

# GRASS

THE NEWSLETTER AT THE ROOTS OF THE GRAND UNION BENEFICE  
OF BLISWORTH AND STOKE BRUERNE/ SHUTLANGER,  
WITH GRAFTON REGIS, ALDERTON AND MILTON MALSOR

## ALDERTON **ONLINE**

# ART FESTIVAL

[WWW.ALDERTONARTFESTIVAL.CO.UK](http://WWW.ALDERTONARTFESTIVAL.CO.UK)

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All purchases to be collected from Alderton on  
Sunday 6th September

**1<sup>ST</sup> AUGUST- 5<sup>TH</sup> SEPTEMBER 2020**

St. Margaret's Church, Alderton NN12 7LP

## Rector's Letter

Monique and I have just returned from our holiday in Cornwall, a place we frequently visit. We were both surprised at how few people were there; some of the streets were nearly empty, and familiar shops were closed or preparing to open in this challenging time. As I wrote in a previous letter, we have decided as a Benefice to look at reopening our buildings for worship on a Sunday morning. Like many other churches nationally and also companies, we are going to do this gradually as we find ourselves in uncharted territory and we want to make sure that what we do is right for our congregations to keep them safe.

Throughout lockdown, we have joined together for our worship on a Sunday at 9.30 a m on Zoom from the Rectory. During August we are going to continue this pattern of 9.30 a m worship but holding the service in a different church in the Benefice each week while at the same time zooming this service so others may join in from across the Benefice as we have done since March. When the worship is in a particular village, we have decided that it would only be open to the people that regularly attend that church from that community. The reason for this is because we need to keep social distancing which will limit the numbers that we can comfortably accommodate. I appreciate everyone's support and encouragement during this challenging time when we try to reopen and find some way forward in this new norm. We will be keeping our eye on the government's guidance; there might be a time when we have to stop meeting for worship in the building so I would appreciate if you could be mindful of this and keep in touch with the churchwarden or myself before you attend. I think we can all agree that this isn't a position any of us envisaged us being in.

Dates for Sunday worship morning at 9.30 a m  
2nd August- Blisworth,  
9th August – Stoke Bruerne  
16th August – Grafton Regis  
23rd August – Grafton Regis (for Alderton residents)\* see note under Alderton  
30th August – Milton Malsor

We will still be holding our Wednesday morning prayers at 9.30 a m on Zoom. Blessings, Richard

### Useful Telephone Numbers for the United Benefice of Blisworth and Stoke Bruerne with Grafton Regis, Alderton and Milton Malsor

**Rector:** Canon Rev'd Richard Stainer, The Rectory, 37 High Street, Blisworth NN7 3B, tel 01604 857619

**Churchwardens of Blisworth:** Mrs Fiona McKenzie, tel 01604 859541 and Mrs Angela Cheesbrough, tel 01604 858059.

**Churchwardens of Stoke Bruerne:** Mrs Christine Frost, tel 01604 862561.

**Churchwardens of Grafton Regis:** Mrs Jean Glanville, tel 01908 543463 and Lord Charles Fitzroy, tel 01908 542908

**Churchwarden of Alderton:** Mrs Amanda Selvey, tel 01327 811380.

**Churchwardens of Milton Malsor:** Mrs Jane Treharne, tel 01604 858323 and Mrs Sue Bell, tel 01327 351043

## VILLAGE NEWS



### STOKE BRUERNE

#### Alternative Race for Life

Under normal circumstances I would have taken part in the annual 10k Race for Life, but as it has been cancelled because of Covid19, this year I decided that for my 80th birthday I would walk the 12k round Pitsford reservoir. I requested that on this occasion, any birthday presents would be better as donations to my charity. With a few family and friends, the walk took place on Sunday 5 July, raising around £1,000. Many thanks for the support to those who have made donations to Cancer Research.

Betty Richardson



### The David Blagrove Community Trust

Our thanks, first of all, go to all those who have face masks during the recent lockdown. With the of face masks, we are now replenishing our stock

They are made of reusable fabric selling for £5 each, with all funds going towards the work of the Trust. Contact Colin Tomkinson on 07833046103 or through the DBCT Facebook page, if you are interested.

