickets
from our website or use the QR code

<https://www.tickettailor.com/events/friendsoflavenhamairfield/1626111>



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



PRESTON POP-UP CHOIR

“Trains and Boats and Planes”, along with songs featuring many other forms of transport, gave us a lovely concert on 4th April in the village hall. We had solos, duets and the Preston Belles, interspersed with songs from the whole choir. Hilde recited “Adelstrop”. As well as the splendid singing, the audience also appreciated drinks, canapes and cakes during the interval.



Setting out chairs, publicity, putting up bunting, serving from the bar, making cakes and sausage rolls, singing, collecting money, running the raffle.... all these things made for a really enjoyable evening. Our thanks to everyone who participated in any way. The event was made possible by our super-talented musical director, Lyn Davis, and our superb pianist, Sara Whymark.



The money raised has been split between two charities: EACH (East Anglia’s Children’s Hospices) and Macmillan Cancer Support. Thank you for donating so generously and for being a marvellous audience. We had some encouraging feedback and have already starting thinking about our next performance!



The choir will be having a short break then will pop-up again on Tuesday afternoons from 29th July 2025.



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.

JUNE & JULY 2025

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

June 9th - A talk by **CAROL ROGERSON**, entitled “**MANAGING A BUSINESS IN THE THIRD MILLENNIUM**”. Carol is a McDonalds franchisee for Suffolk and Norfolk and owns and operates 21+ McDonalds Restaurants. I am sure you will find her talk very interesting.

No Meeting in July

August (Date not yet decided.) Members are invited once again to Barn Owl Lodge by Sue Diggins and Mandy Cochrane for our Summer Ladies Lunch.

September 8th - **Lyn Davis** will be giving us a talk (with photos) about the various costumes that she has worn whilst she was with the **English National Opera**.

October 13th - 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 17 years.

November 10th - Speaker to be advised

DECEMBER - PRESTON LADIES CHRISTMAS LUNCH Date & Venue to be advised

REPORT ON PREVIOUS MEETINGS

APRIL 14th Robyn Lloyd Hughes talk entitled **THE TRAIN TO PRESTON ST MARY WILL DEPART FROM PLATFORM 1, marking 200 years since the first public railway opened in 1825**, was absolutely fascinating and kept us all enthralled. It appears that arcane politics and the challenging terrain of Preston St Mary prevented us having a Railway Station which most probably would have seen our peaceful village expand into a large town. Robyn gave this talk on behalf of Alzheimer's Research UK, and raised a splendid £100.

MAY 12th - The **CHARITY EACH** came to give us an illustrated talk about the work that they do. Unfortunately, gremlins got into the computer so video and sound was not possible. We did hear a short talk about the wonderful work, and the way this charity cares for children with life threatening illnesses, but also how they support the whole family. The EACH charity has promised to come again supported by a fully functioning computer.

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.

QUIZ TIME

There are no prizes – answers are on Page 26

1. Who was the first Queen of England in her own right?
2. Who was Alexander the Great's famous sister?
3. What is the largest bird in the world?
4. What is the capital of Switzerland?
5. What colour is the tongue of a giraffe?
6. What do a boot, an iron and a top hat have in common?
7. Who is Bibendum better known as?
8. Which English language newspaper has the highest circulation?
9. What is the study of mushrooms called?
10. Which star sign is represented by a pair of scales?
11. In ancient times, Britain (England, Scotland and Wales), was known as what?
12. What is the name of the largest diamond in the world?

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



The USA Memorial Holiday weekend fell on the 24th – 26th May this year. On Sunday 25th May Lavenham Church's morning service was dedicated to marking the 80th Anniversary of VE Day and the departure of the USAAF 487th BG from Lavenham Airfield. The Airfield was open to the public, and there was a ceremony at the memorial to the 233 men who died while flying with the 487th Bomb Group during WW2. For more information on this and other events organised by the Friends of Lavenham Airfield please contact Robyn Lloyd Hughes on 01787 247571 or email robynllloydhughes@gmail.com.

POETS' CORNER

The Corvid Cavalcade



Nobody strolls like a Corvid,
And a Magpie's stroll is the best.
High-stepping, wide-leggéd,
Breast-thrusting,
High-headed,
The Magpie out-saunters the rest.

The Chough is a dancer,
A red-footed prancer,
All fancy and antsy and flash.
A bright Bengal Lancer,
A cliff-strutting chancer,
All dastardly, daring and dash.

