

PRESTON PARISH PAPER

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

Dates for your Diary

Sunday 5th February -
Preston Praise at 11.30am for
12 noon in the Church

Tuesday 14th February – St
Valentine's Day

Wednesday 22nd February –
Gardening Club AGM – See
Page 9

Sunday 5th March – Preston
Praise at 11.30am for 12 noon
in the Church

Monday 13th March – Ladies
Club at 7.30pm in the Village
Hall – See Page 13

Sunday 19th March –
Mothering Sunday

Monday 20th March –
Induction and Installation of
Revd Simon Pitcher as our
new Rector at TBC (evening)
in Lavenham Church

Sunday 26th March – Annual
Parish Church Meeting after
6pm Evensong in the Church
(Simon's first service here)

DON'T FORGET TO PUT
YOUR CLOCKS FORWARD
ON 25th/26th MARCH

EDITORIAL

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

Our Editorial email address
is:

editorpstmppaper@gmail.com
for future contributions.

IN THIS ISSUE

New Rector - On Page 4 there is a letter from the Revd Canon Simon Pitcher, introducing himself as our new Rector. He will be formally installed by the Bishop on Monday 20th March, and his first service in Preston will be on Sunday 26th March.

Duck Races - The Preston St Mary Duck Races returned in November, much enlivened by a chorus of duck call whistles. See Page 19 for a full report on the event.



Recycling - If you're confused about recycling rules (aren't we all?) there's an explanation on Page 16.

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

FEBRUARY & MARCH 2023

WHO'S WHO IN THE VILLAGE

Parish Council

CHAIRMAN	Peter Korwin		
CLERK	Kay Shorter	249492	prestonpcclerk@gmail.com

Parochial Church Council

RECTOR	Pending		
CHURCHWARDENS	Janet Martin	249020	janet.martin@btconnect.com
	Keith Davis	247112	keithhdavis@btinternet.com

Friends of Preston St Mary Church

CHAIRMAN	Janet Martin	249020	janet.martin01@btconnect.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

NEW MEMBERS	Judy Legg	247515	judyannlegg@gmail.com
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Ladies' Group

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

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

Thursday Evenings at 7.30 in the Village Hall

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

Friday Afternoons at 2.30 in the Village Hall

CO-ORDINATOR	Maggie Bardzinski		maggiemossbar@aol.com
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The Six Bells Pub

		247440	reservations@thesixbellspreston.com
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Tree Warden

Lyn Davis	247112
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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	Robert Lindsay (Green Party)	robert.lindsay@suffolk.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 REVD GRAHAM NAYLOR

Dear Friends,

Do you ever feel that modern technology is designed to test your patience? In my case, either I can't remember which combination of upper case, lower case, numbers and special characters I've used for a particular password (which might be a fault of my ageing brain rather than the technology, to be fair!) or I get pop-ups telling me I need to update to the latest version of the software to deal with some bug or other in the previous version! Sometimes the patience wears thin, and I resort to restarting whichever device is causing me to go more grey-haired than I am already in the hope that will solve things!

Does this sound familiar?

Rebooting, restarting, or turning off and back on can sometimes solve the problem but not always and more serious action is required with bugs being fixed or new software installed.

Isn't this also the scenario we face in our own lives? We come to a point where we realise we need a sort of reboot to fix some glitch in ourselves? Sometimes a glitch we have lived with for some while..... a bit like me with technology..... finding little work-arounds to enable me to keep working but without actually addressing the actual problem!

Christmas and Easter are times when the church celebrates two parts of God's plan to help us with that 'reboot' to deal with the glitch in humankind, our brokenness (the Bible calls this 'sin'). Christmas celebrates God coming to us in human form in the person of Jesus. Easter celebrates his resurrection following the cruelty of death by crucifixion. Both events, and a whole lot more, were necessary to provide the opportunity for us to have not just a reboot but (to borrow again from computer-speak) a whole new operating system..... the Bible talks of a new 'nature'.

In the lead up to Christmas and Easter, there are two periods of preparation and reflection: Advent and Lent. This year, during Lent, we will be holding four sessions to give opportunity to explore how the Christian faith offers the way for the bugs and glitches we have in us to be sorted out. We would welcome you joining any of the sessions. This year we plan to hold a daytime and evening sessions in the benefice each week, repeating the session, so feel free to attend whichever suits your diary – or attend both to get two chances to explore each session's topic! Please watch out for publicity about days, times, and venues in Lavenham and Preston St Mary.

Continuing the theme of new starts, we will soon be welcoming our new Rector, Rev Canon Simon Pitcher, and his wife, Irene, to Lavenham with Preston St Mary Benefice. Simon has written a brief letter introducing himself and Irene ahead of their arrival.

With every blessing

Reverend Graham

Assistant Curate

FEBRUARY & MARCH 2023

A LETTER FROM THE REVD CANON SIMON PITCHER

Dear Friends

I am writing to introduce myself as the new Rector of Lavenham and Preston, from 20th March.