As a reminder, the Trust was created following the death of local resident, David Blagrove MBE. David was passionate about the environment he had lived in for over 50 years, the education of our younger generation, and the canals. The sudden tragic death of co-founder of the Trust, Roy Sears, who had shared these same passions, has enabled the Trust to go forward with both their combined legacies in mind, particularly with enhancing the community of Stoke Bruerne and surrounding areas by working in collaboration with local establishments. We have in the past couple of years supported the church, the village hall and the Parish Council with a number of projects, including help, both financially and in the running of the traffic speed verification camera near the school. With all schools having to cancel their leavers'



supported the Trust and purchased new government guidelines on the use making more available for purchase.



assemblies and proms etc due to the virus, the Trust has supported a private initiative to help our year 6 pupils celebrate their years at Stoke Bruerne and mark their transition to senior school.

Whilst we have had to abandon two major fundraising activities for 2020, we do have funds and resources available to support suitable projects. If you feel the Trust can help, please contact us for a grant application form or request for volunteer resources. We'd love to hear from you. Christine Sears, Secretary for DBCT [christinedbct@gmail.com](mailto:christinedbct@gmail.com)

### Stoke Bruerne Parish Council

There is a vacancy on the Parish Council. This is an opportunity for you to have a real say in matters affecting the village now and in the future, and to serve the community. This voluntary job primarily entails attending council meetings which are held on a six weekly cycle. No prior experience necessary - just a keen interest in what happens in the village!

If you would like to know more or are willing to put your name forward then please contact the clerk.



The Parish Council will now fill the vacancy by co-option. Nomination should be submitted in writing to the Clerk at the address below. If nominating another person, please include a signed note confirming their willingness to stand. Address for correspondence: Bobs Damerell, Clerk to Stoke Bruerne Parish Council, 4 Brae Hill, Brill, Bucks, HP18 9TF, email: [clerk@stokebruerneparishcouncil.org.uk](mailto:clerk@stokebruerneparishcouncil.org.uk).



### ALDERTON

#### Churchyard Rota

12 July – 1 August  
2-15 August  
16 – 29 August

Roger Gavan  
Nick and Emma Hay  
David & Jacqui Vaughan

#### Church Service in Alderton

Due to the nature of the work currently being carried out in St Margaret's Church, it will not be possible to hold a service in the building on 23 August. Jean Glanville is very kindly allowing us to use the church in Grafton Regis but we need to know how many people from Alderton are likely to attend this service; if there are only a few, in view of the fact that the church in Grafton is much larger than the one in Alderton, it may be possible that people from other villages in the Benefice will be able to join us. Numbers will be very much restricted to take account of social distancing. It would therefore be helpful if you could either let Richard or Linda know whether you intend to come along on 23 August.

#### Alderton Art Festival

This year the Alderton Art Festival will be going online! Paintings from a wide variety of talented local artists will be available to view and purchase from 1 August to 5 September at [www.aldertonartfestival.co.uk](http://www.aldertonartfestival.co.uk) with purchases to be collected from the church on Sunday 6 September. There are currently over 200 paintings for sale and 25 artists are exhibiting. Proceeds from sales will go towards the upkeep of St. Margaret's Church.

#### St Margaret of Antioch

20 July is the feast day of Margaret the Virgin, also known as Margaret of Antioch in the Latin Church and Marina the Great Martyr in the Orthodox Church, for whom our church building is named.

Margaret's story is as follows: she was born in Antioch in Pisidia in Asia Minor. Her father was a pagan priest during the reign of the Roman Emperor Diocletian and her mother died soon after her birth, so Margaret was brought up by her nurse, a devout Christian woman. She herself converted to Christianity, whereupon she was driven from home by her father. She became a shepherdess and one day, whilst going about her work, the young and beautiful Margaret caught the attention of a Roman prefect named Olybius. Attracted by her great beauty, he ordered his servants to kidnap her, as he planned to marry her if she was free or make her his concubine if she was a slave. He soon learned that she was a Christian and was repelled. He asked her to renounce her Christian faith and return to pagan ways, but when she refused he had her brought to public trial at Antioch. Margaret was tortured and then imprisoned. She prayed to God that her enemy be made visible to her and at this, Satan appeared in the form of a dragon and swallowed her up. She made the sign of the cross and



the cross she was carrying grew enormously causing the beast to burst open and release her. Attempts to execute her by fire and water were unsuccessful and many people who witnessed these events were converted to Christianity. Finally, she was beheaded, along with her many converts, by Emperor Diocletian.

