

PRESTON PARISH PAPER

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

Dates for your Diary

Sundays 1st August and 5th September – Preston Praise at 11.30am for 12 noon in the Church

Sunday 22nd August – Community Celebration and Picnic from 12 noon at Lavenham Air Theatre

Sunday 29th August - Benefice Songs of Praise at 6pm in Lavenham Church

Saturday 4th September – Quiet Day at Heart of Monks Eleigh Retreat Centre 9.30am – 3.30pm

Saturday 11th September – SHCT Ride and Stride 9am – 5pm

Saturday 11th September and Sunday 12th September – Art Club Exhibition in the Church

Sunday 12th September – Patronal Festival in the Church at 12 noon

Sunday 3rd October - Friends' Thanksgiving Service at 11.30am for 12 noon in the Church

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.

ROADMAP STEP 4 – FREEDOM?



- ❖ You do not need to stay 2 metres apart from people. There are no limits on the number of people you can meet.
- ❖ In order to minimise risk, you should limit the close contact you have with those you do not usually live with.
- ❖ You should meet outdoors where possible and let fresh air into homes or other enclosed spaces.
- ❖ The Government is no longer instructing people to work from home if they can. However, the Government expects a gradual return over the summer.
- ❖ The requirement to wear face coverings in law has been lifted. However, the Government recommends that people wear face coverings in crowded areas such as public transport.
- ❖ There are no longer limits on the number of people who can attend weddings, civil partnerships, funerals, receptions and other celebrations and life events. There are no restrictions on singing or dancing.
- ❖ There are no longer restrictions on numbers attending communal worship.

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.

AUGUST & SEPTEMBER 2021

WHO'S WHO IN THE VILLAGE

Parish Council

CHAIRMAN	Richard Martin	249020	
CLERK	Kay Shorter	249492	prestonpcclerk@gmail.com

Parochial Church Council

RECTOR	Revd Stephen Earl	247244	earls2222@btinternet.com
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	01449 763640	ranniemason@btinternet.com
SEC./BOOKINGS	Sue Diggins	01449 737187	sdiggins2rda-east.org.uk

Art Group

Monday mornings, 3 terms of 10-12 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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Neighbourhood Watch

CO-ORDINATORS	Sue Cawston	247189	kishcash@btinternet.com
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	Mervyn Cochrane	01449 736808	
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Tree Warden

	Kate Hanlon	249647	katemaryhanlon@gmail.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	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

AUGUST & SEPTEMBER 2021

A PASTORAL LETTER FROM PETE POSTLE, READER

Those of you who expected to see me in Church every Sunday will have noticed my absence over the past six months since Christmas.

For better or worse, I had explained to those in charge at Lavenham and Preston St Mary churches that I was content for them to explain my reasons for absence. Samuel Taylor Coleridge (almost) puts it nicely:

*It is an ancient Church Reader,
And he stoppeth one of three.
"By thy long grey beard and glittering eye,
Now wherefore stopp'st thou me?*

*He holds him with his skinny hand,
"There was a hitch," quoth he.
"Hold off! unhand me, grey-beard loon!"
Eftsoons his hand dropt he.*

So this old grey-bearded loon won't bother you, dear reader, with the details, other than the NHS has patched up the physical bit and the Holy Spirit is helping with both the physical and bereavement bit.

For me, those six months have provided an invaluable opportunity for reflection. Firstly, my faith is stronger than ever. Secondly, my faith is simpler than ever. I look for gentleness everywhere.

What I have experienced over this year has been the wonderful capacity of most everyone I have met for kindness, affection and love. I could describe all sorts of occasions and situations to illustrate what I write, but must pick on one in particular.

If the Queen hadn't already done so, I would be awarding a medal to the NHS.

My praise has no bounds for all the staff that have helped and treated me, both here in the Melford and Lavenham practice, at West Suffolk Hospital and at Addenbrookes in Cambridge. I offer my thankful prayers to God for them, the work they do so tirelessly and with such good humour. I have mentioned faith and love. They have supplied those and added the third element – hope.

Their devotion to duty brings into the sharpest of focus those words in our Lord's Prayer:

"Thy kingdom come, thy will be done, on Earth, as it is in heaven."

My love to all of them and to you all, as always

Pete Postle

AUGUST & SEPTEMBER 2021

Friends of Preston St Mary Church Forthcoming Events

Further details from janet.martin01@btconnect.com



Wall Calendar for 2022

featuring images of Preston in times past

Available in November

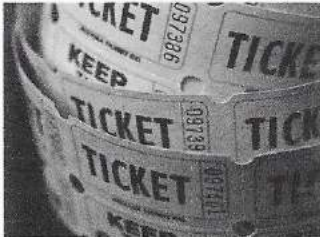
Sale proceeds in aid of The Friends



Friends' Thanksgiving Service

3 October in the Church

Preston Praise at noon, coffee and croissants beforehand at 11.30



Grand Christmas Raffle

Many superb prizes. Tickets just £1

Book of 10 tickets will delivered to all households in the Autumn

Sale proceeds in aid of The Friends



Concert of Christmas Music

in the Church in mid December including

Choral Music from The Copt Hall Singers

Details to be confirmed

Proceeds in aid of The Friends



NEW Monthly Village Gathering

Inaugural get-together on 23 October

from 10 to 12 in the Church

Books and bric-a-brac. Bring items to sell and buy some too

In aid of The Friends

AGRICULTURAL NOTES

Harvest started this year on 19th July with a good winter barley yield. The excitement for Gary Elsdon and his business partner, however, is the arrival of a Claas Lexion 770 combine harvester. Their firm has paid £160,000 (second hand) for a machine whose active work per year can be reckoned in days rather than months or even weeks. The benefits? A powerful Mercedes engine and, most valuably, a 35 feet wide header (the operational bit at the front). This, at 5 feet wider than its predecessor, is what makes the investment worthwhile, for every up-and-down of a field means 10 feet more of the crop harvested - a huge saving of the farmer's time. Good luck with the new kit, Gary. JT



COOKS' CORNER

JT recommends his favourite way to enjoy lamb.

