

# PRESTON PARISH PAPER

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

## CORONAVIRUS COVID-19 CRISIS

The Preston Parish Paper is normally delivered as a hard copy – this time it is once again in electronic form only. Our village is still in lockdown, and although some easing of restrictions is beginning to take effect, we have no idea of how long the crisis will continue. It remains for all of us a time of anxiety, amid worries about our future health, prosperity and wellbeing. We must all do what we can to help each other, and we know that many people in the village have, quietly and without fuss, kept in touch with family, friends and neighbours and offered help and support.

This page normally includes a list of dates for your diary – again this month there are none, because all events have been cancelled. Nevertheless - Keep Calm and Carry on!



Our Editorial email address is: [editorpstmppaper@gmail.com](mailto:editorpstmppaper@gmail.com) for future contributions

## WHO'S WHO IN THE VILLAGE

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### Parish Council

CHAIRMAN Appointment pending  
CLERK Nicola Smith [prestonpcclerk@gmail.com](mailto:prestonpcclerk@gmail.com)

### Parochial Church Council

RECTOR Revd Stephen Earl 247244 [earls2222@btinternet.com](mailto:earls2222@btinternet.com)  
CHURCHWARDENS Janet Martin 249020 [janet.martin@btconnect.com](mailto:janet.martin@btconnect.com)  
Keith Davis 247112 [keithhdavis@btinternet.com](mailto:keithhdavis@btinternet.com)

### Friends of Preston St Mary Church

CONTACTS Janet Martin 249020 [janet.martin01@btconnect.com](mailto:janet.martin01@btconnect.com)  
Laura Ashford 247069 [lmrashford@gmail.com](mailto:lmrashford@gmail.com)

### Village Hall

CHAIRMAN Annie Mason 247100 [ranniemason@btinternet.com](mailto:ranniemason@btinternet.com)  
SEC./BOOKINGS Sue Diggins 247810 [sdiggins2rda-east.org.uk](http://sdiggins2rda-east.org.uk)

### Art Group

Monday mornings, 3 terms of 10-12 weeks

NEW MEMBERS Judy Legg 247515 [judyannlegg@gmail.com](mailto:judyannlegg@gmail.com)

### Ladies' Group

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

CO-ORDINATOR Anne Springall 247156 [annespringall@gmail.com](mailto:annespringall@gmail.com)

### Table Tennis

Thursday Evenings at 7.30 in the Village Hall

CO-ORDINATOR Dave Williams [williams.jackdaws@btinternet.com](mailto:williams.jackdaws@btinternet.com)

### Carpet Bowls

Friday Afternoons at 2.30 in the Village Hall

CO-ORDINATOR Dave Williams [williams.jackdaws@btinternet.com](mailto:williams.jackdaws@btinternet.com)

### The Six Bells Pub

247440 [reservations@thesixbellspreston.com](mailto:reservations@thesixbellspreston.com)

### Neighbourhood Watch

CO-ORDINATORS Sue Cawston 247189 [kishcash@btinternet.com](mailto:kishcash@btinternet.com)

Mervyn Cochrane 247810

### Tree Warden

Kate Hanlon 249647 [katemaryhanlon@gmail.com](mailto:katemaryhanlon@gmail.com)

### Preston St Mary Parish Paper

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

EDITORIAL BOARD Robyn Lloyd Hughes, Jack Tasker, Caroline Gove [editorpstmppaper@gmail.com](mailto:editorpstmppaper@gmail.com)

### Doctors' Surgeries

Bildeston 01449 740254 Lavenham 378226

### Local Councillors

**Suffolk County Council** Robert Lindsay (Green Party) [robert.lindsay@suffolk.gov.uk](mailto:robert.lindsay@suffolk.gov.uk)

**Babergh District Council** Robert Lindsay (Green Party) [robert.lindsay@suffolk.gov.uk](mailto:robert.lindsay@suffolk.gov.uk)

**Community Liaison Officer** Cally Boardman [cally.boardman@suffolk.gov.uk](mailto:cally.boardman@suffolk.gov.uk)

### Police - Non-emergency number 101

**Police Community Engagement Officer** – PC Jon Gerrish [ceosudburyhaverhill@suffolk.pnn.police.uk](mailto:ceosudburyhaverhill@suffolk.pnn.police.uk)

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**Our Ward is North West Cosford**

**JUNE & JULY 2020**

**A PASTORAL LETTER FROM THE REVD CAPT PAUL TYLER, CURATE**

Dear Friends,



As I sit here basking in the sunshine\*, I am reminded again how fortunate I am at this time. Life here in Lavenham seems a world away from the one in Bury St Edmunds. In fact, a lifetime away from ministry on the council estates I have known in the north of the country. Here, despite COVID-19, I can walk out into the fields with Georgie our dog appreciating the warmth and fresh air. I can enjoy seeing trees blossom and come into leaf. I watch the wheat and other crops spring up from the ground.

Thankfully, I am not aware of anyone in Preston St Mary who has been diagnosed with the corona virus – though that may change of course. As I ring round folk on St Mary's electoral roll everyone seems to have good family, friends or neighbours who are making sure they have everything they need. On a Thursday here at 8pm people are out in the close applauding the wonderful work all those from the top consultant to the newest cleaner with the NHS are doing, showing their thanks in this small way.

I think everyone has been amazed at the money raised by Captain Tom as he walked 100 times around his garden before his 100<sup>th</sup> birthday. He certainly deserves all the cards, his new rank of honorary Colonel, England Cricket Cap and his Gold Blue Peter badge, to say nothing of his card from the Queen and message from the Prime Minister. I understand he even has a pair of hand knitted socks, 'From Russia with Love', sent by a former female Russian soldier who has been inspired by him to raise money for the families of health workers in Russia who have died from the corona virus.

We have so much to be thankful for but sometimes we have to be reminded of that. For those of us at the churches here and in Lavenham we have come to know that even in the face of lockdown, we can, through technology, find ways to meet together and share that would not have been possible a few years ago and would have been beyond our imagining.