Currently I am the Team Rector of the Sole Bay Team, eight parishes based around Southwold in East Suffolk. Like Lavenham and Preston, Sole Bay is blessed with beautiful medieval churches. I am experienced in both the challenges of caring for such buildings, and the joy of worshipping Christ Jesus within them, sharing in the spiritual life of those who have gone before us, and those who will come after us.

I was for 8 years the Rural Dean of Waveney and Blyth, helping to shape mission and ministry in a rural, farming area, but also an area characterised by many holiday makers, and day trippers to the seaside.

I grew up in East Anglia, attending school in Framlingham. After University I joined British Rail's management training scheme. My first posting was as Station Manager Bury St Edmunds in 1986. While in Bury I met Irene. We married in 1987, and we have three children. Thomas, now 32 who lives in Glossop. William, now 30, who lives near Thetford, and Hilary, now 22 who is at University in York. My subsequent railway career took me to posts in Huddersfield, Manchester, North Wales, Derby and finally Norwich. Did you know the last train to Lavenham came in backwards? If anyone knows the reason why, please tell me!

In 2000 I left the railways and trained for ordained ministry at Ridley Hall in Cambridge. My curacy was in Halifax, West Yorkshire and my first parish was just outside Dewsbury in a town called Heckmondwike, where I served for five years before we moved to Southwold.

My wife Irene trained as a Primary School teacher, but her most recent job has been with Southwold Books.

We are really looking forward to joining you in Lavenham and Preston, getting to know you and hopefully becoming part of community life.

Yours in Christ

Rev Simon Pitcher

The Reverend Canon Christopher Sansbury, 6th January 1934 – 2nd January 2023

We regret to report the death of Christopher Sansbury, who was Rector of Long Melford from 1978-2000, and a Lavenham resident following his retirement. He took many services here in Preston over the years.

His Funeral Service with Holy Communion will be on Tuesday 7th February 2023 at 11:30am at the Parish Church of St Peter & St Paul, Lavenham, with interment following at St Mary the Virgin, Preston St Mary

COOKS' CORNER

Feeling cooked out after Christmas?

Keep it simple. Try a new vegetable and include it in your usual fare, try a new recipe and make it once a week.

Quick Eggs for One.

Small oven proof dish/small ovenproof pan.

Oven set to 180°C (fan)

3 Small beetroot

2 Eggs

40g Feta cheese

Fresh thyme sprigs

Olive oil

Seasoning

Wrap each beetroot in tin foil (stops the colour from bleeding) and bake in the oven for 45 minutes.

When the beets are soft enough for a knife to glide through, they are ready.

When cool to touch, flake the peel off.

Slice into 3-4 wedges.

Toss in a little olive oil and a pinch of salt.

Place the pan on the hob and add a little oil to coat the pan.

Add the beetroot wedges, eggs, sprinkle over the feta and thyme and transfer to the oven.

Bake until the egg whites are just set, and the feta is starting to brown. 5 – 7 minutes.

Season and enjoy with a slice of toast on the side.

Adapted by Marjorie Devine-King from a recipe by Ceri Jones.

Seasonal vegetables:

Apples, pears, shallots, beetroot, Brussels sprouts, cauliflower, cabbage, celeriac, celery, chicory, Jerusalem artichoke, kale, leeks, parsnips, potatoes, swede, turnip, carrots.

OBITUARY - TOM MABBITT

Tom Mabbitt, who lived in Lavenham, but was regularly seen in Preston – at church, as a member of the Art Group, or at village events – died in tragic circumstances on 17th December 2022. He was walking in Lavenham on the icy pavements during the cold snap we had before Christmas when he slipped and fell, hitting his head on the hard ground. He died in hospital a few hours later from a bleed on the brain.

Tom's Funeral Service will be on Tuesday 14th February 2023 at 11:00am in St Peter & St Paul Church, Lavenham

THE COCKTAIL HOUR

If gin is your favourite cocktail ingredient, where do you expect it to come from? Traditionally, London (made notorious by Hogarth's painting "Gin Lane"), Plymouth – supplying the ward rooms in the Navy, or perhaps Southwold, a sideline of our famous Adnams brewery? But Stoke by Nayland, a tiny local village, has over the last year become the site of Suffolk Distillery.

This beautiful, state of the art distillery produces a superb Premium Gin, various flavoured gins, vodka, and a spiced rum, all "lovingly hand crafted in Suffolk".

Visitors are welcome as are organised distillery tours. Well worth the 25-minute drive from Preston, and a delightful enhancement of your evening G&T.

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HORTICULTURAL NOTES

Winter pruning...

Now is the time to give deciduous trees and shrubs a winter prune. Pruning can revive and invigorate, encourage fruiting and flowering, and is the best time of year to re-shape trees and shrubs before they are once again in leaf.

A general rule of thumb is...

- Use sharp secateurs/loppers.
- Always cut at an angle.
- Stand back and assess the shape before cutting.
- Thin out crowded stems, removing any dead, diseased, damaged or crossing branches, and taking out any downward or inward facing stems.
- For trees, aim for a goblet shape and evenly spaced stems/branches.
- *Be careful not to prune those plants that bloom in early spring or you will sacrifice your flowers.*

Fruit trees

Pruning established free standing apple and pear trees now will encourage fruiting. Prune as above, cutting off any shoots at the base and making sure the crown is open and not congested. Shorten the previous year's growth by about a quarter and always cut just above an outward facing bud. Leave side shoots so these can develop into fruiting buds.