2 chump chops at least one inch thick. (Chump chops are the elongated, boneless variety)

4 sprigs fresh rosemary
A little liquid honey

Pre-heat the grill to maximum.

Smear one side of the chops with honey and stick the rosemary sprig lengthways to the chop. Grill the chops for a few minutes then turn over and repeat the process to the other side. They should NOT be overcooked. Treat as you would a rare steak.

Rest the chops for about 15 minutes, then serve with your favourite vegetable or salad.

AUGUST & SEPTEMBER 2021

“CAFÉ COMO”

Not on the shores of the famous lake, but in our neighbouring village of Brent Eleigh. Very tastefully appointed, with all the latest coffee gadgetry and a wall sized picture of its namesake dominating, it's a most welcome local amenity. Coffee's good, home-made cakes outstandingly good, all served with consummate charm by the proprietor, Miranda.

On the road to Monks Eleigh, 200yds past “The Cock”, on the left, entered via a five-bar gate - open, with plenty of parking.

NOW OPEN AGAIN

Café Como's opening times have been disrupted by the constantly changing lockdown rules. Please check with Miranda – contact details below

CENA

SUPPER CLUB AT CAFE COMO

A monthly Italian dinner for up to 20 people. We serve a welcome drink followed by a 3-course dinner for £25 per head. Bring your own wine or beer (£2.50 corkage), soft drinks and coffee available. 7-10pm.

Please call or e-mail Miranda for dates and themes.

Contact 07401 242179

miranda@cafecomo.co.uk

Off A1141 Brent Eleigh



ZUMBA

Fancy improving your fitness level? Making new friends? Having a weekly social event with friends and family? Come along to my Zumba class at Hitcham Village Hall every Thursday evening @ 7pm. This class will be starting on Thursday 4th October and is open to anyone. It is an inclusive class and it does not matter how old, fit you are, or whether you've done a dance class before. The class is £5 a session and will last for roughly 45 minutes, including a range of different rhythms. My name is Lucy Brinkley and I am a certificated Zumba instructor. If you have any questions contact me by email: brinkleylk@gmail.com or find me on Facebook. I look forward to dancing with you on a Thursday evening.

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and
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Flute and Cello

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Gainsborough Ensemble

Music to delight and inspire

gainsboroughensemble@gmail.com

Natasha Holmes Janna Huneke

01787 374751 07973 107126

[@gainsboroughensemble](https://www.facebook.com/gainsboroughensemble)

COVID-19 TESTING

NHS home test kits can now be picked up from Lavenham Library. See Page 30 for details.

AUGUST & SEPTEMBER 2021

**THE PARISH CHURCH
PRESTON ST MARY
St Mary the Virgin
Patronal Service**

**Preacher: The Very Revd Philip Buckler, former Dean of Lincoln
(and now resident in Preston)**

Sunday 12th September 2021 at 12 noon

HORTICULTURAL NOTES

Late bloomers!

The gardening season may be in full swing but there is still time to plant flowers to refresh your borders, or sow fast growing veg that you'll be able to harvest in September.

For a burst of colour plant Marigolds in pots or beds. They will keep going until the first hard frost and their bright orange, gold and yellow hues are perfect for late summer and autumn.

Snapdragons are pretty annuals that still have a lot of flowering to do and will cope with a bit of cooler weather. Perfect for pots or beds and pollinators love them.

Plant perennials now to give them a chance to establish a good enough root system to return next year. Keep them watered. Try the perennial Black Eyed Susan (*Rudbeckia*) with its gorgeous golden daisy-like flowers and brown/black centres, and Chrysanthemums in blazing autumn tones.

Tip: Don't forget to keep dead-heading your summer bedding and they will keep going until the first frosts. Cut back leggy Nemesia and this will give the plants a chance to re-bloom in the autumn.

For a quick harvest, try the following easy veg and salad crops.

Pop in some Radishes ... you'll only have to wait up to 30 days and they'll be ready to harvest.

Keep sowing your cut and come again salad leaves, on a sunny windowsill or in a greenhouse.

Spinach, lettuce, rocket, sorrel and chard can all be sown in August for a quick harvest.

Sow green manure plants, such as crimson clover, as they can be dug into the soil and act as a soil improver.

Happy Gardening!
Laura Ashford

AUGUST & SEPTEMBER 2021

PAUL MARINER 1952 - 2021

Ipswich Town and England footballer and former Preston resident Paul Mariner died on July 9th from brain cancer at the age of 68.



He was born in Lancashire and played for Plymouth Argyle in the old Third Division before joining Ipswich Town in 1976 and moving to Mortimers Farm with his wife Alison. Their three sons were born here during the next few years. The family stayed in Preston after Paul signed for Arsenal in 1984 and moved on in 1990 when Paul became coach to the Albany Capitals in the new American Professional Soccer League.

Paul's time in Suffolk coincided with Ipswich Town's 'golden age' as one of the top teams in England and in Europe. He was in the sides which won the FA Cup in 1978 and the UEFA Cup in 1981. He played 35 games for England, including the 1980 Euros and the 1982 World Cup finals, and scored 13 goals. He might have played many more internationals but had to compete for his place against other world class strikers such as Stuart Pearson, Mark Hateley, Peter Beardsley and a young fellow called Lineker.

A great sportsman and personality. Our condolences and best wishes go to his family.

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

Third of 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

AUGUST & SEPTEMBER 2021

THE COCKTAIL HOUR

Bubbles latest recommendation, a lovely Summer cocktail:

Pink Sapphire

2 measures gin
4 measures lemonade
4 measures cranberry juice
Lime wedge

Fill glass (preferably a highball glass) with ice cubes, then gin, then lemonade, then cranberry juice and stir well. Rub the lime wedge round the rim of the glass and drop it into the glass. Enjoy!

ATTENTION ALL SCHOOL LEAVERS! THE ROBERT RYECE CHARITY

In the 15th & 16th centuries the Ryece (or Ryce) family owned Preston Hall. There were several generations named Robert, one of whom was a famous student of heraldry and local history. He wrote a book entitled “The Breviary of Suffolk”, which describes the county in general and its heraldry in particular. He is the one who instigated the many coats of arms in the windows of the parish church. There were originally 160 of them, but many of them were destroyed when the tower collapsed into the nave in 1863. The remaining 52 coats of arms are still a notable feature of our lovely church.