That's certainly how it was for those first Apostles and look what happened to them following the death and resurrection of Jesus. It was beyond anything they could have imagined. So, let us be thankful for all the blessings that have been given to us by a loving caring heavenly Father who just wishes us to know Him and be thankful for all that He gives to us.

Paul

\* *Did you know that in Zoom meetings you can 'float' in front of a backscene as Paul is doing here?*

**JUNE & JULY 2020**

## **Financial Matters in our churches at Preston St Mary and Lavenham**

**Thank you** – to all those who have been able to maintain their regular giving to our churches through the period of closure, and to those who have kindly responded to our appeal for an extra donation if you can possibly manage it. We are still very much in need of additional funds and will gratefully receive donations at any time.

We acknowledge that some who are reading this may be significantly disadvantaged financially by the current situation. Indeed, some are facing extreme hardship; although one parishioner recently observed '*one good thing about being cooped up at home is that we are not spending our money*'. That's fine of course for those on a regular fixed income, though each of us is faced with a different set of financial circumstances.

Following diocesan recommendations, we are making a wide appeal for further donations to help us balance the books, thereby avoiding the need to raid reserves which are needed for major projects. The current lockdown means that both our churches are incurring a substantial financial loss.

The weeks of closure have resulted in a significant and, to be frank, worrying dent in church income – through fewer people donating at service collections, deferred and relocated weddings, other special services no longer taking place, and the absence of any casual visitors whose donations are appreciable. At Lavenham, also through curtailed sales in the church shop and the bookstall, as well as lost income from cancelled concerts, art displays and several other income-generating events which would normally help us make ends meet.

It's not easy to mention the above at a time that is particularly difficult for some of you and we appreciate that keeping the church going financially may not be top of your priority list right now. Nonetheless, we must still try to support the costs of our ministry and pay our church bills. Donations may be made directly into the appropriate PCC bank accounts (see below for details), or by standing order, or by cheque sent to the relevant PCC Treasurer (addresses below). Regular donations are best made through the new Parish Giving Scheme (see below).

We appreciate that this should only be after considering your own needs which may have changed as a result of the coronavirus situation. Be assured that whatever you are able to give during these difficult times will be put to good use and greatly appreciated by all.

On behalf of your Churchwardens and PCC,

Signed:

Rector *Stephen.*

PCC Treasurer *Robyn*

**PS** If you have not already done so, please take this opportunity to consider making your regular giving to the church via the **Parish Giving Scheme (PGS)**

The PGS is delighted to announce the launch of a new telephone service, designed to enable prospective donors to set up a regular Direct Debit donation to your parish **over the phone**. How will it work? - by calling our dedicated telephone line:

**0333 002 1271**

One of our administrators will take you through the sign-up process – this normally takes around 15 minutes. You will need to have the following information to hand:

## JUNE & JULY 2020

- Personal bank account details
- The name of the parish you wish to donate to
- You will need to confirm if you want to increase your gift in line with inflation each year
- Confirm if you are eligible for Gift Aid
- The PGS code for your parish

For Preston St Mary – 330633245

For Lavenham – 330633239

What happens next?

You will receive written confirmation (by email or post) of your Direct Debit, including details of the parish you are supporting, the amount of your gift and the date of your first donation.

Please note that if you currently give to the church via standing order, we advise you to wait until receiving the confirmation letter from PGS before attempting to cancel it.

The parish's Planned Giving representative will receive a monthly statement, detailing the names of those who have donated (unless they choose to remain anonymous) and all the gifts given through the PGS.

If you wish to make any changes to your Direct Debit, you should notify a member of the PGS team by phone 0333 002 1260, email [info@parishgiving.org.uk](mailto:info@parishgiving.org.uk) or in writing to:

Parish Giving Scheme, 76 Kingsholm Road, Gloucester GL1 3BD.

### **BANK DETAILS**

#### **Preston St Mary**

Account name: **Preston Parochial Church Council**

Bank: **NatWest Bank, 7 Cornhill, Bury St Edmunds, Suffolk IP33 1BQ**

Sort Code: **60-04-16**

Account number: **56266243**

Address of the account holder: **Preston Parochial Church Council, Hill House Farm, Preston St Mary, Suffolk, CO10 9LT**

#### **Lavenham**

Account name: **Lavenham Parochial Church Council**

Bank: **Barclays Bank, 35 Market Hill Sudbury, Suffolk, CO10 2EP:**

Sort code **20-83-50**

Account number **20567124**

Address of the account holder: **Lavenham PCC, 22 The Glebe, Sudbury Road, Lavenham, Suffolk, CO10 9SN**

Lavenham also has a "Just Giving" account –

**<https://www.justgiving.com/lavenhamchurch>**

**JUNE & JULY 2020**

## **Preston St Mary Churchyard**

Some of the gravestones in the Churchyard have become loose and need attention to ensure that they are secure and will not injure anyone if they fall over or are accidentally pushed over.

As monuments in the Churchyard are the property of the legal heirs of the people commemorated, they have the primary responsibility for maintaining the memorial, but as time goes on it may be very difficult to trace the legal heirs. In which case it falls to the PCC to keep them in a safe order which may mean laying down the stones.

In our Churchyard there are several loose stones of varying degrees of instability, and a list of those commemorated is shown below.

If you are a relative of the following or know of relatives, would you kindly contact Janet Martin on 01787 249020 or [janet.martin01@btconnect.com](mailto:janet.martin01@btconnect.com) to discuss what to do about them.

***John Stowe, Robert Lister, Florence Annie Reeney, Frank Welham, Frederick Lister, Caroline Hayland and Katherine Anne Hayland, Louisa Saunders, John R Anson, Patrick Robert.***

Janet Martin, Churchwarden

## **The Friends of Preston St Mary Church**

This is an appeal to everyone who usually gives a yearly subscription of £10 to the Friends of the Church to please make their contribution if they haven't already done so. I know that a small amount like this can be easily overlooked but each donation makes a difference to our much-needed annual income.