She is said to have prayed at her death that women in childbirth would, upon calling on her, be safely delivered of their child as she had been delivered from the belly of the dragon. It is for this reason that she became the patroness of expectant mothers (particularly in difficult labour) and it became common practice in the Middle Ages to place a belt depicting the life of St. Margaret on the stomach of a woman as she was delivering her child.

She became one of the most popular saints in England in the 9th century when her life was first recorded in English. Around two hundred and fifty early churches were dedicated to her, even though her legend had been declared apocryphal by Pope Gelasius I in the year 494. During the medieval period Margaret ranked among the most famous saints; her voice was among those attested to have been heard by St. Joan of Arc and she was included in a group of saints known as the Fourteen Holy Helpers, revered for their special ability to petition for people. That she existed and was martyred may be true, but the rest of her story is contested and in 1969 Pope Paul VI removed her from the list of saints because of what was considered the entirely fabulous character of the stories told of her.

Here's a recipe challenge for all those of you who enjoy baking!

One of the patron saints of nurses, St. Margaret of Antioch has a nutritious recipe associated with her feast day: Margariten Lebkuchen. This aromatic spice cake, which has the consistency of a loaf or coarse gingerbread, contains spelt flour, which comes from a non-wheat grain. The ancients believed spelt can cure many ailments, probably because it is easily digested and contains more protein than wheat flour. Because of its health properties and biblical references, spelt is considered a wonder for the body and soul. The recipe was created by St. Hildegard von Bingen, a multi-talented Benedictine nun in the medieval period who believed in an holistic and natural approach to healing. She published a cookbook from which the recipe is adapted.

Why not have a go and post a picture of your cake in the comments!

#### Ingredients

- \* 2 cups spelt flour, sifted (approx 320g)
- \* ¾ cup sour cream 169ml (approx 175ml)
- \* ¾ cup plain yoghurt (approx 175ml)
- \* ¾ cup sugar (approx 160g)
- \* pinch of salt
- \* 1 ½ teaspoons ground coriander
- \* 1 ½ teaspoons cinnamon
- \* ½ teaspoon allspice
- \* ½ teaspoon cardamom powder
- \* ½ teaspoon ground cloves
- \* ½ teaspoon nutmeg
- \* 2 teaspoons bicarbonate of soda
- \* 3 tablespoons milk

#### Directions

1. In a large mixing bowl, combine the sour cream, yoghurt, sugar and salt until creamy.
2. Mix in the coriander, cinnamon, allspice, cardamom powder, cloves and nutmeg.
3. In a small cup, dissolve the baking soda in the milk and stir well.
4. Blend the bicarbonate of soda-milk mixture into the batter. Gradually add the spelt flour and mix until a dough is formed.
5. Spread the dough into a greased, 10-inch round cake tin.
6. Bake on the bottom rack of a preheated oven at 350 degrees F/180 degrees C for 35-45 minutes.
7. Remove from the oven and transfer to a wire rack to cool completely.
8. Slice into wedges and serve with a sprinkling of sugar or a dollop of cream.



### Alderton's Knight Update

Elizabeth Cheadle, from Hugh Harrison Conservation, began work on Monday 30 July 2020 on the second stage of conservation and cleaning of the wooden effigy of a knight in St. Margaret's Church Alderton. We are now three weeks into the work and the knight is looking much cleaner and quite 'lively'. Unfortunately it won't be possible to visit him while work is in progress as it is difficult to comply with current rules of safety. Work will continue at intervals through August but we hope it will be finished by September and then it will be possible for us to arrange an 'open day' for you to see the progress that has been made.

The effigy is being cleaned as well as conserved. This involves very carefully removing some of the stain that was painted over him in the 1920s to visually unify the conservation work carried out at the time. As the stain is lifted, tiny glimpses of the knight's original colour are beginning to surface. This is a slow, careful and painstaking process but each time a tiny speck appears, there is a lift in our spirits. This time it was the smallest speck of gold on his knee guard. Sir William de Combemartin or Payne de Charworth must have been spectacular in his day.