One of the many things that he did for the village was to found this charity, the aim of which is to offer support to school leavers and apprentices of the Parish in the form of grants to assist them with the purchase of books, equipment, tools, special clothing, etc to help them in their studies and/or training. The grants are modest but have nevertheless proved to be useful to previous recipients.

Any school leaver is invited to apply for a grant to help them with the cost of their chosen career, either further study, an apprenticeship or other training. Please direct your enquiry by 1st September to Keith Davis who is one of the trustees.

Keith's contact details:

Addington House, Whelp Street, Preston St Mary CO10 9NL

Tel: 01787 247112

E-mail: keithhdavis@btinternet.com (don't forget the silly 2nd “h” in the address)

AUGUST & SEPTEMBER 2021

Horsing around Preston St Mary – by Kerrie McGrory



I've owned my horse, Willow, for many years. Willow is an affable mare who can be slightly grumpy when being brushed, likes her food and being asked what to do rather than being told. Rather like her owner in many ways. We know each other well and both enjoy hacking the roads and tracks around Preston St Mary. Her 'BFF' is Monty, an ex-racehorse, and she loves to amble along while Monty's owner and I chat away. We are blessed in the area with a number of interesting routes which meander through arable land, connected by fairly quiet roads. Most drivers I meet slow down and give a wide berth. However, this is not always the case and I've had a few near misses.

Hacking out early in the morning is my usual custom. It can be rather like a safari; deer, muntjac, owls, geese, buzzards, kites and hares and the occasional fox can be seen and often in close proximity as they never appear quite so wary when you are atop a horse. I've been riding in the area for the last 16 years and never tire of the beautiful views. The changing seasons always bring something new to the landscape. In good weather, we sometimes stop at The Bells for a 'soft drink' while Willow enjoys a carrot from the kitchens. We once hacked out to the Lyndsey Rose and both accidentally joined a Jazz Festival. Willow was completely unfazed by this and was more concerned I had forgotten her Polos than the dulcet tones from the band. I love hacking around the countryside. Hacking helps to bond with your horse and deepen the level of trust between horse and rider. Willow enjoys getting out and about and I benefit from some time away from work and the general business of day-to-day life. If you see us out and about do say hello. Willow will expect a Polo.



‘Ponds: watery havens for wildlife’

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



A garden pond can be a delightful feature to enjoy, but they are also hugely important for wildlife! In fact, of all the things we can do in our gardens to help wildlife, putting in a pond is probably the biggest help in terms of supporting a variety of species. Damsel and dragonflies, frogs, toads and newts need the breeding space a pond provides, birds need the bathing water, and thirsty hedgehogs need a drink. Bats will feed around a pond at night, and flowering pond plants help pollinators like bees, hoverflies, moths and butterflies.

Visiting birds and mammals make it extra important for your pond to have a means for animals to escape if they stray into the water. But a pond doesn't need to be big – even a small container is better than no pond at all. Old sinks, buckets, washing up bowls – anything that will hold water can be made into a ‘mini pond’ which will attract a surprisingly large amount of wildlife to your garden!

Here are some top tips for creating a mini pond:

- A container can be sunk into the ground or sit at ground level (be sure to add a ramp to ground level if your container isn't sunken)
- A small piece of pond liner can be added to your container to make it watertight.
- The best position is mostly sunny (but not full sun all day), ideally near features like piles of logs or rocks, with no directly overhanging trees
- Add gravel, stones and bricks to the container to create different levels within the pond
- Fill with rainwater, not tap water
- Add a couple of plants to get started, such as Miniature waterlily, Lesser spearwort, Starwort or Flowering rush
- Watch and wait!

Why not have a go and see what wildlife you can attract? The Wildlife Trusts' guide to making ‘mini ponds’ can be found here www.wildlifetrusts.org/actions/how-create-mini-pond but if you fancy something bigger(!) there is a step-by-step guide to creating a garden pond on our website at www.suffolkwildlifetrust.org/gardenponds. Enjoy!

Did you know? Across the UK as a whole, an estimated 50% of ponds vanished in the 20th century and many of those that remain are in a poor or neglected state.

Did you know? As part of our work to protect the county's wildlife, Suffolk Wildlife Trust is working with farmers and landowners on the restoration of ‘ghost’ ponds; we have advised on and restored hundreds of these features across the county, bringing life back to these lost wildlife havens in our landscape.

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**



A mini pond is easy to create and a big help to wildlife!



A bigger pond is perfect if you have room!

AUGUST & SEPTEMBER 2021

RIDE AND STRIDE – THE SUFFOLK HISTORIC CHURCHES BIKE RIDE SATURDAY 11th SEPTEMBER - A REMINDER

Please don't forget that Saturday 11th September is the day of the Suffolk Historic Churches Bike Ride – now renamed Ride and Stride. Walkers as well as cyclists are encouraged to take part, (though horses and motorbikes are not allowed). As always the aim is to cycle (or walk) to some of the fine old churches and other places of worship we have in Suffolk, and to raise sponsorship money while doing so. Money raised is split equally between our church and the Suffolk Historic Churches Trust.

Preston has always strongly supported this event, and we have been rewarded with several grants from the Trust for works in the church. Our cyclists and church recorders will be asking for sponsorship over the coming weeks, and we hope as many of you as possible will give your support. If you would like to ride or walk - or to help man the church on the day - let me know and I'll give you a sponsorship form. This is a charity which supports our own village and county and it's in our own interests to support it. On the same day, a vintage and classic car rally is held with cars travelling a provided route around a selection of churches.

Thank you all very much.