These subscriptions are likely to be our only income for the time being during this time of lockdown and social distancing so I would therefore urge anyone who hasn't yet paid to give their subscription to either Janet Martin our Chair or Lynne Brown, Secretary.

The paid-up membership of the Society was only **58** in 2019. This year it is down again to only **38** and it has to be acknowledged that, out of approximately 150, it is a pretty poor result. Come on Preston St Mary. Surely we can do better than this!! We need to be able to pay for proposed urgent works to our lovely Church building.

To make things simple, please put a ten-pound note per person in an envelope with your name(s) on the outside and pop it through the letterbox of one of the members mentioned above.

For those who would rather pay for a one-off Lifetime Membership we have introduced a scheme whereby a payment of £100 per person will save members having to renew each year.

If anyone needs more information, please call me on 01787 249893.

Lynne Brown  
Secretary

**VE DAY 8<sup>th</sup> MAY 1945 - A TRIBUTE TO THE FALLEN**

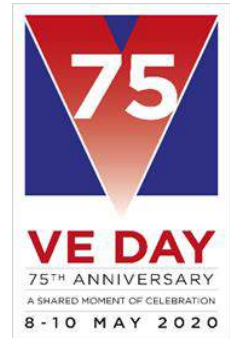


Although formal Remembrance Parades were banned on 8<sup>th</sup> May, our Royal British Legion Standard Bearer Janet Faiers and her husband Bob turned out in their garden to grace the two minutes silence with a fitting tribute to those who never made it to VE-Day.



# VE-75 – 8<sup>th</sup> MAY 2020

The 75<sup>th</sup> Anniversary of the end of World War II in Europe



The 75th anniversary of VE Day this year in Preston, under lockdown and shielding, might reasonably have been expected to have been a disappointingly muted celebration.

However, with a great response to the bunting suggestions and glorious sunshine, the village at least looked wonderful. Immediately following the two minutes' silence it sounded wonderful as well.



Jude and Mat at The Old Post Office, assisted by two very large speakers, flooded the Street with the sounds of the Forties starting with Reveille and continuing throughout the day with classics such as The White Cliffs of Dover and We'll Meet Again; they even broadcast a recording of the distinctive sound of the Merlin engine of a lone Spitfire passing overhead.



An impromptu Street Party then developed (with all social distancing regulations scrupulously observed). Villagers came out of their houses armed with chairs and refreshments and did the momentous day full justice.

The Old Post Office and the village green were the gathering points and there was movement by many between the two. A lovely time was had by all and, unplanned and unexpected though it was, it was a day that this correspondent will long remember.

Tim Bridges



## JUNE & JULY 2020

Whelp Street was well bedecked in flags and bunting. And residents stood outside their houses to jointly observe the two minutes silence. Then the Whelp Street predilection for parties was barely repressed as refreshment appeared and people toasted each other at enormous distances. JT



Kerrie's and Dave's pug would not be left out

Jacque Williams was spotted modelling the latest in 1945 *chic* fashion



Whelp Street looked magnificent with its VE Day 75th anniversary bunting and flags

# A Glimpse back....Whilst Looking Forward

An update on the building of the USAAF 487th Bomb Group memorial on Lavenham airfield

A cold January morning that recalled the harsh conditions that ground crews working on airfields across East Anglia had to endure 75 years ago, saw representatives of the USAF and members of the Friends Of Lavenham Airfield (FOLA) gather at the WWII airfield for a 'first brick' laying ceremony.

For following four years of fund raising by FOLA sufficient money had been raised to start building a memorial to the 232 members of the USAAF 487th Bomb Group who lost their lives whilst based there in WWII. The construction is being undertaken by Maple Building Services of Long Melford who completed the preliminary work earlier that month so that a symbolic brick laying ceremony might take place involving Colonel Marshall Commander of the USAF 48th Fighter Wing at RAF Lakenheath.

Alice Pawsey (who with husband John owns the airfield) welcomed everyone and thanked Colonel Marshall for finding the time to attend. He replied "This site is one of many in East Anglia where heroes took to the skies to defeat tyranny, many didn't return. It is great to see our communities work together to continue to honour their bravery and sacrifice. The 48th FW is honoured to be part of the ceremony here at Lavenham for a new memorial which will preserve history and connect future generations to those brave airmen who secured our freedom." They then laid the first bricks together, which are of a type chosen for their similarity to the bricks visible in the remaining buildings and in line with the wish to use materials for the memorial that reflected those used to build the airfield in 1943 – concrete, brick and steel.



*Alice Pawsey and Colonel Marshall USAF lay the first bricks of the memorial.*

The relatively mild winter weather since Colonel Marshall's brick laying expertise was tested in January has meant construction of the 487th BG memorial has progressed apace. The perimeter wall that the Colonel began has been completed, the cappings added, the letters 'LV' cast in concrete and the area surrounding the letters filled with concrete rubble from the old main runway topped off with road planings.



So while the memorial now exists, it is not finished, for recent events have brought a halt to further work and the proposed unveiling as part of the nation's commemoration of the 75th anniversary of VE-Day. That FOLA have got as far as this is down to those who have supported the endeavour by attending the fund raising talks in Lavenham village hall, donated to the JustGiving page, been on an 'Airfield Walk', bought 487th BG cards or an 'LV' lapel badge or supported the Lavenham 40's Weekend – very many thanks to you all.

## POETS' CORNER

Here's a lighthearted poem from Tim about a cat we once had when living in Nigeria.

Zoë and Tim Bridges

Young Jasper Jones was the cock of the walk,  
And many's the evening we'd sit back and talk.  
He'd tell me of birds and of lizards he'd caught,  
Of ladies he'd wooed and of rivals he'd fought.

He'd talk in a drawl that was more of a purr,  
And he'd brag and he'd boast while I ruffled his fur.  
He'd drink a Star Beer and sometimes he'd smoke,  
A Sherlock Holmes pipe... while he told me a joke.