The identity of our knight is still in question but both men were remarkable and it would be good to tell both of their stories when we reach the point where the effigy is safely and securely presented and finally 'at home'.

The third stage of this project is the tomb chest and at the moment this stage is very much in its infancy. We have one quote from Hugh Harrison for this third stage for £8,000 to produce a tomb chest from a mixture of new wood and some of the original wood from the choir stall that the effigy will eventually replace. This way we keep the Victorian look to the interior of the church. So far more options have not been considered but it is very likely that when they are considered, quotes will still be in the region of £10,000. This sum seems impossible to achieve but we have come such a long way since the beginning of the project and the little 'market stall' that we held on Saturday 25 July in Alderton has already brought us £300. We have also received an incredibly generous donation of £1,000 from an anonymous donor and there was a coffee morning 30th July (see note below), a wonderful gesture from Susan Bell. Thank you so much for this huge boost to the funds it has given us a renewed feeling of positivity. We will get this job done!!

I have been approaching funding bodies and they have been generous up to this point but times have changed and it may not be possible for funders to give us the money we need. We may have to find a good portion of these funds ourselves. The market under the tree may well surface again later in the year. However, we still need a great deal of help. If anyone can come up with a 'safe' fundraising project we would be so very grateful. We have travelled so far towards our goal of conserving and securing the effigy of our knight, bringing his story to life as much as we are able, and settling him so that a hospitality area can be built and the church opened, that it would be a great shame to stop now. We are very aware that there are many incredibly deserving causes at the moment that far outweigh this one but he is our knight and a part of the cultural heritage of our village and to complete this venture would lift all of our spirits at a time when we sorely need them uplifting. Margaret H-T

### Coffee Morning

Sue Bell very kindly offered to hold a coffee morning in aid of our knight, at short notice, on Thursday 30 August. We were blessed with beautiful weather and Sue's garden looked absolutely stunning. There were various items for sale – jewellery, jams, face masks etc, as well as tea, coffee and a fantastic array of cakes. Despite low numbers attending (it was difficult to know how many to invite due to Government restrictions), we raised almost £200 towards our fund.

It was great to see everybody and Sue's garden allowed for social distancing without any problems at all. Thank you to everybody who came along and especially to Sue for her generosity. Margaret H-T and Linda



### GRAFTON REGIS

Our usual start to the winter lunches is September; however in the present climate we will not be able offer you an invitation to come along and socialise with us. Let's hope that things have improved by the New Year.

We have opened the village hall again to our regular customers; these are the small groups who are familiar with the hall and its layout. Thanks to the information provided to us by ACRE, we have been able to carry out a safety assessment and put all the processes required in place.

The majority of the building work is completed at the church and we are now working on the Heritage display. The church has had a very thorough spring clean by the PCC, (social distancing rules have been followed). We would love to open the church so that you could come along and see all the changes but we can't.

The new bell ropes are on order but delayed as most things are these days. I do hope the bell ringing team like their new bell ringing floor; they have a mezzanine, heating, a great view into the church and lots of light.

Our groundsman, Monty Castle, has excelled himself this year and the churchyard is looking the best it has ever looked. Thank you, Monty. Also Many Thanks to Rose and Sue for cutting the hedge - lots of prickly bits in there. Needless to say, Sue's garden on the church bank is looking amazing. Jean Glanville



## **BLISWORTH**

### **Plastic Bags Needed**

Blisworth W.I. support Towcester Food Bank and at the present time, as well as food, they are in need of plastic bags to distribute the food, if anyone has surplus bags, please ring me and I will collect or you can deliver to me in Blisworth. With many thanks, Denise Ingram, tel 01604 858489.

### **Coffee Mornings**

We have missed Pat and Mason's monthly coffee mornings. On Friday 17 July they held an outdoor event using both their drive and their neighbour's drive, thus being able to accommodate around 18 people. It was very enjoyable to be able to socialise.

They plan to repeat the event on 31 July, which would have been the usual coffee morning date, and then offer two further dates – 14 and 28 August. We hope that the fine weather will continue!