Robyn Lloyd Hughes
01787 247571

PRESTON ST MARY AND DISTRICT ART GROUP

ART EXHIBITION

IN PRESTON ST MARY PARISH CHURCH

SATURDAY 11th SEPTEMBER AND SUNDAY 12th SEPTEMBER

OPEN FROM 9am TO 5pm SATURDAY, 10AM TO 2pm SUNDAY

WORKS BY MEMBERS OF THE GROUP AND FRIENDS
TO VIEW AND TO BUY, INCLUDING PIECES DONE DURING ENFORCED
LOCKDOWN

FOR FURTHER INFORMATION AND TO OFFER ITEMS FOR DISPLAY

CALL JUDY LEGG ON 01787 247515 OR ROBYN LLOYD HUGHES ON 01787 247571



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VILLAGE HALL NEWS

NEW RESIDENTS WELCOMED AT THE VILLAGE HALL

We all know that the Covid-19 restrictions have really decimated the usual run of social events in the village over the last year or so. This has made it even more difficult than usual for people moving into the village to get to know others. With this in mind, the Village Hall Trustees decided to offer a Welcome Reception for all those who have moved into the village during the last 12-18 months.

The date of 26th June was set and, with the surprisingly high number of people on the guest list, we decided that we could not hold the gathering indoors, for fear of falling foul of the current rules on socialising. An outdoor event would therefore be necessary, so we used the garden. Normally at the end of June we could "take a chance" on the weather, but this year is not normal in any sense of the word. As the day neared, the forecast suggested a showery afternoon and Dave & Jacqui Williams kindly offered the use of their marquee. This was duly erected on the Thursday morning because of the forecast of wet weather from then on.

We were delighted that so many people accepted our invitation. Delicious afternoon teas were beautifully and bountifully provided by Kay Shorter and no-one went hungry – thank you, Kay. Fun and friendship pervaded the event, with the trustees able to circulate to welcome the guests and let them know about the variety of things that take place in the village. Judging from the number of "Thank you" notes received since then, the day seems to have been very fully appreciated by those attending.

The marquee proved very useful – though not to hide from any showers! It was a very hot afternoon and would have been most uncomfortable if we had had to spend the time in the full glare of the sun. Thank you, Jacquie and Dave, for that shelter.

"What a lovely idea" was the over-riding sentiment. Well-conceived and well presented - many thanks also to all those who helped make the event so special.

BUILDING WORK FINALLY STARTS

Work on the new extension to the Hall started on Monday 26th July and is expected to continue through the autumn. Regular users of the Hall have been busy making other arrangements, meeting in people's homes or in other neighbouring village halls where possible.

ANNIE MASON, Chairman, 01449 763640 (PC title "The Chair")
SUE DIGGINS, Secretary, 01449 737187 (PC title "The Quill")
KEITH DAVIS, Treasurer, 01787 247112 (PC title "The Till")

AUGUST & SEPTEMBER 2021

PRESTON PEOPLE

TIM BRIDGES



I have had a long association with Preston. In 1957 my parents, on home leave from The Gambia, rented one-third of Four Thatches, opposite The Six Bells. I was 3. After 2 years, during which I started at Lavenham Primary School, and after a brief stay in Rosedene (now Laurel Cottage), I left Preston and went to boarding school in Bedford aged 5.

47 years later, in 2006, Zoë and I came back to live in Preston. The 2 years of my first stay in Preston had fixed the village in my mind as a perfect rural idyll and Bury St Edmunds as the loveliest town in the world. Nothing in the intervening years, nor in my extensive travel and work all over the world, came close to dislodging that impression. Neither has nearly 15 years of living here again. It's as perfect a location as it could possibly be. It is still my rural idyll and Bury is still the loveliest town in the world.

And I can't bid you farewell without mentioning one of the key reasons that Preston is so wonderful to live in - the people. Ever since our arrival, everyone has been friendly, welcoming and hospitable. When I deliver my Green Party leaflets or go to the pub, I have to calculate how long I think it's going to take, and then double it because everyone I meet is always ready to chat and pass the time of day at least I hope that's an accurate analysis. Maybe it's just that I'm a garrulous old bore and people can't wait to get rid of me. Either way, be it friendly conversation or polite tolerance and forbearance, it amounts to the same thing: it's the people of Preston that make it such a happy and joyful place to live. Zoë and I, even after 15 years, can't get over how lucky we are.

IN MEMORIAM ROSE SCOTT

When Rose died at the end of last year her funeral in the Church was of necessity a small, subdued affair under Covid-19 rules for a few family members only. It was nonetheless a moving and a fitting tribute in music and words to a much-loved village character.

On Saturday 24th July the lifting of the regulations enabled Elaine and the rest of the family to organise a celebration of Rose's life, attended in the Village Hall by many who had not been able to attend the funeral.

AUGUST & SEPTEMBER 2021

PRESTON ST MARY & DISTRICT LADIES CLUB

When Covid Restrictions are lifted New Members will be warmly welcome, so do come and join our group of lively ladies. The annual subscription is only £10, and £2 when you attend a bi-monthly meeting, which includes raffle prizes and refreshments. We alternate Village Hall bi-monthly meetings at 7.30pm, usually held on the 2nd Monday with interesting outings, where possible.

oooOooo

Report on Ladies Club Lunch at the Six Bells, Preston on the 2nd June.

Finally, and at long last, it was possible for 14 of our members to meet up for lunch in the Six Bells garden on a really beautifully warm and sunny day with everyone socially distanced, of course, on three separate tables. We all took care to keep our distance but were still able to talk to each other. Because of Covid Distancing Rules the Ladies Club had not been able to gather together since our annual Christmas meal on December 9th, 2019! How wonderful it was to finally meet and catch up with everybody's news and to hear what they had been doing to keep themselves busy. Our lunch had been a hastily arranged meeting for when we could be fairly certain that the weather would be warm and pleasant enough to sit outside and still remain within the rules. We had been very lucky with our choice of day and it became necessary to have the parasols up while we ate. We all thought how pleasant it was to meet up in such a wonderfully relaxed atmosphere after the past 18 months and it made us feel that things were beginning to get back to normal.

Future plans for meetings.

Unfortunately at the time of writing it is a bit difficult to make any plans for our normal monthly meetings, partly because the long awaited refurbishment of the Village Hall will be starting shortly and I am not sure when we will be able to use the Hall. Also, the infection rates for Covid have been rapidly rising, which again makes planning anything difficult. However, as soon as it is possible to make any definite plans I will, of course keep Members informed. Meanwhile, best wishes to you all and I hope that we can meet soon.