He'd speak of 'The Code' that all tomcats must follow,  
(Tho' some of his tales were a bit hard to swallow).  
He'd swear that he'd killed, seven rivals he'd slayed,  
Dispatched some with the gun and killed some with the blade!

And naming no names, to protect reputations,  
He'd hint of romances and love assignations.  
He claimed to have fathered strong kittens galore,  
On the ladies he'd won through his skill with the claw!

Though I loved and admired my young Jasper a lot,  
I'm afraid that his tales were complete tommy-rot.  
I know 'cos you see, I had had him adjusted,  
So his masculine function was unused and rusted!

### **Increase in suspicious/scam emails**

You can now simply forward all suspicious emails to the National Cyber Security Centre using: [report@phishing.gov.uk](mailto:report@phishing.gov.uk) and the originator of the email will be automatically assessed and if found malicious their site is immediately taken down and reported to the police. The new system is already having great success so please use it if you have a suspicious email.

**JUNE & JULY 2020**

## **VILLAGE HALL NEWS**

In the last edition, we threatened to say nothing, as the Village Hall began its lock-down period. This time there really is little to impart. The Hall remains closed and we look forward to a time when we can legally and safely re-open and return to normal. Having said that, we acknowledge that “normal” will not look the same as it used to be, at least for a good while.

### **CLUBS AND SOCIETIES**

The various weekly meetings are being missed by those who normally attend them. Once we resume, there will be much accumulated adrenalin, so competition will no doubt be fiercer than usual! What a pity that social distancing precludes us from encouraging an audience for such levels of “modern-day jousting”, be it with a table tennis bat in hand or as a team for carpet bowls.

### **COMMUNITY SPIRIT**

The Village Hall committee fully endorse the call for a community spirit circulated a couple of months ago. Those who can offer help to the wider village have been asked to make it known and several people have already offered their support if needed – many thanks to all of those. It seems that people are generally able to cope, with support from neighbours, family and friends. Those who find that they do need help should nevertheless feel that their call would be welcomed and would receive attention, so please don't feel anxious about doing so.

### **CONCLUDING THOUGHT**

However galling it might be that the Village Hall cannot fulfil its community function at the moment, we need to maintain a sense of proportion. Minimising the number of infections and subsequent deaths must remain a priority and we all share a common feeling of grief for everyone who is affected by this outbreak.

### **STAY ALERT AND STAY SAFE.**

**ANNIE MASON, Chairman, 01787 247100 (PC title “The Chair”)**  
**SUE DIGGINS, Secretary, 01787 247810 (PC title “The Quill”)**  
**KEITH DAVIS, Treasurer, 01787 247112 (PC title “The Till”)**

The village website can be found at [prestonstmary.suffolk.cloud](https://prestonstmary.suffolk.cloud)

**Preston St Mary Art Group**

The Art Group in Preston has been running for more than 20 years and has seen many members come and go. People join for all sorts of reasons – some hoping to learn how to draw and paint, some to get new ideas or to improve their skills and some because they like all things arty and want to join with like-minded people. All agree that without the discipline of a regular group good intentions would probably never get translated into action. There are similarities with folk who join the gym or a sports group!

When we are not living in lockdown, we meet on a Monday morning in the village hall for three ten-week sessions a year. We pay £45.00 a term which covers the cost of the hall and allows us to invite tutors for three or four of those sessions. We have formed close relationships with Kate Hanlon who gives us good basic tuition using a range of materials and subjects, and Mossy Kennedy, who tries to break us out of our comfort zone – often with more abstract ideas. During this very weird period when we have been unable to meet, I, as the present organiser of the group have tried to keep members drawing or painting and I have suggested that when we are all free again we might have an exhibition of 'viral art'. Topics might be anything from flowers or birds in the garden to imaginative or abstract impressions of life during this time. This is not meant to be a show of excellence, but an outpouring of thoughts and moments. A simple line drawing can 'say' more than a masterpiece on occasions. If any other villagers feel like joining in with this we would be delighted and we certainly hope that lots of folk might like to come and have a look, and share experiences triggered by seeing what others have put on paper.

Judy Legg

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**Will anyone give me a haircut?** JT

**Jack - have you tried sticking your head in a blender?** RLH

## HORTICULTURAL NOTES

### Recipe for Homemade Compost

Be green and save money by making your own compost. It's easy if you follow some simple guidelines.

#### Ingredients

- Green matter - Grass clippings, veg and fruit peelings, annual weeds, (before they've seeded), old bedding plants. *(Note: Never add diseased plants).*
- Brown matter - Straw, sawdust, fallen leaves, wood chippings, shredded cardboard. *(Note: Avoid adding evergreen pine as this doesn't compost well. Never add animal products).*
- Oxygen
- Moisture

#### Method

Make sure you add the right balance of green to brown matter. The ratio should be 1 part green to 2/3 parts brown.

Start building your compost pile by layering the green and brown materials alternately. Sprinkle some water onto the brown layers as you go. When your pile is complete, mix it up with a garden or pitchfork.

Turn your compost pile, every now and then, to incorporate oxygen. Leave the microbes and worms to do the rest!

Your compost heap should always smell sweet and earthy. If it starts to smell sour add some more brown matter.

Your end result will be brown, crumbly compost...perfect for your borders and veg patch.

#### Enjoy!

Happy gardening!

Laura Ashford

**JUNE & JULY 2020**

**KEEP SUPPORTING OUR NHS AND CARE WORKERS**



**Lynne's door festooned with rainbows drawn and painted by her grandchildren in support of our NHS workers and all those who care for others, and who have been in the 'front line' during the COVID-19 pandemic.**

**Other rainbows have appeared around the village too, and many people have been clapping and making lots of noise on Thursday evenings at 8pm. Well done, everyone!**

**I'm still clapping for the NHS  
– are you?**



**PRESTON PEOPLE**

**ROD LEEDS**

**When did you come to the village?**

We moved into our cottage late in 1971, after the builders had finished essential work.