Fiona McKenzie, Churchwarden, Blisworth

### **Church Closure**

During the month of August there will be one service in each church plus the usual Zoom Communion service and the mid-week Service of Morning Prayer. We are not sure of times at the moment as the Rector is looking into Zooming from each church.

This obviously depends on available technology (wi-fi etc.) and he will let us know before August whether or not this will be possible.

We have been advised by the Diocese that the church service will require people to sit one person per pew, unless a couple, or from the same family, and to be 2 metres apart. There will be no singing. Hand sanitizer will be provided. People are asked to leave the building as soon as the service finishes, so we will not have refreshments. It will probably be about 40 minutes long.

The services are not for the whole Benefice but for each village only so that the Rector is not going straight from one community to another. Seating may be limited in some of our churches but hopefully we will be able to accommodate all who wish to attend.

If you have any queries, please speak to the Rector or your Churchwardens. Angela Cheesborough, Churchwarden, Blisworth



## **MILTON MALSOR**

### **Milton Malsor News**

The village remains very quiet apart from contractors steadily digging up the streets installing a fibre optic network to enable efficient broadband speeds. Few village groups have recommenced and the Historical Society is thinking of delaying its meetings until the AGM in March 2021 when, hopefully, any further spikes in the coronavirus and winter infections are receding. Holy Cross Church remains closed although plans are in hand to have services for the five churches of the Benefice, each having its own service in a weekly rota starting in August. It may be that Holy Cross's turn will be towards the end of that month, maybe early September. The congregation is in touch with one another and the regular Zoom services of Morning Prayer on Wednesdays at 9.30 a.m. and Sunday Worship also at 9.30 a.m. have been very popular. The Baptist Church has been open for several weeks with a short service, no singing and strict hygiene measures but a lovely time of quiet worship. They meet every Sunday at 10.30 a.m. Betsy Hunt's plant and produce stall which she has placed on the end of the drive has resulted in over £500 being raised for McMillan Cancer Support. Betsy's stall has been very helpful and is much appreciated, and she has preserves and marmalade too if you walk up the drive to no 21A Green Street (opposite No 10) as they are on the porch. She also has a free book exchange. Her preserves and marmalades are part of the support for Towcester Country Market which is reopening on 6 August in new premises, the A5 Rangers Building in Towcester. It is hoped to produce the village newsletter, The Miltonian, when more news of village activities is forthcoming. Malcolm Deacon

## GENERAL NEWS

### Another Recipe – Stone Soup

Some soldiers were camping out in a village. The villagers were not at all pleased and refused the soldiers both lodging and food. Soon they noticed the soldiers had built a small fire and were steaming a cauldron over it. A few of the villagers wandered over to watch. "And what is that?", one of them finally enquired. "Why it is stone soup", replied one of the soldiers. One of the villagers was given a taste. "It's not as good as my soup; I always put in a bit of onion". And with that he scurried off to return a few minutes later with an onion which he popped into the pot. "Now" he said, "that tastes a bit more like my soup". Soon another villager ventured forth for a taste. "I think a bit of potato would be just right", he remarked. And he left and soon returned with a few potatoes. One by one the group of villagers all had a taste and each replied that the soup was not as good as theirs because of some special ingredient. And of course, each left and returned with the ingredient and added it to the pot. Finally, after an hour or two of steaming, the soup was pronounced done by the soldiers. Each villager had a taste and each marvelled at the miracle of this delicious soup produced by the soldiers from only stones. You too can produce stone soup in case a group of villagers show up unexpectedly – observing social distancing of course!

Denise – Blisworth

### A Very Sweet Recipe

We received this letter from Marina Beardall, a reader from Pury End. If anybody has a recipe that they would like to share, then I would be happy to publish.

3 Mars bars  
3 oz butter  
3oz Rice Krispies  
Glace cherries - I sometimes throw in dried fruit.

Melt Mars bars and butter, stir in Rice Krispies etc Mark into squares.. Put into a greased tin and live in fridge to set. Try to resist nibbling!!!!