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.

AUGUST & SEPTEMBER 2021

Lavenham and Preston St Mary churches invite you to a

**COMMUNITY
CELEBRATION
&
PICNIC**



Sunday 22nd August 2021

**Lavenham Air Theatre
(beside Tennis Courts)**

1:30pm-2:30pm

(Gates 12:00noon for picnicking)

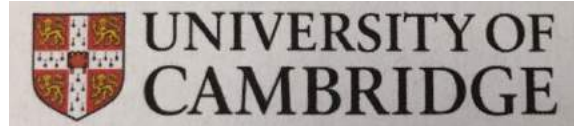
Bring your own picnic

A church event with a difference suitable for all ages

www.lavenham.church

AUGUST & SEPTEMBER 2021

HELP NEEDED TO TAKE UP MASTERS' DEGREE PLACE



Hi, I just wanted to take this opportunity to say thank you very much to everyone for all the support I have received on my Cambridge University fundraising page. The positive response, feedback and encouragement has been amazing. I have now found out that I have unfortunately been unsuccessful with my applications for College and University funding, so the kind donations from my gofundme page will be extremely helpful in getting me to Cambridge.

My fundraising page can be found by searching "Help Emily accept a Uni of Cambridge Masters offer" on the gofundme website, or alternatively a link can be found on the Six Bells Facebook page and their website.

Thank you again,
Emily Sharp

PRESTON ART GROUP

The Art Group will not be able to use the Village Hall while building work is going on. The summer term is when we usually try to paint *al fresco* in the gardens of various of our members. We started doing just that on Monday 17th May and propose continuing with this arrangement for the rest of an extended term. Once we are back in the Hall we plan to resume some tutor sessions as was our usual custom. Meanwhile, should anyone wish to join our free sessions give me a ring and I will tell you whose garden we are meeting in. We meet from 10.00-12.00 on Monday mornings. You would be very welcome. Once back in the Hall we pay a very reasonable fee to cover the cost of the Hall and tutors. Judy Legg 01787 247515



Lavenham and Preston St Mary Quiet Day 2021

Living Prayer

why we pray + how we pray + what we pray

Led by Revd Canon John Parr

Saturday 4th September 2021 9:30am – 3:30pm

Heart Of Monks Eleigh Retreat Centre, 2 Brent Eleigh Road, Monks Eleigh IP7 7JE

Tea & Coffee provided. Please bring own lunch.

Please register using the sign-up sheet in church or by emailing Revd Graham
graham.naylor@lavenham.church



POETS' CORNER

HARE

Our scent on the Suffolk air,
Slant-wise down the wind and hill,
And you stand as stone, stock-still,
Fizz with lightning life, black tipped, russet hair,
You bunch for flight, your muscles fill...

But though you turn to go,
You pause, you meet my eye,
Though all your world screams fly,
You stay. Eternities between our senses flow,
The great clay tilts; time freezes, as do I.

Your line was young when Belin made the day,
There when Nemain ruled the night,
Boudicca's hounds gave tongue, you raced away.
In ancient dawns you danced and boxed,
And dreamed the coming of the light.

Your kind was wise in timeless forest tales,
Belov'd you travelled with them in their tears.
The blackbird ships that dipped and filled their sails
With westward wind, bore you away,
A memory maintained for later ears.

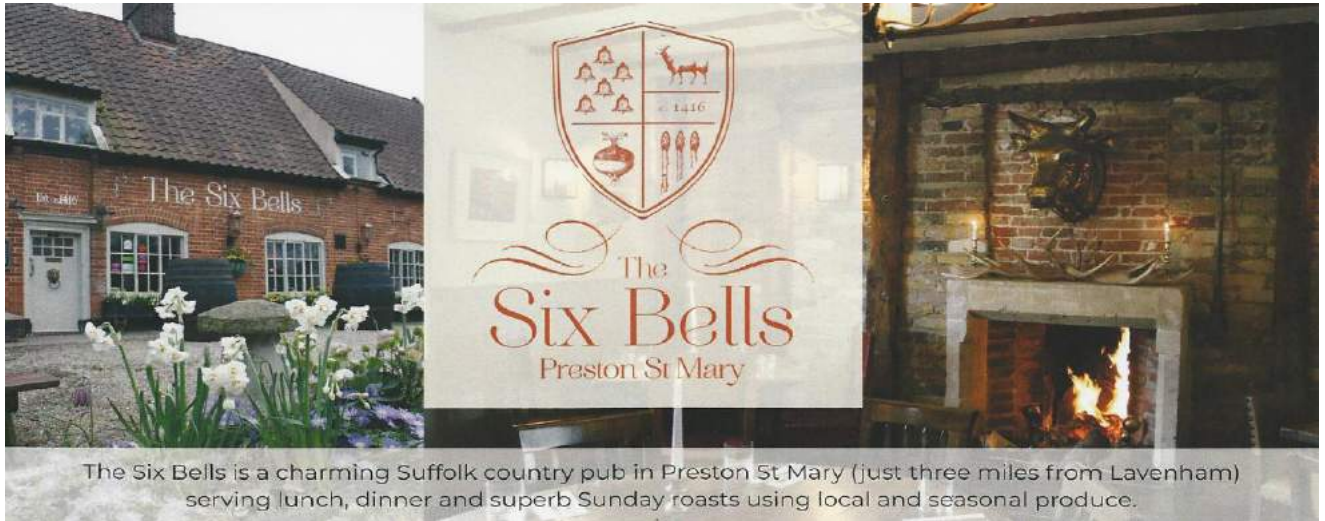
Are you the Maker's perfect work of art?
From tips of twitching ears to fleeting toes,
Explosive thews and velvet, bifurcated nose.
Deep eyes reveal your clever mind, your constant heart;
Between our eyes empathic wisdom flows.

Then, swift as light you're gone. I gaze on air
And moving heat, in high-hedged Suffolk lane.
And time returns, moves forward with my heart again.
But you remain, fixed in my mind, forever there
You, brightest link in time's eternal chain.