Espalier and fan trained fruit trees should be pruned in Summer.

Don't prune cherry or plum trees in winter as they are vulnerable to fungal disease.

Happy Gardening!
Laura Ashford

Preston and District Art Group

The Art Group continues to meet on Monday mornings 10.00 - 12.00 at the Village Hall for three 10-week sessions a year. This term we are tackling pastels and have been exploring how soft pastels mix and merge together. We will be joined for two sessions by Kate Hanlon who will no doubt give us valuable tips on taking our work to a better level.

This is a small friendly group who would welcome anyone who wants to have a go. Please contact Judy to find out more or just turn up for a free taster session.

judyannlegg@gmail.com 01787 247515

FEBRUARY & MARCH 2023

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

QUIZ TIME

There are no prizes - answers are on Page 14

1. How does the motto that surrounds the roaring MGM lion translate into English?
2. In which novel did Mrs Bedonebyasyoudid and Mrs Doasyouwouldbedoneby appear?
3. In tennis, which piece of fruit can be found at the top of the Wimbledon trophy?
4. How many prisoners were freed after the storming of the Bastille?
5. What is the name of the winged horse in Greek mythology?
6. What is the name of Donald Duck's girlfriend?
7. What is a baby giraffe called?
8. Who succeeded Henry II of England?
9. The song "When you wish upon a star" comes from which movie?
10. How many legs does a lobster have?
11. Which bird can fly backwards?
12. In which year was the Chernobyl disaster?

FEBRUARY & MARCH 2023

LAVENHAM GARDENING CLUB

Best wishes to you all.

How good it is to see the bulbs pushing through and the garden starting to come to life, with the promise of springtime, after what has been by turns either a very chilly or very wet winter this year.

The Gardening Club has been continuing activities throughout. Back in November, during a very enjoyable evening at Thorpe Morieux, we won the annual quiz and retain the rose bowl for another year. This year, it will be Lavenham's turn to host the evening and set the questions - it will be a hard task to follow Thorpe Morieux's excellent puzzles.

By the time you read this, members will have enjoyed our New Year party, with entertainment by a magician this year. Social evenings are always popular - we are expecting around 60 members and we are looking forward to a good evening.

Our AGM for Gardening Club members will be held in February. Any nominations for the committee should be received 14 days in advance of the meeting. The new programme will be available upon receipt of subscriptions, as well as news of our celebrity speaker for this year. Meetings are held on the last Wednesday of the month, in the main hall at Lavenham Village Hall, starting at 7.30pm. New members are always welcome. Check the website for information <https://lavenhamgardeningclub.co.uk>.

Our first speaker for 2023 will be Leanna, a local flower grower and florist, who will hold a practical demonstration and workshop at the March meeting.

Diary dates are as follows:

Feb 22nd AGM

Mar 29th A floral arrangement for Easter

Ring Sandra on 02787 311707 or Carolyn on 01787 247489 for information on any events or membership.

Carolyn Jenkins

HISTORY NOTES

Those who are familiar with our own parish church will not need reminding how much history is stored in such precious buildings. Ours is well documented thanks to the excellent work of the late Jim Wilkins.

But let's not forget the others. St Mary's, Brent Eleigh – only a mile away – has some fascinating features: "the earliest [13C] and finest" wall paintings in the country, box pews to accommodate the whole village and an Italian marble monument of a grandeur suitable for a huge cathedral. There is history all around, illuminated by some beautiful stained glass windows. Just the distance for a healthy walk! JT

SESAW - Suffolk & Essex Small Animal Welfare

Hello Preston Parishioners,

Each year, happy owners often return with ex-SESAW dogs for a Christmas visit. One of these catch-ups highlighted an issue which might interest readers so here is Carmen's story:

"Last year we were ready to open our hearts to another dog, having lost one in lockdown. We just missed one we liked at SESA W but were introduced to three Cocker Spaniels. Poor things, they were so scared and neglected, understandably after being used for breeding. We fell in love instantly and knew they were the dogs for us.



They came home where they are safe, cared for and very much loved but we noticed strangers giving us horrible looks when out on walks. We couldn't figure out why, but then it clicked. They saw the girls' low-hanging bellies, caused by having so many litters of puppies in their previous lives, and they were judging us for how they looked. It made us feel awful.

The moral is, please don't make assumptions based on how a dog may look or act. Maybe, like ours, it didn't have the best start and the owner is trying to make a good life for their pet and help it heal from horrible past experiences. Our girls have come on so well since we've had them, but there is still a long way to go. So please don't judge a book by its cover, because you don't know what's happened on the inside."

Well said, Carmen. It's the same for canines like me. Many of my fans used to think little dogs were nasty and vicious until they met me,

Kenny (the Boss) Chihuahua

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

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.