### A Poem to Make us all Think

This was a favourite poem of the late Roy Sears. Live life fully as you go along life's journey was very much his mantra. Christine Sears

#### *The Station by Robert J Hastings*

Tucked away in our subconscious is an idyllic vision. We see ourselves on a long trip that spans the continent. We are travelling by train. Out the windows we drink in the passing scene of cars on nearby highways, of children waving at a crossing, of cattle grazing on a distant hillside, of smoke pouring from a power plant, of row upon row of corn and wheat, of flatlands and valleys, of mountains and rolling hillsides, of city skylines and village halls.

But uppermost in our minds is the final destination. On a certain day at a certain hour we will pull into the station. Bands will be playing and flags waving. Once we get there so many wonderful dreams will come true, and the pieces of our lives will fit together like a completed jigsaw puzzle. How restlessly we pace the aisles, damning the minutes for loitering-waiting, waiting, waiting for the station.

"When we reach the station, that will be it!" we cry.  
"When I'm 18."  
"When I buy a new 450SL Mercedes-Benz!"  
"When I put the last kid through college."  
"When I have paid off the mortgage!"  
"When I get a promotion."  
"When I reach the age of retirement, I shall live happily ever after!"

Sooner or later we must realise there is no station, no one place to arrive at once and for all. The true joy of life is the trip. The station is only a dream. It constantly outdistances us.

"Relish the moment" is a good motto, especially when coupled with Psalm 118:24: "This is the day which the Lord hath made; we will rejoice and be glad in it." It isn't the burdens of today that drive men mad. It is the regrets over yesterday and the fear of tomorrow. Regret and fear are twin thieves who rob us of today.

So stop pacing the aisles and counting the miles. Instead, climb more mountains, eat more ice cream, go barefoot more often, swim more rivers, watch more sunsets, laugh more, cry less. Life must be lived as we go along. The station will come soon enough.

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Robert J. Hastings Estate



## **Notes from a Local Farmer**

Welcome, everyone

Here we are in July, with the harvest coming to fruition. The crops look well considering the strain they have been under. Today, 20 July, we have harvested our winter barley, with yields down on last year. We will be selling the straw, which is worth more than last year, so it's swings and roundabouts.

We have been selling lambs recently, with prices well up on last year as more people seem to be eating at home. It is surprising also the effect on the trade when there is a Muslim festival as they buy not only lamb but a lot of cull ewes. Weaning has taken place recently, with a great hue and cry from the lambs missing their mothers. We don't expect any more fat lambs for a while as they tend to lose weight immediately while they are fretting. We will also be dipping the sheep to guard against fly strike and sheep scab.

Looking forward to the new breeding year in September, we have gone through our flock and taken out any with teeth missing, which we call broken mouthed, and any with bad udders (such as mastitis) and any in poor condition, resulting in 15% of the flock having to be replaced.

So looking forward, we will harvest the spring barley in early August and immediately drill 100 acres of stubble turnips for the sheep to eat during the winter. The maize grown around Stoke Bruerne is growing rapidly now we have had rain, and looks well. So things are not looking too bad at the moment. Robert Davy

## **News from The Old Mail**

For events and happenings in the nearby villages: Cosgrove, Potterspurty and Yardley Gobion, see the newsletter, The Old Mail, is available online at various websites: [www.cosgrovevillage.co.uk](http://www.cosgrovevillage.co.uk); [www.potterspurtypc.org.uk](http://www.potterspurtypc.org.uk); [www.yardleygobionpc.wordpress.com](http://www.yardleygobionpc.wordpress.com)

## **How to Contact the Police**

We no longer divide our villages between officers unless they are specifically sponsored by the village. Our team cover all South Northants villages and this ensures villages are covered across all shift patterns. If they have a query for a specific officer, it's best to mark it for their attention via an email and they will pick it up when they are next on duty.

999 – For a crime or incident in progress

101 – For non-urgent incidents

03000 111 222 – Direct dial Northamptonshire police

To Report online: <https://www.northants.police.uk/ro/report/>

Email for Towcester: [neighbourhoodteamsouthnorthants-towcester@northants.pnn.police.uk](mailto:neighbourhoodteamsouthnorthants-towcester@northants.pnn.police.uk)

Your local officers are as follows:

PCSO Peter Firth, PCSO Charlotte Morris, PCSO Nicole Degg, PCSO James Herbert, PCSO Kev Thompson (Schools Liaison Officer)

For more local NPT information, visit the local policing pages [www.northants.police.uk](http://www.northants.police.uk).