© Tim Bridges August 2009

NEWS FROM THE SIX BELLS



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.

The Six Bells is now open for business as normal.

Quiz nights will be on the first Wednesday of the month with Tim Bridges our quiz master. Entrance fee and a curry supper £10 with the winners eating free. Teams of six, maximum. Opening 7.00pm. August will feature a new menu with a Specials Board.

Opening times are on the right.
To book call 01787 247440

Monday: Closed
Tuesday: 17:30–23:00
(Food served 18:00–21:00)
Wednesday–Thursday:
12:00–15:00 / 17:30–23:00
(Food served)
12:00–14:30 / 18:00–21:00
Friday:
12:00 – 23:00
(Food served)
12:00–14:30 18:00–21:00
Saturday:
12:00 – 23:00
(Food served)
12:00 – 20:00
Sunday:
12:00 – 18:00
(Food served)
12:00 – 16:00

Booking advised at busier times.

PRESTON ST MARY PARISH COUNCIL

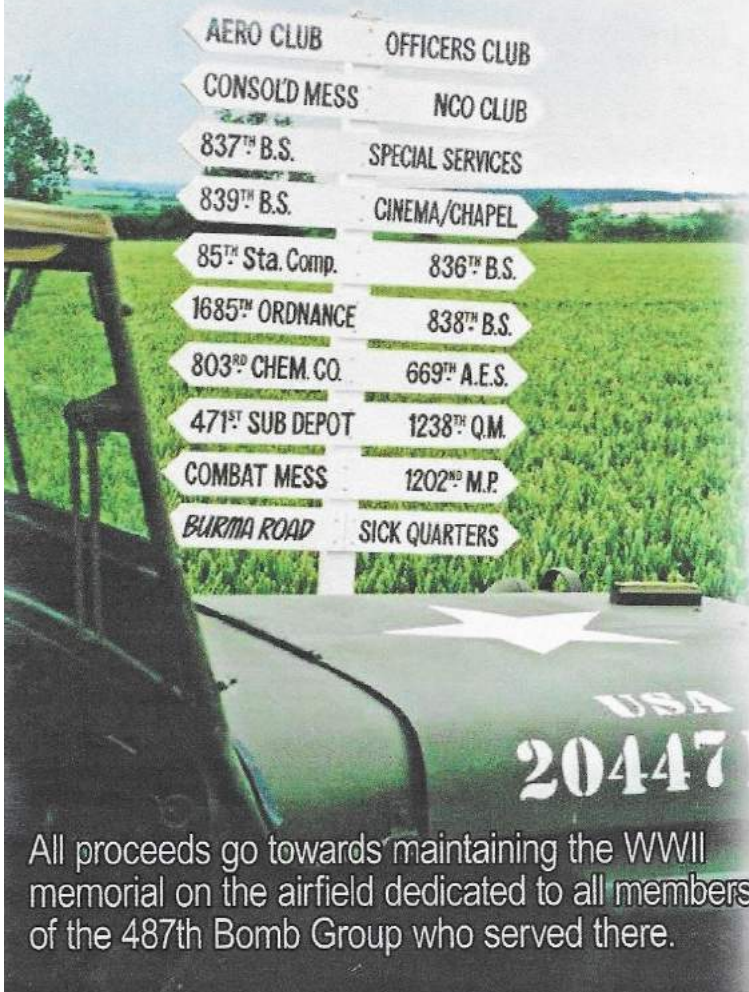
Sara Whymark has been elected, unopposed, to the Parish Council.
Congratulations, Sara.

N.B. There is still a vacancy on the Parish Council. If you would like to serve please contact the Parish Clerk, Kay Shorter on 01787 249492.

LEARN ABOUT LIFE ON A WARTIME AMERICAN AIR BASE WITH A GUIDED:

LAVENHAM AIRFIELD WALK

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



All proceeds go towards maintaining the WWII memorial on the airfield dedicated to all members of the 487th Bomb Group who served there.

**When? Sunday
15th August
12th September**

Time? 10.00 - 13.30

**Cost? Adults £10
Under 16s £5**
(Sorry - no dogs)

**Booking essential
Where?**

**Lavenham
Information
Point**



2 Lady Street



01787 249939

HEALTH AND WELLNESS NOTES

TRANSFORMATIONAL MENOPAUSE

Menopause can be a magical transformation for some women, while others struggle terribly. Signs and symptoms include: hot flushes, night sweats, lethargy, lack of concentration, irritability, aggressiveness, depression, mood swings, anxiety, sleep disturbances, memory problems, decreased libido, increased urgency and frequency of urination. Decreasing muscular strength and ligament attachment may cause a variety of joint related aches and pains with an increased risk of osteoporosis, vaginal dryness (sea buckthorn oil can help with this) and pain on intercourse (syk lube, vgel lube, also good for your face and rosacea!), sore breasts, headaches and migraines.... not much fun is it!

Normally the whole menopause lasts for 7 years from beginning to end and can be divided up in stages:

Perimenopause: Starts around 45-50 when hormonal changes start to occur and cycle fluctuations and symptoms start to be experienced.

Menopause: Around 50-55. Actual cessation of periods.

Post-menopause: From 55 onwards. When no more periods occur, generally the worst of the hormonal symptoms have passed.

Your body has to rely on the adrenal glands to produce sex hormones once the ovaries stop producing the majority, and conversion happens via a chemical reaction in the muscle and adipose tissue (body fat). So, it is important to manage **STRESS**. Other disturbances will exacerbate weight gain and hot flushes, therefore it is worth asking for a thyroid test, as this often changes around menopause.

The lack of oestrogen increases a woman's risk of cardiovascular disease after the menopause, so risk factors need to be evaluated and monitored.

Bone density and muscle mass will also need protecting. Time to join a gym and start weight training!

Adopt good eating habits such as:

Two pieces of fruit and at least five different vegetables daily for vitamins and fibre to manage inflammation.

Consume whole grains e.g., brown rice, quinoa which help reduce hot flushes.

Increase fibre to support healthy hormone metabolism, found in all vegetables, beans and grains, if you can tolerate them.