**Why did you come?**

We found a cottage in need of renovation that we could afford and in a quiet location.

**What is special about the village?**

Away from major roads and not used heavily as a rat run.



**Favourite place in Preston?**

Looking SE from Hall Road over the tributary of the River Brett.

**Pastimes?**

I enjoy gardening, bird watching and reading.

**Guilty pleasures?**

Draught beer, if we are ever allowed access again!

**Favourite Sport?**

Cricket.

**Favourite TV programme?**

A superb antidote to insomnia!

**Favourite music?**

Traditional Jazz, particularly the George Lewis band of the 1950's.

**Reading?**

I enjoy some periodicals, such as Country Life, Hortus and the bimonthly British Wildlife. For a longer read, factual and fictional books about the countryside in general and the odd thriller. Do try 'The Red House Mystery' by A.A.Milne. His only crime novel.

**Musings?**

Will the quiet in the sky with Stansted and Luton furloughed continue?



### AGRICULTURAL NOTES

People say we've had a lovely spring but how's it been for the farmers - growing our food? War with the weather as usual, reports Gary. A drought earlier in the year followed by a period of heavy rain has left the soil difficult to work. To simplify: there's rock-hard soil at depth, then a soft bit, then, at the time of writing, a concrete crust. Sugar beet, for example, at the very early stage, find it hard to grow through this crust.

Maize has been drilled. So has 400-odd acres of barley, but most of that goes to the brewing industry who are not brewing much beer at the moment due to lockdown, so the profitability is uncertain. The straw from that barley will go as usual to power stations.

Nothing this year so far seems certain, and the farmer's way of life is indeed permanent warfare - with the weather. JT

#### THE COCKTAIL HOUR

One thing the lockdown doesn't preclude is the mixing of cocktails - and Bubbles keeps on bubbling. All her recipes, by the way, are carefully tested.

##### Bubbles' Bacardi Cocktail

Ice cubes

2 measures Bacardi, white

$\frac{3}{4}$  measure squeezed lime juice

$\frac{1}{2}$  measure grenadine

Lime wedge to decorate

Half fill shaker with ice cubes. Add ingredients.

Shake well and pour into a cocktail glass.

Decorate with lime wedge.

**JUNE & JULY 2020**

## **PRESTON ST MARY & DISTRICT LADIES CLUB**

**New Members** are warmly welcome, so do come and join our group of lively ladies. The annual subscription is only £10, and £2 when you attend a monthly meeting, which includes raffle prizes and refreshments. This year, once again, we will be alternating Village Hall monthly meetings with interesting outings, where and when possible.

### **DATES FOR 2020**

**Members are well aware that all Ladies Club meetings and outings have been suspended during this Covid 19 outbreak and, at present, there is no indication when the Club will resume meetings and outings. Hopefully, there might be a chance to meet up in the Autumn sometime, but I will keep Members informed.**

If, and when, the Ladies Club are able to meet any time during the remainder of 2020 Members will be informed by email.

Meanwhile, every good wish to all our members and their families and also to everyone in Preston St Mary. Many thanks to Kerrie McGrory for her fiendish weekly Challenging Quizzes that have kept us on our toes and forced the old brain cells to work.

On a personal note, Keith and myself have kept ourselves busy by going for long walks around the footpaths of Preston watching the changing seasons and doing the hundred and one jobs around the house that we have been putting off for years. Also we have been busy in the garden, chopping back, nurturing cuttings and planting vegetables. Our garden is looking very nice now and it is a shame no-one is able see it. In an odd way, we have both found these last lockdown weeks quite therapeutic not having to be somewhere at a certain time. But that is not to say that we don't miss the other activities in the Village Hall such as, Art Class, Bowling, table tennis, and the Pop-up choir.

**Take care and keep safe**

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

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## **Church of England launches free Daily Hope prayer hotline**



A free phone line of hymns,  
reflections and prayers

The Archbishop of Canterbury has launched a 24-hour free phone line for Christian worship and prayer, aimed at those who have no or limited access to the internet. Justin Welby said *"With many in our country on lockdown, it's important that we support those who are feeling lonely and isolated, whatever age they are."*

People calling the free number will hear a greeting from the Archbishop and can then choose from a range of options including hymns, prayers, reflections and advice on Covid-

19. The line – which is available 24 hours a day on 0800 804 8044 – has been set up particularly with those unable to join online church services during the period of restrictions in mind.

### HEALTH AND WELLNESS NOTES

#### VITAMIN D THE SUNSHINE VITAMIN

This vitamin is crucial for good health as it is a modulator of cell growth, neuromuscular and immune function and a reducer of inflammation. Many gene-encoding proteins are modulated, in part by Vitamin D.

Vitamin D is sourced in two ways: Sun exposure and dietary. In the Northern Hemisphere where sunlight exposure is limited, decreased synthesis of vitamin D by the skin can cause deficiency related diseases, including making bones susceptible to fragility and fracture risk. Vitamin D is essential for the absorption of calcium into your bones and cells where needed.

Who is at risk of deficiency?

Babies and youngsters who do not spend time outside.

Pregnant and lactating women.

Those over 65.

People from an Asian, African, Afro-Caribbean and Middle Eastern descent.

Those who always cover up when outside.

Office, shop, nightshift workers and those who are housebound.

Spending time outside is by far the easiest and most pleasant way of ensuring you are being 'topped up'. However strong sun also burns, so balance is required to avoid turning red or burning.

#### NB TOXICITY

It is always important to get your vitamin D levels checked by your GP before you even think about supplementing. I have mine checked in the autumn and again in the spring and adjust supplementation according to what I need over winter. High doses, daily for one month can cause high blood levels of calcium, which leads to vascular and tissue calcification, with subsequent damage to the heart, blood vessels and kidneys. Another reason to check in with your health professional is that Vitamin D supplements interact with other medications: Antacids, Atorvastatin, Calcipotriene, Digoxin, Diltiazem, Verapamil and Thiazide diuretics. Some medications are broken down by the liver. Vitamin D may increase how quickly the liver breaks down those medications.