And then there's the Jay,
Who riots in gay
Iridescences; pink, piebald, blue.
But he's a bit shyer,
A more frequent flyer,
So saunters less frequently too.

The raven is pompous
And snobbish and snooty,
His progress is haughty and stately.
He feels it his duty
To waggle his booty,
Stroll grandly and sashay sedately.

And the grey-headed Jackdaws
Line their nests with bright geegaws,
But I don't recall seeing one saunter.
He's more of a loafer,
Reclined on a sofa,
A cool dude, a stolen-bling flaunter.

And the Rooks of the field,
Decimating the yield
Of the crops and the hedgerows and by-ways,
Will chortle and hop
While they fill up their crop
Dancing this way and that way and sideways.



And lastly the Crow,
There's a few kinds, I know,
All ungainly, their flaps, flops and lollops.
With such slovenly motion,
I'll confess I've a notion
That most are no better than trollops!

So much for the Corvines,
I have no more crow-rhymes,
Your interest's now waning, half-hearted.
I could still talk of Plovers,
Tits, Raptors and others.
And Turdidae? Don't get me started!

©Tim Bridges May 2025

Rowland Suddaby

Another Interesting Artist...

By Kate Hanlon

Although this artist began his life in Yorkshire, and worked in a steel foundry, he found his way to Suffolk where he painted our beautiful landscape in his joyful and fresh style.



He moved to London when he was 19 and was strikingly successful. He produced posters of 'British Landmarks' for Shell as well as having many exhibitions. When the second World War began, he moved his family to Suffolk where he settled in Great Cornard. He depicted landscapes around his

home for the Government's 'Recording Britain' scheme and illustrated Olive Cook's guide to Suffolk.

In his later years Rowland ran the Gainsborough House Museum and Gallery in Sudbury.

I love this artist's lively, energetic drawing and painting!



JUNE & JULY 2025

VILLAGE HALL NEWS



The village celebrated VE Day in fine style. A war time truck was displayed outside the hall - many thanks to Mark and Jackie for loaning it to us for the afternoon. Bunting decorated the hall and garden, after the barbecue the Suffolk Beats entertained us all in their usual memorable way with all ages taking to the dance floor. The Preston Belles took us back to the 1940's with some well-known songs from that era and everybody thoroughly enjoyed themselves in the sunshine. Many thanks to all who helped to make the event such a success.

Saturday 19th July - Back by popular demand - Roy Hollocks will again be displaying his amazing collection of documents and photographs covering the history of Preston. Not to be missed!

Saturday 26th July - Village Hall Summer Garden Party with afternoon tea and games. More details to come out later.

100 Club - If you haven't had a knock on your door yet you will have soon, as we will be around collecting for this year's subscription. The annual subscription is £5 per entry, there are 5 draws throughout the year with prizes of £25, £15 and £10.

NOW A GREAT VENUE FOR PRIVATE PARTIES AND FAMILY CELEBRATIONS

We now have a Village Hall of which we can be proud, featuring a modern and well-equipped kitchen along with accessible toilets, with wide access to the rear space. Comfortable seating indoors is available for up to 50 people, with service direct from the kitchen. There is room for some car parking in front of the building and we are able to arrange greater capacity nearby.

Terms are competitive, with a simple hiring agreement. Please contact our Secretary, Sue Diggins (01787 247626), for details.

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

JUNE & JULY 2025

PRESTON 'PETROLHEADS'

MARK SIBBONS



Perhaps the most distinguished visitor. to the Preston VE day BBQ was, appropriately, this 1941 "Jimmy" as the American soldiers called it – a GMC CCKW 6x6 truck

It played a number of roles and might typically have been seen towing a howitzer and loaded with ammunition. This short wheelbase version had a 4.4litre petrol engine, a 5-speed crash gearbox, classified AAA.



It ended up in the Norwegian army under the American Lend/Lease scheme.

We're grateful to Mark Sibbons for putting it on display. He doesn't drive it a lot – but who would at 7 miles to the gallon? JT



NATURE NOTES

The prediction is that we face a long dry summer. Bird lovers – of which there are many in Preston - will be as generous as ever but prone to make a common mistake. They forget that birds have a thirst as well as an appetite. So please be as careful to leave drinking water as well as food and help them through any dry spell. JT



PRESTON PEOPLE



KERRY HEAD

Kerry is all in all a true country girl. Her families were deeply into farming. The emphasis was on stock. Indeed, her grandfather bred Suffolk Punches. Kerry's love was horses, and she has spent almost her entire career training, managing, grooming. And some game keeping. She keeps a horse of her own, of course. Always a retired racehorse. No surprise, then that her partner, Gary Elsdon, should be of similar background with a similar career. Except that his work has been with arable land.