Phytoestrogen foods (A compound found in some plants that produces effects similar to oestrogen), non-genetically modified soy products such as organic tofu, legumes (peas, beans), tempeh (fermented soya beans) and flaxseeds (good for insulin sensitivity).

If possible, buy organic meat to reduce sources of endocrine (glands and organs that make hormones and release them into the blood) disruptors.

Avoid refined sugar to keep your blood sugar balanced. This includes anything made with white flour.

Keep caffeine at a minimum e.g., 1 cup a day - aggravates hot flushes.

Limit alcohol intake – aggravates hot flushes.

Drink at least 2L of water a day.

Stop smoking, due to its impact on bone density.

Exercise 3-4 times a week for at least 30 minutes a day, especially weight bearing exercises to increase bone density.

Oestrogen preserves strength in our bones, and it slows down the cells that are involved in the breakdown of bone renovation, therefore your skeleton remains denser for a longer period of time. As oestrogen levels drop from menopause onwards, risk of bone conditions increases (Vitamin D and K2 together).

Keep stress levels down through daily meditation, yoga or any activity you find relaxing (liquorice tea, magnesium, B vitamins, vitamin C, rhodiola, ashwaghandha).

This is the perfect time to turn your health around by adopting healthy eating habits and avoiding toxins such as alcohol, caffeine, smoking and drastically cutting your sugar intake. You will find by turning your daily lifestyle around the transition through menopause will become a lot smoother. This is a natural process, remember when you were going through puberty? So, there will be days when you feel out of sorts. Some women really struggle badly and therefore it is worth talking to a GP to check your thyroid status and one who is knowledgeable about the menopause so that you can explore more options.

Take care.

Marjorie Devine-King – Nutritionist

AUGUST & SEPTEMBER 2021

PRYKE BROS. LTD



*Natural rockery stone
Water features
& Various composts*



Parsonage Farm, The Street, Preston St. Mary, Sudbury, Suffolk CO10 9NQ

01787 247696

Come and browse, deliveries can be arranged; or visit our website

www.pbnaturalstone.co.uk

Beauty by Megan

Megan is a Beauty Therapist with over 14 years' experience.

I work from my log cabin in Hitcham, which is in a peaceful, rural location and benefits from off-road parking!

Treatments are by appointment only. Therefore you are guaranteed complete privacy and your treatment time is exclusively for you!

A variety of treatments include:

Dermalogica Facials/Reflexology/Spray Tanning

Jessica Manicure and Pedicure

Foot Health Maintenance (nail trimming/hard skin removal)

Eye Treatments/Waxing

Please phone for enquiries and price list.

Megan Pryke VTCT, BABTAC

07876 717 008

 **beautybymeganlavenham**

Walking in Suffolk

Are you fed-up with doing the same old walks?

Walking in Suffolk www.walkinginengland.co.uk/suffolk is the website for you!

With hundreds of walks to download and print, free, it also has books of walks, contact details for all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

So home or away, check out the websites and get walking!

John Harris

www.walkinginengland.co.uk

email: john@walkinginengland.co.uk

AUGUST & SEPTEMBER 2021

Serenity Yoga Classes

Come along and try your first class for just **£5** on presenting this advert

You can be any age, any size and have any experience, or no experience at all, here at Serenity you will always be welcomed!

We use relaxation, Hatha, Kundalini and Iyengar influences in our classes so there really is something for everyone.

We also offer 1-2-1, corporate and party classes

Please feel free to contact **Bethany** on
07930 199582

You can email me - serenityyogabethany@outlook.com

Or visit my website – www.serenityyogasuffolk.com

Monday	Wednesday	Thursday	Friday
Woolpit The Room 6.30-7.30 pm & 7.45-8.45 pm	Thorpe Morieux Village Hall 7-8 am Haughley The Green Room 9.30-10.30 am Great Ashfield Village Hall 11.30am -12.30 pm Thorpe Morieux Village Hall 6.45 pm	Great Ashfield Village Hall 9.30-10.30 am Haughley The Green Room 7.15 pm	Thurston Cavendish Hall 2-3 pm All classes £6



Lavenham Physiotherapy

&

Acupuncture Clinic

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

Conditions treated include:

- Back pain and sciatica
- Neck pain and whiplash
- Headache
- Shoulder pain
- Elbow and wrist pain
- Hip, knee and ankle pains
- Arthritis
- Rehabilitation



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

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

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

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

AUGUST & SEPTEMBER 2021

QUIZ TIME

There are no prizes – answers are on Page 29.

1. Rosa Parks refused to move from her bus seat in which American state?
2. What is Daltonism?
3. Who shot Billy the Kid?
4. Is someone is defenestrated what has happened to him?
5. What is a howdah?
6. The Old Bailey in London is on the site of which prison?
7. How old was William Pitt the Younger when he became Prime Minister?
8. Which two men discovered DNA?
9. What colour is at the top of the German flag?
10. How many children did Queen Victoria have?

NEWS FROM THE NEIGHBOURS

St MARY'S CHURCH, BRENT ELEIGH

The recent Sale of Books & Pictures was very successful, raising over £1000, and we are very grateful for all the interest and support that was given through donations of items for sale, visitors to the sale, and all round help.

On 1st and 15th August, we have the return of the very successful and pleasant 'Summer Sunday Cream Teas' at St Mary's, between 2-4.30pm, when then will be opportunity to visit, socialise, and have a short informal guided tour - as well as enjoy a cream tea of course! All funds raised will go towards the upkeep of St Marys.