#### LIFESTYLE CHANGE:

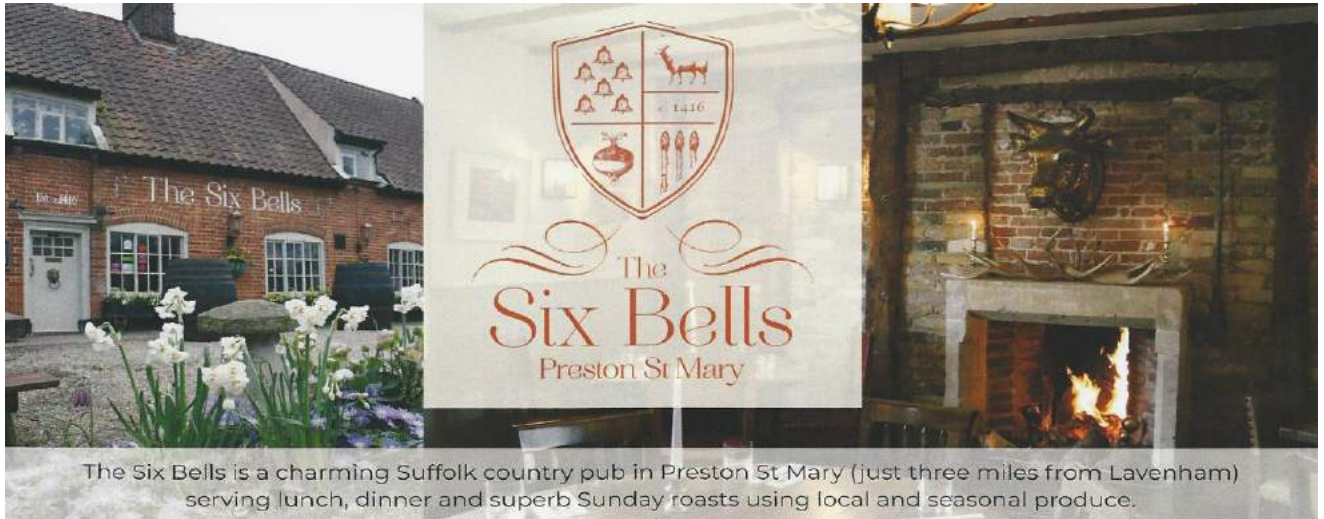
Have your levels checked in the autumn and spring. Check that it is ok to supplement if you are on medications.

Spending time outside and eating foods (Oily fish, salmon, mackerel, anchovies, sardines, herrings, eggs, grass-fed lamb and beef, mushrooms, cod liver oil) with healthy levels of Vitamin D is the best way to ensure you have safe, healthy levels.

Marjorie Devine-King – Nutritionist DipNT

**You will notice that there are no advertisements in this issue, since most businesses have been closed by Government order. We look forward to normal commercial arrangements being resumed as soon as possible.**

## **NEWS FROM THE SIX BELLS**



When we purchased the Six Bells last year, to ensure that it stayed open, we did not envisage having to close it now!!! Fear not - the Six Bells will reopen. We would like to reassure all our customers that the pub will reopen as soon as we are able to do so. We are constantly checking government guidelines and discussing how we might be able to start opening up albeit in a perhaps reduced manner to start with. We are still selling takeaway beers and if anyone requires any please let us know. Thank you to the many people who have contacted us with messages of support, we look forward to welcoming you back to the Six Bells in the near future when we can enjoy a pint together (even if it's at a distance!)

Tash and Mark

## **The Six Bells is closed until further notice**

**URGENT  
WE STILL NEED MORE PARISH COUNCILLORS AND A NEW PARISH CLERK  
– SEE PAGE 27**

### COOKS' CORNER

Ruth Page assists her husband Russell in running the nearby Whelp Street riding stable. Otherwise, she's a keen cook and suggests a favourite speciality:

#### Ruth's Risotto

##### Ingredients

1/2 cloves garlic (optional)  
1 onion  
6 closed cup mushrooms  
2 rashers back or streaky bacon  
2tbsp olive oil  
1 cup risotto rice  
2 cups chicken stock  
1 tin chopped tomatoes  
2tbsp tomato purée  
100g mature cheddar, grated

##### Method

Peel onion and chop finely.  
Remove skin from garlic and chop finely or use presser.  
Wipe and slice mushrooms.  
Cut up bacon into 1cm strips.  
Heat oil and add bacon, onion, garlic and mushrooms; cook till golden.  
Turn down heat and add rice stirring gently until oil is taken up.  
Pour over stock.  
Add chopped tomatoes and purée and season. Stir well.  
Return to simmer then cover pan with a tight-fitting lid and simmer gently for 20/25 minutes or until all liquid has been absorbed and rice is tender.  
Stir in grated cheese and serve.

### COVID-19 TESTING

Please go to <https://www.suffolk.gov.uk/testing> where you will find dedicated local information including up to date testing sites and eligibility criteria.

### QUIZ TIME

There are no prizes – answers are on Page 25

1. How many farthings were there in a shilling?
2. Which is the longest bridge across the Thames?
3. Where would you be going if you were heading towards Worthy Farm?
4. What is the first name of "Indiana" Jones?
5. Boo Radley is a character in which book?
6. Complete the trio: Ena Sharples, Minnie Caldwell and ?
7. Who is President of the European Commission?
8. At which number in Downing Street does the First Lord of the Treasury live?
9. What is the chemical symbol for gold?
10. Miranda is a character in which Shakespeare play?
11. Who wrote the Jungle Book?
12. What colours are on the national flag of India?

### SUFFOLK RECYCLING CENTRES

A new online booking system is in place now that Suffolk's Recycling Centres have re-opened.