Grit bins – from Preston St Mary Parish Council

Some members of the Parish Council have been asked about grit bins in the village.

We can order some to be placed in appropriate places around the village but to have the bins we also need a list of volunteers that will take responsibility of spreading the grit when needed. This list has to be sent to Babergh District Council as well as being held here in the village.

In the past mounds of grit were dropped on the verges to be spread as needed, but this practice is no longer allowed due to the risk of salt seeping into the ground.

If you would like to help identify where the bins should be placed and would like to be a volunteer, please email prestonpcclerk@gmail.com

We need you again! We are holding another litter pick on Sunday 5th March starting at the village hall at 9.30am. Please come along and help, there will be refreshments and cakes at the end.

Mothers' Union Parish Resources

Mothers' Union has produced a number of resources for parishes to use with families. Whether it is exploring the bible, praying, ways to connect with God or ways to use music Mothers' Union has a range of downloadable resources for the major seasons of the year as well as everyday events. If your ministry team is looking for new ideas for this year's Mothering Sunday, including service ideas, children's activities and a number of downloadable resources then check out: www.mothersunion.org/faith-family-resources

Make a Mothers' Day.

Mothering Sunday is a special time to say thank you to all mothers and caregivers for the selflessness with which they nurture, love and help us to flourish.

This year, you can celebrate or remember someone special by giving a gift of resilience. For the past two years Mothers' Union has been especially aware how important community, resilience and prayer are in our lives and in those of the people we are most connected with. Our Gifts of Resilience are gifts you can give that will empower women around the world – often women who are themselves responsible for their own families and children. One such gift is a Literacy Learning Circle. This gift helps to empower more people to read, write and release their full potential. Check out all the gifts available at www.mothersunion.org



Suffolk Wildlife Trust

Suffolk Wildlife Trust

Frosty delights at Lackford Lakes

By Amy Rushton, Head of Income Generation, Suffolk Wildlife Trust

There is no finer way to spend a frosty February morning than on a walk at Lackford Lakes, just outside Bury St Edmunds.



Lackford Lakes: Steve Aylward



Kingfisher: Jamie MacArthur

Along with Knettishall Heath and Carlton Marshes, Lackford Lakes is one of Suffolk Wildlife Trust's 'Gateway' Reserves. These sites are so named because they are our larger reserves, which provide opportunities for visitors to get particularly close to wildlife, with the added advantage of visitor facilities. We hope a visit to any one of them acts as a 'gateway' to people experiencing nature!

Lackford Lakes owes its origins to sand and gravel extraction along the valley of the River Lark. In 1987, a neighbouring landowner and much-loved supporter of Suffolk Wildlife Trust, Bernard Tickner, purchased one of the exhausted gravel pits (now called 'The Slough') to create the first part of what would become the nature reserve. Ten years later, the site had become such an important place for over-wintering wildfowl and dragonflies and damselflies, that it was designated a Site of Special Scientific Interest. By 1999, all the sand and gravel extraction had been completed, and the company transferred the ownership of the entire site to Suffolk Wildlife Trust. In 2017, more land became available to expand the reserve; 'Sayers Breck' is typical Breckland, with light, sandy soils and sparse vegetation, which species such as stone curlew love.

Today, Lackford Lakes is a wildlife oasis with its patchwork of lakes, reeds, meadow and woodland. It is quite unusual to have a large, inland wetland of this size, and consequently there is interesting wildlife all year round, with iridescent kingfisher, dazzling dragonflies and colourful ducks. There are a number of viewing structures along the trails, which provide extraordinary opportunities to watch the wildlife just metres away, as well as feeders which can be observed from the comfort of the visitor centre -with a hot chocolate in hand.

So, make a date with Lackford Lakes and experience some of the best wildlife viewing in the county!

Our work is only possible thanks to the 28,000 members who support us. If you would like to consider joining us, Jack Tasker has membership forms and sample copies of 'Wild Suffolk' magazine, which members receive 3 times a year. Find out more about joining at www.suffolkwildlifetrust.org/join. **Contact Jack on 01787 249571.**

FEBRUARY & MARCH 2023

PRESTON ST MARY & DISTRICT LADIES CLUB

When we can get back to the usual meetings in the Village Hall - perhaps in the New Year - new members will be warmly welcomed, so do come and join our group of lively ladies. Our annual subscription is only £10, and just £2 when you attend a meeting, which includes raffle prizes and refreshments. Village Hall meetings start at 7.30pm and are held on 2nd Monday of the month. However, in the summer, we do try to alternate Village Hall monthly meetings with interesting outings wherever possible.

Best wishes for a
Happy & Healthy New Year everyone

Over the last few years it had been very difficult organising events and meetings for the Ladies Club, mainly because of the Covid pandemic but also because our Village Hall was being refurbished. However, hopefully, it will now be possible to arrange a full programme for 2023.

Our first meeting of 2023 will take place on **Monday 13th March at 7.30pm**. This will be a Meet & Greet meeting where we Ladies will have the opportunity to catch up with each other, to chat and to celebrate the first meeting with a glass (or two) of Prosecco. So, please put this date in your diary. Ladies who are new residents to the Village are most cordially welcome to come and see what Preston Ladies Club is all about.