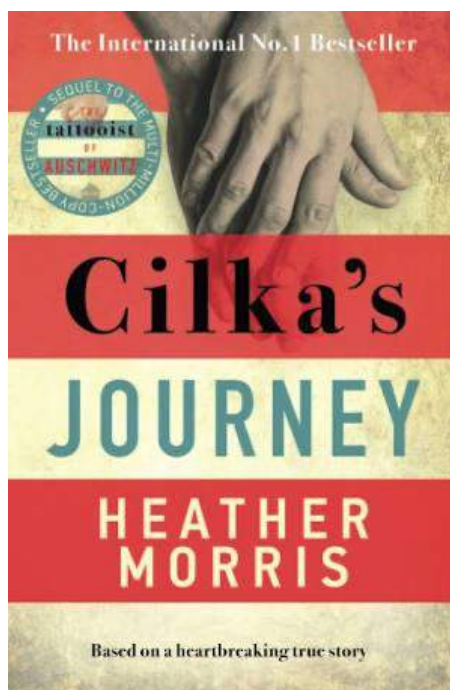
In September, we have two main events:-

on the weekend of 11th and 12th, 'Crafts & Quilts', between 10am-4pm each day, with a private collection of quilts for viewing and discussions, also cards, and other hand crafts. Refreshments will be available too.

And on Saturday 25th, a Concert at 7pm, featuring 'Rosewood', a group of 'folksy' vocalists also playing a wide range of rarely seen instruments, with great enthusiasm! Tickets at £10 each, include a glass of wine; (children under 16 free); an event suitable for all the family. Call 01787 247615 to obtain tickets beforehand - also on the door.

Michael Warner, 01787 247615 michael.warner13@btinternet.com

BOOK REVIEW - CILKA'S JOURNEY



Moving to fiction for this book review, although this novel is based upon a true story.

'Cilka's Journey' by Heather Morris is the sequel to the famous 'Tattooist of Auschwitz'. However, I haven't yet read 'The Tattooist' (I'm usually put off by extremely well/over-publicized novels!) but Cilka's journey works well as a stand-alone book.

This is the story of Cilka Klein, who in 1942, at the age of sixteen, is sent to Auschwitz-Birkenau Concentration Camp. Cilka is an attractive girl, and her looks catch the eye of some of the guards at the camp, who decide to separate her from her fellow prisoners. By playing the role these men want her to play, Cilka manages to survive three years in the camp until it is liberated. To her fellow prisoners, her actions implied collaboration with the German guards, resulting in a lonely and bleak existence during her incarceration.

Unfortunately, young Cilka's harrowing journey has just begun. Upon the liberation of the Camp when Cilka is aged 18, she is arrested by the Russians, charged with having helped the Nazis (with no consideration of the sacrifices Cilka had to make

in order to survive), and she is sent to the Vorkuta Gulag labour camp in Siberia for 15 years.

I'll admit, this doesn't sound like an enjoyable or uplifting read. Thankfully though, it's not all doom and gloom. Cilka's fellow room-mates in their hut in the Gulag become a surrogate family. Her strength of character, empathy, resilience, obvious intellect and ability to learn bring her to the attention of a volunteer female doctor at the Gulag's hospital, where she is offered administrative and then nursing work that is far and away safer than the manual work in the labour camp.

'Cilka's Journey' is heartbreaking loss and injustice interspersed with heartwarming acts of kindness and bravery. It's a story of hope and love overcoming all. Underlying it all is Cilka's indomitable spirit and battle for survival against what seem to be insurmountable odds. The fact that it is based on the life of a real character (as is 'The Tattooist of Auschwitz') is all the more shocking.

Zoë Bridges

BEE-WARE

Summer brings the warm weather, but with it come the bees and the wasps. If you're stung by either, it will inject a tiny measure of venom and this needs to be neutralised as quickly as possible. But the two venoms are quite different. The bee's is acidic and needs to be treated with an alkali, e.g. weak ammonia; the wasp's sting is alkaline and needs to be treated with a dab of something acidic, e.g. vinegar or fruit juice. Remember!

AUGUST & SEPTEMBER 2021

QUIZ TIME ANSWERS

from Page 27

1. Alabama
2. A form of colour blindness
3. Pat Garrett
4. Thrown from a window
5. A seat on an elephant
6. Newgate Prison
7. 24
8. James Watson and Francis Crick
9. Black
10. Nine

Lavenham, Preston St Mary & District Gardening Club

Annual Produce Plus Show

We are delighted to resume holding this Show, on Tuesday 7th September, at the Lavenham Village Hall, with entries to be received between 3 and 4.15pm latest.

Entries are welcomed from members and non-members, adults and children, with schedules available from Heeks; Sparling & Faiers; The Information Hub at 2 Lady Street; and the Library, all in Lavenham. Enquiries to Michael Warner on 01787 247615.

Due to the size of the facilities used, we do have some limitations on our membership; all enquiries please to Janet Abeysondera on 07867 618305 or email janet.abeysondera@gmail.com

The village website can be found at prestonstmary.suffolk.cloud

AUGUST & SEPTEMBER 2021

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

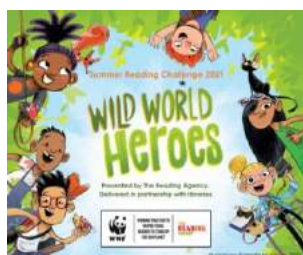
We are so happy that our groups have restarted and the Summer Reading Challenge will run this year. Details of all our events and activities are shown below. Hope to see you soon at the library
(Our groups & services are subject to any changes in the government Coronavirus restrictions)

Loan periods/Fines

Please note that we have returned to standard loan periods of three weeks for books and overdue charges were reintroduced for all items from 21 June

Summer Reading Challenge – Wild World Heroes

This year's Challenge arrived at the library on 17 July but it's not too late to join. We will have fun family events & craft afternoons too



Pack your bags, we're headed for Wilderville where you can discover how we can all make things better for the environment and stand up for our planet.

Just read at least 6 library books during the holidays, tell us about them or write a review or draw a picture and collect rewards, a medal and certificate.

Join the challenge at Lavenham and receive extra rewards for reading books in the summer holidays.



Top Time Group



Top Time is our sociable drop-in group for all adults. We hold fortnightly meetings with activities ranging from author talks and Kurling sessions to Book Sculpting, crafts and board games.

3 Aug Conservation talk –
17 Aug Suffolk Shingle: Tales of Treasure and Trash
Local History Quiz

Covid-19 Self -Test Kits (Rapid Antigen Test)

You may pick up the NHS home test kits from the library. These are suitable for adults and children who need to test regularly for work and school. They can also be used before visiting care homes or vulnerable relatives as well as before hospital appointments.

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