This appointment-only system is necessary to help reduce traffic disruption and queueing on roads around the sites and help manage additional demand on the waste sites. There are also new temporary restrictions and guidelines in place at all sites to support the safety of staff and members of the public.

Full details here:

<https://www.suffolk.gov.uk/council-and-democracy/council-news/show/public-to-access-suffolks-recycling-centres-from-thursday-by-appointment-only>

## NATURE NOTES



In our last issue we noted sightings of the rare Red Kite in and around Preston. Since then we have received the following notes from Chris Legg:

There was a Red Kite in Preston in Summer 2018, observed flying above the field adjacent to the car park at Priory Farm. I was walking in the corner of the field opposite to the farmhouse and became aware of a commotion above my head. A

Buzzard had flown out of the hedge. Looking down I saw the reason for the commotion. Almost at my feet was a newly dead rabbit. Looking up, the Red Kite was immediately above my head about 30ft away, along with two circling Buzzards. When it seemed they had lost their prey the birds began to ascend almost vertically until almost out of sight. I have seen Kites many times, but this was the first time I had seen one in company with Buzzards.

This morning I purposely walked Holly where the Kite had been. Would you believe, absolutely quiet and undisturbed; very lovely morning though. I didn't want to make too much of the birds, but they are so lovely in flight and quite my favourite.

On Easter Monday morning, 10am, I watched for several minutes a Red Kite flying and hunting about 150 metres from the 2018 site. Perhaps it has become resident? CL

Everybody is familiar with John Constable's paintings created at Flatford Mill, but it might be forgotten that this is less than a half hour's drive from Preston. And not only is it fascinating as the recognisable site for those great pictures, but it offers the most wonderful riverside walks. Wonderful, in my opinion - and very good for the beautiful and spectacularly twisted waterside willow trees. Worth the journey to see those (and a good tea-room nearby).



By the way, have you ever wondered why "The Hay Wain" - a cart - is standing in a pond? It's to keep the wooden wheels moist and swollen. If they were to dry out, they would shrink and the steel rims could fall off!  
JT

### No Social Distancing with our Friendly Blackbird



This glorious spring has encouraged us to spend more time outside where the flowers and blossoms have been extra beautiful in this period of lockdown inflicted on us by Coronavirus.

Every morning we have coffee outside in the courtyard and for the last seven weeks have been visited by our very own imaginatively named blackbird, Blackie, who has a penchant for grapes, black or green he does not mind. His partner hovers around but is too shy to come to the table. Blackie swoops onto a chair, looks around and jumps on to the table taking a grape in his mouth and then flies off, returning in a trice for another. Occasionally he will give us a song while perching on the wall. He will also do his best to come into the kitchen but we have drawn the line there.

One morning, Richard decided to remove the moss from the roof of the well but did not finish the job. The next morning we were surprised to see that someone had joined in and had tossed the moss around in a very messy way. What animal could have done this we asked ourselves? It was only while looking out of the window next afternoon that I saw it was Blackie having a go at finishing the job. Do you think he thought Richard's preliminary attempts not adequate and decided to help? I sometimes think he looks at us with a wry smile on his face.

JM Photo by Simon Fisher

At the time of writing the old barns adjoining Model Farm are in the process of demolition. Workmen are sure that there is no sign of recent occupation by owls although there clearly had been in the past judging by ancient owl pellets, A house is shortly to be built on the plot – somewhat smaller than the recently built replacement for the Model Farm bungalow. JT



SUFFOLK COMMUNITY FOUNDATION PRESENTS

## Suffolk Dog Day



It is with huge sadness and regret that we have decided to cancel **Suffolk Dog Day 2020**. It has become very clear that, following the Government's guidance and restrictions surrounding the COVID-19 pandemic, we will be unable to hold the event, as it would not be considered safe to do so.

### QUIZ TIME ANSWERS from Page 22

1. 48
2. Queen Elizabeth II Bridge. (Dartford Crossing)
3. Glastonbury Festival
4. Henry
5. To Kill a Mockingbird
6. Martha Longhurst
7. Ursula von der Leyen
8. No. 10. (The First Lord of the Treasury is the Prime Minister)
9. Au
10. The Tempest
11. Rudyard Kipling
12. Orange, White and Green

**JUNE & JULY 2020**

## **PRESTON ST MARY PARISH CHURCH: ITEMS FOR SALE**

### **PRESTON ST MARY CHURCH PEWS**



You may have seen that we have removed four pews at the back of the nave. It's only once every year (Christmas Eve) that they have been needed for a congregation and we will borrow chairs for that service in future. The extra space, however, will be very useful as it provides more room round the font for baptisms; and more room to serve food and/or drinks at regular gatherings such as the monthly informal Preston Praise service and for special services such as Patronal and Easter. Other events will also benefit from the extra community space.

The spare pews are for sale and offers are invited. Two have now been sold and two are still available. One of them is about 290cm (9' 6") long, the other about 230cm (8' 6"). They appear to be in good condition, except for the end of the shorter pew which may need some work. If you are interested, please contact Robyn Lloyd Hughes on 01787 247571.

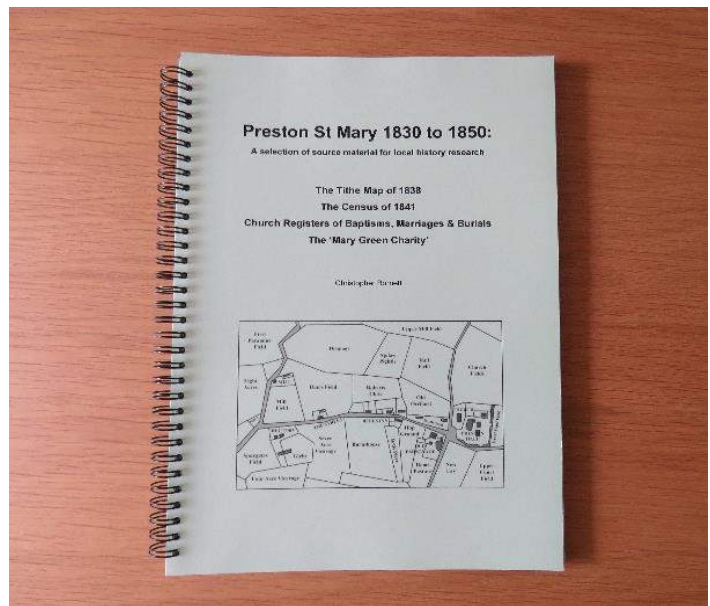
### **PRESTON ST MARY VILLAGE HISTORY 1830 – 1850**

We have been very generously presented with a superb ring-bound book containing illuminating material on the social history of 19<sup>th</sup> century Preston St Mary.