The remainder of our Programme for the year is a work in progress at the moment, but I am hoping to be able to arrange some of the outings that were not possible over the past years. For instance, the River Stour trip with lunch, a visit to Suffolk Punch horses and visits to National Garden Scheme gardens.

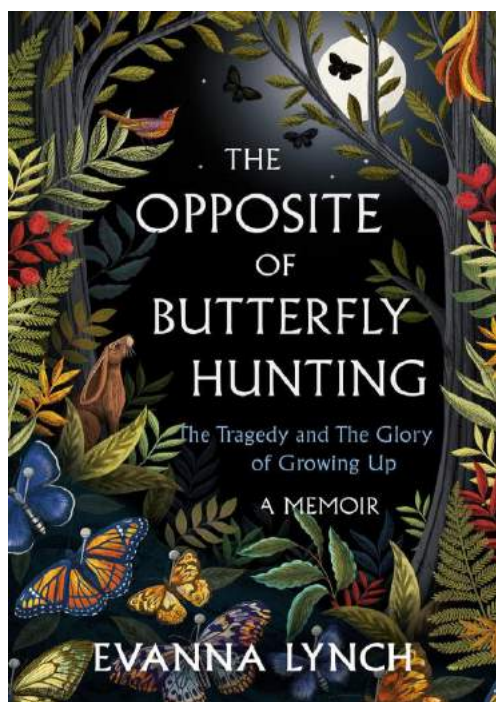
The extra Bank Holiday on the 8th May for King Charles III's Coronation actually falls on one of our Ladies Meeting dates and there is also an Early Bank Holiday on 1st May, but I would hope to work around that problem.

Contact Anne Springall on 01787 247156 or email annespringall@gmail.com for more information about any of our meetings. I am always glad to hear from you

**DON'T FORGET TO PUT THE CLOCKS
FORWARD ON MARCH 25th/26th FOR THE
START OF BRITISH SUMMER TIME!**

BOOK REVIEW

Evanna Lynch is best known as being the Irish actress who played Luna Lovegood in the Harry Potter film series.



This book is a memoir about her struggles with severe anorexia, which developed at just ten years of age. In and out of hospital for the next few years she is unable to understand why her family and doctors are so concerned. Her one comfort is the wizarding world of Harry Potter – she becomes pen-pals with J K Rowling while she is at an eating disorder clinic.

Incredibly, at the age of fourteen she manages to persuade her father to take her to an open audition in London for the role of Luna Lovegood (unbeknown to J K Rowling!). Miraculously she is offered the part.

This beautifully written book charts her progress and offers insight into a confusing, frustrating and heart-breaking disease. KLH

QUIZ TIME ANSWERS

from Page 8

1. Art for Art's sake
2. The Water Babies
3. Pineapple
4. 7
5. Pegasus
6. Daisy
7. A calf
8. Richard I (The Lionheart)
9. Pinocchio
10. 10
11. Hummingbird
12. 1986



RECYCLING

I know that many people are still confused about what can and cannot go in the recycling bin. This chart is the official list from Suffolk Recycling. If you need more information go to www.suffolkrecycling.org.uk

RLH

✓ We ONLY want these items in your recycling bin

Items should be

- ✓ EMPTY
- ✓ CLEAN
- ✓ DRY

NO BAGGED ITEMS

YES Plastics

Plastic bottles - empty, wash, squash and lid on

Plastic yoghurt pots, tubs and food trays

Bathroom and household cleaning with all tops on

YES Metals

Food and drinks cans

Aluminium foil and trays - roll foil into a ball

Empty aerosols - e.g. deodorant, air freshener

YES Paper/card

Paper, newspapers, magazines and junk mail

Cardboard, clean food packaging, boxes and cards

Books, paperback and hardback

✗ Please NEVER put these items in your recycling bin

They will contaminate the recycling and YOUR BIN WILL NOT BE EMPTIED

NO Black sacks, plastic bags or wrappers

NO Food

NO Nappies

NO Glass

NO Textiles

NO Cartons e.g. Tetra Pak

NO

These can be recycled elsewhere - see back cover

crisp packets - polystyrene - pet food pouches
pill packs - toys - plant pots - tissues - kitchen roll
wipes - shredded paper - wood - hazardous waste

NATURE NOTES



Ever seen an eagle, vulture or other foreign raptors in your garden? Of course not but they're not far away. **Lavenham Falconry**, actually in Monks Eleigh behind Corncraft, has a fine collection of beautiful hunting birds available for displays, falconry, photo shoots, owl encounter, etc. Go to their web site, www.lavenhamfalconry.co.uk for the range of activities and opportunities.

POETS' CORNER

Senior Citizens at Coniston

The gilded barge, the tree-clad slope,
The soft, white hair of soft white older folk;
The fawn-clad gents, the ladies low-slung busts,
Their regiment, The Kings Own National Trust.