## **Beware of Very Persistent and Plausible Sounding Telephone Callers.**

I often give advice to people who have been traumatised by villains pretending to be from BT, TalkTalk or other similar providers and who want to gain access to their computers in order to steal credentials to bank accounts, or other online accounts. This month I experienced the problem first hand when I found myself a victim of an intended scam.

This time the perpetrator informed me he was from Amazon Security and that they had detected that my account had been used to purchase a new iPhone, which they suspected was a fraudulent transaction. I said that I did not believe that he was from Amazon Security, and that I was going to hang up and contact Amazon. The man was very indignant and tried to convince me that he was genuine and to get me to open "event viewer" on my computer so he could show me that other people had hacked into my system. I knew this was rubbish and not the way to discover a hacking attempt. I refused and told him that I knew he was a fraudster, and if he called again I would contact the police, and hung up the call. I then contacted Amazon and discovered that there had been no purchase of an iPhone and no fraudulent transaction.

It is very important to be suspicious of dubious phone calls, and never, ever, give people you don't know and trust access to your computer especially when they are using programs like "TeamViewer" or "Let me in", as with tools like this they can load anything they want on your computer and in addition steal passwords and potential access to bank accounts. It may sound unnecessary to state that you should never share bank details with anyone you don't trust, but these villains can be extremely plausible and convincing but you do not know who they are, unless you have made the contact.

This can happen to anybody; a close family member was very nearly caught out by such a scam – the gentleman who telephoned was extremely polite and pleasant and convinced the family member that he was genuine; she trusted him and it was only because she inadvertently gave him a wrong account number that money was not extracted from her bank account. Please be careful – it is so easy to be taken in by these evil people. Paul Dards



**RESTAURANT, TAKEAWAY AND SHOP**

**BAR DRINKS**  
(Table service only)

Wednesday – Saturday: 1pm– 10pm (last orders at 9:45pm)  
Sunday: 12-6pm

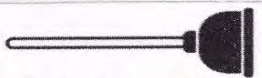
**TABLES AND TAKEAWAY**

Wednesday – Saturday: 1 – 8pm (drinks available until 9:45pm)  
Sunday: 12-4pm (drinks available until 5:45pm)

**SHOPPING, CAFÉ DRINKS AND CAKES**

Tuesday – Saturday: 10:30am – 6:30pm  
Sunday: Pre order collections only – no browsing

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Do you need more cooking confidence?  
Are you trying to feed a family on a budget?  
Or just want some new ideas of what to cook?



**Cooking Good is a community cooking project with budget and family-friendly food at its heart and we're here to help!**

Cooking a mix of simple, healthy meals on a budget can be a daunting task, so we provide uncomplicated recipes with useful demo videos to make the preparing, cooking and eating of everyday food a less stressful and more enjoyable experience.

In the current climate, we are all thinking about cooking on a budget, going out to buy food less often and making our food go further. So, whether it's simple, low-cost meals, food storage, making the most of what you have in or how to keep the kids entertained with cooking whilst everyone is at home, the Cooking Good team has got your back! Please take a look at our website or social media for more information.

*\*\* Making a difference, one meal at a time \*\**



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### **SNIPPETS:**

*Deal with faults of others as easily as with your own.*

*Nobody can make you feel inferior without your permission.*

*Lost time is never found again.*

### **THE CLOSING DATE FOR THE NEXT EDITION OF GRASS is 20 August** **If you can get any copy to us earlier than that it would be very much appreciated**

Please send any copy to: Linda Dards, Moarend, Spring Lane, Alderton NN12 7LW tel 01327 811265, e-mail: [linda@dards.net](mailto:linda@dards.net). **Could you please include your name & phone number with entries in case we have any problems.** If you would like to add photographs or drawings to your text these are welcome and can be supplied via email or as photos, and returned after scanning. Contributions by email are most welcome, we can accept most formats; please request a response from us on receipt – so you are sure that we have your submission. Word (any version) is preferred.