Apart from her career, Kerry is a busy fund raiser. Recently, she shaved her head in a good cause.

Kerry has spent her entire life in this locality, loves Preston, loves the countryside and considers herself extremely fortunate to live here.

We're with you there Kerry. JT

COOKS' CORNER

Bubbles continues her mission to wet the whistles of the masses but finds time to attend to the solid stuff. This one's a cracker:

FISH PIE

Ingredients

1 large tub of double cream. Half a cup of white wine. 1 large onion. 2 cups of defrosted garden peas. Large piece of smoked cod. 2 large pieces of salmon. Large tray of uncooked large prawns. 4 potatoes. 2 sweet potatoes. Black pepper. Grated mature cheddar cheese, enough for top of mash.

Roux: Butter, milk, flour, salt, pepper, just enough to thicken cream sauce.

Boil potatoes. Strain, add some of the cream, butter and mash with salt and black pepper. Keep lid on to keep warm, easier to add on top.

In a large frying pan lightly fry chopped onion, in same pan add fish, skin side down. Heat just enough to remove skin, slice fish. Add rest of cream, roux, wine, peas, add prawns last, stir gently adding more black pepper, quite a lot.

Cook for 5-10 minutes. Pour into a large bowl. Slowly spoon mash on top. Sprinkle grated cheese on top of mash and place under grill until cheese golden brown. Serve with asparagus or any choice of veg.

NEWS FROM THE NEIGHBOURS

Brent Eleigh

Open Gardens - Sunday 1st June 2pm - 5pm

This is the only event that we are holding over the summer as most people are away at some time and there are plenty of events on in other villages which it is nice to support.

Monks Eleigh

Fete and Dog Show - Saturday 7th June, 1pm - 5pm

Chelsworth

Open Gardens - Sunday 29th June

HISTORY NOTES

'It is in vain to recall the past, unless it works some influence upon the present'

Charles Dickens

Fairly recent history – the Budapest Memorandum of December 1994 – can certainly be said to work some influence on the present. The following sections are copied directly from the original document.

That document was signed by President Leonid Kuchma of Ukraine, President Boris Yeltsin of Russia, President Bill Clinton for the USA and PM John Major for the UK. RLH

1. **The Russian Federation, the United Kingdom of Great Britain and Northern Ireland, and the United States of America reaffirm their commitment to Ukraine, in accordance with the principles of the CSCE Final Act, to respect the independence and sovereignty and the existing borders of Ukraine.**

2. **The Russian Federation, the United Kingdom of Great Britain and Northern Ireland, and the United States of America reaffirm their obligation to refrain from the threat or use of force against the territorial integrity or political independence of Ukraine, and that none of their weapons will ever be used against Ukraine except in self-defense or otherwise in accordance with the Charter of the United Nations.**

3. **The Russian Federation, the United Kingdom of Great Britain and Northern Ireland, and the United States of America reaffirm their commitment to Ukraine, in accordance with the Principles of the CSCE Final Act, to refrain from economic coercion designed to subordinate to their own interest the exercise by Ukraine of the rights inherent in its sovereignty and thus to secure advantages of any kind.**

Celebrating VE Day + 80

The nation was encouraged to have street parties on Bank Holiday Monday, 5th May, to celebrate the 80th anniversary of Victory in Europe. (A political decision, perhaps, to avoid having another Bank Holiday on the real day, 8th May?) Many towns and villages did just that, but we had different ideas. After all, on 5th May 80 years ago, no-one knew that the war would end three days later, so they had nothing to celebrate then. We therefore held our “do” the following weekend, a couple of days after VE Day and 80 years after everyone was prompted by Winston Churchill, then Prime Minister, to “allow ourselves a brief period of rejoicing”.

So it was that on the afternoon of Saturday 10th May in the garden behind the Village Hall, about 50 people gathered for a BBQ and live music. Our foresight was rewarded by a wonderfully sunny afternoon, in contrast to the horrid Bank Holiday weather of the previous weekend, with just a little breeze that kept the temperature more pleasant.

Many thanks to all who contributed to the event, including:

Mark and Jacqui Sibbons, whose 1941 6-wheeled US Army lorry parked in front of the hall was much admired and gave an extra dimension to the ambience.