Possessed of chair and tea room table place,
Mistrustful of my cheerful smiling face,
Belligerent and bellicose with disapproving stare,
The fierce old duffers misinterpret, tut and glare

..... I do not want to be old before I am wise,
I do not want to see the world
Through Daily Mail eyes.

I will not rant for young joy's removal,
I will not have that puckered mouth
Of disapproval.

Lord, give me that kindly smile of toleration,
That slow turn of the head, that warmth
Of moderation.

I will not rage against the dying of the light,
I will not mind going gentle
Into that good night

Tim Bridges January 2023



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Mites/Silverfish/Flies etc



Mole control by all Ministry approved methods
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Property Care:

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30 Year Bonded Guarantee available



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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:

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VILLAGE HALL NEWS

100 CLUB WINNERS

The two remaining draws for 2022 have been made and the lucky winners are:

1st Prizes (£25)

Kate Hanlon

Ben Williams

2nd Prizes (£15)

Merle Barbrook

Mel Hayward

3rd Prizes (£10)

Sylvia Tillotson

Patsy Catchpole

Many thanks to all who entered the draws, which provide a very useful contribution towards the annual running costs of the hall. We'll soon collect subscriptions for the 2023 draw!

REGULAR CLUBS

Most of the regular clubs have now returned, having taken a break for the Christmas and New Year period. The exception is the Pop-up Choir, which will meet again in early February. A note to the members is being compiled and may have been circulated by the time you read this– if anyone else would like to join, **please contact Lyn on 07748 174708.**

PLANNED EVENTS – WELL, SEMI-PLANNED AT LEAST!

Many people, residents and visitors alike, have expressed their joy at how much fun we all have when we gather together in Preston St Mary. The social calendar for 2023 is not yet fixed but here are a couple of things to set the ball rolling:

The Pop-up Choir, buoyed by success before Christmas, are planning another concert, to be performed some time in the first half of 2023. We will let you know the exact date and further details once they have been agreed.

We are deliberating whether to hold a Village Celebration for the Coronation of King Charles III. It will not be on the actual day, Saturday 6th May, as many of us will wish to watch the ceremony. One of the following days, either Sunday 7th May or Monday, 8th May (a Bank Holiday), would therefore make more sense. We will take note of the timeline for the national celebrations which has just been announced and will publish more details of any plans for a local event in the next edition of this paper.

LOTS GOING ON!

With the Village Hall being so well used, and with the potential to organise and host a greater range of events, it's going to be an interesting and exciting time for us all.

Would you like to join the Village Hall Committee? There are a couple of vacancies for anyone who wants to get involved in the social side of this lovely village. Please contact one of the “officers” on the number below to find out more and to express your interest.

(Please note: some new numbers!)

ANNIE MASON, Chairman, 07740 820100 (PC title “The Chair”)

SUE DIGGINS, Secretary, 01787 247626 (PC title “The Quill”)

KEITH DAVIS, Treasurer, 01787 247112 (PC title “The Till”)

FEBRUARY & MARCH 2023

Duck Races 2022



On the evening of the Sixth of November the Village Hall Committee welcomed guests to Preston Puddle Paddocks (Village Hall) for the start of another quacking evening of Duck Racing. Having no pond, river or even waterfowl has never put a damper on previous occasions, and this was no exception. A new hazard had been incorporated into the race, THE WEIR and along with THE FOX this led to fortunes being won or lost, and judging by the noise levels, partly due to the new Duck Call Whistles, I think the latter prevailed.

Dave Williams and Mervyn Cochrane, two retiring lads from the village, managed the race in a dignified manner, ably assisted by duck handlers Willa Shenton and Nesta Barksfield. Keith Davis and Geoff Poole with their magnificent

monetary skills ran a fair tote, taking bets and paying out winnings to the delight of the punters. Each race was sponsored by a local business as acknowledged on the race card. The committee are grateful for their support.

Steve and Sharon Sharp ran the donations bar ensuring racegoers didn't go thirsty! Halfway through the evening the wonderful catering staff, sorry too many to name individually, but including Sue Diggins and Kay Shorter as Master Chefs, presented a delightful choice of hot Chilli or Lasagne from the sparkling new kitchen. This was followed by the raffle and birthday greetings to the two people present who were lucky enough to be celebrating on a duck race day. Thanks go to members of the Village Hall Committee and others who worked so hard, before and during and after the event.

It was a pleasure to see so many faces new to the village. From the cheers, laughter and comments it appeared everyone enjoyed this entertaining evening which raised just over £1000.00 towards the upkeep of the village hall.

PRESTON PEOPLE

SUE DIGGINS



We moved to Preston 30 years ago from Shenfield in Essex. My sister Mandy and brother-in-law Mervyn and I decided to pool our resources and buy a property with land where we could keep our horses and the children's ponies and enjoy a rural life. Mortimers Barn ticked all the boxes and it even had an annexe for "Auntie". We soon realised how lucky we were to have chosen Preston as everyone was so welcoming and the countryside was lovely.

It was my love of horses that got Mandy and I involved with Riding for the Disabled Association in Essex so I soon started volunteering again with the Shelley Centre near Hadleigh. Over the years I have held several positions in RDA, including Suffolk County Chairman for 20 years and then East Regional Chairman. This was a very busy time for me with 60 odd groups in 5 counties under my wing and had to help organise training days, a Regional Conference and be involved with royal visits.