Christopher Bornett has gathered together an amazing collection of research, including the Tithe Map of 1838, the Census of 1841 and the registers of births, marriages and deaths for that period.

The 80 pages contain fascinating sections relating to distribution of land ownership, details of land usage, the names of all the individual fields, a trade directory and the parish records. Of particularly tragic note is the plethora of infant deaths: of the 160 or so names appearing on the list for 1830-1852, no fewer than 32 were less than 1 year old.

From the initial supply of 20 copies we have just a few left for sale at £10 per copy, with proceeds very kindly offered by the author to our church. If you would like a copy, please contact either Keith Davis on 01787 247112 or Janet Martin on 01787 249020.



**JUNE & JULY 2020**

## **PRESTON ST MARY PARISH COUNCIL**

### **Parish Council Meetings**

The UK Government have passed a new piece of legislation known as the Coronavirus Act 2020 which permits Parish Councils to conduct their meetings 'remotely'. Clearly, we could not meet in the Village Hall as we would usually for our meetings, and currently we do not know when we will be able to resume that style of meeting. In the meantime, we will be holding meetings by video conferencing. Agendas will go up on the parish website at [prestonstmary.suffolk.cloud](http://prestonstmary.suffolk.cloud)

### **Urgent - Parish Councillor Vacancies**

The Parish Council is still in need of Councillors. We only have four Parish Councillors, with the possibility of one or two more joining us. It is not an ideal situation to be in and we sincerely hope that the Parish Council is able to continue in the future, but we do need some more Councillors. All the time there is a PC we are able to raise monies through the Precept to provide grants to the Village Hall (£800 per year) and the Parochial Church Council (£800 per year), along with funding the PPP (£600 per year). We desperately want to continue working for your village, but we need some help with more Councillors.

If you are interested then please contact our Clerk, Nicola on 07817 170906 or by email on [prestonpcclerk@gmail.com](mailto:prestonpcclerk@gmail.com)

Following the resignation of Kerrie McGrory, chair of the Council for some three years, due to pressure of her work as a school inspector, the appointment of Chairman is pending, and in the meantime the Council will elect a Chairman for each meeting.

### **New Parish Clerk Wanted**

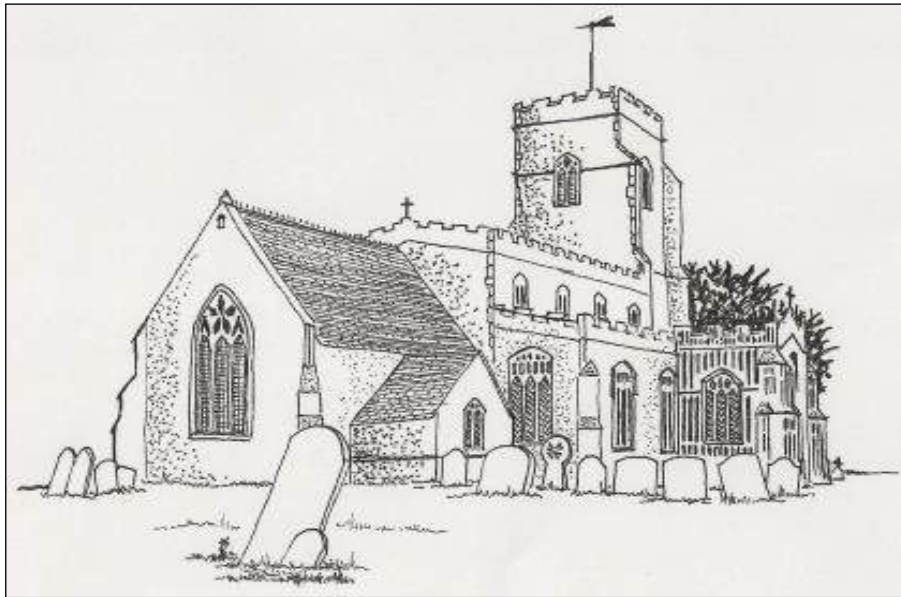
The Parish Council are seeking a new Parish Clerk. The role is for four hours per week, working from home, but including evening meetings (approximately 8-12 meetings per year). The hourly rate to be agreed, depending upon experience.

If this is a role you may be interested in, then please contact our Clerk, Nicola Smith, on [prestonpcclerk@gmail.com](mailto:prestonpcclerk@gmail.com) or by telephone on 07817 170906

#### **NEWS FROM THE NEIGHBOURS**

The invaluable Monks Eleigh Post Office and stores is now under new management. Ms Janet Mackie - who will still work there - has handed over to Ms Denise Pinkerton. Many thanks, Janet, and welcome and good luck, Denise. Staffed mainly by volunteers, this is an asset to a much wider community than Monks Eleigh village. JT

**JUNE & JULY 2020**



**St Mary the Virgin  
Preston St Mary  
PAROCHIAL CHURCH COUNCIL**

We are sorry to confirm that, following Church of England guidelines, the church **is closed** and there will be **no public services in this church for the time being.**

We will resume services as soon as we are assured that it is safe to do so.

The Rector and his team are available if anyone should feel a need for spiritual guidance or reassurance during this time.

Please telephone 01787 247244 or 01787 829788