Lars and his group, “The Suffolk Beats”, who created a lively atmosphere by giving us two spirited sessions of live music, singing the songs that most of those in attendance remember from our more youthful days.

During the group’s break, the “Preston Belles”, a group of ladies singing close harmony, beautifully sang their hearts out (bravely without amplification), regaling us with 1940’s numbers such as “*Chattanooga Choo-Choo*” and “*Moonlight Serenade*” and finishing by leading the assembled throng in a chorus of “*We’ll meet again*”.

The BBQ team and catering corps for their brilliant fare, offering not only a main course with all the trimmings, but also a delicious array of cakes. All washed down with drinks from the bar, staffed willingly by even more volunteers.

The “Preston Erection Team”, for erecting the tents the day before the event. This is always a time of friendship and banter – closely managed, of course, by “Who Else”. The same team then dismantled the tents a couple of days later – strange that the canvas always takes far less time to take down than to put up!

All in all, a real community effort, not just from Village Hall Committee members but also (and pleasingly) from others who are not part of the organising committee. Your help is much appreciated. We couldn’t have done it without you - thank you all!

JUNE & JULY 2025



JOIN US FOR AN AFTERNOON
OF FUN AND GAMES AT THE
VILLAGE HALL GARDEN PARTY

SATURDAY 26TH JULY FROM 2.30 PM



Full afternoon tea,
or something stronger from the bar
£10.00 per person please purchase
your tickets from
Sue Diggins on 01787 247626
Or Annie Mason on 07740 820100

AGRICULTURAL NOTES

Gary has been with mole-draining. It is the time of year. A blade, some two feet deep with a bullet 3" in diameter is trailed by an expander, 4" in diameter to make a tunnel through the clay.

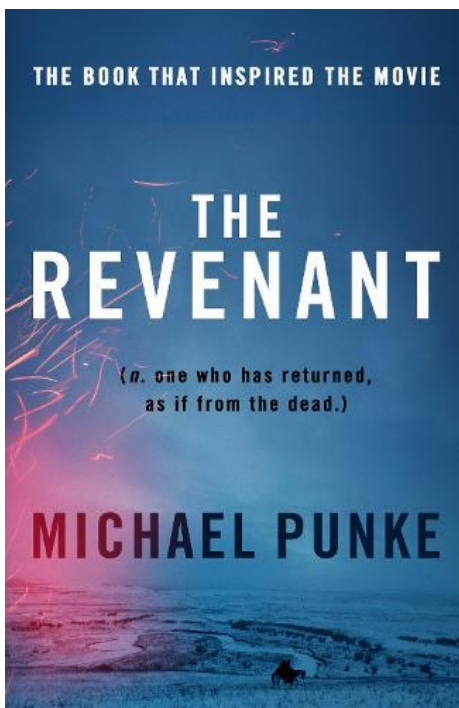
The tunnel, which should be of putty or Plasticene consistency will dry out during the summer. Water will drain through stones to the main drain below. This happens about every 7 years. Fortunately, not more often!

Another major task on the farmer's list.
JT



BOOK REVIEW

Michael Punke, "The Revenant", The Borough Press, 2015



The film of these events is best remembered for the injured hero sheltering inside the carcass of a horse. This doesn't occur in the book,

"The Revenant" - written as a novel, this purports to be based on the actual events which make up this extraordinary story.

Set in North America in the early 18 hundreds, a trapper is dreadfully mauled by a bear and left to die by his colleagues.

But he doesn't die; he recovers and sets off in pursuit.

Snow and ice, hunger, rivers and hostile Indians provide an exciting series of adventures.

Perhaps the only disappointment is that when he catches up with the traitors he doesn't kill them. A moral lesson arising out of adversarial events. JT.

JUNE & JULY 2025



Lavenham Physiotherapy & Acupuncture Clinic

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

Conditions treated include:

- Back pain and sciatica
- Neck pain and whiplash
- Shoulder, elbow and wrist pain
- 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

JUNE & JULY 2025

COMMAND PEST CONTROL

TELEPHONE: 01787 248049



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

Pest Prevention:

Rat and mouse eradication and prevention of access to agricultural/
commercial and domestic premises/Insect control
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Mites/Silverfish/Flies etc
Mole control by all Ministry approved methods
Rabbit control and rabbit proof fencing



Property Care:

Woodworm/Deathwatch beetle/Damp proofing
30 Year Bonded Guarantee available



Insect Control:

Fly control units, electric and adhesive
Stockists of all leading brands
Replacement tubes and servicing carried out to all units
Secondhand units available
Flyscreens/chain curtains/plastic strip curtains

Bird Control:

Bird control to public, commercial and domestic buildings
Bird proofing to any situation
Cleaning contracts – Public buildings etc



Grain Handling:

Fumigation to grain and other commodities
Grain store cleaning and pre-harvest
Insecticidal treatment
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Our Services Offer:

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tailored to any requirement

We also supply:

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cleaning chemicals and pest control equipment

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ESTABLISHED 1986

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QUIZ NEWS

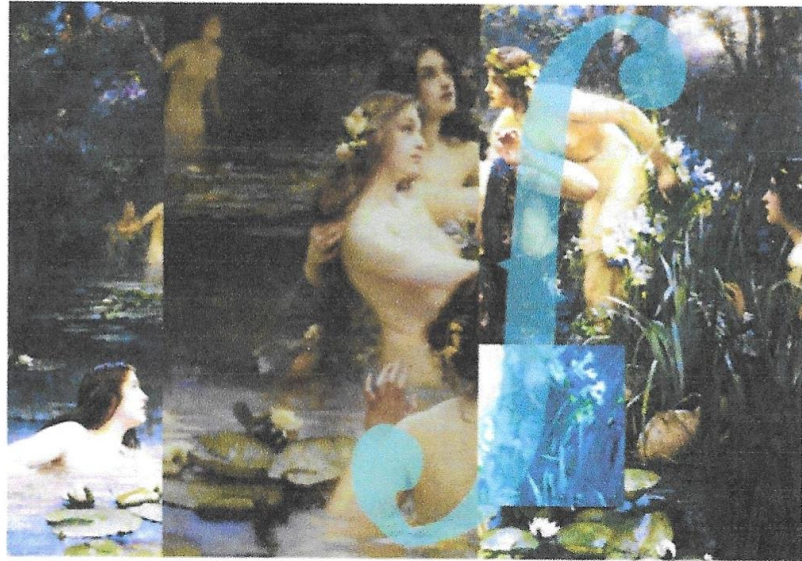
The Wonders of Whelp Street staged a recovery at the May quiz and resumed their normal position: 2nd! Remember - Wednesday, 4th June, The Six Bells, £12 including a very good curry.

QUIZ TIME ANSWERS from Page 13

1. Mary I
2. Cleopatra
3. The Ostrich
4. Bern
5. Purple
6. They were all original pieces in the game of Monopoly.
7. The Michelin Man
8. The Times of India
9. Mycology
10. Libra
11. Albion
12. The Cullinan Diamond.

JUNE & JULY 2025

**GAINSBOROUGH
COLLECTIVE**



**Saturday 21st June 2025
at 3pm
Friends Meeting House
Friars Street
Sudbury Suffolk**

Midsummer Water Nymphs

A musical tea party

Camille Saint Saëns (d. 1921)
The Swan

William Alwyn (d. 1985)
Naiades Fantasia

Kaija Saariaho (d. 2023)
Mirrors

Claude Debussy (d. 1918)
L'après-midi d'un faune

Socialising After this short concert there will be tea and cakes served in the burial ground, or the school room if the weather is inclement.

Parking Friars Meadow Car Park - Great Eastern Road Car Park.

Tickets Advanced booking £20 - Accompanied minors £8.
Limited ticket numbers.

<https://www.ticketsource.co.uk/gainsboroughcollective/t-lnjdmqz>

LAVENHAM GARDENING CLUB

Time to smell the roses - literally! June is the month for beautiful roses - keep them watered for healthy plants and the best blooms. There are many opportunities now to visit open gardens looking their best and perhaps get some new ideas for our own gardens.

Weeds will also be growing vigorously but leave some wildflowers for pollinators - they can make lovely additions to the garden. Water and feed pots and baskets to keep them looking good throughout the summer and deadhead regularly to keep blooms coming. Save water by using rainwater when you can and water in the morning or evening. Don't water the lawn, grass soon recovers when it rains. Regular mowing keeps the garden looking tidy but if you leave the grass long, neaten edges and mow paths through instead.

Now spring flowering perennials and bulbs are over, divide clumps to increase stocks. Prune early flowering shrubs and stake taller growing plants now so they don't flop later. Vegetable crops should be growing well but continue sowing for autumn harvests.

Keep removing side shoots on tomatoes and feed when the first truss forms. Remove lower leaves so that the fruit ripens. Try not to splash fruit with water as blight is a water borne fungal disease.