I met some wonderful, dedicated people who gave up so much of their time to help with their groups and have many happy memories to look back on.

After 50 years of volunteering with the association I recently decided that it is time to hang up my boots and let some of the younger generation take the reins. However, I still find my days filled with my other roles as Secretary for the village hall and the PCC, singing with the Preston Pop Ups and also play quite a bit of tennis for the Lavenham Tennis Club mixed and ladies' teams and also for Suffolk County Ladies Vets team. We had an amazing experience this summer playing against Surrey at Wimbledon. It was one of the hottest days in August and playing outside in the blazing 35 degrees sunshine was more of an endurance test than a tennis match, but at least we can say we have played there!

Having spent nearly two years away from Preston whilst our new house was being built it was a real feeling of homecoming when we moved back to the village; our roots are definitely well planted here.





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

The re-formed “Whelp Street Wonders” roared back onto the quiz scene with a win at The Six Bells December quiz. Remember: every first Wednesday, teams of 4, Curry and Quiz at The Bells; £2 entrance and £10 for your (very good) curry - both free to the winners.

AGRICULTURAL NOTES

What are farmers doing at this time of year? During the severe recent frost Gary has been attempting to drill but the top layer of soil was so hard this has had to be postponed. Wheat has been shunted backwards and forwards. If, on testing, it is deficient in protein it is returned to the grower to be sold for animal feed.



There is much hedge-trimming to do but to protect nesting birds this can only continue until the end of February and be resumed in October.

Then there is the huge range of machinery which characterises modern farming and is in constant need of maintenance. There are no slack periods in farming.

JT

HEALTH AND WELLNESS NOTES

IT'S THAT MOODY TIME OF THE YEAR

This can be a difficult time of the year for many. Some of us may have made a few unattainable resolutions that may not have worked out, and we are left feeling low and disenchanted. Diet culture can be very pressurising and New Year diets are not something I agree with as they inevitably fail, leaving people feeling unhappy within themselves. There are some great foods to include daily to help you feel better and keep your chin up. Improving what you eat can lead to clear thinking, a regulated mood, and good energy.

Watch your caffeine intake. Coffee and tea, too much of it, can leave you feeling anxious and lead to a low mood.

Slow-releasing carbohydrates, such as vegetables, fruit and whole grains are beneficial for maintaining our blood sugar levels and avoiding sudden spikes that simple carbohydrates such as bread, pasta, and biscuits etc. give us. Slow-releasing carbohydrates found in whole foods can prevent tiredness, poor concentration, and low mood.

Antioxidants found in fruits and vegetables help reduce oxidative stress (through their vitamin C and E content) which may help protect us from low moods. Keep it colourful!

Folate is important too.

There is some evidence to suggest that folate deficiency is linked to depression. We need folate as a co-factor in producing serotonin – the famous “happy hormone”. You can find folate in dark leafy greens.

Omega 3 is always on the list! Omega 3 helps to lower inflammation, which, you guessed it, is also connected to low mood. Oily fish contain this as do chia seeds, flaxseeds, and walnuts.

These are good and effective ways to keep well. There is so much more to food than numbers! Just eat whole food, mostly plant-based diet and stay away from processed food, alcohol, and added sugars and if you only manage to do one thing this week, Get into nature! I know it's cold outside, but nature is the best medicine. It reduces stress, invigorates creativity, and calms the mind. Plan to get outside every day, no matter the weather.

Marjorie Devine-King – Nutritionist

PRESTON ST MARY PARISH CHURCH ELECTORAL ROLL

The Annual Parochial Church Meetings will be held at 7.00pm after Evensong on Sunday 26th March. All parishioners are invited to attend, but if you wish to vote you must be on the Church Electoral Roll. If you wish to add your name to the roll please contact the PCC Secretary Sue Diggins by 15th March on 01787 247626

REVOLTING PEASANTS

The famous Peasants' Revolt took place in 1381 as a protest against the new Poll Tax raised by the government of King Richard II. There is a local connection here - the tax was introduced and imposed by one Simon of Sudbury, the Lord Chancellor of England. During the Revolt Simon was attacked in London and torn to pieces by the mob. His head was later returned to Sudbury, where it still exists – like a headhunter's shrunken trophy – preserved in St Gregory's Church.



But there was another less well-known uprising, 144 years later in 1525 during the reign of Henry VIII, and that had even more local connotations. Cardinal Wolsey – a Suffolk man who was Henry's Chancellor – had imposed a tax to help pay for the King's warring campaigns against the French. This was not a tax directly imposed on the workers but was a levy on all goods produced – set at one sixth by value. It hit the local wool merchants hard and caused them to lay off many of their employees.



In spite of the harsh penalties which were usual at that time, an Artisans' Rebellion spread around Lavenham, Sudbury, Hadleigh and the surrounding villages. Over 3,000 men are believed to have taken up arms. The word was passed around that the signal for action was to be the ringing of Lavenham Church bells, at which the mob would assemble and occupy Lavenham. Unfortunately for them one of the wealthy wool merchants, John Spring, heard of the plan and had the clappers removed from the bells, thus foiling the plot.

In the following days the Dukes of Suffolk and Norfolk assembled a militia force to counter the rebellion. They arrested the leaders and took them to London for trial, where they were expected to be executed in the particularly cruel way common at that time. However, the opposition to the tax from merchants and entrepreneurs all over the country had already forced Wolsey to abandon his planned levy. He intervened with the Court and asked for clemency for the rebels, after which they were pardoned, and the wool towns of Suffolk returned to their peaceful rural existence.

Robyn Lloyd Hughes

WORDS OF WISDOM

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Winston Churchill



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Megan Pryke VTCT, BABTAC

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

Scientific evidence shows that acupuncture treatment can stimulate the brain and spinal cord to produce natural pain-relieving chemicals such as endorphins, melatonin (which promotes sleep) and serotonin (to promote well-being). Based on strong scientific evidence available so far for its effectiveness, the National Institute for Health and Care Excellence (NICE) recommends acupuncture as a treatment option for chronic lower back pain, chronic tension-type headaches and migraines. Large scientific studies also indicate that acupuncture can help relieve pain caused by osteoarthritis.

"I have found your sessions to be beneficial for my neck...I also found the acupuncture to be incredibly relaxing. Your fees are very reasonable for the high value of therapy you offer." Ben Holden, Rattlesden. See website for more examples of what patients say.

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

FEBRUARY & MARCH 2023

Lavenham Library

Opening Hours
Monday – 10-1
Tuesday - 10-1 and 2-5
Thursday - 10-1 and 2-5
Friday - 10-1 and 2-5
Saturday - 10-2
Sunday & Wednesday – Closed



ALL ABOARD!

The Lego Train will be calling at Lavenham Library on **Thursday 16th February**, so hop aboard between **2.30pm-4.00pm**. For children of all ages.

Lego Club will also be available so come along and get creative!



If you or someone you know can't make it to the library, our Home Library Service can deliver titles to homes and care homes. Our friendly volunteers will visit you in your home to discuss which books you are interested in, including audiobooks. Tell us about your favourite authors, genres or non-fiction subjects, and our volunteers will choose a selection of books and order them from the library on your behalf. They then

collect the books from the library and deliver them to your door and return any books you've finished.

Other Regular Activities

Every Saturday: 11am-12pm Lego Club – drop-in sessions for children of all ages.
Every Friday: 2.30-4.00pm Indoor Kurling - group for adults
Fortnightly Tuesdays: 2.30-4.00pm Top Time – social group for adults

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

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FEBRUARY & MARCH 2023

UNITED BENEFICE OF LAVENHAM WITH PRESTON ST MARY

Curate: The Revd. Graham Naylor

41 Spire Chase, Sudbury, CO10 1PZ Tel: 07768 283636

Reader: Mr Pete Postle

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

CALENDAR OF BENEFICE SERVICES FOR FEBRUARY 2023

SUNDAY 5th February 3rd BEFORE LENT	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	MORNING WORSHIP
	PRESTON	12 NOON	11.30am Refreshments before PRESTON PRAISE
SUNDAY 12th February 2nd BEFORE LENT	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	6.00PM	EVENSONG
SUNDAY 19th February LAST BEFORE LENT	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	PARISH COMMUNION
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
WEDNESDAY 22nd February ASH WEDNESDAY	LAVENHAM	7.00PM	HOLY COMMUNION
SUNDAY 26th February LENT 1	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	6.00PM	EVENSONG

THE FOLLOWING MID-WEEK SERVICES ARE HELD EVERY WEEK

WEDNESDAY (Except 22nd February) LAVENHAM 10.00AM HOLY COMMUNION
A short service followed by a 'Coffee Morning and Chat'

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

FEBRUARY & MARCH 2023

UNITED BENEFICE OF LAVENHAM WITH PRESTON ST MARY

Curate: The Revd. Graham Naylor

41 Spire Chase, Sudbury, CO10 1PZ Tel: 07768 283636

Reader: Mr Pete Postle

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

CALENDAR OF BENEFICE SERVICES FOR MARCH 2023

SUNDAY 5th March LENT 2	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	MORNING WORSHIP
	PRESTON	12 NOON	11.30am Refreshments before PRESTON PRAISE
SUNDAY 12th March LENT 3	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	6.00PM	EVENSONG
SUNDAY 19th March LENT 4 MOTHERING SUNDAY	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	PARISH COMMUNION
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
MONDAY 20th March	LAVENHAM	TBC	INDUCTION & INSTALLATION OF REVD SIMON PITCHER AS NEW RECTOR
SUNDAY 26th March LENT 5 PASSION SUNDAY	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	6.00PM	EVENSONG

THE FOLLOWING MID-WEEK SERVICES ARE HELD EVERY WEEK

WEDNESDAY LAVENHAM 10.00AM HOLY COMMUNION
A short service followed by a 'Coffee Morning and Chat'

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