Don't forget to sit and take time to enjoy being in your garden, large or small. It is officially good for us all!

Plants for June/ July: peony, Sweet William, lupin, delphinium, large flowered clematis, foxglove, bearded iris, poppy, roses, honeysuckle, phlox, alstroemeria, lily, annuals of all kinds.

Club News:

The Village Hall garden has been replanted and is looking great, thanks to all volunteers involved.

In April, Melanie Collins from Mickfield Hostas gave us tips on how best to grow our hostas, as well as a history of the nursery. We followed up with a club visit.

The Plant Sale in May was even more successful this year. We had plenty of plants and visitors and exceeded last year's profits.

Nick Hamilton came from Barnsdale for our May meeting, to talk about how the garden has developed since he took over from his famous father, Geoff.

11th June Outing to Old Gardens and Stay Barn, Kersey

28th June Talk by Chris Wiley 'Sustainability in Horticulture'

16th July Outing to East Ruston Old Vicarage

6th Aug Summer Garden Party, members only

24th Sept Talk by celebrity speaker **Sue Kent** 'The quest for easy fruit and vegetable growing' Tickets £20 to include glass of wine or soft drink

New members always welcome. Annual subscription £20, which includes all meetings

details on website: <https://lavenhamgardeningclub.co.uk>.

For tickets ring Carolyn 01787 247489 or Sandra 01787 311707

Carolyn Jenkins

JUNE & JULY 2025



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Individual requirements catered for**

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Find me on Facebook

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

PETE POSTLE WITH FRIENDS AT ONE OF HIS SERVICES IN PRESTON



We wish Pete and Elaine all the very best as they leave for their new home in Pershore, Worcestershire. Pete has been a much-loved figure in Preston, where he has led Evensong and Preston Praise services for many years. His sermons have always been entertaining, thoughtful and often challenging. His last service here on Sunday 4th May was well attended, and was followed by a convivial farewell lunch in the Village Hall.



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

LAVENHAM LIBRARY JUNE - JULY NEWSLETTER

Reading Quest 2025



Although the library service is transferring back to Suffolk County Council at the end of May, Suffolk Libraries is reassuring families that Reading Quest will still be running this summer as both organisations are committed to delivering what is a key literacy programme for Suffolk.

Research has proven that a summer reading campaign can help children to maintain literacy levels during the long summer holiday so their reading skills don't slip. It's also a great way of getting them to discover their local library with many signing up for their first library card to take part.

Reading Quest will run from 19 July to 31 August and we are looking to recruit volunteers now to help support children to take part during the summer.

Every week during the summer holidays, volunteers are needed to engage with children and talk to them about the activities they've completed and the books they've read.

If you would like to volunteer to help with the Summer Reading Quest you can do so online at:

<https://www.suffolklibraries.co.uk/resources/volunteer-for-the-reading-quest>

The deadline for volunteer applications is 25 June to allow for the necessary applications to be checked and processed in time.

Contact Details

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

Tel No: 01787 247729

www.suffolklibraries.co.uk

Email: lavenham.library@suffolklibraries.co.uk

Suffolk Libraries HMRC charity number XT34476



JUNE & JULY 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 JUNE 2025

SUNDAY 1st JUNE EASTER 7	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	12 NOON	11.30am Refreshments before PRESTON PRAISE
	LAVENHAM	6.00PM	EVENSONG – Vox Coelestis
SUNDAY 8th JUNE PENTECOST	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	EVENSONG
SUNDAY 15th JUNE TRINITY SUNDAY	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	MORNING WORSHIP
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
SUNDAY 22nd JUNE TRINITY 1	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	EVENSONG
SUNDAY 29th JUNE St PETER AND St PAUL	LAVENHAM	11.00AM	T500 FESTIVAL SERVICE Bishop Graeme Knowles
NO SERVICE AT PRESTON TODAY			

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)

JUNE & JULY 2025

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Tel: 07957 419055

CALENDAR OF BENEFICE SERVICES FOR JULY 2025

SUNDAY 6th JULY TRINITY 3	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	12 NOON	11.30am Refreshments before PRESTON PRAISE
	LAVENHAM	6.00PM	EVENSONG – Vox Coelestis
SUNDAY 13th JULY TRINITY 4	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	EVENSONG
SUNDAY 20th JULY TRINITY 5	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	MORNING WORSHIP
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
SUNDAY 27th JULY TRINITY 6	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)